



2016-2017 Rec Dance Divisions



Name	Age	Gender	Members
DANCE / Open			
Senior Rec	18 years old & younger	female/male	4+
Junior Rec	14 years old & younger	female/male	4+
Youth Rec/Elementary School	12 years old & younger	female/male	4+
PeeWee Rec	10 years old & younger	female/male	4+
Mini Rec	8 years & younger	female/male	4+
Tiny Rec	6 years & younger	female/male	4+
Special Divisions			
Exhibition	All ages / All levels	female/male	4+
Special Needs Exhibition	All ages / All styles	female/male	Unlimited
Parent Team Exhibition	18 years & older / All levels	female/male	4+

The age of the competitor as of August 31, 2016 will be the age used for competition purposes throughout the 2016-2017 season for all divisions.

Epic Brands recognizes that Rec Dance does not have an official governing body to refer to, and that they may have different guidelines to follow within their individual organizations. Please adhere to the guidelines set forth by your organization, and select the division that best fits both the age and abilities of the athletes on the team so that your team will be given the best opportunity for success.

Rec Dance Teams can:

- Have their own practice facility or gym.
- Hold practice and/or attend classes at gymnastics or All-Star/Studio facilities.
- Represent their individual recreational team or their entire league/organization.
- Combine team members from all teams within a program if the league/organization allows them to do so.
- May have team members who also participate on School or All-Star teams.

Rec Dance Teams who are affiliated with All-Star programs or Schools, even if it is a half-year or introductory team, will need to register in the All-Star Prep Dance (must be a USASF member) or School division that best suits their ability level. They are NOT considered Rec Dance teams and cannot register in the Rec Dance Divisions listed above.

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In order to compete in a Rec Dance Division, your team must fall into the definition of Rec Dance as defined as any form of competitive dance that does not represent a School or an All-Star program. Teams can be affiliated with (but are not limited to) Pop Warner Associations, Youth Cheer Associations, City/County Parks and Recreation Departments, YMCAs, Boys and Girls Clubs, or any other community program that is not School or All-Star related.

Epic Brands reserves the right to combine or open divisions at any time leading up to each event.

* All divisions/categories may not be offered at US Finals or The ONE. If you receive a bid, you will need to register in the most appropriate division. Contact US Finals or The ONE directly for any questions.