



# 2025-2026 Age Grid & Divisions

June 4, 2025

**June 4, 2025 Update - Added the word Prep to the Youth 3.2, Junior 3.2, and Senior 3.2 divisions, and added AdaptAbility divisions to the document**

**We're making it easier than ever for gyms to build teams that truly fit their athletes!**

**More flexibility to place athletes, reducing the number of teams needed!**

**Imagine creating a larger Junior team instead of splitting into smaller Junior and Youth teams! More athletes, more energy, more success!**

- Removed bottom ages for Mini, Youth, and Junior Divisions.
- Senior Divisions have a lower bottom age for all levels.
- Senior Divisions can use the full birth year for the top age.
- Removed U17 and U19 Divisions since the New Senior Divisions included those age groups.
- New “Level 5 Open Rec” Divisions  
Cheer/Music Only for these division  
(Level 5 rules with the exception of no double twist dismounts or tosses allowed)





# 2025-2026 Allstar Age Grid & Divisions

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## Allstar Elite Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2018-2020	Level 1	Tiny**	Female/Male	5-31 Athletes
2016 and Later	Level 1	Mini	Female/Male	5-31 Athletes
2012 and Later	Level 1	Youth	Female/Male	5-31 Athletes
2009 and Later	Level 1	Junior	Female/Male	5-31 Athletes
2006-2015	Level 1	Senior	Female/Male	5-31 Athletes
2016 and Later	Level 2	Mini	Female/Male	5-31 Athletes
2012 and Later	Level 2	Youth	Female/Male	5-31 Athletes
2009 and Later	Level 2	Junior	Female/Male	5-31 Athletes
2006-2015	Level 2	Senior	Female/Male	5-31 Athletes
2012 and Later	Level 3	Youth	Female/Male	5-31 Athletes
2009 and Later	Level 3	Junior	Female/Male	5-31 Athletes
2006-2015	Level 3	Senior	No Males	5-31 Athletes
2006-2015	Level 3	Senior Coed	1 or More Males	5-31 Athletes
2012 and Later	Level 4	Youth	Female/Male	5-31 Athletes
2009 and Later	Level 4	Junior	Female/Male	5-31 Athletes
2006-2015	Level 4	Senior	No Males	5-31 Athletes
2006-2015	Level 4	Senior Coed	1 or More Males	5-31 Athletes
2009 and Later	Level 4.2	Junior	Female/Male	5-31 Athletes
2006-2015	Level 4.2	Senior	No Males	5-31 Athletes
2006-2015	Level 4.2	Senior Coed	1 or More Males	5-31 Athletes
2012 and Later	Level 5	Youth	Female/Male	5-38 Athletes
2009 and Later	Level 5	Junior	Female/Male	5-38 Athletes
2006-2015	Level 5	Senior	No Males	5-38 Athletes
2006-2015	Level 5	Senior Coed	1 or More Males	5-38 Athletes
2009 and Later	Level 6	Junior	No Males	5-38 Athletes
2009 and Later	Level 6	Junior Coed	1 or More Males	5-38 Athletes
2006-2015	Level 6	Senior XSmall	No Males	5-16 Athletes
2006-2015	Level 6	Senior Small	No Males	17-22 Athletes
2006-2015	Level 6	Senior Medium	No Males	23-30Athletes
2006-2015	Level 6	Senior Large	No Males	31-38 Athletes
2006-2015	Level 6	Senior XSmall Coed	1-2 Males	5-16 Athletes
2006-2015	Level 6	Senior Small Coed	1-5 Males	5-22 Athletes
2006-2015	Level 6	Senior Medium Coed	1-8 Males	5-30 Athletes
2006-2015	Level 6	Senior Large Coed	1-19 Males	5-38 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)





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## Allstar International Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2011 or Before	Level 4	International Open	No Males	10-31 Athletes
2011 or Before	Level 4	International Open Coed	1 or More Males	10-31 Athletes
2011 or Before	Level 5	International Open	No Males	10-31 Athletes
2011 or Before	Level 5	International Open Coed	1 or More Males	10-31 Athletes
2011 or Before	Level 6	International Open	No Males	10-31 Athletes
2011 or Before	Level 6	International Open Small Coed	1-4 Males	10-31 Athletes
2011 or Before	Level 6	International Open Large Coed	5-16 Males	10-31 Athletes
2008 or Before	Level 7	International Open	No Males	10-31 Athletes
2008 or Before	Level 7	International Open Small Coed	1-4 Males	10-31 Athletes
2008 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
2011 or Before	Level 4	International Open NT	No Males	10-31 Athletes
2011 or Before	Level 4	International Open Coed NT	1 or More Males	10-31 Athletes
2011 or Before	Level 5	International Open NT	No Males	10-31 Athletes
2011 or Before	Level 5	International Open Coed NT	1 or More Males	10-31 Athletes
2011 or Before	Level 6	International Open NT	No Males	10-31 Athletes
2011 or Before	Level 6	International Open Small Coed NT	1-4 Males	10-31 Athletes
2011 or Before	Level 6	International Open Large NT	No Males	10-31 Athletes
2011 or Before	Level 6	International Open Large Coed NT	5-20 Males	10-31 Athletes
2009 or Before	LEVEL 7	International Open NT	No Males	10-31 Athletes
2009 or Before	LEVEL 7	International Open Coed NT	1-16 Males	10-31 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 2011, the athlete's birth date must be January 1, 2011 - December 31, 2011.)



# 2025-2026 Allstar Age Grid & Divisions

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## Allstar Prep Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2018-2020	Level 1.1	Tiny Prep	Female/Male	5-31 Athletes
2016 and Later	Level 1.1	Mini Prep	Female/Male	5-31 Athletes
2012 and Later	Level 1.1	Youth Prep	Female/Male	5-31 Athletes
2009 and Later	Level 1.1	Junior Prep	Female/Male	5-31 Athletes
2006-2015	Level 1.1	Senior Prep	Female/Male	5-31 Athletes
2016 and Later	Level 2.1	Mini Prep	Female/Male	5-31 Athletes
2012 and Later	Level 2.1	Youth Prep	Female/Male	5-31 Athletes
2009 and Later	Level 2.1	Junior Prep	Female/Male	5-31 Athletes
2006-2015	Level 2.1	Senior Prep	Female/Male	5-31 Athletes
2016 and Later	Level 2.2	Mini Prep	Female/Male	5-31 Athletes
2012 and Later	Level 2.2	Youth Prep	Female/Male	5-31 Athletes
2009 and Later	Level 2.2	Junior Prep	Female/Male	5-31 Athletes
2006-2015	Level 2.2	Senior Prep	Female/Male	5-31 Athletes
2012 and Later	Level 3.1	Youth Prep	Female/Male	5-31 Athletes
2009 and Later	Level 3.1	Junior Prep	Female/Male	5-31 Athletes
2006-2015	Level 3.1	Senior Prep	Female/Male	5-31 Athletes
2012 and Later	Level 3.2	Youth Prep	Female/Male	5-31 Athletes
2009 and Later	Level 3.2	Junior Prep	Female/Male	5-31 Athletes
2006-2015	Level 3.2	Senior Prep	Female/Male	5-31 Athletes

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

(Example: if the required birth year is 2012, the athlete's birth date must be January 1, 2012 - December 31, 2012.)





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## Allstar Novice Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2018-2022	Level 1 with restrictions	Tiny Novice	Female/Male	3+ Athletes
2016 and Later	Level 1 with restrictions	Mini Novice	Female/Male	5+ Athletes
2012 and Later	Level 1 with restrictions	Youth Novice	Female/Male	5+ Athletes
2009 and Later	Level 1 with restrictions	Junior Novice	Female/Male	5+ Athletes
2006-2015	Level 1 with restrictions	Senior Novice	Female/Male	5+ Athletes
2016 and Later	Level 2 with restrictions	Mini Novice	Female/Male	5+ Athletes
2012 and Later	Level 2 with restrictions	Youth Novice	Female/Male	5+ Athletes
2009 and Later	Level 2 with restrictions	Junior Novice	Female/Male	5+ Athletes
2006-2015	Level 2 with restrictions	Senior Novice	Female/Male	5+ Athletes
2012 and Later	Level 3 with restrictions	Youth Novice	Female/Male	5+ Athletes
2009 and Later	Level 3 with restrictions	Junior Novice	Female/Male	5+ Athletes
2006-2015	Level 3 with restrictions	Senior Novice	Female/Male	5+ Athletes

## Allstar CheerAbilities Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2020 or Before	Level 1 with restrictions	Novice**	Female/Male	5+ Athletes
2020 or Before	Level 2 with restrictions	Elite	Female/Male	5+ Athletes
2020 or Before	Level 2 with restrictions	Exhibition	Female/Male	5+ Athletes

## Allstar AdaptAbilities Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2020 or Before	Level 2 with restrictions	Novice**	Female/Male	5+ Athletes
2020 or Before	Level 2 with restrictions	Exhibition	Female/Male	5+ Athletes
2020 or Before	Level 3 with restrictions	Elite	Female/Male	5+ 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 2012, the athlete's birth date must be January 1, 2012 - December 31, 2012.)