

2018-2019 All Star Cheer PREP Divisions

| Name | Age | Age as of (date) | Gender | Members |
|--|-----------------|------------------|-------------|--------------|
| USASF All Star PREP Level 3.2 (Building Level 3, no tosses, Tumbling Level 2) | | | | |
| Senior | 10-17 years old | August 31, 2018 | female/male | 5-30 members |
| Junior | 5-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 5-11 years old | August 31, 2018 | female/male | 5-30 members |
| USASF All Star PREP Level 3.1 (Building Level 3, no tosses, Tumbling Level 1) | | | | |
| Senior | 10-17 years old | August 31, 2018 | female/male | 5-30 members |
| Junior | 5-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 5-11 years old | August 31, 2018 | female/male | 5-30 members |
| USASF All Star PREP Level 2.1 (Building Level 2, no tosses, Tumbling Level 1) | | | | |
| Senior | 10-17 years old | August 31, 2018 | female/male | 5-30 members |
| Junior | 5-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 5-11 years old | August 31, 2018 | female/male | 5-30 members |
| Mini | 5-8 years old | August 31, 2018 | female/male | 5-30 members |
| USASF All Star PREP Level 1.1 (Building Level 1, Tumbling Level 1) | | | | |
| Senior | 10-17 years old | August 31, 2018 | female/male | 5-30 members |
| Junior | 5-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 5-11 years old | August 31, 2018 | female/male | 5-30 members |
| Mini | 5-8 years old | August 31, 2018 | female/male | 5-30 members |
| Tiny | 5-6 years old | August 31, 2018 | female/male | 5-30 members |

Prep Cheer Divisions are for teams that do not allow the same commitment/participation (full-year) guidelines or requirements as a competitive all-star team. Prep Cheer teams may or may not be affiliated with an all-star program. Competitive Prep Cheer typically practice and compete less than "full year" all-star teams. Prep Cheer teams are often "half-year" teams or teams that are intended to offer a shorter season, more relaxed environment and often less travel. Prep Cheer teams are designed with the purpose of introducing athletes into the sport of cheerleading with a lower commitment than a full-year team.

Note: Full-year all-star teams should compete in the appropriate all-star division, not the Prep Cheer division. Rec Cheer teams that cheer for a rec league sport should compete in a Rec Cheer division.

2018-2019 USASF All-Star Cheer Elite CLUB Divisions

| Name | Age | Age as of (date) | Gender | Members |
|--|------------------|-------------------|-----------------|---------------|
| USASF All Star Elite Level 5 | | | | |
| Senior Open Large Co-Ed | 14 years & older | December 31, 2019 | 5-12 males | 5-24 members |
| Senior Open Small Co-Ed | 14 years & older | December 31, 2019 | 1-4 males | 5-24 members |
| Senior Open | 14 years & older | December 31, 2019 | 0 males | 5-24 members |
| Senior Large Co-Ed | 13-18 years old | August 31, 2018 | 1-19 males | 5-38 members |
| Senior Medium Co-Ed | 13-18 years old | August 31, 2018 | 1-8 males | 5-30 members |
| Senior Small Co-Ed | 13-18 years old | August 31, 2018 | 1-5 males | 5-22 members |
| Senior XSmall Co-Ed | 13-18 years old | August 31, 2018 | 1-2 males | 5-16 members |
| Senior Large | 13-18 years old | August 31, 2018 | 0 males | 31-38 members |
| Senior Medium | 13-18 years old | August 31, 2018 | 0 males | 23-30 members |
| Senior Small | 13-18 years old | August 31, 2018 | 0 males | 17-22 members |
| Senior XSmall | 13-18 years old | August 31, 2018 | 0 males | 5-16 members |
| Junior Co-Ed | 9-14 years old | August 31, 2018 | 1 or more males | 5-38 members |
| Junior | 9-14 years old | August 31, 2018 | 0 males | 5-38 members |
| USASF All Star Elite Level 5 Restricted | | | | |
| Senior Restricted | 11-18 years old | August 31, 2018 | female/male | 5-38 members |
| Junior Restricted | 9-14 years old | August 31, 2018 | female/male | 5-38 members |
| Youth Restricted | 9-11 years old | August 31, 2018 | female/male | 5-38 members |
| USASF All Star Elite Level 4.2 - (Building Level 4, Tumbling Level 2) | | | | |
| Senior | 11-18 years old | August 31, 2018 | female/male | 5-30 members |
| USASF All Star Elite Level 4 | | | | |
| Senior Open | 14 years & older | December 31, 2019 | female/male | 5-24 members |
| Senior Co-Ed | 11-18 years old | August 31, 2018 | 1 or more males | 5-30 members |
| Senior | 11-18 years old | August 31, 2018 | 0 males | 5-30 members |
| Junior | 8-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 8-11 years old | August 31, 2018 | female/male | 5-30 members |
| USASF All Star Elite Level 3 | | | | |
| Senior Co-Ed | 11-18 years old | August 31, 2018 | 1 or more males | 5-30 members |
| Senior | 11-18 years old | August 31, 2018 | 0 males | 5-30 members |
| Junior | 5-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 5-11 years old | August 31, 2018 | female/male | 5-30 members |
| USASF All Star Elite Level 2 | | | | |
| Senior | 11-18 years old | August 31, 2018 | female/male | 5-30 members |
| Junior | 5-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 5-11 years old | August 31, 2018 | female/male | 5-30 members |
| Mini | 5-8 years old | August 31, 2018 | female/male | 5-30 members |
| USASF All Star Elite Level 1 | | | | |
| Senior | 11-18 years old | August 31, 2018 | female/male | 5-30 members |
| Junior | 5-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 5-11 years old | August 31, 2018 | female/male | 5-30 members |
| Mini | 5-8 years old | August 31, 2018 | female/male | 5-30 members |
| Tiny | 5-6 years old | August 31, 2018 | female/male | 5-30 members |

In an effort to maintain a competitive atmosphere, Varsity reserves the right to close, combine or open divisions at any time leading up to each event. Varsity will follow all USASF guidelines regarding splitting/combining divisions. Please visit www.usasf.net and log into your profile to see all guidelines.

***Open Team Divisions:** The USASF member database will calculate the age on December 31, 2019. Background checks are an eligibility requirement for "adult" athletes on open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2019.

2018-2019 All Star Cheer INTERNATIONAL Divisions

| Name | Age | Age as of (date) | Gender | Members |
|--|------------------|-------------------|-----------------|---------------|
| IASF All Star International Level 6 | | | | |
| International Open Large Co-Ed (16) | 17 years & older | December 31, 2019 | 5-16 males | 16-24 members |
| International Open Small Co-Ed (4) | 17 years & older | December 31, 2019 | 1-4 males | 16-24 members |
| International Open | 17 years & older | December 31, 2019 | no males | 16-24 members |
| International Open NT (Non-Tumbling) (Provisional) | 17 years & older | December 31, 2019 | female/male | 16-30 members |
| IASF All Star International Level 5 | | | | |
| International Global Co-Ed (Provisional) | 14 years & older | December 31, 2019 | 1-16 males | 16-24 members |
| International Global (Provisional) | 14 years & older | December 31, 2019 | no males | 16-24 members |
| International Open Large Co-Ed (16) | 14 years & older | December 31, 2019 | 5-16 males | 16-24 members |
| International Open Small Co-Ed (4) | 14 years & older | December 31, 2019 | 1-4 males | 16-24 members |
| International Open | 14 years & older | December 31, 2019 | no males | 16-24 members |
| International Open Co-Ed NT (Non-Tumbling) (Provisional) | 14 years & older | December 31, 2019 | 1-20 males | 16-30 members |
| International Open NT (Non-Tumbling) (Provisional) | 14 years & older | December 31, 2019 | no males | 16-30 members |
| International Senior Co-Ed (Provisional) | 14-18 years old | Age during 2019 | 1-8 males | 16-24 members |
| International Senior (Provisional) | 14-18 years old | Age during 2019 | no males | 16-24 members |
| IASF All Star International Level 4 | | | | |
| International Open Co-Ed (Provisional) | 14 years & older | December 31, 2019 | 1 or more males | 16-24 members |
| International Open (Provisional) | 14 years & older | December 31, 2019 | no males | 16-24 members |
| International Senior Co-Ed (Provisional) | 14-18 years old | Age during 2019 | 1 or more males | 16-24 members |
| International Senior (Provisional) | 14-18 years old | Age during 2019 | no males | 16-24 members |
| International Junior Co-Ed (Provisional) | 10-16 years old | Age during 2019 | 1 or more males | 16-24 members |
| International Junior (Provisional) | 10-16 years old | Age during 2019 | no males | 16-24 members |
| IASF All Star International Level 3 | | | | |
| International Senior Co-Ed (Provisional) | 14-18 years old | Age during 2019 | 1 or more males | 16-24 members |
| International Senior (Provisional) | 14-18 years old | Age during 2019 | no males | 16-24 members |
| International Junior (Provisional) | 10-16 years old | Age during 2019 | female/male | 16-24 members |
| IASF All Star International Level 2 | | | | |
| International Senior (Provisional) | 14-18 years old | Age during 2019 | female/male | 16-24 members |
| International Junior (Provisional) | 10-16 years old | Age during 2019 | female/male | 16-24 members |
| IASF All Star International Level 1 | | | | |
| International Senior (Provisional) | 14-18 years old | Age during 2019 | female/male | 16-24 members |
| International Junior (Provisional) | 10-16 years old | Age during 2019 | female/male | 16-24 members |

An athlete must meet the age requirement 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, 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.

2018-2019 USASF All Star Cheer NOVICE Divisions

| Name | Age | Age as of (date) | Gender | Members |
|--|-----------------|------------------|-------------|--------------|
| USASF All Star NOVICE Level 3 | | | | |
| Senior | 10-17 years old | August 31, 2018 | female/male | 5-30 members |
| Junior | 5-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 5-11 years old | August 31, 2018 | female/male | 5-30 members |
| USASF All Star NOVICE Level 2 | | | | |
| Senior | 10-17 years old | August 31, 2018 | female/male | 5-30 members |
| Junior | 5-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 5-11 years old | August 31, 2018 | female/male | 5-30 members |
| Mini | 5-8 years old | August 31, 2018 | female/male | 5-30 members |
| USASF All Star NOVICE Level 1 | | | | |
| Senior | 10-17 years old | August 31, 2018 | female/male | 5-30 members |
| Junior | 5-14 years old | August 31, 2018 | female/male | 5-30 members |
| Youth | 5-11 years old | August 31, 2018 | female/male | 5-30 members |
| Mini | 5-8 years old | August 31, 2018 | female/male | 5-30 members |
| USASF All Star NOVICE - Tiny Novice | | | | |
| Tiny | 3-6 years old | August 31, 2018 | female/male | 5-30 members |

Note: Teams will be evaluated on a rating system and not scored against other teams.

In an effort to maintain a competitive atmosphere, Varsity reserves the right to close, combine or open divisions at any time leading up to each event. Varsity will follow all USASF guidelines regarding splitting/combining divisions. Please visit www.usasf.net and log into your profile to see all guidelines.

2018-2019 Performance Rec Club Cheer Divisions

| Name | Age | Gender | Members |
|------------------|--------------------|-------------|--------------|
| Level 4 | | | |
| Senior Club | 18 years & younger | female/male | 5-36 members |
| Junior Club | 14 years & younger | female/male | 5-36 members |
| Level 3 | | | |
| Senior Club | 18 years & younger | female/male | 5-36 members |
| Junior Club | 14 years & younger | female/male | 5-36 members |
| Youth Club | 12 years & younger | female/male | 5-36 members |
| Level 3.1 | | | |
| Senior Club | 18 years & younger | female/male | 5-36 members |
| Junior Club | 14 years & younger | female/male | 5-36 members |
| Youth Club | 12 years & younger | female/male | 5-36 members |
| Pee Wee Club | 10 years & younger | female/male | 5-36 members |
| Level 2 | | | |
| Senior Club | 18 years & younger | female/male | 5-36 members |
| Junior Club | 14 years & younger | female/male | 5-36 members |
| Youth Club | 12 years & younger | female/male | 5-36 members |
| Pee Wee Club | 10 years & younger | female/male | 5-36 members |
| Mini Club | 8 years & younger | female/male | 5-36 members |
| Level 1 | | | |
| Senior Club | 18 years & younger | female/male | 5-36 members |
| Junior Club | 14 years & younger | female/male | 5-36 members |
| Youth Club | 12 years & younger | female/male | 5-36 members |
| Pee Wee Club | 10 years & younger | female/male | 5-36 members |
| Mini Club | 8 years & younger | female/male | 5-36 members |
| Tiny Club | 6 years & younger | female/male | 5-36 members |

The age of the competitor as of August 31, 2018 will be the age used for competition purposes throughout the 2018-2019 season for all Rec Cheer divisions. Proof must be provided upon request.

2018-2019 Performance Rec Traditional Cheer Divisions

| Name | Age | Gender | Members |
|------------------|--------------------|-------------|--------------|
| Level 3 | | | |
| Senior Club | 18 years & younger | female/male | 5-36 members |
| Junior Club | 14 years & younger | female/male | 5-36 members |
| Youth Club | 12 years & younger | female/male | 5-36 members |
| Level 3.1 | | | |
| Senior Club | 18 years & younger | female/male | 5-36 members |
| Junior Club | 14 years & younger | female/male | 5-36 members |
| Youth Club | 12 years & younger | female/male | 5-36 members |
| Pee Wee Club | 10 years & younger | female/male | 5-36 members |
| Level 2 | | | |
| Senior Club | 18 years & younger | female/male | 5-36 members |
| Junior Club | 14 years & younger | female/male | 5-36 members |
| Youth Club | 12 years & younger | female/male | 5-36 members |
| Pee Wee Club | 10 years & younger | female/male | 5-36 members |
| Mini Club | 8 years & younger | female/male | 5-36 members |
| Level 1 | | | |
| Senior Club | 18 years & younger | female/male | 5-36 members |
| Junior Club | 14 years & younger | female/male | 5-36 members |
| Youth Club | 12 years & younger | female/male | 5-36 members |
| Pee Wee Club | 10 years & younger | female/male | 5-36 members |
| Mini Club | 8 years & younger | female/male | 5-36 members |
| Tiny Club | 6 years & younger | female/male | 5-36 members |

The age of the competitor as of August 31, 2018 will be the age used for competition purposes throughout the 2018-2019 season for all Rec Cheer divisions. Proof must be provided upon request.

2018-2019 USASF All-Star Dance Divisions

| Name | Age | Age as of (date) | Gender | Members |
|--------------------|--------------------|-------------------|-----------------|--------------------|
| Open Male | 14 years and older | December 31, 2019 | no females | 4+ |
| Open Large Co-Ed | 14 years and older | December 31, 2019 | 1 or more males | 15 or more dancers |
| Open Small Co-Ed | 14 years and older | December 31, 2019 | 1 or more males | 4-14 dancers |
| Open Large | 14 years and older | December 31, 2019 | no males | 15 or more dancers |
| Open Small | 14 years and older | December 31, 2019 | no males | 4-14 dancers |
| Senior Male | 11-18 years | August 31, 2018 | no females | 4+ |
| Senior Large Co-Ed | 11-18 years | August 31, 2018 | 1 or more males | 15 or more dancers |
| Senior Small Co-Ed | 11-18 years | August 31, 2018 | no males | 4-14 dancers |
| Senior Large | 11-18 years | August 31, 2018 | no males | 15 or more dancers |
| Senior Small | 11-18 years | August 31, 2018 | no males | 4-14 dancers |
| Junior Male | 9-15 years | August 31, 2018 | no females | 4+ |
| Junior Co-Ed | 9-15 years | August 31, 2018 | 1 or more males | 4+ |
| Junior Large | 9-15 years | August 31, 2018 | no males | 15 or more dancers |
| Junior Small | 9-15 years | August 31, 2018 | no males | 4-14 dancers |
| Youth Male | 7-12 years | August 31, 2018 | no females | 4+ |
| Youth Co-Ed | 7-12 years | August 31, 2018 | 1 or more males | 4+ |
| Youth Large | 7-12 years | August 31, 2018 | no males | 15 or more dancers |
| Youth Small | 7-12 years | August 31, 2018 | no males | 4-14 dancers |
| Mini Male | 5-9 years | August 31, 2018 | no females | 4+ |
| Mini Co-Ed | 5-9 years | August 31, 2018 | 1 or more males | 4+ |
| Mini Large | 5-9 years | August 31, 2018 | no males | 15 or more dancers |
| Mini Small | 5-9 years | August 31, 2018 | no males | 4-14 dancers |
| Tiny (Competitive) | 4-6 years | August 31, 2018 | female/male | 4+ |

The following style is offered and will be added to the end of the Division Name: Hip-Hop.

In an effort to maintain a competitive atmosphere, Varsity reserves the right to close, combine or open divisions at any time leading up to each event. Varsity will follow all USASF guidelines regarding splitting/combining divisions. Please visit www.usasf.net and log onto your profile to see all guidelines.

Any questions regarding dance divisions, please contact Molly Whiting (mwhiting@varsity.com).

2018-2019 All-Star Prep Dance Divisions

| Name | Age | Age as of (date) | Gender | Members |
|-------------|-------------|------------------|-------------|---------|
| Senior Prep | 11-18 years | August 31, 2018 | female/male | 4+ |
| Junior Prep | 9-15 years | August 31, 2018 | female/male | 4+ |
| Youth Prep | 7-12 years | August 31, 2018 | female/male | 4+ |
| Mini Prep | 5-9 years | August 31, 2018 | female/male | 4+ |
| Tiny Prep | 4-6 years | August 31, 2018 | female/male | 4+ |

The following style is offered and will be added to the end of the Division Name: Hip-Hop.

In an effort to maintain a competitive atmosphere, Varsity reserves the right to close, combine or open divisions at any time leading up to each event. Varsity will follow all USASF guidelines regarding splitting/combining divisions. Please visit www.usasf.net and log onto your profile to see all guidelines.

Any questions regarding dance divisions, please contact Molly Whiting (mwhiting@varsity.com).

2018-2019 School Dance Divisions

| Name | Grade | Gender | Members |
|------------------------------|-----------------------|-------------|---------|
| 4 Year College Hip-Hop Dance | Collegiate Enrollment | female/male | 4+ |
| 2 Year College Hip-Hop Dance | Collegiate Enrollment | female/male | 4+ |
| Varsity Hip-Hop | 9th - 12th grade | female/male | 4+ |
| Junior Varsity Hip-Hop | 9th - 12th grade | female/male | 4+ |
| Junior High Hip-Hop | 9th grade and under | female/male | 4+ |
| Elementary School Hip-Hop | 5th grade and under | female/male | 4+ |

In an effort to maintain a competitive atmosphere, Varsity reserves the right to close, combine or open divisions at any time leading up to each event.

The competitor has to be in the grade for the appropriate division for the 2018-2019 school year.

The competitor must be an official member of the team for the school they are representing.

*If a school district allows for athletes below 9th grade to compete at the "high school level" the athlete is eligible.

Proof must be available upon request.

Any questions regarding school dance divisions, please contact Molly Whiting (mwhiting@varsity.com).

2018-2019 Rec Dance Divisions

| Name | Age | Age as of (date) | Gender | Members |
|--------------------|------------------------|------------------|-------------|---------|
| Senior Rec Hip-Hop | 18 years old & younger | August 31, 2018 | female/male | 4+ |
| Junior Rec Hip-Hop | 14 years old & younger | August 31, 2018 | female/male | 4+ |
| Youth Rec Hip-Hop | 12 years old & younger | August 31, 2018 | female/male | 4+ |
| PeeWee Rec Hip-Hop | 10 years old & younger | August 31, 2018 | female/male | 4+ |
| Mini Rec Hip-Hop | 8 years & younger | August 31, 2018 | female/male | 4+ |
| Tiny Rec Hip-Hop | 6 years & younger | August 31, 2018 | female/male | 4+ |

In an effort to maintain a competitive atmosphere, Varsity reserves the right to close, combine or open divisions at any time leading up to each event.

Varsity recognizes that Rec Dance does not have an official governing body to refer to, and that Rec Dance teams may have different guidelines to follow within their individual organizations. Please adhere to the guidelines set forth by your organization, and select the division that best fits both the age and abilities of the athletes on the team so that your team will be given the best opportunity for success at Varsity events.

In order to compete in a Rec Dance Division at a Varsity event, your team must fall into the Varsity definition of Competitive Rec Dance. Varsity defines Rec Dance as any form of competitive dancing that does not represent a school or an all star program. Teams may be affiliated with (but are not limited to) Pop Warner Associations, Youth League Associations, City/County Parks and Recreation Departments, YMCA's Boys and Girls Clubs, or any other community program that is not school or all star related.

Rec Dance Teams can:

1. Have their own practice facility, gym or studio
2. Hold practice and/or attend classes at gymnastics, studio or all star facilities
3. Represent their individual recreational team or their entire league/organization
4. Combine team members from all teams within a recreational league/organization if the league/organization allows them to do so
5. Have team members who also participate on school or all star teams

Competitive Dance Teams who are affiliated with all star programs or schools, even if it is half year or introductory team, will need to register in the all star or school division that best suits their ability level at Varsity events. They are NOT considered Rec Dance teams and cannot register in the Rec Dance divisions listed above for Varsity events. If a team does not meet all of the above criteria they may be disqualified.

Any questions regarding Rec Dance divisions, please contact Molly Whiting (mwhiting@varsity.com).