

US ALL STAR FEDERATION

CHEER AGE GRID – EARLY RELEASE

2026 – 2027

For the Member Term: June 1st, 2026 – May 31st, 2027

Updated February 25, 2026

Adjustments in **RED** indicate a change/addition since the previous season (2025-2026)

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ALL STAR ELITE TIER

USASF All Star ELITE TIER CLUB Divisions								
Age Division	Eligibility by Birth Year	Levels Offered						Gender
		1	2	3	4	4.2	5	
Tiny	2019 - 2021	✓						Female/Male
Mini	2017 - 2020	✓	✓					Female/Male
Youth	2014 - 2019	✓	✓	✓	✓		✓	Female/Male
Youth Flex**	2013 - 2021	✓	✓	✓				Female/Male
Junior	2011 - 2018	✓	✓	✓	✓		✓	Female/Male
Junior Flex**	2010 - 2020	✓	✓	✓				Female/Male
Junior Flex**	2010 - 2019				✓			Female/Male
Senior	6/1/2007 - 2014	✓	✓	✓	✓	✓	✓	Female
Senior Coed	6/1/2007 - 2014			✓	✓	✓	✓	Female/Male
Senior Open	5/31/2009 & Before				✓		✓	Female
Senior Open Coed	5/31/2009 & Before				✓		✓	Female/Male
WORLDS SENIOR AGE DIVISIONS								
Senior	6/1/2007 - 2013						✓	Female
Senior Coed	6/1/2007 - 2013						✓	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	2019 - 2021	Female/Male	5 - 30 Members
Mini	2017 - 2020	Female/Male	5 - 30 Members
Youth	2014 - 2019	Female/Male	5 - 30 Members
Youth Flex**	2013 - 2021	Female/Male	5 - 30 Members
Junior	2011 - 2018	Female/Male	5 - 30 Members
Junior Flex**	2010 - 2020	Female/Male	5 - 30 Members
Senior	6/1/2007 - 2014	Female/Male	5 - 30 Members

LEVEL 2			
Division	Eligibility by Birth Year	Gender	Team Size
Mini	2017 - 2020	Female/Male	5 - 30 Members
Youth	2014 - 2019	Female/Male	5 - 30 Members
Youth Flex**	2013 - 2021	Female/Male	5 - 30 Members
Junior	2011 - 2018	Female/Male	5 - 30 Members
Junior Flex**	2010 - 2020	Female/Male	5 - 30 Members
Senior	6/1/2007 - 2014	Female/Male	5 - 30 Members

ALL STAR ELITE TIER

USASF All Star ELITE TIER CLUB Divisions

LEVEL 3

Division	Eligibility by Birth Year	Gender	Team Size
Youth	2014 - 2019	Female/Male	5 - 30 Members
Youth Flex**	2013 - 2021	Female/Male	5 - 30 Members
Junior	2011 - 2018	Female/Male	5 - 30 Members
Junior Flex**	2010 - 2020	Female/Male	5 - 30 Members
Senior	6/1/2007 - 2014	Female Only	5 - 30 Members
Senior Coed	6/1/2007 - 2014	Female/Male (1 or More)	5 - 30 Members

LEVEL 4

Division	Eligibility by Birth Year	Gender	Team Size
Youth	2014 - 2019	Female/Male	5 - 30 Members
Junior	2011 - 2018	Female/Male	5 - 30 Members
Junior Flex**	2010 - 2019	Female/Male	5 - 30 Members
Senior	6/1/2007 - 2014	Female/Male	5 - 30 Members
Senior Coed	6/1/2007 - 2014	Female/Male (1 or More)	5 - 30 Members
Senior Open	5/31/2009 & Before	Female Only	5 - 24 Members
Senior Open Coed	5/31/2009 & Before	Female/Male (1 or More)	5 - 24 Members

LEVEL 4.2

Division	Eligibility by Birth Year	Gender	Team Size
Senior	6/1/2007 - 2014	Female/Male	5 - 30 Members
Senior Coed	6/1/2007 - 2014	Female/Male (1 or More)	5 - 30 Members

LEVEL 5

Division	Eligibility by Birth Year	Gender	Team Size
Youth	2014 - 2019	Female/Male	5 - 38 Members
Junior	2011 - 2018	Female/Male	5 - 38 Members
Senior	6/1/2007 - 2014	Female/Male	5 - 38 Members
Senior Coed	6/1/2007 - 2014	Female/Male (1 or More)	5 - 38 Members
Senior Open	5/31/2009 & Before	Female Only	5 - 24 Members
Senior Open Coed	5/31/2009 & Before	Female/Male (1 or More)	5 - 24 Members

LEVEL 6 (NON-WORLDS ELIGIBLE DIVISION)

Division	Eligibility by Birth Year	Gender	Team Size
Junior	2011 - 2018	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	6/1/2007 - 2013	Female Only	5 - 16 Members
Limited Senior XSmall Coed	6/1/2007 - 2013	Female/Male (1 - 2)	5 - 16 Members
Senior XSmall	6/1/2007 - 2013	Female Only	5 - 16 Members
Senior XSmall Coed	6/1/2007 - 2013	Female/Male (1 - 2)	5 - 16 Members
Limited Senior Small	6/1/2007 - 2013	Female Only	17 - 22 Members
Limited Senior Small Coed	6/1/2007 - 2013	Female/Male (1 - 5)	5 - 22 Members
Senior Small	6/1/2007 - 2013	Female Only	17 - 22 Members
Senior Small Coed	6/1/2007 - 2013	Female/Male (1 - 5)	5 - 22 Members
Senior Medium	6/1/2007 - 2013	Female Only	23 - 30 Members
Senior Medium Coed	6/1/2007 - 2013	Female/Male (1 - 8)	5 - 30 Members
Senior Large	6/1/2007 - 2013	Female Only	31 - 38 Members
Senior Large Coed	6/1/2007 - 2013	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

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USASF All Star ELITE TIER INTERNATIONAL Divisions

Age Division	Eligibility by Birth Year	Levels Offered						Gender
		1	2	3	4	6	7	
U16	2010 - 2015	✓	✓	✓	✓			Female
U16 Coed	2010 - 2015				✓			Female/Male
U18	2008 - 2013	✓	✓	✓	✓			Female
U18 Coed	2008 - 2013			✓	✓			Female/Male
WORLDS AGE DIVISIONS								
U18 NT	2008 - 2013					✓		Female
U18 Coed NT	2008 - 2013					✓		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	2010 - 2015	Female/Male	16 - 30 Members
U18	2008 - 2013	Female/Male	16 - 30 Members

LEVEL 2

Division	Eligibility by Birth Year	Gender	Team Size
U16	2010 - 2015	Female/Male	16 - 30 Members
U18	2008 - 2013	Female/Male	16 - 30 Members

LEVEL 3

Division	Eligibility by Birth Year	Gender	Team Size
U16	2010 - 2015	Female/Male	16 - 30 Members
U18	2008 - 2013	Female/Male	16 - 30 Members
U18 Coed	2008 - 2013	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	2010 - 2015	Female Only	16 - 30 Members
U16 Coed	2010 - 2015	Female/Male (1 or More)	16 - 30 Members
U18	2008 - 2013	Female Only	16 - 30 Members
U18 Coed	2008 - 2013	Female/Male (1 or More)	16 - 30 Members

LEVEL 6 (WORLDS ELIGIBLE DIVISIONS)

Division	Eligibility by Birth Year	Gender	Team Size
U18 NT	2008 - 2013	Female Only	16 - 30 Members
U18 Coed NT	2008 - 2013	Female/Male (1 -20)	16 - 30 Members
International Open	5/31/2009 & Before	Female Only	16 - 24 Members
International Open Small Coed	5/31/2009 & Before	Female/Male (1 -4)	16 - 24 Members
International Open Large Coed	5/31/2009 & Before	Female/Male (5 -16)	16 - 24 Members
International Open NT	5/31/2009 & Before	Female Only	16 - 30 Members
International Open Coed NT	5/31/2009 & Before	Female/Male (1 - 20)	16 - 30 Members

LEVEL 7 (WORLDS ELIGIBLE DIVISIONS)

Division	Eligibility by Birth Year	Gender	Team Size
International Open	5/31/2009 & Before	Female Only	16 - 24 Members
International Open Small Coed	5/31/2009 & Before	Female/Male (1 -4)	16 - 24 Members
International Open Large Coed	5/31/2009 & Before	Female/Male (5 -16)	16 - 24 Members
International Open NT	5/31/2009 & Before	Female Only	16 - 30 Members
International Open Coed NT	5/31/2009 & 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 PREP TIER Divisions

LEVEL 1.1

Division	Eligibility by Birth Year	Gender	Team Size
Tiny	2019 - 2021	Female/Male	5 - 30 Members
Mini	2017 - 2020	Female/Male	5 - 30 Members
Youth	2014 - 2019	Female/Male	5 - 30 Members
Junior	2011 - 2018	Female/Male	5 - 30 Members
Senior	6/1/2007 - 2015	Female/Male	5 - 30 Members

LEVEL 2.1 & LEVEL 2.2

Division	Eligibility by Birth Year	Gender	Team Size
Mini	2017 - 2020	Female/Male	5 - 30 Members
Youth	2014 - 2019	Female/Male	5 - 30 Members
Junior	2011 - 2018	Female/Male	5 - 30 Members
Senior	6/1/2007 - 2015	Female/Male	5 - 30 Members

LEVEL 3.1 & LEVEL 3.2

Division	Eligibility by Birth Year	Gender	Team Size
Youth	2014 - 2019	Female/Male	5 - 30 Members
Junior	2011 - 2018	Female/Male	5 - 30 Members
Senior	6/1/2007 - 2015	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 NOVICE TIER Divisions

LEVEL 1 W/RESTRICTIONS

Division	Eligibility by Birth Year	Gender	Team Size
Tiny	2019 - 2023	Female/Male	3 + Members
Mini	2017 - 2020	Female/Male	5 + Members
Youth	2014 - 2019	Female/Male	5 + Members
Junior	2011 - 2018	Female/Male	5 + Members
Senior	6/1/2007 - 2015	Female/Male	5 + Members

LEVEL 2 W/RESTRICTIONS

Division	Eligibility by Birth Year	Gender	Team Size
Mini	2017 - 2020	Female/Male	5 + Members
Youth	2014 - 2019	Female/Male	5 + Members
Junior	2011 - 2018	Female/Male	5 + Members
Senior	6/1/2007 - 2015	Female/Male	5 + Members

LEVEL 3 W/RESTRICTIONS

Division	Eligibility by Birth Year	Gender	Team Size
Youth	2014 - 2019	Female/Male	5 + Members
Junior	2011 - 2018	Female/Male	5 + Members
Senior	6/1/2007 - 2015	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

USASF All Star CHEERABILITIES Divisions

LEVEL 1 W/RESTRICTIONS

Division	Eligibility by Birth Year	Gender	Team Size
Novice	2021 & Before	Female/Male	5 + Members

LEVEL 2 W/RESTRICTIONS

Division	Eligibility by Birth Year	Gender	Team Size
Elite	2021 & Before	Female/Male	5 + Members
Exhibition	2021 & Before	Female/Male	5 + Members

EXHIBITION

Division	Eligibility by Birth Year	Gender	Team Size
Unified	2014 & 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:

- 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

Division	Athlete Birth Year ('✓' indicates eligible for that division)																			
	2006 & Older	2007		2008	2009		2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
		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 1 w/Restrictions)																✓	✓	✓	✓	✓
CHEERABILITIES																				
Elite (Level 2 w/Restrictions)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Novice (Level 1 w/Restrictions)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Exhibition (Level 2 w/Restrictions)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Unified (Exhibition)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓									