

USASF Worlds Divisions

USASF Divisions 2026				The Cheerleading Worlds®
LEVEL	DIVISION	BIRTH YEAR	GENDER	TOTAL MEMBERS
6	Limited Senior XSmall (LSXS)	6/1/2006-2012	Female Only	5-16
6	Limited Senior Small (LSS)	6/1/2006-2012	Female Only	17-22
6	Senior XSmall (SXS)	6/1/2006-2012	Female Only	5-16
6	Senior Small (SS)	6/1/2006-2012	Female Only	17-22
6	Senior Medium (SM)	6/1/2006-2012	Female Only	23-30
6	Senior Large (SL)	6/1/2006-2012	Female Only	31-38
6	Limited Senior XSmall Coed (LXSC)	6/1/2006-2012	Female/Male (1-2)	5-16
6	Senior XSmall Coed (SXSC)	6/1/2006-2012	Female/Male (1-2)	5-16
6	Limited Senior Small Coed (LSSC)	6/1/2006-2012	Female/Male (1-5)	5-22
6	Senior Small Coed (SSC)	6/1/2006-2012	Female/Male (1-5)	5-22
6	Senior Medium Coed (SMC)	6/1/2006-2012	Female/Male (1-8)	5-30
6	Senior Large Coed (SLC)	6/1/2006-2012	Female/Male (1-19)	5-38

NOTE: Adult athletes are required to have current background checks with no-alert determinations and abuse prevention education. Adult athletes are those who are 18 years and older **before** June 1, 2025.

Limited Divisions

1. Limited divisions will be offered at all USASF sanctioned competitions including The Cheerleading Worlds bid qualifiers.
2. Limited division teams are eligible to receive all bid types (AL, PP or P) at The Cheerleading Worlds bid qualifiers.
3. Clubs competing in Limited divisions will only be eligible to receive one bid (per club, not per location) to The Cheerleading Worlds. No other cheer team from the club will be eligible for a bid to The Cheerleading Worlds.