

U.S. ALL STAR FEDERATION

CHEER AGE GRID

2025 – 2026

For the Member Term: June 1st, 2025 – May 31st, 2026

Updated July 4, 2025 (1:00PM EST)

Adjustments in **RED** indicate a change/addition since the previous season (2024-2025)

Adjustments in **BLUE** indicate a major change/addition since the Early Release of the 2025-2026 Age Grid

We do not anticipate additional changes but reserve the right to make changes as needed.

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USASF Member Event Producers (EP) host USASF Sanctioned Competitions with All Star divisions. *EPs must follow the [USASF Sanctioned Competition Classifications \(CLICK HERE\)](#)*

This age grid provides a “menu” of All Star divisions that may be offered by an EP. They are not required to offer every division listed.

This document contains the division offerings for the 2025–2026 season in the following **tiers**:

- All Star Elite
- All Star International (an Elite tier)
- All Star Prep
- All Star Novice
- All Star CheerABILITIES Exceptional Athletes (formerly Special Needs)

ATHLETE AGE

Athlete division eligibility is determined by their BIRTH YEAR. Some divisions have top or bottom ages that are split years. Page 17 is a grid that provides a visual reference indicating what birth year is eligible for which division. Pay close attention to the columns where a birth year has been split.

ADULT ATHLETES

- An athlete born on or before 5/31/07 ([athletes who are 18 or older before June 1st](#)).
- Eligibility requirements completed during the membership application process:
 - ◊ Background check
 - ◊ Adult Athlete Specific Abuse Prevention Training
- See page 16 for Adult Athletes in the EA division(s).

ROSTERING GUIDELINES

- The USASF Member Clubs must associate their USASF Official Roster for all teams attending a USASF Sanctioned Competition in All Star Divisions (except for All Star Exhibition and/or All Star Event Trial teams that are composed of non-member athletes).
- Only those athletes on a roster may take the floor with the team. The athletes who perform a routine must remain the same from start to finish and **MAY NOT** be replaced by another athlete at **any** time during the performance.
- [A Recreation \(Rec\) team that competes or performs at any USASF Sanctioned competition may not represent a USASF Member Club.](#)
- Athletes may not be rostered in **different competitive tiers**. **Competitive tiers** are: Elite (including International divisions) and Prep.
 - ◊ Exception: Temporary Athlete Replacement From a Different Tier [see page 4]
- Athletes may be rostered in a competitive tier(s) and Novice.
- **Crossover Athletes:** An athlete may only be rostered with 3 cheer teams at a USASF Sanctioned Competition. In essence, an athlete may compete on one cheer team and crossover to two cheer teams within the same club during the competition.
 - ◊ Exceptions:
 - An athlete from one club without a Level 7 team may crossover to **a different** club’s Level 7 team so long as they do not exceed the maximum number of teams permitted.
 - An athlete may cross from cheer to dance without limitation.
- An EP may choose to be more restrictive but may not be less restrictive than the limitations outlined herein.

MOVING TIERS

- Athletes may select only one competitive tier, either Prep or Elite
- Competitive Tier Athletes may also select the Novice tier
- Athletes are **permitted to change competitive tiers** without approval from the USASF if they have not yet taken the floor with a team at a USASF Sanctioned Competition.
- If an athlete has taken the floor on a competitive team and the club wants to move the athlete from Prep to Elite or Elite to Prep permanently during the same season they must request approval from the USASF [[email:support@usasf.net](mailto:support@usasf.net)]. Approval **may** be granted for an individual athlete, one time, and the athlete **cannot** return to the prior tier during the season. Exception: Temporary Athlete Replacement from different tier.

TEMPORARY ATHLETE REPLACEMENT FROM A DIFFERENT COMPETITIVE TIER

This section outlines what is permitted:

1. An athlete is unable to attend an event on short or no prior notice;
2. The only option is to replace the missing athlete with an age eligible USASF member athlete from a different competitive tier; and
3. The athlete used to replace the missing athlete wants to return to their original team (in a different competitive tier).
 - ◊ The replacement will be considered for short notice situations only. Typically, when 48 hours or less notice is given and adjustments must be made to allow the team to still compete at a USASF Sanctioned Competition. This addresses situations that may arise, such as injury, illness or circumstances that were unplanned or unpredictable (such as accidents, family emergencies, etc.) and the team does not have time to rework the routine.
 - ◊ The club must request approval from the USASF [[email: support@usasf.net](mailto:support@usasf.net)]
 - ◊ Not all requests are granted.
 - ◊ No more than 3 replacement athletes may be from a different tier for one team at the same event.

ALL STAR EXHIBITION PERFORMANCES FOR USASF MEMBER CLUBS

Exhibition Performances are for All Star teams that will not be scored, adjudicated or ranked.

- Must follow the requirements outlined in the **USASF Sanctioned Competition Classifications** ([CLICK HERE](#))
- USASF Member Clubs may have teams exhibition at USASF Sanctioned Competitions with team participants that are not athlete members of the USASF.
- An Event Producer may offer a team of less than the minimum number of participants stated on the Age Grid to perform as exhibition only, as long as they meet the safety rules and age restrictions of the Age Grid.
- All coaches and non-coaching club representatives must be eligible members of the USASF for the current season in the appropriate member category to access restricted areas with the All Star Exhibition team.
- Participants that are not members of the USASF and who do not appear on an Official USASF Roster associated with a USASF Sanctioned Competition are not covered under the Member Accident Insurance Program.

ALL STAR EVENT TRIAL

An All Star team composed of athletes who are not members of the USASF that will compete in a USASF division at **one USASF Sanctioned Competition** during the season and must fit the USASF division requirement(s).

- Must follow the requirements outlined in the **USASF Sanctioned Competition Classifications** ([CLICK HERE](#))
- Event Trial teams may not compete in Worlds Divisions.
- Participants on these teams are not members of the USASF and do not appear on an Official USASF Roster associated with a USASF Sanctioned Competition therefore they are not covered under the Member Accident Insurance Program.

CLUB SIZE CLASSIFICATION: DIVISION I or DIVISION II

Division classification will be determined by the total number of Elite athletes within a club.

- Once a club reaches 126 Elite athletes, they are no longer eligible for Division II.
 - ◊ **Exception: A Club may apply for a waiver, for up to 3 athletes, if the athlete has been dropped from the Member Club and replacement athletes are needed [email: support@usasf.net].**
- For clubs with more than 1 location, all locations' ELITE athletes will be tallied and combined to determine the clubs' division eligibility:
 - ◊ All Cheer Elite Tier athletes that are on a roster and take the floor during the current season will be tallied. This includes athletes in Cheer Elite Tier **and** International divisions.
- Once an Elite athlete has been counted, they will not be removed from the cumulative total of Elite athletes if they no longer compete with the program. For example, if an athlete that has been injured or quits no longer is on the roster and/or competes with the club, the athlete that has already been counted will remain in the total competitive athletes for the current season.
- An Elite athlete that starts the season and competes with a club then changes clubs and competes on an Elite team with a different club would be counted in the total Elite athletes of both clubs.
- Once a club reaches 126 Elite athletes, they are no longer eligible for Division II regardless of when they exceed 125 Elite athletes. And they must compete in Division I the remainder of the current season when applicable.
- Clubs may opt-in to Division I status at any time during the season.
 - ◊ Once a Club opts-in to Division I status they may not return to Division II during the current season.

Note: A clubs' Division status may change throughout the season (they may move from Division II to Division I). The USASF member database records the roster with Division status at the time of the event. If a clubs' division changes mid-season, **the club is responsible for informing the event producer as change in division status may change bid eligibility.** The USASF is not responsible for communicating division changes. However, an event producer may ask the USASF to verify division status as it may apply to the year-end event.

COMBINING AND SPLITTING REQUIREMENTS

THE EP MAY NOT COMBINE:	THE EP MAY NOT SPLIT:
• Tiers (Novice, Prep, Elite tiers, etc.) • Different Classifications of Teams (School, Rec, Studio, All Star). • Different Age Divisions • Different Levels • Worlds Divisions	• Senior Open & International Open Divisions by Small/ Medium /Large team size. • By DI/DII in Worlds and International divisions • Worlds Division Teams from the same Club • The CheerAbilities Elite division into Level 1 and 2 at any event

REQUIREMENTS BY TIER/DIVISION

ELITE TIER

- Senior Coed 3, 4, 4.2, and 5 & Senior Open Coed 4 and 5 are the only guaranteed, stand-alone coed divisions in this ELITE TIER group.
- Junior 5 & Junior 6 are the only divisions that may be split into coed and all girl in this ELITE TIER group.

ELITE TIER – INTERNATIONAL (NON-WORLDS) (Includes U16 and U18, Levels 1-4)

Teams from the same club will NOT be split and **must** compete against each other.

Teams from the same Club:

- ◊ Teams of **different sizes** (Small/Medium/Large) from the same club, regardless of their location, may request for their teams to be split and not compete against each other. This does not apply to Senior Open teams because they are not split by size.
 - All teams from the club must agree to the request.
- ◊ Teams of the **same size** from the **same club** will NOT automatically be split

ELITE TIER – WORLDS (Includes Senior 6, Limited 6 & International, Non-Tumbling, U16, and U18)

Team Size: XSmall, Small, Medium, Large, and Open divisions may not be combined.
Teams from the same club will NOT be split and must compete against each other.

COMBINING AND SPLITTING RECOMMENDATIONS

The USASF provides recommended guidelines in the best interest of providing a competitive environment. Whenever possible, USASF recommends there be at least 2 teams in any given division and level.

It is recommended that EPs share their combining/splitting policy before teams register if different than the USASF Recommendations below.

USASF RECOMMENDATIONS

Please remember the requirements **MUST** be followed that are listed on page 6.

After the requirements are completed the USASF has the following recommendations to help encourage competition.

ELITE TIER (Excluding Worlds & International)

(Includes Tiny through Senior Open Levels 1-5 and Junior Level 6)

(Does not include Novice, Prep, Worlds, or International Divisions)

STEP 1 – DIVISION I (DI) AND DIVISION II (DII)

EP determines if all permitted divisions at the event will be split into Division I (DI) and Division II (DII). If yes, the EP **splits** every permitted division into DI and DII, unless the split would leave only 1 team in a division, which would make splitting that division optional. If not, the DI/DII split may be implemented as one of the optional splits.

STEP 2 – TEAM SIZE

Levels 1-4.2, excluding Senior Open

- Small/Medium Splits: EP **splits** the division into Small (5-22 athletes) and Medium (23-30 athletes) divisions when there are at least 2 teams registered in each division.

Levels 5-6, excluding Senior Open

- Small/Large Splits: EP splits the division into Small (5-22 athletes) and Large (23-38 athletes) divisions when there are at least 2 teams registered in each division.
- Medium/Large Splits EP splits the division into Medium (23-30 athletes) and Large (31-38 athletes) divisions when there are at least 2 teams registered in each division.

STEP 3 – COED AND ALL GIRL

Junior Levels 5 & 6

- EP splits the division into coed and all-girl when there are at least 2 teams registered in each division. If there are not 2 teams registered for each division the EP **would not** split the division into coed and all-girl.

Optional Steps – DI/DII | A/B

The splits below are **OPTIONAL** and may be applied in any order. EPs may choose to implement any or all of the additional splits. No division may be subdivided further if it means that only 1 team will be left in a division.

- **DI/DII** – After implementing the prior splits EPs may split the division into Division I (DI) and Division II (DII) when there are at least 2 teams registered in each division.
- **A/B Split** – If after implementing prior splits there are 10 or more teams in any given division, the EP may split that division further. The EP should use a name such as "Group A", "Group B" to denote the split.

USASF RECOMMENDATIONS – CONTINUED

ELITE TIER – INTERNATIONAL (NON-WORLDS)

(Includes U16 and U18, Levels 1-4)

EPs may or may not choose to split divisions in the interest of competition. The splits below are OPTIONAL and may be applied in any order. EPs may choose to implement any or all of the additional splits so long as they follow the guidelines. No division should be subdivided further if it means that only 1 team will be left in a division.

TEAM SIZE

Small/Medium Splits: EPs may split the division into Small (16-24 athletes) and Medium (25-30 athletes) divisions when there are at least 2 teams registered in each division.

A/B

If there are 10 or more teams in any given division, EPs may split that division. The EP should use a name such as "Group A", "Group B" to denote the split.

ELITE TIER – WORLDS

(Includes Senior 6, Limited 6 & International, Non-Tumbling, U16, and U18 Divisions)

EPs may or may not choose to split divisions in the interest of competition. The split below is OPTIONAL. No division may be subdivided further if it means that only one team will be left in a division.

A/B

If there are **10 or more** teams in any given division, the EP **may** split that division. The EPs should use a name such as "Group A", "Group B" to denote the split.

PREP TIER

EPs may or may not choose to split divisions in the interest of competition. No division should be subdivided further if it means that only one team will be left in a division.

A/B

If there are **10 or more** teams in any given division, the event producers may split that division. The event producers should use a name such as "Group A", "Group B" to denote the split.

ALL STAR ELITE TIER

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USASF All Star ELITE TIER CLUB Divisions

Age Division	Eligibility by Birth Year	Levels Offered							Gender
		1	2	3	4	4.2	5	6	
Tiny	2018 – 2020	✓							Female/Male
Mini	2016 – 2019	✓	✓						Female/Male
Youth	2013 – 2018	✓	✓	✓	✓		✓		Female/Male
Youth Flex**	2012 – 2020	✓	✓	✓					Female/Male
Junior	2010 – 2017	✓	✓	✓	✓		✓	✓	Female/Male
Junior Flex**	2009 – 2019	✓	✓	✓					Female/Male
Junior Flex**	2009 – 2018				✓				Female/Male
Senior	6/1/2006 – 2013	✓	✓	✓	✓	✓	✓		Female
Senior Coed	6/1/2006 – 2013			✓	✓	✓	✓		Female/Male
Senior Open	5/31/2008 & Before				✓		✓		Female
Senior Open Coed	5/31/2008 & Before				✓		✓		Female/Male
WORLD'S SENIOR AGE DIVISIONS									
Senior	6/1/2006 – 2012							✓	Female
Senior Coed	6/1/2006 – 2012							✓	Female/Male

**Provisional divisions are being evaluated this season to determine if they'll be offered in future seasons.

USASF All Star ELITE TIER CLUB Divisions

LEVEL 1

Division	Eligibility by Birth Year	Gender	Team Size
Tiny	2018 - 2020	Female/Male	5 - 30 Members
Mini	2016 - 2019	Female/Male	5 - 30 Members
Youth	2013 - 2018	Female/Male	5 - 30 Members
Youth Flex**	2012 - 2020	Female/Male	5 - 30 Members
Junior	2010 - 2017	Female/Male	5 - 30 Members
Junior Flex**	2009 - 2019	Female/Male	5 - 30 Members
Senior	6/1/2006 - 2013	Female/Male	5 - 30 Members

LEVEL 2

Division	Eligibility by Birth Year	Gender	Team Size
Mini	2016 - 2019	Female/Male	5 - 30 Members
Youth	2013 - 2018	Female/Male	5 - 30 Members
Youth Flex**	2012 - 2020	Female/Male	5 - 30 Members
Junior	2010 - 2017	Female/Male	5 - 30 Members
Junior Flex**	2009 - 2019	Female/Male	5 - 30 Members
Senior	6/1/2006 - 2013	Female/Male	5 - 30 Members

ALL STAR ELITE TIER

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USASF All Star ELITE TIER CLUB Divisions

LEVEL 3

Division	Eligibility by Birth Year	Gender	Team Size
Youth	2013 - 2018	Female/Male	5 - 30 Members
Youth Flex**	2012 - 2020	Female/Male	5 - 30 Members
Junior	2010 - 2017	Female/Male	5 - 30 Members
Junior Flex**	2009 - 2019	Female/Male	5 - 30 Members
Senior	6/1/2006 - 2013	Female Only	5 - 30 Members
Senior Coed	6/1/2006 - 2013	Female/Male (1 or More)	5 - 30 Members

LEVEL 4

Division	Eligibility by Birth Year	Gender	Team Size
Youth	2013 - 2018	Female/Male	5 - 30 Members
Junior	2010 - 2017	Female/Male	5 - 30 Members
Junior Flex**	2009 - 2018	Female/Male	5 - 30 Members
Senior	6/1/2006 - 2013	Female/Male	5 - 30 Members
Senior Coed	6/1/2006 - 2013	Female/Male (1 or More)	5 - 30 Members
Senior Open	5/31/2008 & Before	Female Only	5 - 24 Members
Senior Open Coed	5/31/2008 & Before	Female/Male (1 or More)	5 - 24 Members

LEVEL 4.2

Division	Eligibility by Birth Year	Gender	Team Size
Senior	6/1/2006 - 2013	Female/Male	5 - 30 Members
Senior Coed	6/1/2006 - 2013	Female/Male (1 or More)	5 - 30 Members

LEVEL 5

Division	Eligibility by Birth Year	Gender	Team Size
Youth	2013 - 2018	Female/Male	5 - 38 Members
Junior	2010 - 2017	Female/Male	5 - 38 Members
Senior	6/1/2006 - 2013	Female/Male	5 - 38 Members
Senior Coed	6/1/2006 - 2013	Female/Male (1 or More)	5 - 38 Members
Senior Open	5/31/2008 & Before	Female Only	5 - 24 Members
Senior Open Coed	5/31/2008 & Before	Female/Male (1 or More)	5 - 24 Members

LEVEL 6 (NON-WORLDS ELIGIBLE DIVISION)

Division	Eligibility by Birth Year	Gender	Team Size
Junior	2010 - 2017	Female/Male	5 - 38 Members

USASF All Star ELITE TIER CLUB Divisions

LEVEL 6 (WORLDS ELIGIBLE DIVISIONS)

Division	Eligibility by Birth Year	Gender	Team Size
Limited Senior XSmall	6/1/2006 - 2012	Female Only	5 - 16 Members
Limited Senior XSmall Coed	6/1/2006 - 2012	Female/Male (1 - 2)	5 - 16 Members
Senior XSmall	6/1/2006 - 2012	Female Only	5 - 16 Members
Senior XSmall Coed	6/1/2006 - 2012	Female/Male (1 - 2)	5 - 16 Members
Limited Senior Small	6/1/2006 - 2012	Female Only	17 - 22 Members
Limited Senior Small Coed	6/1/2006 - 2012	Female/Male (1 - 5)	5 - 22 Members
Senior Small	6/1/2006 - 2012	Female Only	17 - 22 Members
Senior Small Coed	6/1/2006 - 2012	Female/Male (1 - 5)	5 - 22 Members
Senior Medium	6/1/2006 - 2012	Female Only	23 - 30 Members
Senior Medium Coed	6/1/2006 - 2012	Female/Male (1 - 8)	5 - 30 Members
Senior Large	6/1/2006 - 2012	Female Only	31 - 38 Members
Senior Large Coed	6/1/2006 - 2012	Female/Male (1 - 19)	5 - 38 Members

LEVELS LISTED IN X.Y FORMAT

- Level 'X' rules for Building Skills (Stunts, Pyramids, Dismounts, & Tosses)
- Level 'Y' rules for Tumbling Skills.

Example: Level 4.2 follows Level 4 building rules with Level 2 tumbling rules.

PLEASE NOTE THE FOLLOWING:

A penalty may be assessed for taking the floor with fewer than the minimum number of athletes stated.

ALL STAR ELITE TIER INTERNATIONAL 25 26

USASF All Star ELITE TIER INTERNATIONAL Divisions

Age Division	Eligibility by Birth Year	Levels Offered						Gender
		1	2	3	4	6	7	
U16	2009 - 2014	✓	✓	✓	✓			Female
U16 Coed	2009 - 2014				✓			Female/Male
U18	2007 - 2012	✓	✓	✓	✓			Female
U18 Coed	2007 - 2012			✓	✓			Female/Male
WORLD'S AGE DIVISIONS								
U18 NT	2007 - 2012					✓		Female
U18 Coed NT	2007 - 2012					✓		Female/Male
International Open	5/31/2008 & Before					✓	✓	Female
International Open Coed	5/31/2008 & Before					✓	✓	Female/Male
International Open NT	5/31/2008 & Before					✓	✓	Female
International Open Coed NT	5/31/2008 & Before					✓	✓	Female/Male

USASF All Star ELITE TIER INTERNATIONAL Divisions

LEVEL 1

Division	Eligibility by Birth Year	Gender	Team Size
U16	2009 - 2014	Female/Male	16 - 30 Members
U18	2007 - 2012	Female/Male	16 - 30 Members

LEVEL 2

Division	Eligibility by Birth Year	Gender	Team Size
U16	2009 - 2014	Female/Male	16 - 30 Members
U18	2007 - 2012	Female/Male	16 - 30 Members

LEVEL 3

Division	Eligibility by Birth Year	Gender	Team Size
U16	2009 - 2014	Female/Male	16 - 30 Members
U18	2007 - 2012	Female/Male	16 - 30 Members
U18 Coed	2007 - 2012	Female/Male (1 or More)	16 - 30 Members

USASF All Star ELITE TIER INTERNATIONAL Divisions

LEVEL 4

Division	Eligibility by Birth Year	Gender	Team Size
U16	2009 - 2014	Female Only	16 - 30 Members
U16 Coed	2009 - 2014	Female/Male (1 or More)	16 - 30 Members
U18	2007 - 2012	Female Only	16 - 30 Members
U18 Coed	2007 - 2012	Female/Male (1 or More)	16 - 30 Members

LEVEL 6 (WORLDS ELIGIBLE DIVISIONS)

Division	Eligibility by Birth Year	Gender	Team Size
U18 NT	2007 - 2012	Female Only	16 - 30 Members
U18 Coed NT	2007 - 2012	Female/Male (1 -20)	16 - 30 Members
International Open	5/31/2008 & Before	Female Only	16 - 24 Members
International Open Small Coed	5/31/2008 & Before	Female/Male (1 -4)	16 - 24 Members
International Open Large Coed	5/31/2008 & Before	Female/Male (5 -16)	16 - 24 Members
International Open NT	5/31/2008 & Before	Female Only	16 - 30 Members
International Open Coed NT	5/31/2008 & Before	Female/Male (1 - 20)	16 - 30 Members

LEVEL 7 (WORLDS ELIGIBLE DIVISIONS)

Division	Eligibility by Birth Year	Gender	Team Size
International Open	5/31/2008 & Before	Female Only	16 - 24 Members
International Open Small Coed	5/31/2008 & Before	Female/Male (1 -4)	16 - 24 Members
International Open Large Coed	5/31/2008 & Before	Female/Male (5 -16)	16 - 24 Members
International Open NT	5/31/2008 & Before	Female Only	16 - 30 Members
International Open Coed NT	5/31/2008 & Before	Female/Male (1 -20)	16 - 30 Members

USASF sanctioned events may ONLY offer these International divisions. All divisions offered by the IASF are not offered at USASF sanctioned events. Please see the International division list on this page to ensure division offerings at USASF sanctioned events. Competitions that follow IASF Guidelines may have additional rules/restrictions for the International Divisions. Please check with the Event Producer directly for further information.

PLEASE NOTE THE FOLLOWING:

- "U Format" divisions have a bottom age. Use the Birth Year Column to verify athlete eligibility for all divisions.
- The minimum number of athletes for International divisions is 16.
 - ◊ A penalty may be assessed for taking the floor with fewer than 16 athletes.
- Teams may NOT qualify for Worlds with fewer than 16 athletes on the floor.
- The maximum numbers of males on a Coed team may not exceed 2/3 of the total athletes on the team.
- Routine time limit for International Divisions is a maximum of 2:30.
 - ◊ Exception: Non-Tumbling (NT) routines may not exceed 2:00.

USASF All Star ELITE PREP TIER Divisions

LEVEL 1.1

Division	Eligibility by Birth Year	Gender	Team Size
Tiny	2018 - 2020	Female/Male	5 - 30 Members
Mini	2016 - 2019	Female/Male	5 - 30 Members
Youth	2013 - 2018	Female/Male	5 - 30 Members
Junior	2010 - 2017	Female/Male	5 - 30 Members
Senior	6/1/2006 - 2014	Female/Male	5 - 30 Members

LEVEL 2.1 & LEVEL 2.2

Division	Eligibility by Birth Year	Gender	Team Size
Mini	2016 - 2019	Female/Male	5 - 30 Members
Youth	2013 - 2018	Female/Male	5 - 30 Members
Junior	2010 - 2017	Female/Male	5 - 30 Members
Senior	6/1/2006 - 2014	Female/Male	5 - 30 Members

LEVEL 3.1 & LEVEL 3.2

Division	Eligibility by Birth Year	Gender	Team Size
Youth	2013 - 2018	Female/Male	5 - 30 Members
Junior	2010 - 2017	Female/Male	5 - 30 Members
Senior	6/1/2006 - 2014	Female/Male	5 - 30 Members

ALL STAR CHEER PREP GUIDELINES

- All teams are combined female/male - prep teams will not be classified as coed, regardless of the number of males on a team.
- Please refer to the USASF Cheer Rules for Prep routine rules and guidelines. The specific page number is referenced in the Table of Contents of the USASF Cheer Rules.

LEVELS LISTED IN X.Y FORMAT

- Level 'X' rules for Building Skills (Stunts, Pyramids, & Dismounts)
- Level 'Y' rules for Tumbling Skills.

Example: Level 2.1 follows Level 2 building rules with Level 1 tumbling rules.

PLEASE NOTE THE FOLLOWING:

- A penalty may be assessed for taking the floor with fewer than the minimum number of athletes stated.

ALL STAR NOVICE TIER

USASF All Star ELITE NOVICE TIER Divisions

LEVEL 1 W/RESTRICTIONS

Division	Eligibility by Birth Year	Gender	Team Size
Tiny	2018 - 2022	Female/Male	3 + Members
Mini	2016 - 2019	Female/Male	5 + Members
Youth	2013 - 2018	Female/Male	5 + Members
Junior	2010 - 2017	Female/Male	5 + Members
Senior	6/1/2006 - 2014	Female/Male	5 + Members

LEVEL 2 W/RESTRICTIONS

Division	Eligibility by Birth Year	Gender	Team Size
Mini	2016 - 2019	Female/Male	5 + Members
Youth	2013 - 2018	Female/Male	5 + Members
Junior	2010 - 2017	Female/Male	5 + Members
Senior	6/1/2006 - 2014	Female/Male	5 + Members

LEVEL 3 W/RESTRICTIONS

Division	Eligibility by Birth Year	Gender	Team Size
Youth	2013 - 2018	Female/Male	5 + Members
Junior	2010 - 2017	Female/Male	5 + Members
Senior	6/1/2006 - 2014	Female/Male	5 + Members

ALL STAR CHEER NOVICE GUIDELINES

- All teams are combined female/male - prep teams will not be classified as coed, regardless of the number of males on a team.
- Please refer to the USASF Cheer Rules for Novice routine rules and guidelines. The specific page number is referenced in the Table of Contents of the USASF Cheer Rules.

ALL STAR NOVICE SELECT

- The USASF will be offering a Novice Select option that will be available to all USASF Member Clubs. This resource will provide music, a framework of a Novice routine and a skill list to choose from. This was created to help newer coaches/clubs learn how to put together routines while reducing the cost of music and choreography fees.
- The Novice Select routines will perform in the Novice Divisions.

PLEASE NOTE THE FOLLOWING:

- A penalty may be assessed for taking the floor with fewer than the minimum number of athletes stated.

ALL STAR CHEERABILITIES TIER

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USASF All Star CHEERABILITIES Divisions

LEVEL 1 W/RESTRICTIONS

Division	Eligibility by Birth Year	Gender	Team Size
Novice	2020 & Before	Female/Male	5 + Members

LEVEL 2 W/RESTRICTIONS

Division	Eligibility by Birth Year	Gender	Team Size
Elite	2020 & Before	Female/Male	5 + Members
Exhibition	2020 & Before	Female/Male	5 + Members

EXHIBITION

Division	Eligibility by Birth Year	Gender	Team Size
Unified	2013 & Before	Female/Male	5 + Members

ALL STAR CHEERABILITIES GUIDELINES

- CheerABILITIES Unified is defined as 50% or more of the athletes have disabilities (as defined by the Americans with Disabilities Act) and 50% or less are Unified Partners (typical athletes).
- Please refer to the USASF Cheer Rules for CheerABILITIES Unified routine rules and guidelines. The specific page number is referenced in the Table of Contents of the USASF Cheer Rules.

PLEASE NOTE THE FOLLOWING:

Exceptional Adult Athlete (EAA) & BG Screenings Policy for 25-26 Season (PROVISIONAL STATUS):

- USASF will not require background screenings for Membership Eligibility of Exceptional Athletes 18 and over (EAA). However, should an EAA also apply for a USASF Coach Membership, USASF will require a background screening. The decision to conduct background screenings for EAA will be up to each Member Club that chooses to create/host EA teams. The Club will then be responsible for any decisions related to participation. This is consistent with the policy outlined by Special Olympics in keeping decision-making at the local level. This also keeps with USASF policy whereby Clubs may have policies/requirements that are more restrictive than those of USASF, but never less restrictive.

AGE GRID: QUICK REFERENCE TABLE

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Division	Athlete Birth Year ('✓' indicates eligible for that division)																			
	2005 & Older	2006		2007	2008		2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
		1/01 - 5/31	6/01 - 12/31		1/01 - 5/31	6/01 - 12/31														
ELITE CLUB																				
Senior Open (Levels 4-5)	✓	✓	✓	✓	✓															
Senior & Limited (Level 6)			✓	✓	✓	✓	✓	✓	✓	✓										
Senior (Levels 1-5)			✓	✓	✓	✓	✓	✓	✓	✓	✓									
Junior (Levels 1-6)								✓	✓	✓	✓	✓	✓	✓	✓					
Junior Flex (Level 4)							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				
Junior Flex (Levels 1-3)							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Youth (Levels 1-5)											✓	✓	✓	✓	✓	✓	✓			
Youth Flex (Levels 1-3)										✓	✓	✓	✓	✓	✓	✓	✓	✓		
Mini (Levels 1-2)														✓	✓	✓	✓			
Tiny (Level 1)																✓	✓	✓		
ELITE INTERNATIONAL																				
Open (Levels 6-7) (Levels 6-7 NT)	✓	✓	✓	✓	✓															
U18 (Levels 1-4) (Levels 6 NT)				✓	✓	✓	✓	✓	✓	✓										
U16 (Levels 1-4)							✓	✓	✓	✓	✓	✓								
PREP																				
Senior (Levels 1.1, 2.1, 2.2, 3.1, 3.2)			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓								
Junior (Levels 1.1, 2.1, 2.2, 3.1, 3.2)								✓	✓	✓	✓	✓	✓	✓	✓					
Youth (Levels 1.1, 2.1, 2.2, 3.1, 3.2)											✓	✓	✓	✓	✓	✓				
Mini (Levels 1.1, 2.1, 2.2)														✓	✓	✓	✓			
Tiny (Level 1.1)																✓	✓	✓		
NOVICE																				
Senior (Levels 1-3 w/Restrictions)			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓								
Junior (Levels 1-3 w/Restrictions)									✓	✓	✓	✓	✓	✓	✓					
Youth (Levels 1-3 w/Restrictions)											✓	✓	✓	✓	✓	✓				
Mini (Levels 1-2 w/Restrictions)														✓	✓	✓	✓			
Tiny (Level 2 w/Restrictions)																✓	✓	✓	✓	✓
CHEERABILITIES																				
Elite (Level 2 w/Restrictions)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Novice (Level 1 w/Restrictions)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Exhibition (Level 2 w/Restrictions)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Unified (Exhibition)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓									