



# 2025-2026 Age Grid & Divisions

June 4, 2025

**June 4, 2025 Update - Added the word Prep to the Youth 3.2, Junior 3.2, and Senior 3.2 divisions, and added AdaptAbility divisions to the document**

**We're making it easier than ever for gyms to build teams that truly fit their athletes!**

**More flexibility to place athletes, reducing the number of teams needed!**

**Imagine creating a larger Junior team instead of splitting into smaller Junior and Youth teams! More athletes, more energy, more success!**

- Removed bottom ages for Mini, Youth, and Junior Divisions.
- Senior Divisions have a lower bottom age for all levels.
- Senior Divisions can use the full birth year for the top age.
- Removed U17 and U19 Divisions since the New Senior Divisions included those age groups.
- New “Level 5 Open Rec” Divisions  
Cheer/Music Only for these division  
(Level 5 rules with the exception of no double twist dismounts or tosses allowed)



# 2025-2026 Allstar Age Grid & Divisions

June 4, 2025

## Allstar Elite Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2018-2020	Level 1	Tiny**	Female/Male	5-31 Athletes
2016 and Later	Level 1	Mini	Female/Male	5-31 Athletes
2012 and Later	Level 1	Youth	Female/Male	5-31 Athletes
2009 and Later	Level 1	Junior	Female/Male	5-31 Athletes
2006-2015	Level 1	Senior	Female/Male	5-31 Athletes
2016 and Later	Level 2	Mini	Female/Male	5-31 Athletes
2012 and Later	Level 2	Youth	Female/Male	5-31 Athletes
2009 and Later	Level 2	Junior	Female/Male	5-31 Athletes
2006-2015	Level 2	Senior	Female/Male	5-31 Athletes
2012 and Later	Level 3	Youth	Female/Male	5-31 Athletes
2009 and Later	Level 3	Junior	Female/Male	5-31 Athletes
2006-2015	Level 3	Senior	No Males	5-31 Athletes
2006-2015	Level 3	Senior Coed	1 or More Males	5-31 Athletes
2012 and Later	Level 4	Youth	Female/Male	5-31 Athletes
2009 and Later	Level 4	Junior	Female/Male	5-31 Athletes
2006-2015	Level 4	Senior	No Males	5-31 Athletes
2006-2015	Level 4	Senior Coed	1 or More Males	5-31 Athletes
2009 and Later	Level 4.2	Junior	Female/Male	5-31 Athletes
2006-2015	Level 4.2	Senior	No Males	5-31 Athletes
2006-2015	Level 4.2	Senior Coed	1 or More Males	5-31 Athletes
2012 and Later	Level 5	Youth	Female/Male	5-38 Athletes
2009 and Later	Level 5	Junior	Female/Male	5-38 Athletes
2006-2015	Level 5	Senior	No Males	5-38 Athletes
2006-2015	Level 5	Senior Coed	1 or More Males	5-38 Athletes
2009 and Later	Level 6	Junior	No Males	5-38 Athletes
2009 and Later	Level 6	Junior Coed	1 or More Males	5-38 Athletes
2006-2015	Level 6	Senior XSmall	No Males	5-16 Athletes
2006-2015	Level 6	Senior Small	No Males	17-22 Athletes
2006-2015	Level 6	Senior Medium	No Males	23-30 Athletes
2006-2015	Level 6	Senior Large	No Males	31-38 Athletes
2006-2015	Level 6	Senior XSmall Coed	1-2 Males	5-16 Athletes
2006-2015	Level 6	Senior Small Coed	1-5 Males	5-22 Athletes
2006-2015	Level 6	Senior Medium Coed	1-8 Males	5-30 Athletes
2006-2015	Level 6	Senior Large Coed	1-19 Males	5-38 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)



# 2025-2026 Allstar Age Grid & Divisions

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## Allstar International Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2011 or Before	Level 4	International Open	No Males	10-31 Athletes
2011 or Before	Level 4	International Open Coed	1 or More Males	10-31 Athletes
2011 or Before	Level 5	International Open	No Males	10-31 Athletes
2011 or Before	Level 5	International Open Coed	1 or More Males	10-31 Athletes
2011 or Before	Level 6	International Open	No Males	10-31 Athletes
2011 or Before	Level 6	International Open Small Coed	1-4 Males	10-31 Athletes
2011 or Before	Level 6	International Open Large Coed	5-16 Males	10-31 Athletes
2008 or Before	Level 7	International Open	No Males	10-31 Athletes
2008 or Before	Level 7	International Open Small Coed	1-4 Males	10-31 Athletes
2008 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
2011 or Before	Level 4	International Open NT	No Males	10-31 Athletes
2011 or Before	Level 4	International Open Coed NT	1 or More Males	10-31 Athletes
2011 or Before	Level 5	International Open NT	No Males	10-31 Athletes
2011 or Before	Level 5	International Open Coed NT	1 or More Males	10-31 Athletes
2011 or Before	Level 6	International Open NT	No Males	10-31 Athletes
2011 or Before	Level 6	International Open Small Coed NT	1-4 Males	10-31 Athletes
2011 or Before	Level 6	International Open Large NT	No Males	10-31 Athletes
2011 or Before	Level 6	International Open Large Coed NT	5-20 Males	10-31 Athletes
2009 or Before	LEVEL 7	International Open NT	No Males	10-31 Athletes
2009 or Before	LEVEL 7	International Open Coed NT	1-16 Males	10-31 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 2011, the athlete's birth date must be January 1, 2011 - December 31, 2011.)



# 2025-2026 Allstar Age Grid & Divisions

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## Allstar Prep Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2018-2020	Level 1.1	Tiny Prep	Female/Male	5-31 Athletes
2016 and Later	Level 1.1	Mini Prep	Female/Male	5-31 Athletes
2012 and Later	Level 1.1	Youth Prep	Female/Male	5-31 Athletes
2009 and Later	Level 1.1	Junior Prep	Female/Male	5-31 Athletes
2006-2015	Level 1.1	Senior Prep	Female/Male	5-31 Athletes
2016 and Later	Level 2.1	Mini Prep	Female/Male	5-31 Athletes
2012 and Later	Level 2.1	Youth Prep	Female/Male	5-31 Athletes
2009 and Later	Level 2.1	Junior Prep	Female/Male	5-31 Athletes
2006-2015	Level 2.1	Senior Prep	Female/Male	5-31 Athletes
2016 and Later	Level 2.2	Mini Prep	Female/Male	5-31 Athletes
2012 and Later	Level 2.2	Youth Prep	Female/Male	5-31 Athletes
2009 and Later	Level 2.2	Junior Prep	Female/Male	5-31 Athletes
2006-2015	Level 2.2	Senior Prep	Female/Male	5-31 Athletes
2012 and Later	Level 3.1	Youth Prep	Female/Male	5-31 Athletes
2009 and Later	Level 3.1	Junior Prep	Female/Male	5-31 Athletes
2006-2015	Level 3.1	Senior Prep	Female/Male	5-31 Athletes
2012 and Later	Level 3.2	Youth Prep	Female/Male	5-31 Athletes
2009 and Later	Level 3.2	Junior Prep	Female/Male	5-31 Athletes
2006-2015	Level 3.2	Senior Prep	Female/Male	5-31 Athletes

\*All athletes must be born within the birth year listed on the age grid.

(Example: if the required birth year is 2012, the athlete's birth date must be January 1, 2012 - December 31, 2012.)



# 2025-2026 Allstar Age Grid & Divisions

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## Allstar Novice Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2018-2022	Level 1 with restrictions	Tiny Novice	Female/Male	3+ Athletes
2016 and Later	Level 1 with restrictions	Mini Novice	Female/Male	5+ Athletes
2012 and Later	Level 1 with restrictions	Youth Novice	Female/Male	5+ Athletes
2009 and Later	Level 1 with restrictions	Junior Novice	Female/Male	5+ Athletes
2006-2015	Level 1 with restrictions	Senior Novice	Female/Male	5+ Athletes
2016 and Later	Level 2 with restrictions	Mini Novice	Female/Male	5+ Athletes
2012 and Later	Level 2 with restrictions	Youth Novice	Female/Male	5+ Athletes
2009 and Later	Level 2 with restrictions	Junior Novice	Female/Male	5+ Athletes
2006-2015	Level 2 with restrictions	Senior Novice	Female/Male	5+ Athletes
2012 and Later	Level 3 with restrictions	Youth Novice	Female/Male	5+ Athletes
2009 and Later	Level 3 with restrictions	Junior Novice	Female/Male	5+ Athletes
2006-2015	Level 3 with restrictions	Senior Novice	Female/Male	5+ Athletes

## Allstar CheerAbilities Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2020 or Before	Level 1 with restrictions	Novice**	Female/Male	5+ Athletes
2020 or Before	Level 2 with restrictions	Elite	Female/Male	5+ Athletes
2020 or Before	Level 2 with restrictions	Exhibition	Female/Male	5+ Athletes

## Allstar AdaptAbilities Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2020 or Before	Level 1 with restrictions	Novice**	Female/Male	5+ Athletes
2020 or Before	Level 2 with restrictions	Elite	Female/Male	5+ Athletes
2020 or Before	Level 2 with restrictions	Exhibition	Female/Male	5+ 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 2012, the athlete's birth date must be January 1, 2012 - December 31, 2012.)



# 2025-2026 Allstar Rec Age Grid & Divisions

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## All Music and Cheer/Music Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2019 and Later	Level 1	6U	Female/Male	3 - 36 Athletes
2017 and Later	Level 1	8U	Female/Male	5 - 36 Athletes
2015 and Later	Level 1	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 1	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 1	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 1	10-18 Years Old	Female/Male	5 - 36 Athletes
2017 and Later	Level 2.1	8U	Female/Male	5 - 36 Athletes
2015 and Later	Level 2.1	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 2.1	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 2.1	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 2.1	10-18 Years Old	Female/Male	5 - 36 Athletes
2017 and Later	Level 2	8U	Female/Male	5 - 36 Athletes
2015 and Later	Level 2	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 2	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 2	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 2	10-18 Years Old	Female/Male	5 - 36 Athletes
2013 and Later	Level 3.1	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 3.1	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 3.1	10-18 Years Old	Female/Male	5 - 36 Athletes
2013 and Later	Level 3	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 3	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 3	10-18 Years Old	Female/Male	5 - 36 Athletes
2011 and Later	Level 4.2	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 4.2	10-18 Years Old	Female/Male	5 - 36 Athletes
2011 and Later	Level 4	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 4	10-18 Years Old	Female/Male	5 - 36 Athletes

## Open Divisions are Cheer/Music and follow NFHS Rules

2015 and Later	Level 5 Open*	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 5 Open*	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 5 Open*	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 5 Open*	10-18 Years Old	Female/Male	5 - 36 Athletes

**\*Level 5 Open Divisions will follow Level 5 Rules with the exception of no double twist dismounts or tosses.**

All athletes must be born within the birth year listed on the age grid.

(Example: if the required birth year is 2011, the athlete's birth date must be January 1, 2011 - December 31, 2011.)



# 2025-2026 Competitive Rec Age Grid & Divisions

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## All Music and Cheer/Music Divisions

Birth Year	Level	Division	FEMALE/MALE	TEAM SIZE
2019 and Later	Level 1	6U	Female/Male	3-36 Athletes
2017 and Later	Level 1	8U	Female/Male	5 - 36 Athletes
2015 and Later	Level 1	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 1	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 1	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 1	10-18 Years Old	Female/Male	5 - 36 Athletes
2017 and Later	Level 2.1	8U	Female/Male	5 - 36 Athletes
2015 and Later	Level 2.1	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 2.1	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 2.1	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 2.1	10-18 Years Old	Female/Male	5 - 36 Athletes
2017 and Later	Level 2	8U	Female/Male	5 - 36 Athletes
2015 and Later	Level 2	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 2	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 2	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 2	10-18 Years Old	Female/Male	5 - 36 Athletes
2013 and Later	Level 3.1	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 3.1	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 3.1	10-18 Years Old	Female/Male	5 - 36 Athletes
2013 and Later	Level 3	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 3	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 3	10-18 Years Old	Female/Male	5 - 36 Athletes
2011 and Later	Level 4.2	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 4.2	10-18 Years Old	Female/Male	5 - 36 Athletes
2011 and Later	Level 4	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 4	10-18 Years Old	Female/Male	5 - 36 Athletes

## Open Divisions are Cheer/Music ONLY

2015 and Later	Level 5 Open*	10U	Female/Male	5 - 36 Athletes
2013 and Later	Level 5 Open*	12U	Female/Male	5 - 36 Athletes
2011 and Later	Level 5 Open*	14U	Female/Male	5 - 36 Athletes
2006-2015	Level 5 Open*	10-18 Years Old	Female/Male	5 - 36 Athletes

\*Level 5 Open Divisions will follow Level 5 Rules with the exception of no double twist dismounts or tosses.

All athletes must be born within the birth year listed on the age grid.

(Example: if the required birth year is 2011, the athlete's birth date must be January 1, 2011 - December 31, 2011.)



# School Age Grid & Divisions

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## COMPETITIVE NOVICE DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
Elementary	6th Grade & Below	Female/Male	5-30 Athletes
Small JH/MS	9th Grade & Below	Female/Male	5-16 Athletes
Large JH/MS	9th Grade & Below	Female/Male	17-30 Athletes
Small FR/JV	11th Grade & Below	Female/Male	5-16 Athletes
Large FR/JV	11th Grade & Below	Female/Male	17-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes

## COMPETITIVE INTERMEDIATE DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
Elementary	6th Grade & Below	Female/Male	5-30 Athletes
Small JH/MS	9th Grade & Below	Female/Male	5-16 Athletes
Large JH/MS	9th Grade & Below	Female/Male	17-30 Athletes
Small FR/JV	11th Grade & Below	Female/Male	5-16 Athletes
Large FR/JV	11th Grade & Below	Female/Male	17-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes



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## COMPETITIVE ADVANCED DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
Elementary	6th Grade & Below	Female/Male	5-30 Athletes
Small JH/MS	9th Grade & Below	Female/Male	5-16 Athletes
Large JH/MS	9th Grade & Below	Female/Male	17-30 Athletes
Small FR/JV	11th Grade & Below	Female/Male	5-16 Athletes
Large FR/JV	11th Grade & Below	Female/Male	17-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes



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## NOVICE

### NON-TUMBLING DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
<i><u>Non-Tumbling</u></i>			
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes

### NON-BUILDING DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
<i><u>Non-Building</u></i>			
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
Small Varsity	9th - 12th Grade	Female/Male	5-16 Athletes
Large Varsity	9th - 12th Grade	Female/Male	17-30 Athletes



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## INTERMEDIATE

### NON-TUMBLING DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
<i><u>Non-Tumbling</u></i>			
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes

### NON-BUILDING DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
<i><u>Non-Building</u></i>			
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
Small Varsity	9th - 12th Grade	Female/Male	5-16 Athletes
Large Varsity	9th - 12th Grade	Female/Male	17-30 Athletes



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## ADVANCED

### NON-TUMBLING DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
<i><u>Non-Tumbling</u></i>			
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes

### NON-BUILDING DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
<i><u>Non-Building</u></i>			
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
Small Varsity	9th - 12th Grade	Female/Male	5-16 Athletes
Large Varsity	9th - 12th Grade	Female/Male	17-30 Athletes



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## GAME TIME DIVISIONS

DIVISIONS	GRADE	FEMALE/MALE	TEAM SIZE
Elementary	6th Grade & Below	Female/Male	5-30 Athletes
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes
<b><u>Non-Tumbling</u></b>			
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
XSmall Varsity	9th - 12th Grade	Female	5-11 Athletes
Small Varsity	9th - 12th Grade	Female	12-16 Athletes
Medium Varsity	9th - 12th Grade	Female	17-23 Athletes
Large Varsity	9th - 12th Grade	Female	24-30 Athletes
Small Coed	9th - 12th Grade	Female/1-4 Males	5-30 Athletes
Large Coed	9th - 12th Grade	Female/5+ Males	5-30 Athletes
<b><u>Non-Building</u></b>			
JH/MS	9th Grade & Below	Female/Male	5-30 Athletes
FR/JV	11th Grade & Below	Female/Male	5-30 Athletes
Small Varsity	9th - 12th Grade	Female/Male	5-16 Athletes
Large Varsity	9th - 12th Grade	Female/Male	17-30 Athletes