

2026 Florida Dance Regional Championship

This is a Super Regional Competition. All surrounding states are welcome.
Open events are offered for Titles, Individual Solos, as well as Elementary, Middle, High
School, and Collegiate Twirling & Dance Teams.



CONTEST DIRECTORS:

Candice Dowdy (407) 617-9358 and Maria Cortes (407) 704-9977

CONTEST DATE: Saturday, April 11, 2026

ENTRY DEADLINE: Postmarked by March 19, 2026 (Awards must be ordered)

Entries received after this date will be charged a late fee of \$5.00 per event, maximum \$20.00

**CONTEST LOCATION: Timber Creek High School
1001 Avalon Park Blvd., Orlando, FL 32833**

TIME: Doors open at 7:30am; Contest will begin promptly at 8:00am

**All events will be your Contest Age
as of July 31, 2026**

AAU MEMBERSHIP IS NOT REQUIRED TO PARTICIPATE IN OPEN EVENTS

GENERAL CONTEST INFO:

- **AAU DANCE RULES:** The 2026 AAU Baton Twirling Rulebook and the 2026 Dance Rulebook are available at www.aaubaton.org with submission of entry forms. AAU Membership must be obtained **PRIOR** to submitting entry but is not required for open events (**NOTE AGES 18+**: Membership is not instant so please allow several days to process).
- **FACILITY FEE:** There will be a one-time \$20 facility fee per athlete. There is no door fee for spectators; the facility fee will be in place of a door fee.
All solo and team participants must pay this fee with their solo or team entry form.
- **PAYMENT:** Payment must be made when registering through the Red-Podium link.
NO PAPER ENTRIES!!
- **REFUNDS:**
**No refunds on entry fees or credits to other competitions will be given.
- **CHANGES TO ENTRIES:** The contest director reserves the right to make any changes deemed necessary. No changes by contestants may be made once an entry is received. ONLY errors made by the contest director will be corrected the day of the contest.
NO ENTRIES WILL BE ACCEPTED THE DAY OF THE CONTEST.
- **FOOD:** A concession stand will be provided during the day. Outside food or drinks are allowed, but not in the gym.
- **MUSIC:** All team and solo events that require music must email the music director an **MP3 file** to: kemericaau@gmail.com by the **March 19** entry deadline. Music will be played on a laptop through the sound system at the contest. Team directors and Solo Dancers should also bring two forms of back-up copies for your music (i.e. iPod, CD) to the contest.

- **WAIVERS:** **Waivers must be signed & submitted with entry form for every participant in the competition** (solo and team members). Participants will not be allowed to participate unless the necessary forms have been properly completed and signed by a parent/legal guardian or participant.

ORDER OF EVENTS

SATURDAY:

- Doors open at 7:30am, Contest starts at 8:00am
- All Team Events
- All Solo Events with Music or that require full floor.
- All remaining Individual Solo Events.
- Team awards announced during the afternoon.
- Final Awards presentation at the end of the day.

*AAU Dance Solo / Team Awards for all events
THAT ARE NOT championships will be
posted as they are available.
Individuals can pick up awards after their
last event.*

*Team Directors, please pick up team awards
at the end of Contest*

AAU MEMBERSHIP INFO:

- Participants who are **AAU Members**
 - Eligible to win the Academic All-American Award and a scholarship.
 - Eligible to qualify to participate in the 2026 Junior Olympic Games.
- **AAU Membership is not included in the event entry fee.**
- AAU Membership must be obtained **BEFORE** competition day in order to receive member benefits and qualifications.
- Participants are encouraged to visit the AAU Website at www.aausports.org to obtain membership.
- This event is licensed by the Amateur Athletic Union of the U.S., Inc.



FLORIDA DANCE TEAM EVENTS

AGE DIVISIONS: 0-5 (Kinder), 6-8 (Youth), 9-11 (Juvenile), 12-14 (Junior), 15-18 (Senior), Collegiate

CONTEST AGE: AGE AS OF 7/31/2026

TEAM SIZES (All Teams Except Production):
Extra-Small (2-3), Small (4-9), Large (10-19), Extra-Large (20+)

PRODUCTION TEAM SIZE: 10+

LEVELS: Recreational (no more than 1 1/2 hrs in studio per week), Competitive/School Team (more than 1 1/2 hrs in studio per week)

COST: \$15.00 per person, per routine

AWARDS: Each team member receives an award; results posted; directors pick up team awards at the end of teams.

TIME LIMITS: 1 1/2-3 min (all teams except production); 6-8 min (production)

DANCE RULES: Will follow 2026 AAU Dance Rules.

DANCE TEAM EVENTS:

Pom, Jazz, Lyrical, Modern/Contemporary, Hip Hop, Kick, Musical Theater/Character, Novelty, Ballet, Production

AWARDS

All AAU Dance Events:

- Medals for Individual and Team Events
- Results will be posted for each event
- Awards can be picked up at the end of the day
- Directors pick up team events at the end of the day

PLACEMENTS:

Solo Events: Medals for 1st – 3rd Place

Team Events: Medals for 1st – 3rd Place

Each Team member receives a medal.

FLORIDA SOLO DANCE EVENTS

Dancers wishing to do a solo, must enter the Solo Category corresponding to the type of solo they are performing (Jazz, Lyrical, Hip Hop, Modern/Contemporary, Pom).

Cost: \$30.00 per Dance Solo.

Contest Age: Age as of 7/31/2026

Age Divisions: 0-6, 7-9, 10-12, 13-15, 16-18, 19-22

Time Limit: 1 1/2 min to 2 1/2 mins maximum





AAU Florida Baton & Dance Participant Waiver

ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT:

In consideration of being allowed to participate on behalf of the 2026 AAU Florida Baton & Dance Championship event, the undersigned acknowledges, appreciates and agrees that...

1. Participation includes possible exposure to and illness from infectious diseases, including but not limited to MRSA, influenza, and the novel COVID-19 virus. While particular discipline and practices implemented may reduce this risk of infection, the risk of serious illness and death does exist.
2. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS AAU Florida Baton & Dance, Candice Dowdy/Director, Brite Star Twirlers, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, school districts, and if applicable, owners and lessors of the premises used to conduct the event, WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
3. I, the undersigned or parent/guardian, do hereby give permission for the athlete named above to participate in the 2026 FLORIDA AAU Baton and Dance Championship. I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of injuries, damages or loss that, I or my minor child, may sustain as a result of participating in any activities connected with or associated with this competition.
4. I further release and hold harmless the Contest Director & Staff, AAU Florida Dance/Baton Twirling, Timber Creek High School and its officers, agents, servants, employees and representatives, from any claims for injury, illness, or loss that may be sustained.
5. I understand and will be responsible for any medical bills that may be incurred on behalf of my daughter/son/self for physical illness or injury they may sustain during the competition. The competition and its representatives reserve the right to send any participant/ attendee to a hospital for diagnosis and treatment, with the parent/guardian assuming full responsibility and costs.
6. I give permission for images of the athlete/myself to be captured during the competition to be used without further compensation to the athlete or myself. Images and videos may be used in promoting the competition and future events, press releases to local media, and Internet/social media sites pertaining to AAU, AAU Dance, and AAU Florida Baton Twirling.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given substantial rights by signing it, and sign it knowingly, freely, and voluntarily, without any inducement. I, as a legal parent/guardian, have read and explained the rules, expectations, & procedures to my child(ren) and they understand & accept the risks and responsibilities. I, for myself, my child(ren), and accompanying guests, give consent and agree to the terms previously stated for all liabilities related to the presence and participation in this event, even if caused by their negligence, to the fullest extent provided by law.

Name of Participant: _____

Participant/Parent/Guardian Signature: _____

Participant/Parent/Guardian Printed Name: _____

Date Signed: _____

Note: The signed waiver/release should be kept on file by the sports organizer for a least 7 years and possibly longer if the twirling participant has contracted a serious illness.