

**2023-2024**  
**USASF Cheer Age Grid**  
**Early Release**

**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.*

## USASF All Star Cheer ELITE TIER CLUB Divisions 2023-24

Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1	Tiny	6-7 years old	2016-2018	Female/Male	5-30 Members
1	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
1	Senior	13-19 years old	6/1/04-2011	Female/Male	5-30 Members
2	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
2	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
2	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
2	Senior	13-19 years old	6/1/04-2011	Female/Male	5-30 Members
3	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
3	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
3	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
3	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
4	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
4	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
4	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
4	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
4	Senior Open	18+ years old		Female/Male	5-24 Members
4	Senior Open Coed	18+ years old		1 or more Males	5-24 Members
4.2	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
4.2	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
5	Youth	8-12 years old	2011-2016	Female/Male	5-38 Members
5	Junior	9-15 years old	2008-2015	Female/Male	5-38 Members
5	Senior	13-19 years old	6/1/04-2011	No Males	5-38 Members
5	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-38 Members
5	Senior Open	18+ years old		No Males	5-24 Members
5	Senior Open Coed	18+ years old		1 or more Males	5-24 Members
6	Junior	9-15 years old	2008-2015	Female/Male	5-38 Members
6	Senior XSmall *	14-19 years old	6/1/04-2010	No Males	5-16 Members
6	Senior Small *	14-19 years old	6/1/04-2010	No Males	17-22 Members
6	Senior Medium *	14-19 years old	6/1/04-2010	No Males	23-30 Members
6	Senior Large *	14-19 years old	6/1/04-2010	No Males	31-38 Members
6	Senior XSmall Coed *	14-19 years old	6/1/04-2010	1-2 Males	5-16 Members
6	Senior Small Coed *	14-19 years old	6/1/04-2010	1-5 Males	5-22 Members
6	Senior Medium Coed *	14-19 years old	6/1/04-2010	1-8 Males	5-30 Members
6	Senior Large Coed *	14-19 years old	6/1/04-2010	1-19 Males	5-38 Members
	<b>* Indicates Worlds Eligible Division</b>				

# USASF All Star Cheer ELITE TIER INTERNATIONAL Divisions 2023-24

Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1	U16	12-16 years old	2007-2012	Female/Male	10-24 members
1	U18	14-18 years old	2005-2010	Female/Male	10-24 members
2	U16	12-16 years old	2007-2012	Female/Male	10-24 members
2	U18	14-18 years old	2005-2010	Female/Male	10-24 members
3	U16	12-16 years old	2007-2012	Female/Male	10-24 members
3	U18	14-18 years old	2005-2010	No males	10-24 members
3	U18 Co-ed	14-18 years old	2005-2010	Female/Male	10-24 members
4	U16	12-16 years old	2007-2012	No Males	10-24 members
4	U16 Co-ed	12-16 years old	2007-2012	Female/Male	10-24 members
4	U18	14-18 years old	2005-2010	No Males	10-24 members
4	U18 Co-ed	14-18 years old	2005-2010	Female/Male	10-24 members
6	U18 NT	14-18 years old	2005-2010	No Males	10-30 members
6	U18 Co-ed NT	14-18 years old	2005-2010	1-20 Males	10-30 members
6	International Open	18+ years old		No Males	10-24 members
6	International Open Small Coed	18+ years old		1-4 Males	10-24 members
6	International Open Large Coed	18+ years old		5-16 Males	10-24 members
6	International Open NT	18+ years old		No Males	10-30 members
6	International Open Coed NT	18+ years old		1-20 Males	10-30 members
6	International Global	18+ years old		No Males	10-24 members
6	International Global Coed	18+ years old		1-16 Males	10-24 members
7	International Open	18+ years old		No Males	10-24 members
7	International Open Small Coed	18+ years old		1-4 Males	10-24 members
7	International Open Large Coed	18+ years old		5-16 Males	10-24 members

## USASF All Star Cheer PREP TIER Divisions 2023-24

Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1.1	Tiny	6-7 years old	2016-2018	Female/Male	5-30 Members
1.1	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
1.1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
1.1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
1.1	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
2.1	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
2.1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
2.1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
2.1	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
2.2	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
2.2	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
2.2	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
2.2	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
3.1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
3.1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
3.1	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
3.2	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
3.2	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
3.2	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members

## USASF All Star Cheer NOVICE TIER Divisions 2023-24

Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1 w/Restrictions	Tiny	4-7 years old	2016-2020	Female/Male	3 + Members
1 w/Restrictions	Mini	7-9 years old	2014-2017	Female/Male	5 + Members
1 w/Restrictions	Youth	8-12 years old	2011-2016	Female/Male	5 + Members
1 w/Restrictions	Junior	9-15 years old	2008-2015	Female/Male	5 + Members
1 w/Restrictions	Senior	12-19 years old	6/1/04-2012	Female/Male	5 + Members
2 w/Restrictions	Mini	7-9 years old	2014-2017	Female/Male	5 + Members
2 w/Restrictions	Youth	8-12 years old	2011-2016	Female/Male	5 + Members
2 w/Restrictions	Junior	9-15 years old	2008-2015	Female/Male	5 + Members
2 w/Restrictions	Senior	12-19 years old	6/1/04-2012	Female/Male	5 + Members
3 w/Restrictions	Youth	8-12 years old	2011-2016	Female/Male	5 + Members
3 w/Restrictions	Junior	9-15 years old	2008-2015	Female/Male	5 + Members
3 w/Restrictions	Senior	12-19 years old	6/1/04-2012	Female/Male	5 + Members

## USASF All Star Cheer CHEERABILITIES Divisions 2023-24

Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1 w/Restrictions	Novice	6+ years old	2018 or before	Female/Male	5 + Members
2 w/Restrictions	Elite	6+ years old	2018 or before	Female/Male	5 + Members
2 w/Restrictions	Exhibition	6+ years old	2018 or before	Female/Male	5 + Members

2023-24 Season	DIVISIONS	USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)																			APPROX AGES
		2003 or before	1/1/04- 5/31/04	6/01/04- 12/31/04	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	
<b>ELITE CLUB</b>	Senior Open(L4/L5)	x	x	x	???																18+
	Senior (L6)			x	x	x	x	x	x	x											14-19
	Senior (L1-5)			x	x	x	x	x	x	x											13-19
	Junior (L1-6)							x	x	x	x	x	x	x	x						9-15
	Youth (L1-5)										x	x	x	x	x	x					8-12
	Mini (L1-2)													x	x	x	x				7-9
	Tiny (L1)															x	x	x			6-7
<b>PREP</b>	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)			x	x	x	x	x	x	x	x										12-19
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)							x	x	x	x	x	x	x							9-15
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)									x	x	x	x	x	x						8-12
	Mini Prep (L1.1, 2.1, 2.2)												x	x	x	x					7-9
	Tiny Prep (L1.1)														x	x	x				6-7
<b>NOVICE</b>	Senior Novice(L1-3 w/restrictions)			x	x	x	x	x	x	x	x										12-19
	Junior Novice (L1-3 w/restrictions)							x	x	x	x	x	x	x							9-15
	Youth Novice(L1-3 w/restrictions)									x	x	x	x	x	x						8-12
	Mini Novice (L1-2 w/restrictions)												x	x	x	x					7-9
	Tiny Novice(L1 w/restrictions)														x	x	x	x	x	x	4-7
<b>CheerAbilities</b>	CheerAbilities Elite (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			6+
	CheerAbilities Novice (L1 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			6+
	CheerAbilities Exhibition (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			6+
<b>ELITE INTERNATIONAL</b>	International Open (L7)	x	x	x	???																18+
	International Open/NT/Global (L6)	x	x	x	???																18+
	International U18 (L1-4, 6NT)				x	x	x	x	x	x											14-18
	International U16 (L1-4)						x	x	x	x	x	x									12-16

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.