

The Early Release of the Age Grids and Rules for the 2025-2026 season have been posted online for cheer and dance. Changes are denoted in red on the documents. We do not anticipate additional changes but reserve the right to make changes as needed.

### **Cheer Age Grid '25-'26 Early Release Significant Changes**

**Changed: CheerABILITIES Unified divisions:** The Youth, Junior and Open Unified divisions will be combined into a single division for athletes age 12 and older. This adjustment creates a natural fit for cheer buddies, who must be at least 12 years old, and aligns with the IASF Adaptive Abilities age grid.

**Added: Provisional Elite Tier Divisions added for Junior Flex (Levels 1-4) and Youth Flex (Levels 1-3):** This is intended to provide opportunities for teams that want to be part of the USASF but may struggle to fit into current divisions for a variety of reasons such as new clubs in new divisions, smaller communities where there aren't enough athletes to form teams across different age groups, etc. Our goal is to create a welcoming space for these teams to help grow their programs and access the valuable resources for athletes, coaches and clubs only offered through the USASF.

By adding these divisions it allows our members who value and have helped us to create our current Junior and Youth divisions to continue doing so while welcoming new teams and clubs the opportunity to join USASF which has been the most common request from clubs all over the US and many of our USASF Event Producers for the last couple of years. Since these are Provisional Divisions these divisions will be evaluated next season to decide if they will be continued for the '26-'27 season.

The age grid provides a "menu" of divisions that may be offered by a USASF Event Producer. USASF EPs may choose to be more restrictive than the parameters for each division listed and/or not offer the division at all. It is at the discretion of USASF Clubs which teams they choose to offer within the USASF Age Grid. Ultimately, it is up to USASF Athletes and/or Parents to make the best choice for their child.

### **Cheer Rules '25-'26 Early Release - Significant Changes**

#### **Athletic Performance Standards (APS)**

- Appropriate Choreography section updated to limit gun violence references

#### **Props:**

- Definition of Prop changed to match General Rule
- Prop Rules changed to remove requirement of prop getting pre approval

#### **International Non Tumbling**

- Rules updated to add must follow General Rules, Routine Requirements, and Level Rules

#### **CheerABILITIES**

- Exhibition and Unified updated to limit stunts to prep level.

#### **Tumbling:**

- L6 standing tumbling B2a - "consecutive" added for clarity

## **Dance Age Grid '25-'26 Early Release Significant Changes**

### **Age Grid**

- Tier designations have changed: Novice, Intermediate, Premier

## **Dance Rules '25-'26 Early Release Significant Changes**

### **General Rules-Costuming:**

- New requirement for costuming for dancers registered as male.

### **Rules Documents**

- The word **release** has been changed to *loss of contact* throughout the rules. This does not change the rules but further clarifies a release vs. a dismount.

### **Prep Rules**

- Clarification in Junior/Senior Prep Rules: aerial cartwheels are the exception to the rule but only one may be performed.
- Clarification in Tiny/Mini Prep Skill Limitations: Illusion turns are not allowed.