



# 2023-2024 All Star Age Grid & Divisions

April 12, 2023

## All Star Elite Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2016-2018	Level 1	Tiny**	Female/Male	5-31 Athletes
2014-2018	Level 1	Mini	Female/Male	5-31 Athletes
2011-2018	Level 1	Youth	Female/Male	5-31 Athletes
2007-2017	Level 1	Junior	Female/Male	5-31 Athletes
6/1/04-2011	Level 1	Senior	Female/Male	5-31 Athletes
2014-2018	Level 2	Mini	Female/Male	5-31 Athletes
2011-2018	Level 2	Youth	Female/Male	5-31 Athletes
2007-2017	Level 2	Junior	Female/Male	5-31 Athletes
6/1/04-2011	Level 2	Senior	Female/Male	5-31 Athletes
2011-2018	Level 3	Youth	Female/Male	5-31 Athletes
2007-2017	Level 3	Junior	Female/Male	5-31 Athletes
6/1/04-2011	Level 3	Senior	No Males	5-31 Athletes
6/1/04-2011	Level 3	Senior Coed	1 or More Males	5-31 Athletes
2011-2015	Level 4	Youth	Female/Male	5-31 Athletes
2007-2016	Level 4	Junior	Female/Male	5-31 Athletes
6/1/04-2011	Level 4	Senior	No Males	5-31 Athletes
6/1/04-2011	Level 4	Senior Coed	1 or More Males	5-31 Athletes
2007-2016	Level 4.2	Junior	Female/Male	5-31 Athletes
06/01/04-2011	Level 4.2	Senior	No Males	5-31 Athletes
06/01/04-2011	Level 4.2	Senior Coed	1 or More Males	5-31 Athletes
2011-2015	Level 5	Youth	Female/Male	5-38 Athletes
2007-2015	Level 5	Junior	Female/Male	5-38 Athletes
6/1/04-2011	Level 5	Senior	No Males	5-38 Athletes
6/1/04-2011	Level 5	Senior Coed	1 or More Males	5-38 Athletes
2007-2014	Level 6	Junior	No Males	5-38 Athletes
2007-2014	Level 6	Junior Coed	1 or More Males	5-38 Athletes
6/01/04-2010	Level 6	Senior XSmall**	No Males	5-16 Athletes
6/01/04-2010	Level 6	Senior Small**	No Males	17-22 Athletes
6/01/04-2010	Level 6	Senior Medium**	No Males	23-30 Athletes
6/01/04-2010	Level 6	Senior Large**	No Males	31-38 Athletes
6/01/04-2010	Level 6	Senior XSmall Coed**	1-2 Males	5-16 Athletes
6/01/04-2010	Level 6	Senior Small Coed**	1-5 Males	5-22 Athletes
6/01/04-2010	Level 6	Senior Medium Coed**	1-8 Males	5-30 Athletes
6/01/04-2010	Level 6	Senior Large Coed**	1-19 Males	5-38 Athletes

We have combined International Open Divisions with Senior Open Divisions to eliminate divisions with similar requirements.

\*\*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 2007, the athlete's birth date must be January 1, 2007 - December 31, 2007.

For senior level divisions, an athlete's birthday must fall between June 1, 2004 and December 2010/2011 depending on the division.



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## All Star International Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2006-2014	Level 1	U17	Female/Male	10-24 Athletes
2004-2010	Level 1	U19	Female/Male	10-24 Athletes
2006-2014	Level 2	U17	Female/Male	10-24 Athletes
2004-2010	Level 2	U19	Female/Male	10-24 Athletes
2006-2014	Level 3	U17	Female/Male	10-24 Athletes
2004-2010	Level 3	U19	Female/Male	10-24 Athletes
2004-2010	Level 3	U19 Coed	Female/Male	10-24 Athletes
2006-2014	Level 4	U17	Female/Male	10-24 Athletes
2006-2014	Level 4	U17 Coed	Female/Male	10-24 Athletes
2004-2010	Level 4	U19	No Males	10-24 Athletes
2004-2010	Level 4	U19 Coed	1 or More Males	10-24 Athletes
2009 or Before	Level 4	International Open	Female/Males	10-24 Athletes
2009 or Before	Level 4	International Open Coed	1 or More Males	10-24 Athletes
2009 or Before	Level 5	International Open	No Males	10-31 Athletes
2009 or Before	Level 5	International Open Coed	1 or More Males	10-31 Athletes
2009 or Before	Level 6	International Open**	No Males	10-31 Athletes
2009 or Before	Level 6	International Open Small Coed**	1-4 Males	10-31 Athletes
2009 or Before	Level 6	International Open Large Coed**	5-16 Males	10-31 Athletes
2009 or Before	Level 6	International Open Global**	No Males	10-31 Athletes
2009 or Before	Level 6	International Open Global Coed**	1-16 Males	10-31 Athletes
2007 or Before	Level 7	International Open**	No Males	10-31 Athletes
2007 or Before	Level 7	International Open Small Coed**	1-4 Males	10-31 Athletes
2007 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
2009 or Before	Level 4	International Open NT	No Males	10-31 Athletes
2009 or Before	Level 4	International Open Coed NT	1 or More Males	10-31 Athletes
2009 or Before	Level 5	International Open NT	No Males	10-31 Athletes
2009 or Before	Level 5	International Open Coed NT	1 or More Males	10-31 Athletes
2009 or Before	Level 6	International Open NT	No Males	10-22 Athletes
2009 or Before	Level 6	International Open Small Coed NT	1-4 Males	10-22 Athletes
2009 or Before	Level 6	International Open Large NT	No Males	23-38 Athletes
2009 or Before	Level 6	International Open Large Coed NT	5-20 Males	23-38 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.)



# 2023-2024 All Star Age Grid & Divisions

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## All Star Prep Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2016-2018	Level 1.1	Tiny Prep	Female/Male	5-31 Athletes
2014-2018	Level 1.1	Mini Prep	Female/Male	5-31 Athletes
2011-2018	Level 1.1	Youth Prep	Female/Male	5-31 Athletes
2007-2017	Level 1.1	Junior Prep	Female/Male	5-31 Athletes
6/1/04-2013	Level 1.1	Senior Prep	Female/Male	5-32 Athletes
2014-2018	Level 2.1	Mini Prep	Female/Male	5-31 Athletes
2011-2018	Level 2.1	Youth Prep	Female/Male	5-31 Athletes
2007-2017	Level 2.1	Junior Prep	Female/Male	5-31 Athletes
6/1/04-2013	Level 2.1	Senior Prep	Female/Male	5-31 Athletes
2014-2018	Level 2.2	Mini Prep	Female/Male	5-31 Athletes
2011-2018	Level 2.2	Youth Prep	Female/Male	5-31 Athletes
2007-2017	Level 2.2	Junior Prep	Female/Male	5-31 Athletes
6/1/04-2013	Level 2.2	Senior Prep	Female/Male	5-31 Athletes
2011-2018	Level 3.1	Youth Prep	Female/Male	5-31 Athletes
2007-2017	Level 3.1	Junior Prep	Female/Male	5-31 Athletes
6/1/04-2013	Level 3.1	Senior Prep	Female/Male	5-31 Athletes
2011-2018	Level 3.2	Youth	Female/Male	5-31 Athletes
2007-2017	Level 3.2	Junior	Female/Male	5-31 Athletes
6/1/04-2013	Level 3.2	Senior	Female/Male	5-31 Athletes



# 2023-2024 All Star Age Grid & Divisions

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## All Star Novice Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2016-2020	Level 1 with restrictions	Tiny Novice	Female/Male	3+ Athletes
2014-2018	Level 1 with restrictions	Mini Novice	Female/Male	5+ Athletes
2011-2018	Level 1 with restrictions	Youth Novice	Female/Male	5+ Athletes
2007-2017	Level 1 with restrictions	Junior Novice	Female/Male	5+ Athletes
6/1/04-2013	Level 1 with restrictions	Senior Novice	Female/Male	5+ Athletes
2014-2018	Level 2 with restrictions	Mini Novice	Female/Male	5+ Athletes
2011-2018	Level 2 with restrictions	Youth Novice	Female/Male	5+ Athletes
2007-2017	Level 2 with restrictions	Junior Novice	Female/Male	5+ Athletes
6/1/04-2013	Level 2 with restrictions	Senior Novice	Female/Male	5+ Athletes
2011-2018	Level 3 with restrictions	Youth Novice	Female/Male	5+ Athletes
2007-2017	Level 3 with restrictions	Junior Novice	Female/Male	5+ Athletes
6/1/04-2013	Level 3 with restrictions	Senior Novice	Female/Male	5+ Athletes

## All Star CheerAbilities Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2019 or Before	Level 1 with restrictions	Novice	Female/Male	3+ Athletes
2019 or Before	Level 2 with restrictions	Elite	Female/Male	3+ Athletes
2019 or Before	Level 2 with restrictions	Exhibition	Female/Male	3+ Athletes

**\*\*All Star CheerAbilities will always perform for FREE at all Open Championship Events\*\***

**\*\* DON'T SEE YOUR TEAM'S AGE DIVISION? \*\***  
 Contact [nicole@alldaycheerleading.com](mailto:nicole@alldaycheerleading.com) for information  
 on special divisions that may be offered.



# 2023-2024 Competitive Rec Age Grid & Divisions

**2:30 TIME LIMIT ALL MUSIC ROUTINE**

**ALL GENDERS ALLOWED IN ALL DIVISIONS  
ALL TEAM SIZES ARE 5-36 FOR ALL DIVISIONS**

	Level 1	Level 2.1	Level 2	Level 3.1	Level 3	Level 4
<b>6U</b>	X					
<b>8U</b>	X	X	X			
<b>10U</b>	X	X	X			
<b>12U</b>	X	X	X	X	X	
<b>14U</b>	X	X	X	X	X	X
<b>10-18</b>	X	X	X	X	X	X

## REQUIREMENTS

- NON - PROFIT ASSOCIATED WITH AND GOVERNED BY AN ORGANIZATION. EXAMPLES INCLUDE BUT NOT LIMITED TO YMCA, BOYS & GIRLS CLUB, POP WARNER, OR CITY PARKS & REC PROGRAM.
- MUST NOT BE AFFILIATED WITH AN ALL STAR TEAM
- IF THE TEAM IS NOT ASSOCIATED WITH AN ORGANIZATION LIKE THE EXAMPLES LISTED ABOVE THEY MUST BE INDEPENDENTLY OPERATED BUT STILL CANNOT BE ASSOCIATED WITH AN ALLSTAR PROGRAM.
- COMPETITIVE REC PROGRAMS CAN CHEER FOR SPORTS PROGRAMS BUT ARE NOT REQUIRED AS LONG AS THE ABOVE RULES ARE MET.



# 2023-2024 Competitive Rec Age Grid & Divisions

## BIRTH YEAR TO DETERMINE ELIGIBILITY

**6U - 2016 and Later**

**8U - 2014 and Later**

**10U - 2012 and Later**

**12U - 2010 and Later**

**14U - 2008 and Later**

**10-18 years old (6/01/2004) - 2013**

## COMPETITIVE REC 2023-2024 AGE GRID

BIRTH YEAR	DIVISIONS					
	6U	8U	10U	12U	14U	10-18
2016 AND LATER	X	X	X	X	X	
2015		X	X	X	X	
2014		X	X	X	X	
2013				X	X	X
2012				X	X	X
2011					X	X
2010					X	X
2009						
2008		X	X			
2007						X
2006						X
2005	X					
2004	X					