



# 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.)



# 2025-2026 Competitive 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 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 |

**\*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.)