



2019-2020 Cheer Age Grid

All adjustments in **RED** indicate a change/addition since the previous year (2018-2019)
All adjustments in **BLUE** indicate a change/addition since the early release in Feb 2019.

2019-2020 Cheer Age Grid

This document contains the division offerings for the 2019-2020 season in the following classifications:

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

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.

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.

CROSSOVERS

- 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 rules above for crossovers limiting the number of teams an athlete may crossover to further; however, an event producer may not be less restrictive than the limitations outlined herein.
- There are no crossovers between **Prep and Elite or Prep and Elite International.**

MOVING TIERS

- **Moving between All Star Prep Cheer and (traditional) All Star Cheer Elite Club Divisions or All Star Prep Cheer and International Elite Cheer Divisions is prohibited.** *Athletes are not permitted to be on two teams in different tiers.* Athletes are permitted to move up a tier. Athletes may not move down from a higher tier (**Elite or Elite International**) to a lower tier (**Prep**) during the same season without approval from the USASF. *Approval may be granted for an individual athlete, one time, and the athlete **cannot** return to the prior tier during the season.*
Example: Novice may move to Prep, Novice may move to Elite, Prep may move to Elite, without approval from the USASF.
Example: Elite may not move to Prep, Prep may not move to Novice, Elite may not move to Novice without approval from the USASF.
- International Divisions are considered an Elite Tier. Therefore, an athlete may be on an All Star Elite Club team and an Elite International team. An athlete may not be on All Star Prep and an Elite International team.
- **Athletes may be on a Novice team and a Prep team or a Novice team and Elite team or a Novice Team and Elite International team.**

UNPLANNED ATHLETE REPLACEMENT

- 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.
- 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 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**.

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 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 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 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 CLUB Divisions for 2019-2020

USASF All Star Elite Level 1					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
1	Tiny	5-6 years old	August 31, 2019	Female/Male	5-30 Members
1	Mini	5-8 years old	August 31, 2019	Female/Male	5-30 Members
1	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
1	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
1	Senior**	11-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star Elite Level 2					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
2	Mini	5-8 years old	August 31, 2019	Female/Male	5-30 Members
2	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
2	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
2	Senior**	11-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star Elite Level 3					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
3	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
3	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
3	Senior**	11-18 years old	August 31, 2019	No Males	5-30 Members
3	Senior Co-Ed**	11-18 years old	August 31, 2019	1 or more Males	5-30 Members
USASF All Star Elite Level 4					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
4	Youth	8-11 years old	August 31, 2019	Female/Male	5-30 Members
4	Junior	8-14 years old	August 31, 2019	Female/Male	5-30 Members
4	Senior **	11-18 years old	August 31, 2019	No Males	5-30 Members
4	Senior Co-Ed**	11-18 years old	August 31, 2019	1 or more Males	5-30 Members
4	Senior Open**	14 years & older	December 31, 2020 *	Female/Male	5-24 Members
USASF All Star Elite Level 4.2 (Building Level 4, Tumbling Level 2)					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
4.2	Senior**	11-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star Elite Level 5 [Formerly Level 5 Restricted]					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
5	Youth	9-11 years old	August 31, 2019	Female/Male	5-38 Members
5	Junior	9-14 years old	August 31, 2019	Female/Male	5-38 Members
5	Senior**	11-18 years old	August 31, 2019	Female/Male	5-38 Members
USASF All Star Elite Level 6 [Formerly Level 5]					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
6	Junior	9-14 years old	August 31, 2019	No Males	5-38 Members
6	Junior Co-Ed	9-14 years old	August 31, 2019	1 or more Males	5-38 Members
6	Senior XSmall (Worlds Division)	13-18 years old	August 31, 2019	No Males	5-16 Members
6	Senior Small (Worlds Division)	13-18 years old	August 31, 2019	No Males	17-22 Members
6	Senior Medium (Worlds Division)	13-18 years old	August 31, 2019	No Males	23-30 Members
6	Senior Large (Worlds Division)	13-18 years old	August 31, 2019	No Males	31-38 Members
6	Senior XSmall Co-Ed (Worlds Division)	13-18 years old	August 31, 2019	1-2 Males	5-16 Members
6	Senior Small Co-Ed (Worlds Division)	13-18 years old	August 31, 2019	1-5 Males	5-22 Members
6	Senior Medium Co-Ed (Worlds Division)	13-18 years old	August 31, 2019	1-8 Males	5-30 Members
6	Senior Large Co-Ed (Worlds Division)	13-18 years old	August 31, 2019	1-19 Males	5-38 Members
6	Senior Open (Worlds Division)	14 years & older	December 31, 2020 *	No Males	5-24 Members
6	Senior Open Small Co-Ed (Worlds Division)	14 years & older	December 31, 2020*	1-4 Males	5-24 Members
6	Senior Open Large Co-Ed (Worlds Division)	14 years & older	December 31, 2020*	5-12 Males	5-24 Members

*OPEN TEAM DIVISIONS: The USASF member database will calculate the age on December 31, 2020. Background checks are an eligibility requirement for "adult" athletes on open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2020.

NOTE: ** The Senior Division (Elite Club Divisions only) bottom age will be 13 years old for the 2020-2021 season.

USASF Elite INTERNATIONAL Divisions for 2019-2020

IASF All Star International Level 1					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
1	International Junior	10-16 years old	Age during 2020	Female/Male	16-24 members
1	International Senior	14-18 years old	Age during 2020	Female/Male	16-24 members
IASF All Star International Level 2					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
2	International Junior	10-16 years old	Age during 2020	Female/Male	16-24 members
2	International Senior	14-18 years old	Age during 2020	Female/Male	16-24 members
IASF All Star International Level 3					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
3	International Junior	10-16 years old	Age during 2020	Female/Male	16-24 members
3	International Senior	14-18 years old	Age during 2020	No males	16-24 members
3	International Senior Co-ed	14-18 years old	Age during 2020	Female/Male	16-24 members
IASF All Star International Level 4					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
4	International Junior	10-16 years old	Age during 2020	No Males	16-24 members
4	International Junior Co-ed	10-16 years old	Age during 2020	Female/Male	16-24 members
4	International Senior	14-18 years old	Age during 2020	No Males	16-24 members
4	International Senior Co-ed	14-18 years old	Age during 2020	Female/Male	16-24 members
4	International Open	14 years & older	December 31, 2020	No Males	16-24 members
4	International Open Co-Ed	14 years & older	December 31, 2020	Female/Male	16-24 members
IASF All Star International Level 6 [Formerly International Level 5]					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
6	International Senior	14-18 years old	Age during 2020	No Males	16-24 members
6	International Senior Co-Ed	14-18 years old	Age during 2020	1-8 Males	16-24 members
6	International Open NT (Non-Tumbling) (Worlds Division)	14 years & older	December 31, 2020	No Males	16-30 members
6	International Open Co-Ed NT (Non-Tumbling) (Worlds Division)	14 years & older	December 31, 2020	1-20 Males	16-30 members
6	International Open (Worlds Division)	14 years & older	December 31, 2020	No Males	16-24 members
6	International Open Small Co-Ed 4 (Worlds Division)	14 years & older	December 31, 2020	1-4 Males	16-24 members
6	International Open Large Co-Ed 16 (Worlds Division)	14 years & older	December 31, 2020	5-16 Males	16-24 members
6	International Global (Worlds Division)	14 years & older	December 31, 2020	No Males	16-24 members
6	International Global Co-Ed (Worlds Division)	14 years & older	December 31, 2020	1-16 Males	16-24 members
IASF All Star International Level 7 [Formerly International Level 6]					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
7	International Open (Worlds Division)	17 years & older	December 31, 2020	No Males	16-24 members
7	International Open Small Co-Ed 4 (Worlds Division)	17 years & older	December 31, 2020	1-4 Males	16-24 members
7	International Open Large Co-Ed 16 (Worlds Division)	17 years & older	December 31, 2020	5-16 Males	16-24 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:

- An athlete must meet the age requirement within the calendar year of 2020. The USASF member database will calculate the age on December 31, 2020.
 - EXAMPLE: If a 13-year-old athlete is participating in a division where the minimum age is 14; that athlete is legal for the division if the athlete turns 14 on or before December 31st, 2020. EXAMPLE: If a 19-year-old athlete is participating in a division where the maximum age is 18; that athlete would be legal for the division if the athlete was 18 years old at any time in 2020.
- Background checks are an eligibility requirement for "adult" athletes on U.S. based open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2020.
- Minimum number of athletes for all divisions is 16. A penalty may be assessed for taking the floor with fewer than 16 athletes.
- The maximum numbers of males on a Co-Ed Division team may not exceed 2/3 of the total athletes on the team.

USASF All Star Cheer PREP Divisions for 2019-2020

USASF All Star PREP Level 1.1					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
1.1	Tiny	5-6 years old	August 31, 2019	Female/Male	5-30 Members
1.1	Mini	5-8 years old	August 31, 2019	Female/Male	5-30 Members
1.1	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
1.1	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
1.1	Senior	10-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star PREP Level 2.1/ Level 2.2					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
2.1	Mini	5-8 years old	August 31, 2019	Female/Male	5-30 Members
2.1	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
2.1	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
2.1	Senior	10-18 years old	August 31, 2019	Female/Male	5-30 Members
2.2	Mini	5-8 years old	August 31, 2019	Female/Male	5-30 Members
2.2	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
2.2	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
2.2	Senior	10-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star PREP Level 3.1					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
3.1	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
3.1	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
3.1	Senior	10-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star PREP Level 3.2					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
3.2	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
3.2	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
3.2	Senior	10-18 years old	August 31, 2019	Female/Male	5-30 Members

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USASF All Star Cheer NOVICE Divisions for 2019-2020

USASF All Star NOVICE – Tiny Novice					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
1 w/Restrictions	Tiny	3-6 years old	August 31, 2019	Female/Male	5 + Members
USASF All Star NOVICE Level 1					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
1	Mini	5-8 years old	August 31, 2019	Female/Male	5 + Members
1	Youth	5-11 years old	August 31, 2019	Female/Male	5 + Members
1	Junior	5-14 years old	August 31, 2019	Female/Male	5 + Members
1	Senior	10-18 years old	August 31, 2019	Female/Male	5 + Members
USASF All Star NOVICE Level 2					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
2	Mini	5-8 years old	August 31, 2019	Female/Male	5 + Members
2	Youth	5-11 years old	August 31, 2019	Female/Male	5 + Members
2	Junior	5-14 years old	August 31, 2019	Female/Male	5 + Members
2	Senior	10-18 years old	August 31, 2019	Female/Male	5 + Members
USASF All Star NOVICE Level 3					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
3	Youth	5-11 years old	August 31, 2019	Female/Male	5 + Members
3	Junior	5-14 years old	August 31, 2019	Female/Male	5 + Members
3	Senior	10-18 years old	August 31, 2019	Female/Male	5 + Members

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USASF All Star CheerABILITIES - Exceptional Athlete Division for 2019-2020

USASF All Star CheerAbilities (formerly Special Needs)					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
Up to Level 2	CheerABILITIES	5 years & older	August 31, 2019	Female/Male	Unlimited

The USASF follows the definition of **disability** as defined by the American Disability Act.

An individual with a **disability** is **defined** by the **ADA** as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

ALL STAR CheerABILITIES GUIDELINES

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