



## USA Recreation Divisions for 2024-2025

### TRADITIONAL AFFILIATED - CHEER DIVISIONS

For detailed division limitations for Novice and Advanced please visit the USA website at:

[Divisions, Rules & Scoring](#)

DIVISION	BIRTH YEARS	GENDER	# of PARTICIPANTS	ROUTINE STRUCTURE	COMPETATIVE SURFACE
<b>SHOW CHEER -- ADVANCED (Building &amp; Tumbling Skills)</b>					
10-18 Years Old	6/1/2005-2014	F/M	5 - 36 Members	2:30 minute maximum with 1:45 max music.	All Divisions: Foam Floor
14 & Younger	2009 or Later	F/M	5 - 36 Members		
12 & Younger	2011 or Later	F/M	5 - 36 Members		
<b>SHOW CHEER -- NOVICE (Building &amp; Tumbling Skills)</b>					
14 & Younger	2009 or Later	F/M	5 - 36 Members	2:30 minute maximum with 1:45 max music.	All Divisions: Foam Floor
12 & Younger	2011 or Later	F/M	5 - 36 Members		
10 & Younger	2013 or Later	F/M	5 - 36 Members		

**All Divisions** - Prior qualification through a USA Regional competition or other sanctioned event/process is required in order to attend Jr. Nationals in any division. Bids to Nationals are awarded to teams receiving 80% of total possible points for all cheer divisions, regardless of any penalties received.

#### Traditional Recreational Affiliated Divisions

- The program must be affiliated with, report to, and be governed by an organization such as; YMCA, Boys and Girls Club, City/County Parks and Recreational Program, American Youth Cheer, Pop Warner Association, or other community run program not associated with All Star Cheer.
- Each team must cheer for a sport during the 2024-2025 cheer season.
- All Affiliated Recreational programs will need to provide the Recreational Cheer Verification Form and Roster that proves legitimacy of the organization for each event competing.
- Traditional Recreational Affiliated divisions will follow the USA school-based division rules, guidelines and scoring system.

**The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.**

**The age of the athlete will be determined by birth year for the competition season.**