



**2018-2019 Age Grid**  
**Early Release 1/31/2018**  
**Effective 2018-2019 Season**

# 2018-2019 Age Grid

## Early Release 1/31/2018

This document contains the division offerings for the 2018-2019 season in the following classifications:

- All Star Elite
- International All Star
- All Star Prep
- All Star Novice
- All Star FUNdamentals
- All Star **CheerAbilities Exceptional Athletes** (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.

### CROSSOVERS

- An All Star cheer athlete is limited to crossing over to **2 (two)** additional cheer teams from their program per competition. Therefore, an athlete may compete on one team and crossover to two more teams from the same program during the competition.
- An individual will not be permitted to crossover from one program to another within the same event.
- Exception: An athlete from one program without a Level 6 team may crossover to **one additional** program's Level 6 team so long as they do not exceed the maximum number of teams permitted.
- Crossover limitations above 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 this.

### 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 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**.

### 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.

**This EARLY RELEASE DOCUMENT does not include the guidelines for combining and/or splitting divisions. These guidelines will be included in the final release of the age grid.**

# USASF All Star Cheer Elite CLUB Divisions for 2018-2019

<b>USASF All Star Elite Level 1</b>					
<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, 2018	Female/Male	5-30 Members
1	Mini	5-8 years old	August 31, 2018	Female/Male	5-30 Members
1	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
1	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
1	Senior	11-18 years old	August 31, 2018	Female/Male	5-30 Members
<b>USASF All Star Elite Level 2</b>					
<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, 2018	Female/Male	5-30 Members
2	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
2	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
2	Senior	11-18 years old	August 31, 2018	Female/Male	5-30 Members
<b>USASF All Star Elite Level 3</b>					
<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, 2018	Female/Male	5-30 Members
3	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
3	Senior	11-18 years old	August 31, 2018	No Males	5-30 Members
3	Senior Co-Ed	11-18 years old	August 31, 2018	1 or more Males	5-30 Members
<b>USASF All Star Elite Level 4</b>					
<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, 2018	Female/Male	5-30 Members
4	Junior	8-14 years old	August 31, 2018	Female/Male	5-30 Members
4	Senior	11-18 years old	August 31, 2018	No Males	5-30 Members
4	Senior Co-Ed	11-18 years old	August 31, 2018	1 or more Males	5-30 Members
4	Open	14 years & older	December 31, 2019 *	Female/Male	5-24 Members
<b>USASF All Star Elite Level 4.2 (Building Level 4, Tumbling Level 2)</b>					
<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, 2018	Female/Male	5-30 Members
<b>USASF All Star Elite Level 5 Restricted</b>					
<i>Level</i>	<i>Division</i>	<i>Age</i>	<i>Age as of (date)</i>	<i>Female/Male</i>	<i>Number on Team</i>
5R	Youth	9-11 years old	August 31, 2018	Female/Male	5-38 Members
5R	Junior	9-14 years old	August 31, 2018	Female/Male	5-38 Members
5R	Senior	11-18 years old	August 31, 2018	Female/Male	5-38 Members
<b>USASF All Star Elite Level 5</b>					
<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	Junior	9-14 years old	August 31, 2018	No Males	5-38 Members
5	Junior Co-Ed	9-14 years old	August 31, 2018	1 or more Males	5-38 Members
5	Senior XSmall	13-18 years old	August 31, 2018	No Males	5-16 Members
5	Senior Small	13-18 years old	August 31, 2018	No Males	17-22 Members
5	Senior Medium	13-18 years old	August 31, 2018	No Males	23-30 Members
5	Senior Large	13-18 years old	August 31, 2018	No Males	31-38 Members
5	Senior XSmall Co-Ed	13-18 years old	August 31, 2018	1-2 Males	5-16 Members
5	Senior Small Co-Ed	13-18 years old	August 31, 2018	1-5 Males	5-22 Members
5	Senior Medium Co-Ed	13-18 years old	August 31, 2018	1-8 Males	5-30 Members
5	Senior Large Co-Ed	13-18 years old	August 31, 2018	1-19 Males	5-38 Members
5	Senior Open	14 years & older	December 31, 2019 *	No Males	5-24 Members
5	Senior Open Small Co-Ed	14 years & older	December 31, 2019*	1-4 Males	5-24 Members
5	Senior Open Large Co-Ed	14 years & older	December 31, 2019*	5-12 Males	5-24 Members

**\*OPEN TEAM DIVISIONS:** The USASF member database will calculate the age on December 31, 2019. Required background checks as an eligibility requirement for "adult" athletes on open teams will be included on the Final Release of the age grid.

# IASF All Star Cheer INTERNATIONAL Divisions for 2018-2019

USASF sanctioned events may offer the following IASF divisions. **Please consult the IASF website for additional rules, restrictions, etc.**

Please note the following:

- An athlete must meet the age requirement at within the calendar year of 2019.
  - 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 31<sup>st</sup>, 2019.
  - 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 2019.
- 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.
- Routine time limit for IASF Divisions is a maximum of 2:30.
  - Exception: Routine time limit for NON - TUMBLING Divisions is a maximum of 2:00.
  - Exception: IASF 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.
- The USASF member database will calculate the age on December 31, 2019. Required background checks as an eligibility requirement for "adult" athletes on open teams will be included on the Final Release of the age grid.

<b>IASF All Star International Level 1</b>					
<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 (Provisional)	10-16 years old	Age during 2019	Female/Male	16-24 members
1	International Senior (Provisional)	14-18 years old	Age during 2019	Female/Male	16-24 members
<b>IASF All Star International Level 2</b>					
<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 (Provisional)	10-16 years old	Age during 2019	Female/Male	16-24 members
2	International Senior (Provisional)	14-18 years old	Age during 2019	Female/Male	16-24 members
<b>IASF All Star International Level 3</b>					
<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 (Provisional)	10-16 years old	Age during 2019	Female/Male	16-24 members
3	International Senior (Provisional)	14-18 years old	Age during 2019	No males	16-24 members
3	International Senior Co-ed (Provisional)	14-18 years old	Age during 2019	Female/Male	16-24 members
<b>IASF All Star International Level 4</b>					
<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 (Provisional)	10-16 years old	Age during 2019	No Males	16-24 members
4	International Junior Co-ed (Provisional)	10-16 years old	Age during 2019	Female/Male	16-24 members
4	International Senior (Provisional)	14-18 years old	Age during 2019	No Males	16-24 members
4	International Senior Co-ed (Provisional)	14-18 years old	Age during 2019	Female/Male	16-24 members
4	International Open (Provisional)	14 years & older	December 31, 2019	No Males	16-24 members
4	International Open Co-Ed (Provisional)	14 years & older	December 31, 2019	Female/Male	16-24 members
<b>IASF All Star International Level 5</b>					
<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	International Senior (Provisional)	14-18 years old	Age during 2019	No Males	16-24 members
5	International Senior Co-Ed (Provisional)	14-18 years old	Age during 2019	1-8 Males	16-24 members
5	International Open NT (Non-Tumbling) (Provisional)	14 years & older	December 31, 2019	No Males	16-30 members
5	International Open Co-Ed NT (Non-Tumbling) (Provisional)	14 years & older	December 31, 2019	1-20 Males	16-30 members
5	International Open	14 years & older	December 31, 2019	No Males	16-24 members
5	International Open Small Co-Ed 4	14 years & older	December 31, 2019	1-4 Males	16-24 members
5	International Open Large Co-Ed 16	14 years & older	December 31, 2019	5-16 Males	16-24 members
5	International Global (Provisional)	14 years & older	December 31, 2019	No Males	16-24 members
5	International Global Co-Ed (Provisional)	14 years & older	December 31, 2019	1-16 Males	16-24 members
<b>IASF All Star International Level 6</b>					
<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 Open NT (Non-Tumbling) (Provisional)	17 years & older	December 31, 2019	Female/Male	16-30 members
6	International Open	17 years & older	December 31, 2019	No Males	16-24 members
6	International Open Small Co-Ed 4	17 years & older	December 31, 2019	1-4 Males	16-24 members
6	International Open Large Co-Ed 16	17 years & older	December 31, 2019	5-16 Males	16-24 members

# USASF All Star Cheer PREP Divisions for 2018-2019

<b>USASF All Star PREP Level 1.1 (Building Level 1, Tumbling Level 1)</b>					
<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, 2018	Female/Male	5-30 Members
1.1	Mini	5-8 years old	August 31, 2018	Female/Male	5-30 Members
1.1	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
1.1	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
1.1	Senior	10- <b>17</b> years old	August 31, 2018	Female/Male	5-30 Members
<b>USASF All Star PREP Level 2.1 (Building Level 2, no tosses, Tumbling Level 1)</b>					
<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, 2018	Female/Male	5-30 Members
2.1	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
2.1	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
2.1	Senior	10- <b>17</b> years old	August 31, 2018	Female/Male	5-30 Members
<b>USASF All Star PREP Level 3.1 (Building Level 3, no tosses, Tumbling Level 1)</b>					
<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, 2018	Female/Male	5-30 Members
3.1	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
3.1	Senior	10- <b>17</b> years old	August 31, 2018	Female/Male	5-30 Members
<b>USASF All Star PREP Level 3.2 (Building Level 3, no tosses, Tumbling Level 2)</b>					
<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, 2018	Female/Male	5-30 Members
3.2	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
3.2	Senior	10- <b>17</b> years old	August 31, 2018	Female/Male	5-30 Members

Please refer to the USASF 2018-2019 Cheer Safety Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2018-2019 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.
- Crossovers between All Star Novice Cheer, All Star Prep Cheer and traditional All Star Elite Cheer Club Divisions are allowed to move up to a division. **An athlete may not cross down to Novice or Prep during the same season without approval from the USASF.**  
*Example: Novice can go to Prep, Novice can go to Elite, Prep can go to Elite*  
*Example: Elite cannot go to Prep, Prep cannot go to Novice, Elite cannot go to Novice without approval from the USASF.*

### **All Star Prep Level/Safety Rule Differences from All Star Elite (Traditional All Star):**

- Routines may not exceed 2:00 minutes
- No Tosses permitted  
*Clarification:* This includes "Sponge" (also known as Load In or Squish) tosses.  
*Clarification:* All waist level cradles are illegal.
- Performances may be performed on spring floor or carpet bonded foam.
- All Star Prep can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Prep divisions will perform ONE TIME ONLY.

# USASF All Star Cheer NOVICE Divisions for 2018-2019

USASF All Star NOVICE – Tiny Novice					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
1 w/Restrictions	Tiny	3-6 years old	August 31, 2018	Female/Male	5-30 Members
USASF All Star NOVICE Level 1					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
1	Mini	5-8 years old	August 31, 2018	Female/Male	5-30 Members
1	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
1	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
1	Senior	10- <del>17</del> years old	August 31, 2018	Female/Male	5-30 Members
USASF All Star NOVICE Level 2					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
2	Mini	5-8 years old	August 31, 2018	Female/Male	5-30 Members
2	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
2	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
2	Senior	10- <del>17</del> years old	August 31, 2018	Female/Male	5-30 Members
USASF All Star NOVICE Level 3					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
3	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
3	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
3	Senior	10- <del>17</del> years old	August 31, 2018	Female/Male	5-30 Members

Please refer to the USASF 2018-2019 Cheer Safety Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2018-2019 Cheer Safety Rules.

## ALL STAR NOVICE 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.
- Crossovers between All Star Novice Cheer, All Star Prep Cheer and traditional All Star Elite Cheer Club Divisions are allowed to move up to a division. **An athlete may not cross down to Novice or Prep during the same season without approval from the USASF.**  
*Example: Novice can go to Prep, Novice can go to Elite, Prep can go to Elite*  
*Example: Elite cannot go to Prep, Prep cannot go to Novice, Elite cannot go to Novice without approval from the USASF.*

## ALL STAR NOVICE Level/Safety Rule Differences from All Star Elite (Traditional All Star)

- Routines may not exceed 1:30 minute
- No Tosses permitted  
*Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.*  
*Clarification: All waist level cradles are illegal.*
- Performances may be performed on spring floor or carpet bonded foam.
- Novice can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Novice divisions will perform ONE TIME ONLY.
- Teams will be evaluated on a rating system only and not scored against other teams.
- Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required.
- Tiny Novice Only: No Building skills permitted (includes tosses, stunts and pyramids).
- Tiny Novice Only: The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.

# USASF All Star Cheer FUNdamental Divisions for 2018-2019

This is an in-house program only. Teams will not compete but may choose to exhibition the USASF provided routine.

USASF All Star FUNdamental Cheer Progressions I					
Progressions	Division	Age	Age as of (date)	Female/Male	Number on Team
I	Tiny	3-6 years old	August 31, 2018	Female/Male	5-30 Members
I	Mini	5-8 years old	August 31, 2018	Female/Male	5-30 Members
I	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
I	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
I	Senior	10-17 years old	August 31, 2018	Female/Male	5-30 Members
USASF All Star FUNdamental Cheer Progressions II					
Progressions	Division	Age	Age as of (date)	Female/Male	Number on Team
II	Mini	5-8 years old	August 31, 2018	Female/Male	5-30 Members
II	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
II	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
II	Senior	10-17 years old	August 31, 2018	Female/Male	5-30 Members
USASF All Star FUNdamental Cheer Progressions III					
Progressions	Division	Age	Age as of (date)	Female/Male	Number on Team
III	Youth	5-11 years old	August 31, 2018	Female/Male	5-30 Members
III	Junior	5-14 years old	August 31, 2018	Female/Male	5-30 Members
III	Senior	10-17 years old	August 31, 2018	Female/Male	5-30 Members

The US All Star Federation will offer a true entry level program for USASF member programs to utilize as an offering to customers.

This program will be an in-house class format. This will give the 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, variety of skill sets, etc. A coach will be able to choose the progression that is best suited for their athletes. The progressions will be included when the routines are released in August 2018.

- Music, Choreography & Lesson/Practice Plans will be provided to USASF member programs who opt-in to the FUNdamentals Program.
- Different routines will be available for Tiny FUNdamentals, FUNdamentals Progression I, II and III.
- Performances may be performed on spring floor or carpet bonded foam.
- Teams will not compete but may choose to exhibition the USASF provided routine.



# USASF All Star CheerAbilities - Exceptional Athlete Division for 2018-2019

USASF All Star CheerAbilities (formerly Special Needs)					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
Up to Level 2	CheerAbilities	Any Age	Not applicable	Female/Male	Unlimited

*CheerAbilities teams may perform skills up to and including level 2 with modifications as outlined in the USASF Cheer Safety Rules*

NOTE: All CheerAbilities teams will compete and/or exhibition in one division with skills that are permitted as indicated above

### **ALL STAR CheerAbilities NEEDS GUIDELINES**

Please refer to the USASF 2018-2019 Cheer Safety Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2018-2019 Cheer Safety Rules.