

USASF/IASF All-Star Cheer Divisions for 2009-2010

Items below that are highlighted show significant changes that were made to the 2008-09 Cheer Age Grid.

The divisions listed below will be split into "Small" (5-20) and "Large" (21-36) if there will be at least 2 teams in each of the "Small" and "Large" divisions.

USASF/IASF All-Star Cheer Divisions for 2009-2010				
Cheer Divisions	Age	Female/Male	Number on Squad	Levels
Tiny Cheer				
Tiny	• 5 yrs & Younger	• Female/Male	• 5 - 36 Members	1
Mini Cheer				
Mini	• 8 yrs & Younger	• Female/Male	• 5 - 36 Members	1, 2, 3
Youth Cheer				
Youth	• 11 yrs & Younger	• Female/Male	• 5 - 36 Members	1,2,3,4,5
Junior Cheer				
Junior	• 14 yrs & Younger	• Female/Male	• 5 - 36 Members	1, 2
Junior	• 14 yrs & Younger	• No Males	• 5 - 36 Members	3, 4, 5
Junior Co-Ed	• 14 yrs & Younger	• 1 or more Males	• 5 - 36 Members	3, 4, 5
Senior Cheer				
Senior Open* (See Special Tumbling Restrictions Below)	• 18 yrs & Younger	• Limit 0 - 4 Males	• 5 - 36 Members	5
Senior	• 18 yrs & Younger	• Female/Male	• 5 - 36 Members	1, 2
Senior	• 18 yrs & Younger	• No Males	• 5 - 36 Members	3, 4
Senior Co-Ed	• 18 yrs & Younger	• 1 or more Males	• 5 - 36 Members	3, 4
Senior	• 18 yrs & Younger	• Female/Male	• 5 - 36 Members	4.2
Senior	• 12 yrs – 18 yrs	• No Males	• 5 - 36 Members	5
Senior Limited Co-Ed	• 12 yrs – 18 yrs	• 1 - 4 Males	• 5 - 36 Members	5
Senior Semi-Limited Co-Ed	• 12 yrs – 18 yrs	• 5 - 12 Males	• 5 - 36 Members	5
Senior Unlimited Co-Ed	• 12 yrs – 18 yrs	• 5 or more Males	• 5 - 36 Members	5
International Open Cheer				
International Open	• 14 yrs & Older	• No Males	• 5 - 24 Members	5
International Open Co-Ed	• 14 yrs & Older	• 1 - 12 Males	• 5 - 24 Members	5
Special Needs Cheer				
Special Needs	• Any Age	• Female/Male	• Unlimited	N/A
Open Cheer				
Open	• 17 yrs & Older	• No Males	• 5 - 24 Members	6
Open Co-Ed	• 17 yrs & Older	• 1 or more Males	• 5 - 24 Members	6

(Same Grid – Different Format)

USASF Level 1				
Level 1	Tiny	• 5 yrs & younger	• Female/Male	• 5 - 36 members
Level 1	Mini	• 8 yrs & younger	• Female/Male	• 5 - 36 members
Level 1	Youth	• 11 yrs & younger	• Female/Male	• 5 - 36 members
Level 1	Junior	• 14 yrs & younger	• Female/Male	• 5 - 36 members
Level 1	Senior	• 18 yrs & Younger	• Female/Male	• 5 - 36 members
USASF Level 2				
Level 2	Mini	• 8 yrs & younger	• Female/Male	• 5 - 36 members
Level 2	Youth	• 11 yrs & younger	• Female/Male	• 5 - 36 members
Level 2	Junior	• 14 yrs & younger	• Female/Male	• 5 - 36 members
Level 2	Senior	• 18 yrs & Younger	• Female/Male	• 5 - 36 members

USASF Level 3				
Level 3	Mini	• 8 yrs & younger	• Female/Male	• 5 - 36 members
Level 3	Youth	• 11 yrs & younger	• Female/Male	• 5 - 36 members
Level 3	Junior	• 14 yrs & younger	• No Males	• 5 - 36 members
Level 3	Junior Co-Ed	• 14 yrs & younger	• 1 or more Males	• 5 - 36 members
Level 3	Senior	• 18 yrs & Younger	• No Males	• 5 - 36 members
Level 3	Senior Co-Ed	• 18 yrs & Younger	• 1 or more Males	• 5 - 36 members
USASF Level 4				
Level 4	Youth	• 11 yrs & younger	• Female/Male	• 5 - 36 members
Level 4	Junior	• 14 yrs & younger	• No Males	• 5 - 36 members
Level 4	Junior Co-Ed	• 14 yrs & younger	• 1 or more Males	• 5 - 36 members
Level 4	Senior	• 18 yrs & Younger	• No Males	• 5 - 36 members
Level 4	Senior Co-Ed	• 18 yrs & Younger	• 1 or more Males	• 5 - 36 members
USASF Level 4.2				
Level 4.2	Senior	• 18 yrs & Younger	• Female/Male	• 5 - 36 members
USASF Level 5				
Level 5	Youth	• 11 yrs & younger	• Female/Male	• 5 - 36 members
Level 5	Junior	• 14 yrs & younger	• No Males	• 5 - 36 members
Level 5	Junior Co-Ed	• 14 yrs & younger	• 1 or more Males	• 5 - 36 members
Level 5	Senior Open* (See Special Tumbling Restrictions Below)	• 18 yrs & Younger	• Limit 0 - 4 Males	• 5 - 36 Members
Level 5	Senior	• 12 - 18 yrs old	• No Males	• 5 - 36 members
Level 5	Senior Limited Co-Ed	• 12 - 18 yrs old	• 1 - 4 Males	• 5 - 36 members
Level 5	Senior Semi-Limited Co-Ed	• 12 - 18 yrs old	• 5 - 12 Males	• 5 - 36 members
Level 5	Senior Unlimited Co-Ed	• 12 - 18 yrs old	• 5 or more Males	• 5 - 36 members
USASF International Divisions				
Level 5	International Open	• 14 yrs & older	• No Males	• 5 - 24 members
Level 5	International Open Co-Ed	• 14 yrs & older	• 1 - 12 Males	• 5 - 24 members
Special Needs				
Special Needs		• Any Age	• Female/Male	• Unlimited
USASF Level 6				
Level 6	Open	• 17 yrs & older	• No Males	• 5 - 24 members
Level 6	Open Co-Ed	• 17 yrs & older	• 1 or more Males	• 5 - 24 members

The information below is associated with the Age Chart above.

The list above is a "menu" of divisions that may be offered by an individual event producer. An event producer does not have to offer every division listed above. However, a USASF/IASF -member event producer may only offer divisions from the grid above and/or combine/split divisions based the guidelines below, unless prior written approval is received from the USASF/IASF. Divisions/rules that are "less" or "more" restrictive than those listed are not permitted.

The maximum size for a team is 36 competitors on the floor for the 2009-10 season, **unless otherwise noted on the age grid.**

The age of the competitor as of **August 31, 2009** will be the age used for competition purposes throughout the 2009-2010 season for all divisions. **Exception:** The cut-off date for the maximum age of the Senior teams (18) will remain May 31, 2009 for the 2009-10 season. For the 2010-11 competition season, it will change to August 31st.

The USASF/IASF recognizes the concern with fielding teams of a broad age range and highly recommends that individual gyms/programs be vigilant in monitoring participants of various ages on the same team and that, whenever possible, a team's composition is made up of participants of similar ages.

- The Senior Open Level 5 division is open to all female (0 males) or female/male (limit 1-4 males) teams with participants 18 yrs and younger and the team size limit of 5 - 36 members. See "Split Guidelines" below for this division.
- The following skill restrictions apply for Senior Open Level 5:

In tumbling, only single twisting skills are allowed. During a full-twisting tumbling skill, no trick other than the twist is allowed (i.e. including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts, etc) **and both feet must land and finish on the performing surface. (i.e. no full twisting tumbling to seat, prone body landings or similar).**

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Senior Open Level 5 and Senior Level 5 divisions may not be combined into one division.

For Junior Co-Ed Levels 3, 4 and 5, if there is only ONE co-ed competing in a respective level, then that level must be combined into one Junior division (i.e. Four Junior Level 3 teams and one Junior Co-Ed Level 3 team = 5 Junior Level 3 teams for competition). If the Junior teams were split into Small and Large, then the Co-Ed team must be placed with the teams closest to its size.

WHEN TO SPLIT DIVISIONS:

SMALL/LARGE SPLITS

Event producers **will** split the division into "Small" and "Large" divisions when there are at least **two** teams that will ultimately be registered in each respective division. The designation of "Small" and "Large" divisions must follow the team sizes below:

Small = 5 – 20 members

Large = 21 – 36 members

A/B SPLITS

If after splitting divisions into "Small" and "Large" there are **10 or more** teams in the "Small" or "Large" division, then event producers may split that division further by squad size or into "Small Gym" divisions. If splitting further by size, then event producers must use a name such as "Division I", "Division II" or "Division A", "Division B" to denote the split and must clearly define the number of competitors permitted on the team for each of these particular divisions. If splitting into a "Small Gym" division, then the definition of a "Small Gym" listed below must be followed.

No division may be subdivided further from the "Small" (5-20) and "Large" (21-36) classification if it means that only **one** team will be left in a division.

A "Small Gym" is defined as having one physical address for its location and has **75 or less** athletes registered in its competitive cheer program at the time of competition. Exhibition teams, crossover athletes, special needs teams and dance teams do not count toward the 75 or less athletes.

It is up to the event producer's discretion as to how to monitor this.

Divisions that are designated as "Small Gym" must use the definition of a "Small Gym" listed above.

CO-ED SPLITS

Senior Open may be split into Senior Open and Senior Open Limited Co-Ed when there are at least **two** teams that will ultimately be registered in each respective division.

Senior Level 4.2 may be split into Senior Level 4.2 and Senior Co-Ed Level 4.2 when there are at least **two** teams that will ultimately be registered in each respective division.

SENIOR OPEN SPLITS

Event producers will split these divisions into Small Senior Open and Large Senior and/or Senior Open and Senior **Open Limited Co-Ed** when there are at least **two** teams that will ultimately be registered in each respective division.

WORLDS SPLITS

Event producers may also, at their discretion, split divisions into "Worlds Qualifying" and "Non-Worlds" qualifying divisions as long as the levels, age and female/male restrictions designated above remain the same for each division.

Teams from the same gym will not have to compete against themselves if they have a "Small" and "Large" team in the same division (i.e. Small Junior Level 2 and Large Junior Level 2). A mandatory split in the division would occur in this situation, even it means that a division is left with only one team performing.

SMALL GYM COMPETITIONS

Event producers may at their discretion offer separate competitions designated for "Small Gyms" only. Any USASF/IASF division may be offered at "Small Gyms" only events. A "Small Gym" is defined as having one physical address for its location and has **75** or less athletes registered in its competitive cheer program at the time of competition. Exhibition teams, crossover athletes, special needs teams and dance teams do not count toward the **75** or less athletes.

It is up to the event producer's discretion as to how to monitor this.

Competitions that are designated as "Small Gym" must use the definition of a "Small Gym" listed above.

INDIVIDUAL/GROUP STUNT/ PARTNER STUNT COMPETITION

The divisions of "Group Stunt", "Partner Stunt" and "Individual" may be offered by an event producer at their discretion. The age, level and female/male restrictions designated above must remain in place for stunt divisions (i.e. no Mini Stunt Group may perform at L5).

CROSSOVERS

An individual will not be permitted to crossover from one program to another within the same event (Exception: International Open may crossover with non-International Open or Open Level 6 may crossover with non-Open Level 6).