

2026

AAU Central District Championships

Theme: Weekend Getaway



Contest Director: Elaine Jones Phone: 630-324-6421, Email: ejones9bbw@yahoo.com

Host Team: Bearettes & Twirling Bears and S.T.A.T. of Illinois

DATE: Saturday April 18, 2026

ENTRY DEADLINE: Postmarked by March 1, 2026 (AAU Awards must be ordered)
Entries received after this date will be charged a late fee of \$5.00 per event not to exceed \$20.00

TIME: Doors Open at 7:30 am; Contest Begins at 8:00am

CONTEST LOCATION: McCook Sports Complex, 4750 Vernon, McCook, IL.

There are no double entries for AAU Sanctioned Events and ALL events will be your competitive age is age as of July 24, 2026

All covid-19 mandates will be followed. The AAU rule book will prevail in case of conflicts.

Note: This is a QUALIFIER for the 2026 Junior Olympic Games in Iowa.

GENERAL CONTEST INFO:

📖 **AAU RULES:** The current AAU Baton Twirling Handbook is available at www.aubaton.org All current AAU rules apply.

☐ **ALL EVENTS:** All athletes (solo and team) **MUST** be AAU members and must be able to provide AAU Membership numbers when submitting entry forms. AAU membership **MUST BE OBTAINED** prior to submitting entry (**NOTE AGES 18+:** Membership is not instant so please allow several days to process).

☐ **DEADLINE FOR ENTRIES:** All entries must be postmarked by March 1, 2026:(Phone/email entries are not accepted)

☐ **CONTEST QUESTIONS:** Elaine Jones Phone: 630-324-6421(no texting) Email: ejones9bbw@yahoo.com

☐ **ADVANCEMENT:** If you should win prior to this contest and need to advance, you must call or email ASAP so we can make the needed changes. All changes should be submitted by March 22, 2026

☐ **DOOR ADMISSION AND PROCESSING FEES:**
Spectator fee will be collected with entry.

PAYMENT: Make checks payable to: Twirling Bears All fees due with entries by March 1, 2026. \$30 Returned Check Fee. No refunds on entry fees or credits to other competitions will be given.

☐ **DUET/TRIO/TEAM ROSTERS:** All directors must submit one roster for each duet/trio/team routine entered. Rosters should also be provided at "on-deck" check in for each routine the day of the competition.

☐ **CHANGES TO ENTRIES:** The contest director reserves the right to make any changes necessary. No changes by contestants may be made once entry is received. **ONLY** errors made by the contest director will be corrected before the day of the contest. **NO ENTRIES WILL BE ACCEPTED THE DAY OF THE CONTEST.**

📖 **PROGRAM BOOKS:** Programs will be available as part of admission at the check-in/awards table, emailed or posted. All solo participants will need a program in order to know lane assignments.

☐ **PRACTICE AREA:** Athletes may not practice in front of the judges or in any area where there is risk of the baton rolling onto the floor and interrupting the routine of another athlete. Practice area will be available in the gym. Both sides of the gym are available for practice during breaks.

☐ **MUSIC:** All team and solo events that require music (other than standard march music) must bring copies of your music on CD, or electronically to the the competition. A representative from the group must be present to play it.

☐ **SET SYSTEM:** A set system will be used for this contest.

☐ **FOOD:** A professional concession stand will be provided. No outside food or drink is allowed in the facility.

☐ **PHOTOGRAPHY:** No flash photography permitted. Failure to comply can result in disqualification.

☐ **VIDEO TAPING:** Video recording is only allowed by parent videotaping their own child or director/appointed person videotaping their own team/student. Failure to comply can result in disqualification.

☐ **LANES:** Contestants are responsible for reporting to their lanes on time. Failure to do so can result in disqualification.

☐ **WAIVERS:** A waiver must be signed and returned with entry for every participant in the competition (solo and team members). Participants will not be allowed to participate unless a form has been properly filled out and signed by parent/legal guardian/self.

ORDER OF EVENTS

- **7:30** am Gym Opens
- 8:00 am Welcome and National Anthem/Contest Begins
- All Team Events, novelty freestyle, etc. solos
- All Solo Events
- Awards will be given out throughout the day

All athletes are **REQUIRED** to be in **COMPETITION ATTIRE** for each awards ceremony at the junior olympics.

CONTEST AWARDS

AAU Events: Official AAU Medals for Individual and Team events.

- AAU Individual Events: AAU Medals for 1st-5th place
- AAU Duet/Trio/Team Events: AAU Medals for 1st-5th place; (Each Duet/Trio/Team member receives a medal. Coaches please come up to collect your team's medals)

NOTE: Hoop and baton flag, colorguard solos are district level only..

Open Events: (Individual events only): AAU 1st – 5th medallions and ribbons

Championship Events: AAU district medallions 1st-5th

CENTRAL CHAMPIONSHIP TITLE EVENTS

AGE DIVISIONS FOR CHAMPIONSHIP EVENTS: 0-6, 7-9, 10-12, 13-15, 16-18, 19-22, 23+

CONTEST AGE: AGE AS OF 7-24-26

COST: \$40 **REQUIREMENTS/LEVELS:** Indicated under each event

EVENT REQUIREMENTS

Central All-Around Champion Perform per current AAU rules. (ex: novice: basic, parade, solo).

- ❖ Solo One-Baton determines competition level (One-baton solo score used to break tie)
- ❖ Multi-Baton routine can be any combo of 1/2/3/4 batons
- ❖ Levels Offered: Novice, Beg, Int, Adv

CENTRAL ADDITIONAL DANCE TEAM EVENTS

The following information applies to the following AAU Dance categories:

- ☐ AAU DANCE TEAM: Routine can incorporate Jazz, Lyrical, Hip Hop, Modern/Contemporary, and/or Kick. NO POMS allowed
- ☐ AAU POM TEAM: Poms must be used throughout routine. Poms can be grounded for no more than 3 counts of 8. Gymnastic skills MAY NOT be done with poms in hands.

CONTEST AGE: AGE AS OF 7-24-26

TEAM AGES: 0-6 (Tot); 7-9 (Juvenile); 10-13 (Junior); 14-18 (Senior); 19-22 (College); 23+ (Adult)

TIME LIMITS: 1:30-3 minutes

TEAM SIZES: Extra-Small (2-3 Members); Small (4-9 Members); Large (10-19 Members); Extra-Large (20+ members)

TEAM STATUS: Beginner (Team has 11 or fewer first place wins) or
Advanced (Team has 12 or more first place wins)

GYMNASTICS: Beginner level limited to 1 Gymnastic/Tumbling skill per routine (one move total by one individual; not entire team). Advanced level limited to 3 Gymnastic/Tumbling Skills per routine (3 moves total by individuals; not entire team)

ACCEPTABLE GYMNASTIC MOVES INCLUDE: Cartwheels, Round-Offs, Front/Back Walkovers,
Forward/Backward Rolls, Backhand springs.

NO OTHER GYMNASTICS MOVES WILL BE ALLOWED.

DANCE GYMNASTIC RULES:

- ☐ **GYMNASTIC MOVES ARE ALLOWED, BUT NOT REQUIRED**
- ☐ The hands of the performer must be in full contact with the floor at all times without obstruction by costume or equipment
- ☐ No Gymnastic/Tumbling Skills maybe done on top of equipment/prop
- ☐ No Gymnastic/Tumbling Skills maybe used as a dismount from any equipment/prop
- ☐ All Dance events offered at this contest will use the AAU Baton Twirling Gymnastic Rules. For complete rules please refer to the AAU Baton Twirling Handbook Pages 10-11 at www.aaubaton.org

NOTE: TEAMS ENTRING AUXILIARY DANCE LINE, AUXILIARY POM, OR DRILL TEAM SHOULD REFER TO RULES IN THE BATON RULEBOOK NOT THE RULES LISTED ABOVE.

HOTEL INFORMATION

Holiday Inn by IHG, Countryside Illinois

Best Western, Countryside Illinois

Super 8 by Wyndham, Bridgeview Illinois



CENTRAL WAIVER

PLEASE MAIL WITH SOLO OR TEAM ENTRY FORM; **MUST BE POSTMARKED BY March 1, 2026.**
A WAIVER MUST BE COMPLETED BY EACH PERFORMER (SOLO AND TEAM) ONE WAIVER PER PERSON. WAIVERS MUST BE RECEIVED WITH ENTRY.

DIRECTORS: Please photocopy this for team members.

NOTE: PARTICIPANTS WILL NOT BE ALLOWED TO PERFORM UNLESS A WAIVER HAS BEEN PROPERLY FILLED OUT AND SIGNED BY PARENT/LEGAL GUARDIAN/SELF.

ATHLETE'S NAME: _____ **COMPETITION DATE:** April 18, 2026

I, the undersigned or parent/guardian, do hereby give permission for the athlete named above to participate in the AAU Central District Championships. I recognize and acknowledge 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 including airborne illnesses. I, further release and hold harmless the Contest Directors & Staff, Bearettes/Twirling Bears, S.T.A.T., McCook Sports Complex and its officers, agents, servants, employees and representatives, from any claims for injury, illness, or loss that may be sustained. In case of mandated shutdowns, contest will run virtual.

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 be sustained 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.

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 Baton Twirling.

I HAVE READ AND FULLY UNDERSTAND THE ABOVE WAIVER AND RELEASE OF ALL CLAIMS.

Parent/Guardian Signature
-or- Competitor's Signature (if over 18)

Date

IMPORTANT MEDICAL INFORMATION:

Insurance Company

Policy Number

Emergency Phone Number

Other Emergency Contact

Medications Currently Taking: _____

Allergies: _____

AAU MEMBERSHIP NUMBER MUST BE PROVIDED BELOW IF ENTERING ANY AAU EVENT.

NAME: _____ DATE OF BIRTH (M/D/Y) _____ AGE AS OF 7-24-26: _____

AAU MEMBERSHIP NUMBER: _____ PARENT GUARDIAN NAME: _____

ADDRESS (City, State, Zip): _____

EMAIL: _____ PHONE: _____

COACH: _____ STUDIO/TEAM: _____

COACH'S PHONE: _____ COACH'S EMAIL: _____

LIST MUSIC TITLES AND EVENT: _____

| | Nov. | Beg. | Int. | Adv. | Collegiate |
|-----------------------------|------|------|------|------|------------|
| CHAMPIONSHIP EVENTS | | | | | |
| \$40 EACH | | | | | |
| | | | | | |
| | | | | | |
| Central All-Around Champion | | | | | |

| | | | | | |
|----------------|--|--|--|--|--|
| OPEN EVENTS | | | | | |
| \$10 | | | | | |
| One Baton | | | | | |
| Two Baton | | | | | |
| X-Strut | | | | | |
| Basic Strut | | | | | |
| Military Strut | | | | | |

Note: special Novice (Never won a first place)

ENTRY FEES MUST ACCOMPANY ENTRY

ENTRIES MUST BE POSTMARKED BY: March 1, 2026

NO LATE ENTRIES ACCEPTED

MAKE CHECKS PAYABLE TO: Twirling Bears

MAIL TO: Twirling Bears C/O Elaine Jones

5602 King Arthur Ct. #3 Westmont, IL

60559

| BATON AAU EVENTS | Nov. | Beg. | Int. | Adv. | Elite | Chall- | Boys | Adult | Co |
|---------------------|------|------|------|------|-------|--------|------|-------|----|
| \$15 EACH | | | | | | enger | | | |
| One Baton | | | | | | | | | |
| Two Baton | | | | | | | | | |
| Three Baton | | | | | | | | | |
| Multiple Baton | | | | | | | | | |
| X-Strut | | | | | | | | | |
| Straight Line Strut | | | | | | | | | |
| Parade Strut | | | | | | | | | |
| Basic Strut | | | | | | | | | |
| Military Strut | | | | | | | | | |
| Hoop | | | | | | | | | |
| Flag (Small) | | | | | | | | | |

Colorguard flag _____ Rifle _____ Sabre _____ \$15 each

| | |
|----------------------|--|
| ADDT'L AAU EVENTS | |
| \$30 EACH | |
| Novelty Solo | Circle Level: Chall. Beg. Adv. College |
| Dance Twirl Solo | one division: int/adv/elite |
| Collegiate Half Time | |
| Collegiate Downfield | |

Contestant fee: \$20

| | |
|------------------------------|--|
| All around Champ. Event \$40 | |
| Baton Open Events \$10 | |
| Baton AAU Events \$15 each | |
| Baton AAU Events \$30 each | |
| TOTAL | |
| | |

AAU MEMBERSHIP NUMBER MUST BE PROVIDED BELOW IF ENTERING ANY AAU EVENT.
Please fill out one entry form and one Group roster (next page) for **each** duet/trio/team routine entered
AAU MEMBERSHIP NUMBERS MUST APPEAR ON THE ATTACHED ROSTER.

MUSICAL SELECTION: TITLE OF MUSIC: _____

AGES: average ages for all divisions except Auxiliary College Teams

[illegible]

| AAU CORPS | SIZE | | | | TEAM AGE | | | |
|-----------------------------|--------------|-------------|-------------|-----------------|-------------|--------------|--------------|--------------|
| | # of members | Small 10-14 | Large 15-19 | Extra Large 20+ | AVERAGE AGE | Juvenile 0-9 | Junior 10-13 | Senior 14-18 |
| \$10 PER TEAM MEMBER | | | | | | | | |
| Twirling Corp | | | | | | | | |
| Parade Corp | | | | | | | | |

Team Contestant Fee (one per team): \$20.00

| TOTAL TEAM AMOUNT DUE | | # of members | TOTAL AMOUNT |
|--|--|--------------|--------------|
| AAU Duet/Trio/Team \$10 each | | | |
| GRAND TOTAL OF ENTRY (include \$20 team contestant fee): | | | |

ENTRY FEES MUST ACCOMPANY ENTRY, DIRECTOR SEND IN ONE PAYMENT MAKE CHECKS TO:

Twirling Bears 5602 King Arthur Ct, Apt 3, Westmont, IL. 60559 c/o Elaine Jones

Post Mark: March 1, 2026

If all members of a team or corp enter individual events or do more than one team, then the team contestant fee is waived or you pay for the first team entered if no solos.



CENTRAL AAU GROUP ROSTER

Use this form to list Duet/Trio/Team members competing in the AAU Competition

Make copies so you have (1) roster PER ROUTINE entered.

This roster **MUST** accompany your entry. **Make a copy to present at team line-up the day of competition.**

SOLO LEVEL determines the level of your team so list correctly.

Check AAU Rule book for clarification.

Solo Levels are: Novice, Beg, Int, Adv, or Elite, Challenger, Collegiate

| | LAST NAME | FIRST NAME | AAU I.D. # | BIRTHDAY | AGE AS OF 7-24-26 | SOLO LEVEL (IF APPLICABLE) |
|----|-----------|------------|------------|----------|----------------------|-------------------------------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |
| 13 | | | | | | |
| 14 | | | | | | |
| 15 | | | | | | |
| 16 | | | | | | |
| 17 | | | | | | |
| 18 | | | | | | |
| 19 | | | | | | |
| 20 | | | | | | |

\$10 per member x number of members _____ = **Total Enclosed:** _____

Additional open nonsanctioned events offered

Contestant's Name _____ Age _____ Birthdate _____

DANCE SOLO EVENTS

Circle: Recreational Competitive

Jazz/Lyrical _____

Hip Hop _____

Modern/Contemporary _____

Pom _____

DANCE TEAMS (All AAU Dance events will be offered. All AAU Dance rules apply)

Circle: Extra Sm 2-3 Sm 4-9 Lg 10-19 Extra Large 20+ # in team _____

Team Name _____ Coach(es) _____

Circle: Tot 0-6 Juvenile 7-9 Junior 10-13 Senior 14-18 Collegiate 19-22 Adult 23+

Circle: Recreational Competitive School Team

Pom _____ Jazz _____ Lyrical _____ Modern/Contemporary _____

Hip Hop _____ Kick _____ Musical Theatre/Character _____ Novelty _____

Mix _____ Production (must have 10+ members) _____

Use the back or additional sheet of paper to list roster including birthdates and ages.
Please fill out a different form for each type of team/event entered on this sheet

Total: \$ _____

ENTRY FEES PAYABLE TO: Twirling Bears