



2018-2019 Cheer Age Grid

USASF All Star Cheer Elite CLUB Divisions for 2018-2019

| USASF All Star Elite Level 1 | | | | | |
|--|-------------------------|------------------|-------------------------|--------------------|-----------------------|
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 1 | Tiny | 5-6 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1 | Mini | 5-8 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1 | Youth | 5-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1 | Junior | 5-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1 | Senior | 11-18 years old | August 31, 2018 | Female/Male | 5-30 Members |
| USASF All Star Elite Level 2 | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 2 | Mini | 5-8 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 2 | Youth | 5-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 2 | Junior | 5-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 2 | Senior | 11-18 years old | August 31, 2018 | Female/Male | 5-30 Members |
| USASF All Star Elite Level 3 | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 3 | Youth | 5-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 3 | Junior | 5-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 3 | Senior | 11-18 years old | August 31, 2018 | No Males | 5-30 Members |
| 3 | Senior Co-Ed | 11-18 years old | August 31, 2018 | 1 or more Males | 5-30 Members |
| USASF All Star Elite Level 4 | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 4 | Youth | 8-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 4 | Junior | 8-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 4 | Senior | 11-18 years old | August 31, 2018 | No Males | 5-30 Members |
| 4 | Senior Co-Ed | 11-18 years old | August 31, 2018 | 1 or more Males | 5-30 Members |
| 4 | Senior Open | 14 years & older | December 31, 2019 * | Female/Male | 5-24 Members |
| USASF All Star Elite Level 4.2 (Building Level 4, Tumbling Level 2) | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 4.2 | Senior | 11-18 years old | August 31, 2018 | Female/Male | 5-30 Members |
| USASF All Star Elite Level 5 Restricted | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 5R | Youth | 9-11 years old | August 31, 2018 | Female/Male | 5-38 Members |
| 5R | Junior | 9-14 years old | August 31, 2018 | Female/Male | 5-38 Members |
| 5R | Senior | 11-18 years old | August 31, 2018 | Female/Male | 5-38 Members |
| USASF All Star Elite Level 5 | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 5 | Junior | 9-14 years old | August 31, 2018 | No Males | 5-38 Members |
| 5 | Junior Co-Ed | 9-14 years old | August 31, 2018 | 1 or more Males | 5-38 Members |
| 5 | Senior XSmall | 13-18 years old | August 31, 2018 | No Males | 5-16 Members |
| 5 | Senior Small | 13-18 years old | August 31, 2018 | No Males | 17-22 Members |
| 5 | Senior Medium | 13-18 years old | August 31, 2018 | No Males | 23-30 Members |
| 5 | Senior Large | 13-18 years old | August 31, 2018 | No Males | 31-38 Members |
| 5 | Senior XSmall Co-Ed | 13-18 years old | August 31, 2018 | 1-2 Males | 5-16 Members |
| 5 | Senior Small Co-Ed | 13-18 years old | August 31, 2018 | 1-5 Males | 5-22 Members |
| 5 | Senior Medium Co-Ed | 13-18 years old | August 31, 2018 | 1-8 Males | 5-30 Members |
| 5 | Senior Large Co-Ed | 13-18 years old | August 31, 2018 | 1-19 Males | 5-38 Members |
| 5 | Senior Open | 14 years & older | December 31, 2019 * | No Males | 5-24 Members |
| 5 | Senior Open Small Co-Ed | 14 years & older | December 31, 2019* | 1-4 Males | 5-24 Members |
| 5 | Senior Open Large Co-Ed | 14 years & older | December 31, 2019* | 5-12 Males | 5-24 Members |

*OPEN TEAM DIVISIONS: The USASF member database will calculate the age on December 31, 2019. Background checks are an eligibility requirement for "adult" athletes on open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2019.

IASF All Star Cheer INTERNATIONAL Divisions for 2018-2019

USASF sanctioned events may offer the following IASF divisions. **Please consult the IASF website for additional rules, restrictions, etc.**

Please note the following:

- An athlete must meet the age requirement within the calendar year of 2019.
 - EXAMPLE: If a 13-year-old athlete is participating in a division where the minimum age is 14; that athlete is legal for the division if the athlete turns 14 on or before December 31st, 2019.
 - EXAMPLE: If a 19-year-old athlete is participating in a division where the maximum age is 18; that athlete would be legal for the division if the athlete was 18 years old at any time in 2019.
- Minimum number of athletes for all divisions is 16. A penalty may be assessed for taking the floor with fewer than 16 athletes.
- The maximum numbers of males on a Co-Ed Division team may not exceed 2/3 of the total athletes on the team.
- Routine time limit for IASF Divisions is a maximum of 2:30.
 - Exception: Routine time limit for NON - TUMBLING Divisions is a maximum of 2:00.
 - Exception: IASF Global Divisions - Time Limit: 3:30. Cheer = 30 seconds(minimum) 40 second (maximum), 20 seconds to move from cheer to and set for music portion, 2:30 maximum for music portion.
- The USASF member database will calculate the age on December 31, 2019.

Background checks are an eligibility requirement for "adult" athletes on U.S. based open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2019.

| IASF All Star International Level 1 | | | | | |
|--|--|------------------|-------------------------|--------------------|-----------------------|
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 1 | International Junior | 10-16 years old | Age during 2019 | Female/Male | 16-24 members |
| 1 | International Senior | 14-18 years old | Age during 2019 | Female/Male | 16-24 members |
| IASF All Star International Level 2 | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 2 | International Junior | 10-16 years old | Age during 2019 | Female/Male | 16-24 members |
| 2 | International Senior | 14-18 years old | Age during 2019 | Female/Male | 16-24 members |
| IASF All Star International Level 3 | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 3 | International Junior | 10-16 years old | Age during 2019 | Female/Male | 16-24 members |
| 3 | International Senior | 14-18 years old | Age during 2019 | No males | 16-24 members |
| 3 | International Senior Co-ed | 14-18 years old | Age during 2019 | Female/Male | 16-24 members |
| IASF All Star International Level 4 | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 4 | International Junior | 10-16 years old | Age during 2019 | No Males | 16-24 members |
| 4 | International Junior Co-ed | 10-16 years old | Age during 2019 | Female/Male | 16-24 members |
| 4 | International Senior | 14-18 years old | Age during 2019 | No Males | 16-24 members |
| 4 | International Senior Co-ed | 14-18 years old | Age during 2019 | Female/Male | 16-24 members |
| 4 | International Open | 14 years & older | December 31, 2019 | No Males | 16-24 members |
| 4 | International Open Co-Ed | 14 years & older | December 31, 2019 | Female/Male | 16-24 members |
| IASF All Star International Level 5 | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 5 | International Senior (Provisional) | 14-18 years old | Age during 2019 | No Males | 16-24 members |
| 5 | International Senior Co-Ed (Provisional) | 14-18 years old | Age during 2019 | 1-8 Males | 16-24 members |
| 5 | International Open NT (Non-Tumbling) (Provisional) | 14 years & older | December 31, 2019 | No Males | 16-30 members |
| 5 | International Open Co-Ed NT (Non-Tumbling) (Provisional) | 14 years & older | December 31, 2019 | 1-20 Males | 16-30 members |
| 5 | International Open | 14 years & older | December 31, 2019 | No Males | 16-24 members |
| 5 | International Open Small Co-Ed 4 | 14 years & older | December 31, 2019 | 1-4 Males | 16-24 members |
| 5 | International Open Large Co-Ed 16 | 14 years & older | December 31, 2019 | 5-16 Males | 16-24 members |
| 5 | International Global (Provisional) | 14 years & older | December 31, 2019 | No Males | 16-24 members |
| 5 | International Global Co-Ed (Provisional) | 14 years & older | December 31, 2019 | 1-16 Males | 16-24 members |
| IASF All Star International Level 6 | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 6 | International Open NT (Non-Tumbling) (Provisional) | 17 years & older | December 31, 2019 | Female/Male | 16-30 members |
| 6 | International Open | 17 years & older | December 31, 2019 | No Males | 16-24 members |
| 6 | International Open Small Co-Ed 4 | 17 years & older | December 31, 2019 | 1-4 Males | 16-24 members |
| 6 | International Open Large Co-Ed 16 | 17 years & older | December 31, 2019 | 5-16 Males | 16-24 members |

USASF All Star Cheer PREP Divisions for 2018-2019

| USASF All Star PREP Level 1.1 (Building Level 1, Tumbling Level 1) | | | | | |
|--|-----------------|-----------------|-------------------------|--------------------|-----------------------|
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 1.1 | Tiny | 5-6 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1.1 | Mini | 5-8 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1.1 | Youth | 5-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1.1 | Junior | 5-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1.1 | Senior | 10-17 years old | August 31, 2018 | Female/Male | 5-30 Members |
| USASF All Star PREP Level 2.1 (Building Level 2, no tosses, Tumbling Level 1) | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 2.1 | Mini | 5-8 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 2.1 | Youth | 5-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 2.1 | Junior | 5-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 2.1 | Senior | 10-17 years old | August 31, 2018 | Female/Male | 5-30 Members |
| USASF All Star PREP Level 3.1 (Building Level 3, no tosses, Tumbling Level 1) | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 3.1 | Youth | 5-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 3.1 | Junior | 5-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 3.1 | Senior | 10-17 years old | August 31, 2018 | Female/Male | 5-30 Members |
| USASF All Star PREP Level 3.2 (Building Level 3, no tosses, Tumbling Level 2) | | | | | |
| <i>Level</i> | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 3.2 | Youth | 5-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 3.2 | Junior | 5-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 3.2 | Senior | 10-17 years old | August 31, 2018 | Female/Male | 5-30 Members |

Please refer to the USASF 2018-2019 Cheer Safety Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2018-2019 Cheer Safety Rules.

ALL STAR CHEER PREP GUIDELINES

- All teams are combined female/male - prep teams will not be classified as co-ed, regardless of the number of males on a team.

All Star Prep Level/Safety Rule Differences from All Star Elite (Traditional All Star):

- Routines may not exceed 2:00 minutes
- No Tosses permitted
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.
- **Performances may be performed on spring floor or carpet bonded foam.**
- All Star Prep can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Prep divisions will perform ONE TIME ONLY.

USASF All Star Cheer NOVICE Divisions for 2018-2019

| USASF All Star NOVICE – Tiny Novice | | | | | |
|-------------------------------------|----------|-----------------|------------------|-------------|----------------|
| Level | Division | Age | Age as of (date) | Female/Male | Number on Team |
| 1 w/Restrictions | Tiny | 3-6 years old | August 31, 2018 | Female/Male | 5-30 Members |
| USASF All Star NOVICE Level 1 | | | | | |
| Level | Division | Age | Age as of (date) | Female/Male | Number on Team |
| 1 | Mini | 5-8 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1 | Youth | 5-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1 | Junior | 5-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 1 | Senior | 10-17 years old | August 31, 2018 | Female/Male | 5-30 Members |
| USASF All Star NOVICE Level 2 | | | | | |
| Level | Division | Age | Age as of (date) | Female/Male | Number on Team |
| 2 | Mini | 5-8 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 2 | Youth | 5-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 2 | Junior | 5-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 2 | Senior | 10-17 years old | August 31, 2018 | Female/Male | 5-30 Members |
| USASF All Star NOVICE Level 3 | | | | | |
| Level | Division | Age | Age as of (date) | Female/Male | Number on Team |
| 3 | Youth | 5-11 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 3 | Junior | 5-14 years old | August 31, 2018 | Female/Male | 5-30 Members |
| 3 | Senior | 10-17 years old | August 31, 2018 | Female/Male | 5-30 Members |

Please refer to the USASF 2018-2019 Cheer Safety Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2018-2019 Cheer Safety Rules.

ALL STAR NOVICE GUIDELINES

- All teams are combined female/male - prep teams will not be classified as co-ed, 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 EP is required.

ALL STAR NOVICE Level/Safety Rule Differences from All Star Elite (Traditional All Star)

- Routines may not exceed 1:30 minute
- No Tosses permitted
Clarification: This includes “Sponge” (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.
- Performances may be performed on spring floor or carpet bonded foam.
- Novice can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Novice divisions will perform ONE TIME ONLY.
- Teams will be evaluated on a rating system only and not scored against other teams.
 - Recommended ratings are Superior (Highest), Excellent, and Outstanding. Please check with your specific event producer for their ranking system and rating classifications.
- Tumbling skills are allowed and will follow the level rules for that level but will not be rated nor are they required.
- Tiny Novice Only: No Building skills permitted (includes tosses, stunts and pyramids).
- Tiny Novice Only: The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.