

2025-2026 USASF Cheer Age Grid Early Release

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

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

U.S. ALL STAR FEDERATION



CLUB CHEER & DANCE TEAMS

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USASF All Star Cheer ELITE TIER CLUB Divisions 2025-26

Level	Division	Eligibility by Birth Year	Approximate Ages	Gender	Team Size
1	Tiny	2018-2020	6-7 years old	Female/Male	5-30 Members
1	Mini	2016-2019	7-9 years old	Female/Male	5-30 Members
1	Youth	2013-2018	8-12 years old	Female/Male	5-30 Members
1	Youth Flex**	2012-2020	6-13 years old	Female/Male	5-30 Members
1	Junior	2010-2017	9-15 years old	Female/Male	5-30 Members
1	Junior Flex**	2009-2019	7-16 years old	Female/Male	5-30 Members
1	Senior	6/1/06-2013	13-19 years old	Female/Male	5-30 Members
2	Mini	2016-2019	7-9 years old	Female/Male	5-30 Members
2	Youth	2013-2018	8-12 years old	Female/Male	5-30 Members
2	Youth Flex**	2012-2020	6-13 years old	Female/Male	5-30 Members
2	Junior	2010-2017	9-15 years old	Female/Male	5-30 Members
2	Junior Flex**	2009-2019	7-16 years old	Female/Male	5-30 Members
2	Senior	6/1/06-2013	13-19 years old	Female/Male	5-30 Members
3	Youth	2013-2018	8-12 years old	Female/Male	5-30 Members
3	Youth Flex**	2012-2020	6-13 years old	Female/Male	5-30 Members
3	Junior	2010-2017	9-15 years old	Female/Male	5-30 Members
3	Junior Flex**	2009-2019	7-16 years old	Female/Male	5-30 Members
3	Senior	6/1/06-2013	13-19 years old	No Males	5-30 Members
3	Senior Coed	6/1/06-2013	13-19 years old	1 or more Males	5-30 Members
4	Youth	2013-2018	8-12 years old	Female/Male	5-30 Members
4	Junior	2010-2017	9-15 years old	Female/Male	5-30 Members
4	Junior Flex**	2009-2018	8-16 years old	Female/Male	5-30 Members
4	Senior	6/1/06-2013	13-19 years old	No Males	5-30 Members
4	Senior Coed	6/1/06-2013	13-19 years old	1 or more Males	5-30 Members
4	Senior Open	5/31/08 & Before	18+ years old	No Males	5-24 Members
4	Senior Open Coed	5/31/08 & Before	18+ years old	1 or more Males	5-24 Members
4.2	Senior	6/1/06-2013	13-19 years old	No Males	5-30 Members
4.2	Senior Coed	6/1/06-2013	13-19 years old	1 or more Males	5-30 Members
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	** Indicates Provisional Division				

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

USASF All Star Cheer ELITE TIER CLUB Divisions 2025-26

Level	Division	Eligibility by Birth Year	Approximate Ages	Gender	Team Size
5	Youth	2013-2018	8-12 years old	Female/Male	5-38 Members
5	Junior	2010-2017	9-15 years old	Female/Male	5-38 Members
5	Senior	6/1/06-2013	13-19 years old	No Males	5-38 Members
5	Senior Coed	6/1/06-2013	13-19 years old	1 or more Males	5-38 Members
5	Senior Open	5/31/08 & Before	18+ years old	No Males	5-24 Members
5	Senior Open Coed	5/31/08 & Before	18+ years old	1 or more Males	5-24 Members
6	Junior	2010-2017	9-15 years old	Female/Male	5-38 Members
6	Limited XSmall *	6/1/06-2012	14-19 years old	No Males	5-16 Members
6	Senior XSmall *	6/1/06-2012	14-19 years old	No Males	5-16 Members
6	Limited Small *	6/1/06-2012	14-19 years old	No Males	17-22 Members
6	Senior Small *	6/1/06-2012	14-19 years old	No Males	17-22 Members
6	Senior Medium *	6/1/06-2012	14-19 years old	No Males	23-30 Members
6	Senior Large *	6/1/06-2012	14-19 years old	No Males	31-38 Members
6	Limited XSmall Coed *	6/1/06-2012	14-19 years old	1-2 Males	5-16 Members
6	Senior XSmall Coed *	6/1/06-2012	14-19 years old	1-2 Males	5-16 Members
6	Limited Small Coed *	6/1/06-2012	14-19 years old	1-5 Males	5-22 Members
6	Senior Small Coed *	6/1/06-2012	14-19 years old	1-5 Males	5-22 Members
6	Senior Medium Coed *	6/1/06-2012	14-19 years old	1-8 Males	5-30 Members
6	Senior Large Coed *	6/1/06-2012	14-19 years old	1-19 Males	5-38 Members
	* Indicates Worlds Eligible Division				

A penalty may be assessed for taking the floor with fewer than minimum number of athletes stated. Levels listed in X.Y format follow Level X rules for Building Skills (Stunts, Pyramids, Dismounts, & Tosses) and Level Y rules for Tumbling Skills. Example: Level 4.2 follows Level 4 building rules with Level 2 tumbling rules.

USASF All Star Cheer ELITE TIER INTERNATIONAL Divisions 2025-26

Level	Division	Eligibility by Birth Year	Approximate Ages	Gender	Team Size
1	U16	2009-2014	12-16 years old	Female/Male	16-30 Members
1	U18	2007-2012	14-18 years old	Female/Male	16-30 Members
2	U16	2009-2014	12-16 years old	Female/Male	16-30 Members
2	U18	2007-2012	14-18 years old	Female/Male	16-30 Members
3	U16	2009-2014	12-16 years old	Female/Male	16-30 Members
3	U18	2007-2012	14-18 years old	No males	16-30 Members
3	U18 Coed	2007-2012	14-18 years old	Female/Male	16-30 Members
4	U16	2009-2014	12-16 years old	No Males	16-30 Members
4	U16 Coed	2009-2014	12-16 years old	Female/Male	16-30 Members
4	U18	2007-2012	14-18 years old	No Males	16-30 Members
4	U18 Coed	2007-2012	14-18 years old	Female/Male	16-30 Members
6	U18 NT	2007-2012	14-18 years old	No Males	16-30 Members
6	U18 Coed NT	2007-2012	14-18 years old	1-20 Males	16-30 Members
6	International Open	5/31/08 & Before	18+ years old	No Males	16-24 Members
6	International Open Small Coed	5/31/08 & Before	18+ years old	1-4 Males	16-24 Members
6	International Open Large Coed	5/31/08 & Before	18+ years old	5-16 Males	16-24 Members
6	International Open NT	5/31/08 & Before	18+ years old	No Males	16-30 Members
6	International Open Coed NT	5/31/08 & Before	18+ years old	1-20 Males	16-30 Members
7	International Open	5/31/08 & Before	18+ years old	No Males	16-24 Members
7	International Open Small Coed	5/31/08 & Before	18+ years old	1-4 Males	16-24 Members
7	International Open Large Coed	5/31/08 & Before	18+ years old	5-16 Males	16-24 Members
7	International Open NT	5/31/08 & Before	18+ years old	No Males	16-30 Members
7	International Open Coed NT	5/31/08 & Before	18+ years old	1-20 Males	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 Cheer PREP TIER Divisions 2025-26

Level	Division	Eligibility by Birth Year	Approximate Ages	Gender	Team Size
1.1	Tiny	2018-2020	6-7 years old	Female/Male	5-30 Members
1.1	Mini	2016-2019	7-9 years old	Female/Male	5-30 Members
1.1	Youth	2013-2018	8-12 years old	Female/Male	5-30 Members
1.1	Junior	2010-2017	9-15 years old	Female/Male	5-30 Members
1.1	Senior	6/1/06-2014	12-19 years old	Female/Male	5-30 Members
2.1	Mini	2016-2019	7-9 years old	Female/Male	5-30 Members
2.1	Youth	2013-2018	8-12 years old	Female/Male	5-30 Members
2.1	Junior	2010-2017	9-15 years old	Female/Male	5-30 Members
2.1	Senior	6/1/06-2014	12-19 years old	Female/Male	5-30 Members
2.2	Mini	2016-2019	7-9 years old	Female/Male	5-30 Members
2.2	Youth	2013-2018	8-12 years old	Female/Male	5-30 Members
2.2	Junior	2010-2017	9-15 years old	Female/Male	5-30 Members
2.2	Senior	6/1/06-2014	12-19 years old	Female/Male	5-30 Members
3.1	Youth	2013-2018	8-12 years old	Female/Male	5-30 Members
3.1	Junior	2010-2017	9-15 years old	Female/Male	5-30 Members
3.1	Senior	6/1/06-2014	12-19 years old	Female/Male	5-30 Members
3.2	Youth	2013-2018	8-12 years old	Female/Male	5-30 Members
3.2	Junior	2010-2017	9-15 years old	Female/Male	5-30 Members
3.2	Senior	6/1/06-2014	12-19 years old	Female/Male	5-30 Members

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

Levels listed in X.Y format follow Level X rules for Building Skills (Stunts, Pyramids, Dismounts, & Tosses) and Level Y rules for Tumbling Skills. Example: Level 2.1 follows Level 2 building rules with Level 1 tumbling rules.

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.

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.

USASF All Star Cheer NOVICE TIER Divisions 2025-26

Level	Division	Eligibility by Birth Year	Approximate Ages	Gender	Team Size
1 w/Restrictions	Tiny	2018-2022	4-7 years old	Female/Male	3 + Members
1 w/Restrictions	Mini	2016-2019	7-9 years old	Female/Male	5 + Members
1 w/Restrictions	Youth	2013-2018	8-12 years old	Female/Male	5 + Members
1 w/Restrictions	Junior	2010-2017	9-15 years old	Female/Male	5 + Members
1 w/Restrictions	Senior	6/1/06-2014	12-19 years old	Female/Male	5 + Members
2 w/Restrictions	Mini	2016-2019	7-9 years old	Female/Male	5 + Members
2 w/Restrictions	Youth	2013-2018	8-12 years old	Female/Male	5 + Members
2 w/Restrictions	Junior	2010-2017	9-15 years old	Female/Male	5 + Members
2 w/Restrictions	Senior	6/1/06-2014	12-19 years old	Female/Male	5 + Members
3 w/Restrictions	Youth	2013-2018	8-12 years old	Female/Male	5 + Members
3 w/Restrictions	Junior	2010-2017	9-15 years old	Female/Male	5 + Members
3 w/Restrictions	Senior	6/1/06-2014	12-19 years old	Female/Male	5 + Members

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

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 GUIDELINES

- All teams are combined female/male - novice teams will not be classified as coed, regardless of the number of males on a team.
- An Event Producer may offer a team of less than 5 participants, as long as they meet the age restrictions of the Age Grid. Prior approval from the Event Producer is required.

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.

USASF All Star Cheer CheerABILITIES Divisions 2025-26

Level	Division	Eligibility by Birth Year	Approximate Ages	Gender	Team Size
1 w/Restrictions	Novice	2019 & before	6+ years old	Female/Male	5 + Members
2 w/Restrictions	Elite	2019 & before	6+ years old	Female/Male	5 + Members
2 w/Restrictions	Exhibition	2019 & before	6+ years old	Female/Male	5 + Members
Unified	Exhibition	2013 & before	12+ years old	Female/Male	5+ Members

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.

2025-26 Season	DIVISIONS	USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)																				APPROX AGES	
		2005 & before	1/1/06-5/31/06	6/01/06-12/31/06	2007	1/1/08-5/31/08	6/01/08-12/31/08	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	1/1/20-5/31/20	6/1/20-12/31/20	2021		2022
		20+	19-20	19-20	18-19	17-18	17-18	16-17	15-16	14-15	13-14	12-13	11-12	10-11	9-10	8-9	7-8	6-7	5-6	5-6	4-5	3-4	
ELITE CLUB	Senior Open (L4-5)	x	x	x	x	x																18+	
	Senior & Limited (L6)			x	x	x	x	x	x	x	x											14-19	
	Senior (L1-5)			x	x	x	x	x	x	x	x	x										13-19	
	Junior (L1-6)								x	x	x	x	x	x	x	x						9-15	
	Junior Flex (L4)							x	x	x	x	x	x	x	x	x	x	x				7-16	
	Junior Flex (L1-3)							x	x	x	x	x	x	x	x	x	x					8-16	
	Youth (L1-5)											x	x	x	x	x	x					8-12	
	Youth Flex (L1-3)										x	x	x	x	x	x	x	x	x	x		6-13	
	Mini (L1-2)														x	x	x	x				7-9	
	Tiny (L1)																x	x	x	x		6-7	
PREP	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)			x	x	x	x	x	x	x	x	x	x									12-19	
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)								x	x	x	x	x	x	x	x						9-15	
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)											x	x	x	x	x						8-12	
	Mini Prep (L1.1, 2.1, 2.2)														x	x	x	x				7-9	
	Tiny Prep (L1.1)																x	x	x	x		6-7	
NOVICE	Senior Novice (L1-3 w/restrictions)			x	x	x	x	x	x	x	x	x	x									12-19	
	Junior Novice (L1-3 w/restrictions)								x	x	x	x	x	x	x	x						9-15	
	Youth Novice (L1-3 w/restrictions)											x	x	x	x	x						8-12	
	Mini Novice (L1-2 w/restrictions)														x	x	x	x				7-9	
	Tiny Novice (L1 w/restrictions)																x	x	x	x	x	4-7	
CheerABILITIES	CheerABILITIES Elite (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	6+	
	CheerABILITIES Novice (L1 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	6+	
	CheerABILITIES Exhibition (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	6+	
	CheerABILITIES Unified (Exhibition)	x	x	x	x	x	x	x	x	x	x	x										12+	
ELITE INTERNATIONAL	International Open (L6-7, 6-7NT)	x	x	x	x	x																18+	
	International U18 (L1-4, 6NT)				x	x	x	x	x	x	x											14-18	
	International U16 (L1-4)							x	x	x	x	x	x									12-16	

Use the **Birth Year** columns to verify athlete eligibility for all divisions. The **Approx. Ages** are reflective of the typical age range athletes are during the birth years listed for each division.