

USASF/IASF All-Star Cheer Divisions for 2011-2012

Items below that are highlighted show significant changes that were made to the 2010-11 Cheer Age Grid.

The divisions listed below will be split into "Small" (5-20) and "Large" (21-32/36) if there will be at least 2 teams in each of the "Small" and "Large" divisions. See below for Senior Level 5 split information.

USASF/IASF All-Star Cheer Divisions for 2011-2012				
Cheer Divisions	Age	Female/Male	Number on Squad	Levels
Tiny Cheer				
Tiny	• 5 yrs & Younger	• Female/Male	• 5 - 32 Members	1
Mini Cheer				
Mini	• 8 yrs & Younger	• Female/Male	• 5 - 32 Members	1, 2, 3
Youth Cheer				
Youth Restricted* (See Restrictions Below)	• 11 yrs & Younger	• Female/Male	• 5 - 36 Members	5
Youth	• 11 yrs & Younger	• Female/Male	• 5 - 32 Members	1,2,3,4
Youth	• 11 yrs & Younger	• Female/Male	• 5 - 36 Members	5
Junior Cheer				
Junior	• 14 yrs & Younger	• Female/Male	• 5 - 32 Members	1, 2
Junior	• 14 yrs & Younger	• No Males	• 5 - 32 Members	3, 4
Junior Co-Ed	• 14 yrs & Younger	• 1 or more Males	• 5 - 32 Members	3, 4
Junior	• 14 yrs & Younger	• No Males	• 5 - 36 Members	5
Junior Co-Ed	• 14 yrs & Younger	• 1 or more Males	• 5 - 36 Members	5
Senior Cheer				
Senior Restricted* (See Restrictions Below)	• 18 yrs & Younger	• Limit 0 - 4 Males	• 5 - 36 Members	5
Senior	• 18 yrs & Younger	• Female/Male	• 5 - 32 Members	1, 2
Senior	• 18 yrs & Younger	• No Males	• 5 - 32 Members	3, 4
Senior Co-Ed	• 18 yrs & Younger	• 1 or more Males	• 5 - 32 Members	3, 4
Senior	• 18 yrs & Younger	• Female/Male	• 5 - 32 Members	4.2
Senior#	• 12 yrs – 18 yrs	• No Males	• 5 - 36 Members	5
Senior Small Co-Ed	• 12 yrs – 18 yrs	• 1 - 4 Males	• 5 - 20 Members	5
Senior Medium Co-Ed	• 12 yrs – 18 yrs	• 1 - 6 Males	• 5 - 30 Members	5
Senior Large Co-Ed	• 12 yrs – 18 yrs	• 1 - 18 Males	• 5 - 36 Members	5
International Open Cheer				
International Open 5	• 14 yrs & Older	• No Males	• 5 - 24 Members	5
International Open Co-Ed 5	• 14 yrs & Older	• 1 - 12 Males	• 5 - 24 Members	5
International Open 6	• 17 yrs & Older	• No Males	• 5 - 24 Members	6
International Open Co-Ed 6	• 17 yrs & Older	• 1 - 15 Males	• 5 - 24 Members	6
Special Needs Cheer				
Special Needs	• Any Age	• Female/Male	• Unlimited	3**

(Same Grid – Different Format)

USASF Level 1				
Level 1	Tiny	• 5 yrs & younger	• Female/Male	• 5 - 32 Members
Level 1	Mini	• 8 yrs & younger	• Female/Male	• 5 - 32 Members
Level 1	Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 Members
Level 1	Junior	• 14 yrs & younger	• Female/Male	• 5 - 32 Members
Level 1	Senior	• 18 yrs & Younger	• Female/Male	• 5 - 32 Members

USASF Level 2				
Level 2	Mini	• 8 yrs & younger	• Female/Male	• 5 - 32 Members
Level 2	Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 Members
Level 2	Junior	• 14 yrs & younger	• Female/Male	• 5 - 32 Members
Level 2	Senior	• 18 yrs & Younger	• Female/Male	• 5 - 32 Members
USASF Level 3				
Level 3	Mini	• 8 yrs & younger	• Female/Male	• 5 - 32 Members
Level 3	Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 Members
Level 3	Junior	• 14 yrs & younger	• No Males	• 5 - 32 Members
Level 3	Junior Co-Ed	• 14 yrs & younger	• 1 or more Males	• 5 - 32 Members
Level 3	Senior	• 18 yrs & Younger	• No Males	• 5 - 32 Members
Level 3	Senior Co-Ed	• 18 yrs & Younger	• 1 or more Males	• 5 - 32 Members
USASF Level 4				
Level 4	Youth	• 11 yrs & younger	• Female/Male	• 5 - 32 Members
Level 4	Junior	• 14 yrs & younger	• No Males	• 5 - 32 Members
Level 4	Junior Co-Ed	• 14 yrs & younger	• 1 or more Males	• 5 - 32 Members
Level 4	Senior	• 18 yrs & Younger	• No Males	• 5 - 32 Members
Level 4	Senior Co-Ed	• 18 yrs & Younger	• 1 or more Males	• 5 - 32 Members
USASF Level 4.2				
Level 4.2	Senior	• 18 yrs & Younger	• Female/Male	• 5 - 32 Members
USASF Level 5				
Level 5	Youth Restricted* (See Restrictions Below)	• 11 yrs & Younger	• Female/Male	• 5 - 36 Members
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 Restricted* (See Restrictions Below)	• 18 yrs & Younger	• Limit 0 - 4 Males	• 5 - 36 Members
Level 5	Senior#	• 12 yrs – 18 yrs	• No Males	• 5 - 36 Members
Level 5	Senior Small Co-Ed	• 12 yrs – 18 yrs	• 1 - 4 Males	• 5 - 20 Members
Level 5	Senior Medium Co-Ed	• 12 yrs – 18 yrs	• 1 - 6 Males	• 5 - 30 Members
Level 5	Senior Large Co-Ed	• 12 yrs – 18 yrs	• 1 - 18 Males	• 5 - 36 Members
Level 5	International Open 5	• 14 yrs & older	• No Males	• 5 - 24 members
Level 5	International Open Co-Ed 5	• 14 yrs & older	• 1 - 12 Males	• 5 - 24 members
USASF Level 6				
Level 6	International Open 6	• 17 yrs & older	• No Males	• 5 - 24 members
Level 6	International Open Co-Ed 6	• 17 yrs & older	• 1 - 15 Males	• 5 - 24 members
Special Needs – Level 3 (In Addition to No Basket Tosses Permitted)				
Special Needs		• Any Age	• Female/Male	• Unlimited

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 upon 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 without written permission from the USASF/IASF.

The maximum size for a team is 32 competitors on the floor for the 2011-12 season, except for Levels 5 & 6 as noted.

The age of the competitor as of **August 31, 2011** will be the age used for competition purposes throughout the 2011-2012 season for all divisions.

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.

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- The Senior **Restricted** 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 **Restricted** Level 5:

Tumbling skills are allowed up to 1 flipping and 1 twisting rotations.

In tumbling, twisting skills may ONLY be performed if immediately preceded by a back handspring(s) or round off. During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar). *Clarification: All skills up to a full twist are also allowed.* (example: half twists and Arabians) Additional tumbling skills may be performed prior to the round-off and/or back handspring.

No tumbling is allowed after the twisting skill. (Exception: A forward or backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.) *Clarification: If any tumbling follows a forward or backward roll or forward or backward twisting skill, at least one step into the next tumbling skill must be included to separate the two passes. **Stepping out of a twisting skill (i.e. Arabian) or forward roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a forward roll step out. However, if the athlete finishes the twisting skill or stands the forward roll with both feet together, then one step is all that is needed to create a new tumbling pass.***

Tosses may not exceed three tricks (i.e. hitch kick full, switch kick full, kick double)

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

- The Youth **Restricted** Level 5 division is open to all female (0 males) or female/male (limit 1-4 males) teams with participants 11 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 Youth **Restricted** Level 5:

Tumbling skills are allowed up to 1 flipping and 1 twisting rotations.

In tumbling, twisting skills may ONLY be performed if immediately preceded by a back handspring(s) or round off. During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar). *Clarification: All skills up to a full twist are also allowed.* (example: half twists and Arabians) Additional tumbling skills may be performed prior to the round-off and/or back handspring.

No tumbling is allowed after the twisting skill. (Exception: A forward or backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.) *Clarification: If any tumbling follows a forward or backward roll or forward or backward twisting skill, at least one step into the next tumbling skill must be included to separate the two passes. **Stepping out of a twisting skill (i.e. Arabian) or forward roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a forward roll step out. However, if the athlete finishes the twisting skill or stands the forward roll with both feet together, then one step is all that is needed to create a new tumbling pass.***

Tosses may not exceed three tricks (i.e. hitch kick full, switch kick full, kick double)

Youth **Restricted** Level 5 and Youth Level 5 divisions may not be combined into one division.

The Youth Level 5 and Youth Level 5 **Restricted** divisions will be monitored for participation during the 2011-12 season and a determination will be made early in 2012 whether these divisions will continue for the 2012-13 season.

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.

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

The athletes who perform a routine must remain the same from start to finish and MAY NOT be replaced by another athlete at anytime during the performance.

**** -- SPECIAL NEEDS TEAMS**

Special Needs teams are limited to Level 3 rules, in addition to no basket tosses permitted.

OPEN LEVEL 4 – TRIAL DIVISION – 17 Years and Older – 1-15 Males – 5-24 Members

An event producer may request a "waiver" from the USASF to offer this "trial" division for the 2011-12 season. This is a non-sanctioned division that does not count toward any Cheerleading Worlds bid. An event producer must request a "waiver" to offer this division.

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 – **32** members (36 members for Level 5)

International Open 5/6 and International Open Level 6 is not permitted to split into Small and Large.

Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

#SMALL/MEDIUM/LARGE SPLITS – NEW!!!! For Senior Level 5 Only

Event producers **will** split the Senior Level 5 division into "Small" and/or "Medium" and/or "Large" divisions when there are at least **two** teams that will ultimately be registered in each respective division. The designation of "Small", "Medium" and "Large" divisions must follow the team sizes below:

Small = 5 – 20 members

Medium = 21 – 30 members

Large = 31 – 36 members

An event producer must keep teams of 21 – 36 members in "Large" division, unless there are enough teams to split 2 teams each into "Medium" and "Large."

NOTE: For Worlds qualifying divisions at an event where Worlds bids will be awarded, an event producer may leave Senior Level 5 divisions split regardless of the number of teams competing in them.

A/B SPLITS

If after splitting divisions into "Small" and "Large" ("**Medium**" for Senior Level 5) 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", "Large" or "**Medium (Senior Level 5)**" classification if it means that only **one** team will be left in a division.

Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

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 **Restricted** Level 5 may be split into Senior **Restricted** Level 5 and **Senior Restricted Co-Ed** Level 5 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.

NOTE: Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

SENIOR RESTRICTED SPLITS

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

Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

WORLDS SPLITS

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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.

SPLIT EXCEPTIONS

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. This exception is to be applied only to teams from the same physical gym location. Programs with more than one physical gym location still will be required to compete against their own teams if these teams are from different physical gym locations and are registered in the same division.

NOTE: For Worlds qualifying divisions at an event where Worlds bids will be awarded, an event producer may leave these divisions split regardless of the number of teams competing in them.

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: An athlete from one gym may crossover to **one additional** gym's Level 6 team provided (s)he meets the age requirement).

For the 2011-12 season, an all-star cheerleader is limited to crossing over to **2 (two)** additional cheer teams from their gym per competition. Therefore, an athlete may compete on one team and crossover to two more teams from the same gym during the competition.

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.

Crossover limitations above do not include athletes that crossover from cheer to dance.