



2025-2026 Allstar Rec Age Grid & Divisions

June 4, 2025

All Music and Cheer/Music Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2019 and Later	Level 1	6U	Female/Male	3 - 36 Athletes
2017 and Later	Level 1	8U	Female/Male	5 - 36 Athletes
2015 and Later	Level 1	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 1	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 1	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 1	10-18 Years Old	Female/Male	5 - 36 Athletes
2017 and Later	Level 2.1	8U	Female/Male	5 - 36 Athletes
2015 and Later	Level 2.1	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 2.1	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 2.1	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 2.1	10-18 Years Old	Female/Male	5 - 36 Athletes
2017 and Later	Level 2	8U	Female/Male	5 - 36 Athletes
2015 and Later	Level 2	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 2	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 2	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 2	10-18 Years Old	Female/Male	5 - 36 Athletes
2013 and Later	Level 3.1	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 3.1	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 3.1	10-18 Years Old	Female/Male	5 - 36 Athletes
2013 and Later	Level 3	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 3	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 3	10-18 Years Old	Female/Male	5 - 36 Athletes
2011 and Later	Level 4.2	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 4.2	10-18 Years Old	Female/Male	5 - 36 Athletes
2011 and Later	Level 4	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 4	10-18 Years Old	Female/Male	5 - 36 Athletes

Open Divisions are Cheer/Music and follow NFHS Rules

2015 and Later	Level 5 Open*	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 5 Open*	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 5 Open*	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 5 Open*	10-18 Years Old	Female/Male	5 - 36 Athletes

***Level 5 Open Divisions will follow Level 5 Rules with the exception of no double twist dismounts or tosses.**

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

(Example: if the required birth year is 2011, the athlete's birth date must be January 1, 2011 - December 31, 2011.)



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Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
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2011 and Later	Level 4	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 4	10-18 Years Old	Female/Male	5 - 36 Athletes

Open Divisions are Cheer/Music ONLY

2015 and Later	Level 5 Open*	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 5 Open*	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 5 Open*	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 5 Open*	10-18 Years Old	Female/Male	5 - 36 Athletes

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