



2025-2026 Age Grid & Divisions

March 4, 2025

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)



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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	23-30 Athletes
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.)



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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	Female/Male	5-31 Athletes
2009 and Later	Level 3.2	Junior	Female/Male	5-31 Athletes
2006-2015	Level 3.2	Senior	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

**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.)