



2023-2024 All Star Age Grid & Divisions

January 18, 2024

All Star Elite Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2016-2018	Level 1	Tiny**	Female/Male	5-31 Athletes
2014-2018	Level 1	Mini	Female/Male	5-31 Athletes
2011-2018	Level 1	Youth	Female/Male	5-31 Athletes
2007-2017	Level 1	Junior	Female/Male	5-31 Athletes
6/1/04-2011	Level 1	Senior	Female/Male	5-31 Athletes
2014-2018	Level 2	Mini	Female/Male	5-31 Athletes
2011-2018	Level 2	Youth	Female/Male	5-31 Athletes
2007-2017	Level 2	Junior	Female/Male	5-31 Athletes
6/1/04-2011	Level 2	Senior	Female/Male	5-31 Athletes
2011-2018	Level 3	Youth	Female/Male	5-31 Athletes
2007-2017	Level 3	Junior	Female/Male	5-31 Athletes
6/1/04-2011	Level 3	Senior	No Males	5-31 Athletes
6/1/04-2011	Level 3	Senior Coed	1 or More Males	5-31 Athletes
2011-2015	Level 4	Youth	Female/Male	5-31 Athletes
2007-2016	Level 4	Junior	Female/Male	5-31 Athletes
6/1/04-2011	Level 4	Senior	No Males	5-31 Athletes
6/1/04-2011	Level 4	Senior Coed	1 or More Males	5-31 Athletes
2007-2016	Level 4.2	Junior	Female/Male	5-31 Athletes
06/01/04-2011	Level 4.2	Senior	No Males	5-31 Athletes
06/01/04-2011	Level 4.2	Senior Coed	1 or More Males	5-31 Athletes
2011-2015	Level 5	Youth	Female/Male	5-38 Athletes
2007-2015	Level 5	Junior	Female/Male	5-38 Athletes
6/1/04-2011	Level 5	Senior	No Males	5-38 Athletes
6/1/04-2011	Level 5	Senior Coed	1 or More Males	5-38 Athletes
2007-2014	Level 6	Junior	No Males	5-38 Athletes
2007-2014	Level 6	Junior Coed	1 or More Males	5-38 Athletes
6/01/04-2010	Level 6	Senior XSmall**	No Males	5-16 Athletes
6/01/04-2010	Level 6	Senior Small**	No Males	17-22 Athletes
6/01/04-2010	Level 6	Senior Medium**	No Males	23-30 Athletes
6/01/04-2010	Level 6	Senior Large**	No Males	31-38 Athletes
6/01/04-2010	Level 6	Senior XSmall Coed**	1-2 Males	5-16 Athletes
6/01/04-2010	Level 6	Senior Small Coed**	1-5 Males	5-22 Athletes
6/01/04-2010	Level 6	Senior Medium Coed**	1-8 Males	5-30 Athletes
6/01/04-2010	Level 6	Senior Large Coed**	1-19 Males	5-38 Athletes

We have combined International Open Divisions with Senior Open Divisions to eliminate divisions with similar requirements.

**Divisions NOT offered at The Allstar World Championship.

*All athletes must be born within the birth year listed on the age grid.

(Example: if the required birth year is 2007, the athlete's birth date must be January 1, 2007 - December 31, 2007.

For senior level divisions, an athlete's birthday must fall between June 1, 2004 and December 2010/2011 depending on the division.



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All Star International Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2006-2014	Level 1	U17	Female/Male	10-24 Athletes
2004-2010	Level 1	U19	Female/Male	10-24 Athletes
2006-2014	Level 2	U17	Female/Male	10-24 Athletes
2004-2010	Level 2	U19	Female/Male	10-24 Athletes
2006-2014	Level 3	U17	Female/Male	10-24 Athletes
2004-2010	Level 3	U19	No Males	10-24 Athletes
2004-2010	Level 3	U19 Coed	1 or More Males	10-24 Athletes
2006-2014	Level 4	U17	No Males	10-24 Athletes
2006-2014	Level 4	U17 Coed	1 or More Males	10-24 Athletes
2004-2010	Level 4	U19	No Males	10-24 Athletes
2004-2010	Level 4	U19 Coed	1 or More Males	10-24 Athletes
2009 or Before	Level 4	International Open	No Males	10-24 Athletes
2009 or Before	Level 4	International Open Coed	1 or More Males	10-24 Athletes
2009 or Before	Level 5	International Open	No Males	10-31 Athletes
2009 or Before	Level 5	International Open Coed	1 or More Males	10-31 Athletes
2009 or Before	Level 6	International Open**	No Males	10-31 Athletes
2009 or Before	Level 6	International Open Small Coed**	1-4 Males	10-31 Athletes
2009 or Before	Level 6	International Open Large Coed**	5-16 Males	10-31 Athletes
2009 or Before	Level 6	International Open Global**	No Males	10-31 Athletes
2009 or Before	Level 6	International Open Global Coed**	1-16 Males	10-31 Athletes
2007 or Before	Level 7	International Open**	No Males	10-31 Athletes
2007 or Before	Level 7	International Open Small Coed**	1-4 Males	10-31 Athletes
2007 or Before	Level 7	International Open Large Coed**	5-16 Males	10-31 Athletes

Non-Tumbling/All Building Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2009 or Before	Novice	International Open NT	No Males	10-31 Athletes
2009 or Before	Novice	International Open Coed NT	1 or More Males	10-31 Athletes
2009 or Before	Advanced	International Open NT	No Males	10-31 Athletes
2009 or Before	Advanced	International Open Coed NT	1 or More Males	10-31 Athletes
2009 or Before	Elite	International Open NT	No Males	10-22 Athletes
2009 or Before	Elite	International Open Small Coed NT	1-4 Males	10-22 Athletes
2009 or Before	Elite	International Open Large NT	No Males	23-38 Athletes
2009 or Before	Elite	International Open Large Coed NT	5-20 Males	23-38 Athletes

**Divisions NOT offered at The Allstar World Championship. *All athletes must be born within the birth year listed on the age grid.

(Example: if the required birth year is 2009, the athlete's birth date must be January 1, 2009 - December 31, 2009.

Novice = Level 4 Rules; Advanced = Level 5 Rules; Elite = Level 6 Rules



2023-2024 All Star Age Grid & Divisions

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All Star Prep Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2016-2018	Level 1.1	Tiny Prep	Female/Male	5-31 Athletes
2014-2018	Level 1.1	Mini Prep	Female/Male	5-31 Athletes
2011-2018	Level 1.1	Youth Prep	Female/Male	5-31 Athletes
2007-2017	Level 1.1	Junior Prep	Female/Male	5-31 Athletes
6/1/04-2013	Level 1.1	Senior Prep	Female/Male	5-32 Athletes
2014-2018	Level 2.1	Mini Prep	Female/Male	5-31 Athletes
2011-2018	Level 2.1	Youth Prep	Female/Male	5-31 Athletes
2007-2017	Level 2.1	Junior Prep	Female/Male	5-31 Athletes
6/1/04-2013	Level 2.1	Senior Prep	Female/Male	5-31 Athletes
2014-2018	Level 2.2	Mini Prep	Female/Male	5-31 Athletes
2011-2018	Level 2.2	Youth Prep	Female/Male	5-31 Athletes
2007-2017	Level 2.2	Junior Prep	Female/Male	5-31 Athletes
6/1/04-2013	Level 2.2	Senior Prep	Female/Male	5-31 Athletes
2011-2018	Level 3.1	Youth Prep	Female/Male	5-31 Athletes
2007-2017	Level 3.1	Junior Prep	Female/Male	5-31 Athletes
6/1/04-2013	Level 3.1	Senior Prep	Female/Male	5-31 Athletes
2011-2018	Level 3.2	Youth	Female/Male	5-31 Athletes
2007-2017	Level 3.2	Junior	Female/Male	5-31 Athletes
6/1/04-2013	Level 3.2	Senior	Female/Male	5-31 Athletes



2023-2024 All Star Age Grid & Divisions

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All Star Novice Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2016-2020	Level 1 with restrictions	Tiny Novice	Female/Male	3+ Athletes
2014-2018	Level 1 with restrictions	Mini Novice	Female/Male	5+ Athletes
2011-2018	Level 1 with restrictions	Youth Novice	Female/Male	5+ Athletes
2007-2017	Level 1 with restrictions	Junior Novice	Female/Male	5+ Athletes
6/1/04-2013	Level 1 with restrictions	Senior Novice	Female/Male	5+ Athletes
2014-2018	Level 2 with restrictions	Mini Novice	Female/Male	5+ Athletes
2011-2018	Level 2 with restrictions	Youth Novice	Female/Male	5+ Athletes
2007-2017	Level 2 with restrictions	Junior Novice	Female/Male	5+ Athletes
6/1/04-2013	Level 2 with restrictions	Senior Novice	Female/Male	5+ Athletes
2011-2018	Level 3 with restrictions	Youth Novice	Female/Male	5+ Athletes
2007-2017	Level 3 with restrictions	Junior Novice	Female/Male	5+ Athletes
6/1/04-2013	Level 3 with restrictions	Senior Novice	Female/Male	5+ Athletes

All Star CheerAbilities Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2019 or Before	Level 1 with restrictions	Novice	Female/Male	3+ Athletes
2019 or Before	Level 2 with restrictions	Elite	Female/Male	3+ Athletes
2019 or Before	Level 2 with restrictions	Exhibition	Female/Male	3+ Athletes

****All Star CheerAbilities will always perform for FREE at all Open Championship Events****



2023-2024 Competitive Rec Age Grid & Divisions

2:30 TIME LIMIT ALL MUSIC ROUTINE

**ALL GENDERS ALLOWED IN ALL DIVISIONS
ALL TEAM SIZES ARE 5-36 FOR ALL DIVISIONS**

	Level 1	Level 2.1	Level 2	Level 3.1	Level 3	Level 4	Level 4.2
6U	X						
8U	X	X	X				
10U	X	X	X				
12U	X	X	X	X	X		
14U	X	X	X	X	X	X	x
10-18	X	X	X	X	X	X	x

REQUIREMENTS

- NON - PROFIT ASSOCIATED WITH AND GOVERNED BY AN ORGANIZATION. EXAMPLES INCLUDE BUT NOT LIMITED TO YMCA, BOYS & GIRLS CLUB, POP WARNER, OR CITY PARKS & REC PROGRAM.
- MUST NOT BE AFFILIATED WITH AN ALL STAR TEAM
- IF THE TEAM IS NOT ASSOCIATED WITH AN ORGANIZATION LIKE THE EXAMPLES LISTED ABOVE THEY MUST BE INDEPENDENTLY OPERATED BUT STILL CANNOT BE ASSOCIATED WITH AN ALLSTAR PROGRAM.
- COMPETITIVE REC PROGRAMS CAN CHEER FOR SPORTS PROGRAMS BUT ARE NOT REQUIRED AS LONG AS THE ABOVE RULES ARE MET.



2023-2024 Competitive Rec Age Grid & Divisions

BIRTH YEAR TO DETERMINE ELIGIBILITY

6U - 2016 and Later

8U - 2014 and Later

10U - 2012 and Later

12U - 2010 and Later

14U - 2008 and Later

10-18 years old (6/01/2004) - 2013

COMPETITIVE REC 2023-2024 AGE GRID

BIRTH YEAR	DIVISIONS						
	6U	8U	10U	12U	14U	10-18	
2016 AND LATER	X	X	X	X	X		
2015		X	X	X	X		
2014		X	X	X	X		
2013				X	X	X	X
2012				X	X	X	X
2011					X	X	X
2010					X	X	X
2009							
2008		X	X				
2007							X
2006							X
2005	X						
2004	X						



School Age Grid & Divisions

COMPETITIVE DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
Elementary	6th Grade & Below	Female/Male	5-30 Athletes
Small JH/MS	9th Grade & Below	Female/Male	5-16 Athletes
Large JH/MS	9th Grade & Below	Female/Male	17-30 Athletes
Small FR/JV	11th Grade & Below	Female/Male	5-16 Athletes
Large FR/JV	11th Grade & Below	Female/Male	17-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes
<u>Non-Tumbling</u>			
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes
<u>Non-Building</u>			
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
Small Varsity	9th - 12th Grade	Female/Male	5-16 Athletes
Large Varsity	9th - 12th Grade	Female/Male	17-30 Athletes



School Age Grid & Divisions

GAME TIME DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
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Elementary	6th Grade & Below	Female/male	5-30 Athletes
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes

Non-Tumbling

JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes

Non-Building

JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
Small Varsity	9th - 12th Grade	Female/Male	5-16 Athletes
Large Varsity	9th - 12th Grade	Female/Male	17-30 Athletes