



2023 - 2024

Universal Dance Association
All Star Dance Team Divisions



Updated 3/20/2023

Division	US Model Target Ages	Birth Year	Gender	Team Size
Tiny Novice	• 4 years to 7 years	2016-2020	• Female/Male	4 - 14 dancers Small / 15+ Large
Tiny	• 5 years to 7 years	2016-2019	• Female/Male	4 - 14 dancers Small / 15+ Large
Mini	• 6 years to 10 years	2013-2018	• Female/Male	4 - 14 dancers Small / 15+ Large
Youth	• 9 years to 13 years	2010-2015	• Female/Male	4 - 14 dancers Small / 15+ Large
Junior	• 11 years to 16 years	2007-2013	• Female/Male	4 - 14 dancers Small / 15+ Large
Senior	• 13 years to 19 years	6/1/2004 - 2011	• Female/Male	4 - 14 dancers Small / 15+ Large
Open	• 16 years +	On or before 12/31/2008	• Female/Male	6 - 15 dancers Elite / 16-30 Premier
DanceABILITIES	• 5 years +	2017 or before	• Female/Male	No min/max #

UDA will adhere to the USASF / IASF guidelines for splitting competition divisions. Please visit www.usaf.net for specific breakdowns.

CROSSOVERS

Dancers may compete in more than one division and / or category as long as they abide by the age restrictions in all divisions in which they compete.

Novice / Prep: (All Novice and Prep divisions will perform 1 time only)

A: All category styles will be combined in Novice divisions. All category styles in each Prep Age Division will be combined, unless the Prep splitting rule applies.

B: Dancer(s) may compete in both Novice/Prep and Elite categories. For more information on Novice / Prep go to usaf.net for details.

Dancers may perform with both a school and all star team, but may only do a max of six (6) performances at both a regional and at NDTC. Dancers performing with just an all star team may only perform a max of six (6) times. For example, dancers may do:

A) 4 all star performances and 2 school performances

B) 3 all star performances and 3 school performances (if your school team also participates in game day)

C) 6 all star performances ONLY

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