

2024 - 2025

Universal Dance Association

All Star Dance Team Divisions

Updated 9/23/2024

Division	Approximate Agens	Eligibility by Birth Year	Gender	Team Size
Tiny Novice	• 4 years to 7 years	2017-2021	• Female/Male	4 - 14 dancers Small / 15+ Large
Tiny	• 5 years to 7 years	2017-2020	• Female/Male	4 - 14 dancers Small / 15+ Large
Mini	• 6 years to 10 years	2014-2019	• Female/Male	4 - 14 dancers Small / 15+ Large
Youth	• 9 years to 13 years	2011-2016	• Female/Male	4 - 14 dancers Small / 15+ Large
Junior	• 11 years to 16 years	2008-2014	• Female/Male	4 - 14 dancers Small / 15+ Large
Senior	• 13 years to 19 years	6/1/2005 - 2012	• Female/Male	4 - 14 dancers Small / 15+ Large
Open	• 16 years +	On or before 12/31/2009	• Female/Male	6 - 30 dancers
DanceABILITIES	• 6 years +	2019 or before	• Female/Male	No min/max #

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

CROSSOVERS & GUIDELINES

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.

An All Star Dancer is limited to performing in up to six (6) performances at the UDA All Star National Championship. Dancers may only represent one program. US dance programs will not be allowed to crossover to cheer divisions. International dance programs will be allowed to crossover to cheer divisions and will still be allowed up to six (6) performances. UCA/UDA will attempt to ensure teams with crossovers do not have overlapping performances.

Novice / Prep Divisions:

A: All category styles will be combined in Novice divisions. All Novice divisions will perform one time only - Friday March 7.

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

C: Dancer(s) may compete in both Novice/Prep and Elite categories.

For more information on Novice / Prep go to usasf.net for details.

1-800-DANCEUCA UDAallstar@varsity.com



BY VARSITY SPIRIT