



EARLY RELEASE

AGE GRID & RULE CHANGES

Highlights for 2022-23 | CHEER

What's CHEER changing for the 2022-23 season Age Grid?

1. USASF CHEER will adopt the international model to determine athlete age.
2. USASF CHEER will adopt IASF age changes for the Elite International divisions:
 - A. Return to using U16 & U18 top ages from the COVID-adjusted U17 & U19.
 - B. U16 Levels 1-4 increase the bottom age by two years.
 - C. International Open Levels 4 & 6 (including Global and Non-Tumbling) increase the bottom age by one year.
3. USASF CHEER will increase the bottom age by one year for the following divisions:
 - A. Mini Levels 1-2
 - B. Youth Levels 1-3
 - C. Junior Levels 1-3
 - D. Senior Open Levels 4-6
4. USASF Cheer will adopt U18 Level 6 Non-Tumbling and U18 Level 6 Coed Non-Tumbling as Worlds eligible divisions.

What's CHEER changing for the 2022-23 season rules?

1. Nothing. USASF CHEER is not making any Level Rules changes for the 2022-23 season (while reserving the right to make an adjustment if an imminent safety concern arises).

Attached is the early release for the 2022-23 season.

We do not anticipate additional changes but reserve the right to make changes if needed.

2022-2023 USASF Cheer Age Grid Early Release

All adjustments in **RED** indicate a change/addition since the previous season (2021-2022)
All adjustments in **BLUE** indicate a change/addition since the 2022-2023 Early Release

We do not anticipate additional changes but reserve the right to make changes if needed

U.S. ALL STAR FEDERATION



CLUB CHEER & DANCE TEAMS

The USASF Cheer and Dance Rules, Glossary, associated Age Grids and Cheer Rules Overview (collectively the "USASF Rules Documents") are copyright-protected and may not be disseminated to non-USASF members without prior written permission from USASF. Members may print a copy of the USASF Rules Documents for personal use while coaching a team, choreographing or engaging in event production, but may not distribute, post or give a third party permission to post on any website, or otherwise share the USASF Rules Documents.

2022-2023 Cheer Age Grid

This document contains the division offerings for the 2022-2023 season in the following tiers:

- All Star Elite
- All Star Elite International
- All Star Prep
- All Star Novice
- All Star CheerABILITIES Exceptional Athletes (formerly Special Needs)
- All Star FUNdamentals

The age grid provides a "menu" of divisions that may be offered by an individual event producer. An event producer does not have to offer every division listed. However, a USASF member event producer must only offer divisions from the age grids herein and/or combine/split divisions based upon the guidelines herein, unless prior written approval is received from the USASF. Divisions/rules that are "less" or "more" restrictive than those listed are not permitted without written permission from the USASF.

USASF MEMBER TERM

- The USASF Member Term runs from June 1st, 2022 – May 31st, 2023
- Seasonal, Fall Prep teams for fall season only: June 1st, 2022 – December 31st, 2022
 - Fall Only Prep athletes do not count towards D1/D2 status
 - Fall Only Prep athletes can adjust their membership to the full USASF member term if they choose to extend beyond December 31 but would then be counted towards D1/D2

AGE OF ATHLETE FOR ALL DIVISIONS (see page 16 for an overview of all ages and divisions)

- An athlete's date of birth must be on or between the dates listed to be eligible for the division.
 - Target Ages are reflective of the typical age range athletes are during the birth years listed for each division.
- Background checks and Adult Athlete Specific SafeSport Training are an eligibility requirement for "Adult Athletes".
Adult Athlete: Any athlete that turns 18 years old prior to 6/1/23.

GENERAL ATHLETE GUIDELINES

- Athletes participating at USASF sanctioned events must be registered members of the USASF for the current season.
- All athletes taking the floor at USASF sanctioned events must appear on an Official USASF Event Roster.
- The athletes who perform a routine must remain the same from start to finish and MAY NOT be replaced by another athlete at any time during the performance.
- All Star Programs may not also have a Rec team that competes and/or performs at any USASF Sanctioned event.
- Background checks and Adult Athlete Specific SafeSport Training are an eligibility requirement for "Adult Athletes".
Adult Athlete: Any athlete that turns 18 years old prior to 6/1/23.

CROSSOVERS (Please see **Unplanned Athlete Replacement Section for additional information**)

- An All Star cheer athlete is limited to crossing over to 2 (two) additional cheer teams within their program per competition. Therefore, an athlete may compete on one team and crossover to two more teams within the same program during the competition.
- An individual will not be permitted to crossover from one program to another during the same event.
- Exception: An athlete from one program without a Level 7 team may crossover to one additional program's Level 7 team so long as they do not exceed the maximum number of teams permitted.
- Crossover limitations herein do not include athletes that crossover from cheer to dance.
- An event producer may choose to be more restrictive than the USASF rules for crossovers whereby they may choose to limit the number of teams and/or levels an athlete may crossover to, however, an event producer may not be less restrictive than the limitations outlined herein.
- Athletes are not permitted to be on two teams in different competitive tiers: There are no crossovers between Prep and Elite or Prep and Elite International.
- International Divisions are considered an Elite Tier. Therefore, an athlete is permitted to cross between an All Star Elite team and an Elite International team. An athlete may not be on All Star Prep and an Elite or International team.
- Crossovers are permitted between evaluation (ratings only) and/or exhibition teams and elite. Athletes are permitted be on a Novice team and a Prep team or a Novice team and Elite team or a Novice Team and Elite International team.

MOVING TIERS

- Athletes are permitted to move up a tier without approval from the USASF. Athletes may move from:
 - Novice to Prep Novice to Elite or Elite International Prep to Elite or Elite International
- Once an athlete has competed on an Elite or International Elite team, they are not permitted to move down to a Prep team without approval) from the USASF, through their Regional Director.
 - Moving from All Star Cheer Elite Club Divisions to All Star Prep Cheer is prohibited.
 - Moving from International Elite Cheer Divisions to All Star Prep Cheer is prohibited.
- If a program wants to move an athlete down from a higher tier (Elite or Elite International) to a lower tier (Prep) during the same season they must request approval from the USASF, through their regional director. Approval may be granted for an individual athlete, one time, and the athlete cannot return to the prior tier during the season.

UNPLANNED ATHLETE REPLACEMENT (FOR SUDDEN SITUATIONS and/or COVID Related Issues)

This section outlines what is permitted when an athlete is unable to attend an event on short or no prior notice. This addresses emergency situations that may arise, such as illness or circumstances that were unplanned or unpredictable (such as accidents, family emergencies, COVID, etc.). Typically, when 24 hours or less notice (or longer if it is a COVID related issue) is given to the coach and adjustments must be made to allow the program to still take the floor at an event. The program must request approval from the USASF, through their Regional Director.

- In the event of a missing/absent member of a team a program may replace that athlete with another performer from that program that is a registered member of the USASF for the current season.
- A replacement is defined as an individual who was not on the team's Official USASF Event Roster taking the place of another athlete at an event. This usually occurs as a result of illness/injury and/or COVID related issue.
- If the replacement athlete does not meet the age requirements for that particular division (this includes a coach), then the team is permitted to perform in "exhibition" only.
- Performing competitively for a team with a replacement member who does not meet division age requirements is not permitted.
- All appropriate general safety rules and level rules must be followed for the team regardless of the age of performers on the team.
- An unplanned replacement of an athlete(s) is limited to 3 performers maximum. Any number that exceeds 3 will result in the team performing in "exhibition" only. Up to 3 replacement athletes may be of a different tier if necessary.

EXHIBITION PERFORMANCES

Teams that perform in "exhibition" or "evaluation only" at an event must adhere to the USASF Age Grid and Level Rules as would any other team.

- "Exhibition" or "evaluation only" status does not allow a team to violate the safety rules or age restrictions (see exception addressed in Unplanned Athlete Replacement guidelines) that have been put in place for all athletes. Any additional exception to these rules must be obtained in writing from the USASF.
- An Event Producer may offer a team of less than 5 participants to perform as exhibition only, as long as they meet the safety rules and age restrictions of the Age Grid.
- All athletes taking the performance floor at a USASF Sanctioned event must meet the athlete requirements for attending a sanctioned event and entering the warm-up room. *This applies to all athletes competing or performing for a US based All Star Cheer or Dance Program, including athletes on All Star Novice, All Star Prep Teams, and All Star Elite teams. This applies to Competitive, Show Teams and Exhibition Teams (including Parent Teams):*
 - Athlete membership paid for the current membership term. Exception: Athletes with Special Needs competing on a CheerAbilities team receive a complimentary athlete membership to the USASF.
 - Listed on the roster as an active or reserve athlete for the team(s) with which he/she will be entering the warm-up room and performing.
- Programs who choose to take FUNdamentals class participants to exhibition will need to upgrade from free FUNdamentals athlete to a paid athlete (either Novice, Prep, or Elite) and will need to make their exhibition participants in a "grouping" fit a USASF division (Tiny, Mini, Youth, Junior or Senior) and roster the grouping as a "team" to create a roster and associate it to the sanctioned event.

USASF All Star Cheer ELITE TIER CLUB Divisions 2022-2023

US Model Target Ages	INT. Model Target Ages	Birth Year	Level	Division	Female/Male	Number on Team
5-6 years old	6-7 years old	2015-2017	1	Tiny	Female/Male	5-30 Members
6-8 years old	7-9 years old	2013-2016	1	Mini	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	1	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	1	Junior	Female/Male	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	1	Senior	Female/Male	5-30 Members
6-8 years old	7-9 years old	2013-2016	2	Mini	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	2	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	2	Junior	Female/Male	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	2	Senior	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	3	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	3	Junior	Female/Male	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	3	Senior	No Males	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	3	Senior Co-Ed	1 or more Males	5-30 Members
8-11 years old	9-12 years old	2010-2014	4	Youth	Female/Male	5-30 Members
8-15 years old	9-16 years old	2006-2014	4	Junior	Female/Male	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	4	Senior	No Males	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	4	Senior Co-Ed	1 or more Males	5-30 Members
14 years +	15 years +	2008 or before	4	Senior Open	Female/Male	5-24 Members
12-18 years old	13-19 years old	6/1/03-2010	4.2	Senior	No Males	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	4.2	Senior Co-Ed	1 or more Males	5-30 Members
9-11 years old	10-12 years old	2010-2013	5	Youth	Female/Male	5-38 Members
9-15 years old	10-16 years old	2006-2013	5	Junior	Female/Male	5-38 Members
12-18 years old	13-19 years old	6/1/03-2010	5	Senior	No Males	5-38 Members
12-18 years old	13-19 years old	6/1/03-2010	5	Senior Co-Ed	1 or more Males	5-38 Members
14 years +	15 years +	2008 or before	5	Senior Open	No Males	5-24 Members
14 years +	15 years +	2008 or before	5	Senior Open Co-Ed	1 or more Males	5-24 Members
9-15 years old	10-16 years old	2006-2013	6	Junior	No Males	5-38 Members
9-15 years old	10-16 years old	2006-2013	6	Junior Co-Ed	1 or more Males	5-38 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior XSmall *	No Males	5-16 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Small *	No Males	17-22 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Medium *	No Males	23-30 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Large *	No Males	31-38 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior XSmall Co-Ed *	1-2 Males	5-16 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Small Co-Ed *	1-5 Males	5-22 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Medium Co-Ed *	1-8 Males	5-30 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Large Co-Ed *	1-19 Males	5-38 Members
14 years +	15 years +	2008 or before	6	Senior Open *	No Males	5-24 Members
14 years +	15 years +	2008 or before	6	Senior Open Small Co-Ed *	1-4 Males	5-24 Members
14 years +	15 years +	2008 or before	6	Senior Open Large Co-Ed *	5-12 Males	5-24 Members
* Indicates Worlds Eligible Division						

USASF All Star Cheer ELITE TIER INTERNATIONAL Divisions 2022-2023

US Model Target Ages	INT. Model Target Ages	Birth Year	Level	Division	Female/Male	Number on Team
11-15 years old	12-16 years old	2006-2011	1	U16	Female/Male	10-24 members
13-17 years old	14-18 years old	2004-2009	1	U18	Female/Male	10-24 members
11-15 years old	12-16 years old	2006-2011	2	U16	Female/Male	10-24 members
11-15 years old	14-18 years old	2004-2009	2	U18	Female/Male	10-24 members
11-15 years old	12-16 years old	2006-2011	3	U16	Female/Male	10-24 members
13-17 years old	14-18 years old	2004-2009	3	U18	No males	10-24 members
13-17 years old	14-18 years old	2004-2009	3	U18 Co-ed	Female/Male	10-24 members
11-15 years old	12-16 years old	2006-2011	4	U16	No Males	10-24 members
11-15 years old	12-16 years old	2006-2011	4	U16 Co-ed	Female/Male	10-24 members
13-17 years old	14-18 years old	2004-2009	4	U18	No Males	10-24 members
13-17 years old	14-18 years old	2004-2009	4	U18 Co-ed	Female/Male	10-24 members
14 years +	15 years +	2008 or before	4	International Open	No Males	10-24 members
14 years +	15 years +	2008 or before	4	International Open Co-Ed	Female/Male	10-24 members
13-17 years old	14-18 years old	2004-2009	6	U18 NT	No Males	10-30 members
13-17 years old	14-18 years old	2004-2009	6	U18 Co-ed NT	1-20 Males	10-30 members
14 years +	15 years +	2008 or before	6	International Open	No Males	10-24 members
14 years +	15 years +	2008 or before	6	International Open Small Co-Ed	1-4 Males	10-24 members
14 years +	15 years +	2008 or before	6	International Open Large Co-Ed	5-16 Males	10-24 members
14 years +	15 years +	2008 or before	6	International Open NT	No Males	10-30 members
14 years +	15 years +	2008 or before	6	International Open Co-Ed NT	1-20 Males	10-30 members
14 years +	15 years +	2008 or before	6	International Global	No Males	10-24 members
14 years +	15 years +	2008 or before	6	International Global Co-Ed	1-16 Males	10-24 members
16 years +	17 years +	2005 or before	7	International Open	No Males	10-24 members
16 years +	17 years +	2005 or before	7	International Open Small Co-Ed	1-4 Males	10-24 members
16 years +	17 years +	2005 or before	7	International Open Large Co-Ed	5-16 Males	10-24 members

USASF sanctioned events may ONLY offer these International divisions. All divisions offered by the IASF are not all offered at USASF sanctioned events. Please see the International division list on this page to ensure division offerings at USASF sanctioned events. Competitions that follow IASF Guidelines may have additional rules/ restrictions for the International Divisions. Please check with the Event Producer directly for further information.

Please note the following:

- Minimum number of athletes for all divisions is 10. A penalty may be assessed for taking the floor with fewer than 10 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 International Divisions is a maximum of 2:30.
 - Exception: Routine time limit for NON - TUMBLING Divisions is a maximum of 2:00.
 - Exception: 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.

“U Format”: Please note there is still a bottom age for these divisions. Use the Birth Year Column to verify athlete eligibility for all divisions.

USASF All Star Cheer PREP TIER Divisions 2022-2023

US Model Target Ages	INT. Model Target Ages	Birth Year	Level	Division	Female/Male	Number on Team
5-6 years old	6-7 years old	2015-2017	1.1	Tiny	Female/Male	5-30 Members
6-8 years old	7-9 years old	2013-2016	1.1	Mini	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	1.1	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	1.1	Junior	Female/Male	5-30 Members
10-18 years old	11-19 years old	6/1/03-2012	1.1	Senior	Female/Male	5-30 Members
6-8 years old	7-9 years old	2013-2016	2.1	Mini	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	2.1	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	2.1	Junior	Female/Male	5-30 Members
10-18 years old	11-19 years old	6/1/03-2012	2.1	Senior	Female/Male	5-30 Members
6-8 years old	7-9 years old	2013-2016	2.2	Mini	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	2.2	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	2.2	Junior	Female/Male	5-30 Members
10-18 years old	11-19 years old	6/1/03-2012	2.2	Senior	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	3.1	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	3.1	Junior	Female/Male	5-30 Members
10-18 years old	11-19 years old	6/1/03-2012	3.1	Senior	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	3.2	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	3.2	Junior	Female/Male	5-30 Members
10-18 years old	11-19 years old	6/1/03-2012	3.2	Senior	Female/Male	5-30 Members

Please refer to the USASF 2022-2023 Cheer Rules for routine rules and guidelines. The specific page number is referenced in the Table of Contents of the USASF 2022-2023 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.

USASF All Star Cheer NOVICE TIER Divisions 2022-2023

US Model Target Ages	INT. Model Target Ages	Birth Year	Level	Division	Female/Male	Number on Team
3-6 years old	4-7 years old	2015-2019	1 w/Restrictions	Tiny	Female/Male	3 + Members
6-8 years old	7-9 years old	2013-2016	1 w/Restrictions	Mini	Female/Male	5 + Members
6-11 years old	7-12 years old	2010-2016	1 w/Restrictions	Youth	Female/Male	5 + Members
7-15 years old	8-16 years old	2006-2015	1 w/Restrictions	Junior	Female/Male	5 + Members
10-18 years old	11-19 years old	6/1/03-2011	1 w/Restrictions	Senior	Female/Male	5 + Members
6-8 years old	7-9 years old	2013-2016	2 w/Restrictions	Mini	Female/Male	5 + Members
6-11 years old	7-12 years old	2010-2016	2 w/Restrictions	Youth	Female/Male	5 + Members
7-15 years old	8-16 years old	2006-2015	2 w/Restrictions	Junior	Female/Male	5 + Members
10-18 years old	11-19 years old	6/1/03-2011	2 w/Restrictions	Senior	Female/Male	5 + Members
6-11 years old	7-12 years old	2010-2016	3 w/Restrictions	Youth	Female/Male	5 + Members
7-15 years old	8-16 years old	2006-2015	3 w/Restrictions	Junior	Female/Male	5 + Members
10-18 years old	11-19 years old	6/1/03-2011	3 w/Restrictions	Senior	Female/Male	5 + Members

Please refer to the USASF 2022-2023 Cheer Rules for routine rules and guidelines. The specific page number is referenced in the Table of Contents of the USASF 2022-2023 Cheer Safety Rules.

ALL STAR NOVICE GUIDELINES

- All teams are combined female/male - novice 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 Event Producer is required.

ALL STAR NOVICE SELECT

- The USASF will be offering a Novice Select option that will be available to all USASF Member Programs. This resource will provide music, a framework of a Novice routine and a skill list to choose from. This was created to help newer coaches/programs learn how to put together routines while reducing the cost of music and choreography fees.
- The Novice Select routines will perform in the Novice Divisions.

USASF All Star Cheer CHEERABILITIES Divisions 2022-2023

US Model Target Ages	INT. Model Target Ages	Birth Year	Level	Division	Female/Male	Number on Team
5+ years old	6+ years old	2017 or before	1 w/Restrictions	Novice	Female/Male	5 + Members
5+ years old	6+ years old	2017 or before	2 w/Restrictions	Elite	Female/Male	5 + Members
5+ years old	6+ years old	2017 or before	2 w/Restrictions	Exhibition	Female/Male	5 + Members

ALL STAR CheerABILITIES

Please refer to the USASF 2022-2023 Cheer Rules for routine rules and guidelines. The specific page number is referenced in the Table of Contents of the USASF 2022-2023 Cheer Safety Rules.

USASF All Star Cheer FUNDamentals Program for 2022-2023

This is an in-house program only.

Teams will not compete but may choose to exhibition the USASF provided choreography (see exhibition guidelines).

FUNDamentals GUIDELINES

As a benefit of membership, the US All Star Federation offers a true entry level class program for USASF member programs to utilize as an offering to customers. This program will be an in-house class format. FUNDamentals is an opportunity for athletes to experience All Star in a seasonal, lower commitment, lower cost, entry level, non-competitive format. Progressions will be used to further separate the rules into smaller sections that are more conducive to the shorter season and will include a variety of skill sets. A coach will be able to choose the progression that is best suited for their athletes and has an opportunity to offer three concurrent class sessions.

The program includes:

- Music
 - Curriculum that leads to Choreography
 - Lesson/Practice Plans will be provided to USASF
 - Parent Engagement Tools
 - Activity Book for Participants
 - Implementation Guide
- Member programs who wish to utilize this benefit will opt-in to the FUNDamentals Program. Opt-in is done by the program, through their USASF Member profile.
 - Members must agree to the FUNDamentals terms and conditions to have access to the FUNDamentals resources. Terms and conditions can be found in the program member profile.
 - The intent of the FUNDamentals offering is to have a program that INTRODUCES interested participants to All Star Cheer. It is designed as an in-house class program. It is not meant to create a team or go to an event. A Program, however, may choose to take Fundamentals class participants to a Sanctioned Event to perform their routine as an exhibition, provided they adhere to the following:
 - May not enter as a team that would be ranked or compete.
 - Must request a one-day music license from the USASF to use the music outside their All Star facility.
 - May wear t-shirt and shorts or practice wear for their exhibition performance
 - Meet all membership and sanctioned event requirements for Exhibition Performances. Programs who choose to take FUNDamentals class participants to exhibition will need to upgrade from free FUNDamentals athlete to a paid athlete (either Novice, Prep, or Elite) and will need to make their exhibition participants in a "grouping" fit a USASF division (Tiny, Mini, Youth, Junior or Senior) and roster the grouping as a "team" to create a roster and associate it to the sanctioned event.
 - Exhibition performances may be performed on spring floor or carpet bonded foam.

2022-23 Season	DIVISIONS	TARGET AGES	USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)																			
			INT Model	2002 or before	1/1/2003- 5/31/2003	6/01/03- 12/31/03	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
ELITE CLUB	Senior Open(L4/L5/L6)	15+	x	x	x	x	x	x	x	x												
	Senior (L6)	14-19			x	x	x	x	x	x	x											
	Senior (L1-5)	13-19			x	x	x	x	x	x	x	x										
	Junior (L5-6)	10-16						x	x	x	x	x	x	x								
	Junior (L4)	9-16						x	x	x	x	x	x	x	x	x						
	Junior (L1-3)	8-16						x	x	x	x	x	x	x	x	x	x					
	Youth (L5)	10-12										x	x	x	x							
	Youth (L4)	9-12										x	x	x	x	x						
	Youth (L1-3)	7-12										x	x	x	x	x	x	x				
	Mini (L1-2)	7-9													x	x	x	x				
	Tiny (L1)	6-7																x	x	x		
	PREP	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)	11-19			x	x	x	x	x	x	x	x	x	x							
Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)		8-16						x	x	x	x	x	x	x	x	x	x					
Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)		7-12										x	x	x	x	x	x	x				
Mini Prep (L1.1, 2.1, 2.2)		7-9													x	x	x	x				
Tiny Prep (L1.1)		6-7																x	x	x		
NOVICE	Senior Novice(L1-3 w/restrictions)	11-19			x	x	x	x	x	x	x	x	x									
	Junior Novice (L1-3 w/restrictions)	8-16						x	x	x	x	x	x	x	x	x						
	Youth Novice(L1-3 w/restrictions)	7-12										x	x	x	x	x	x					
	Mini Novice (L1-2 w/restrictions)	7-9													x	x	x	x				
	Tiny Novice(L1 w/restrictions)	4-7																x	x	x	x	x
CheerAbilities	CheerAbilities Elite (L2 w/restrictions)	6+	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
	CheerAbilities Novice (L1 w/restrictions)	6+	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
	CheerAbilities Exhibition (L2 w/restrictions)	6+	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
ELITE INTERNATIONAL	International Open (L7)	17+	x	x	x	x	x															
	International Open/NT/Global (L6)	15+	x	x	x	x	x	x	x	x												
	International Open (L4)	15+	x	x	x	x	x	x	x	x												
	International U18 (L1-4, 6NT)	14-18					x	x	x	x	x											
	International U16 (L1-4)	12-16							x	x	x	x	x									

Use the Birth Year column to verify athlete eligibility for all divisions. The Target Ages are reflective of the typical age range athletes are at some point during the 2023 calendar year based on their birth year.