



CHEER & DANCE DIVISIONS

This guide lists all divisions offered by All-Star Cheerleading, Inc. at all competitive events. All-Star Cheerleading, Inc. is a member of the United States All-Star Federation (USASF) and follows their guidelines for skill levels and divisions for all-star cheer (page 2) and all dance (page 6) divisions. The divisions for both mount and non-mount teams from youth/recreation leagues, middle schools, and high schools are broken down by tumbling levels (see page 3 and 4 of this guide). You will also find the division listing for all individual and specialty/small group categories (see pages 5 and 6 of this guide).

- ★ 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 maximum size for a team is 36 competitors on the floor for the 2009-10 season unless otherwise noted.
- ★ **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
- ★ **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.
- ★ **JUNIOR/JUNIOR CO-ED COMBINING**
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.
- ★ 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" 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).*
 - Senior Open Level 5 and Senior Level 5 divisions may not be combined into one division.
- ★ In the "Group Stunt", "Partner Stunt" and "Individual" divisions the age, level and female/male restrictions designated below remain in place for stunt divisions (i.e. no Mini Stunt Group may perform at Level 5).

ALL-STAR CHEER DIVISIONS

EXHIBITION DIVISIONS				
001	Tiny	• 5 yrs & younger	• Female/Male	• 5 - 36 members
002	Special Needs	• Any Age	• Female/Male	• Unlimited
003	All other exhibition teams	• Any Age (including parent teams)	• Female/Male	• Unlimited
USASF Level 1				
101	Tiny – Level 1	• 5 yrs & younger	• Female/Male	• 5 - 36 members
102	Mini – Level 1	• 8 yrs & younger	• Female/Male	• 5 - 36 members
103	Youth – Level 1	• 11 yrs & younger	• Female/Male	• 5 - 36 members
104	Junior – Level 1	• 14 yrs & younger	• Female/Male	• 5 - 36 members
106	Senior – Level 1	• 18 yrs & younger	• Female/Male	• 5 - 36 members
USASF Level 2				
202	Mini – Level 2	• 8 yrs & younger	• Female/Male	• 5 - 36 members
203	Youth – Level 2	• 11 yrs & younger	• Female/Male	• 5 - 36 members
204	Junior – Level 2	• 14 yrs & younger	• Female/Male	• 5 - 36 members
206	Senior – Level 2	• 18 yrs and younger	• Female/Male	• 5 - 36 members
USASF Level 3				
302	Mini – Level 3	• 8 yrs & younger	• Female/Male	• 5 - 36 members
303	Youth – Level 3	• 11 yrs & younger	• Female/Male	• 5 - 36 members
304	Junior – Level 3	• 14 yrs & younger	• No Males	• 5 - 36 members
305	Junior Coed – Level 3	• 14 yrs & younger	• 1 or more Males	• 5 - 36 members
306	Senior – Level 3	• 18 yrs and younger	• No Males	• 5 - 36 members
307	Senior Coed – Level 3	• 18 yrs and younger	• 1 or more Males	• 5 - 36 members
USASF Level 4				
403	Youth – Level 4	• 11 yrs & younger	• Female/Male	• 5 - 36 members
404	Junior – Level 4	• 14 yrs & younger	• No Males	• 5 - 36 members
405	Junior Coed – Level 4	• 14 yrs & younger	• 1 or more Males	• 5 - 36 members
406	Senior – Level 4	• 18 yrs and younger	• No Males	• 5 - 36 members
407	Senior Coed – Level 4	• 18 yrs and younger	• 1 or more Males	• 5 - 36 members
USASF Level 4.2 <i>Level 4 Stunting, Pyramids & Tosses with Level 2 Tumbling</i>				
408	Senior – Level 4.2	• 11 yrs & younger	• Female/Male	• 5 - 36 members
USASF Level 5				
503	Youth – Level 5	• 11 yrs & younger	• Female/Male	• 5 - 36 members
504	Junior – Level 5	• 14 yrs & younger	• No Males	• 5 - 36 members
505	Junior Coed – Level 5	• 14 yrs & younger	• 1 or more Males	• 5 - 36 members
506	Senior – Level 5	• 12 - 18 yrs old	• No Males	• 5 - 36 members
507	Sr. Limited Coed – Level 5	• 12 - 18 yrs old	• 1-4 Males	• 5 - 36 members
508	Sr. Semi-Limited Coed – Level 5	• 12 - 18 yrs old	• 5-12 Males	• 5 - 36 members
509	Sr. Unlimited Coed – Level 5	• 12 - 18 yrs old	• 5 or more Males	• 5 - 36 members
510	Senior Open (see note on page 1) *	• 18 yrs & younger	• Limit 0-4 Males	• 5 - 36 members
521	International Open – Level 5	• 14 yrs & older	• No Male	• 5 - 24 members
522	International Open Co-ed Level 5	• 14 yrs & older	• 1-12 Males	• 5 - 24 members

SCHOOL – RECREATION – CLUB CHEER
Non-Mount Divisions

NOVICE NON-MOUNT <i>Basic tumbling skills only – forward rolls, cartwheels, round-offs, walkovers (no aerial skills or back handsprings)</i>				
601	Tiny – Novice Non-Mount	• 2 nd grade & below	• Female/Male	• 5 - 36 members
602	Mini – Novice Non-Mount	• 4 th grade & below	• Female/Male	• 5 - 36 members
603	Youth – Novice Non-Mount	• 6 th grade & below	• Female/Male	• 5 - 36 members
604	7 th Grade – Novice Non-Mount	• 7 th grade & below	• Female/Male	• 5 - 36 members
605	8 th Grade – Novice Non-Mount	• 8 th grade & below	• Female/Male	• 5 - 36 members
606	9 th Grade – Novice Non-Mount	• 9 th grade & below	• Female/Male	• 5 - 36 members
607	Jr. Varsity – Novice Non-Mount	High School JV Squad	• Female/Male	• 5 - 36 members
608	Varsity – Novice Non-Mount	High School Varsity Squad	• Female/Male	• 5 - 36 members
INTERMEDIATE NON-MOUNT <i>Intermediate tumbling skills – up to and including back handsprings (no aerial skills) up to 50% of team</i>				
611	Tiny – Int. Non-Mount	• 2 nd grade & below	• Female/Male	• 5 - 36 members
612	Mini – Int. Non-Mount	• 4 th grade & below	• Female/Male	• 5 - 36 members
613	Youth – Int. Non-Mount	• 6 th grade & below	• Female/Male	• 5 - 36 members
614	7 th Grade – Int. Non-Mount	• 7 th grade & below	• Female/Male	• 5 - 36 members
615	8 th Grade – Int. Non-Mount	• 8 th grade & below	• Female/Male	• 5 - 36 members
616	9 th Grade – Int. Non-Mount	• 9 th grade & below	• Female/Male	• 5 - 36 members
617	Junior Varsity – Int. Non-Mount	High School JV Squad	• Female/Male	• 5 - 36 members
618	Varsity – Int. Non-Mount	High School Varsity Squad	• Female/Male	• 5 - 36 members
ADVANCED NON-MOUNT <i>Advanced tumbling skills – more than 50% has back handspring and/or including aerial flips (tucks only NO layouts, full twisting layouts, etc.)</i>				
621	Tiny – Adv. Non-Mount	• 2 nd grade & below	• Female/Male	• 5 - 36 members
622	Mini – Adv. Non-Mount	• 4 th grade & below	• Female/Male	• 5 - 36 members
623	Youth – Adv. Non-Mount	• 6 th grade & below	• Female/Male	• 5 - 36 members
624	7 th Grade – Adv. Non-Mount	• 7 th grade & below	• Female/Male	• 5 - 36 members
625	8 th Grade – Adv. Non-Mount	• 8 th grade & below	• Female/Male	• 5 - 36 members
626	9 th Grade – Adv. Non-Mount	• 9 th grade & below	• Female/Male	• 5 - 36 members
627	Jr. Varsity – Adv. Non-Mount	High School JV Squad	• Female/Male	• 5 - 36 members
628	Varsity – Adv. Non-Mount	High School Varsity Squad	• Female/Male	• 5 - 36 members
ELITE NON-MOUNT <i>Advanced tumbling skills – including one or more layout, full twisting layout, etc.</i>				
633	Youth – Elite Non-Mount	• 6 th grade & below	• Female/Male	• 5 - 36 members
634	7 th Grade – Elite Non-Mount	• 7 th grade & below	• Female/Male	• 5 - 36 members
635	8 th Grade – Elite Non-Mount	• 8 th grade & below	• Female/Male	• 5 - 36 members
636	9 th Grade – Elite Non-Mount	• 9 th grade & below	• Female/Male	• 5 - 36 members
637	Jr. Varsity – Elite Non-Mount	High School JV Squad	• Female/Male	• 5 - 36 members
638	Varsity – Elite Non-Mount	High School Varsity Squad	• Female/Male	• 5 - 36 members

SCHOOL – RECREATION – CLUB CHEER
Mount Divisions

NOVICE MOUNT <i>Basic tumbling skills only – forward rolls, cartwheels, round-offs, walkovers (no aerial skills or back handsprings)</i>				
701	Tiny – Novice Mount	• 2 nd grade & below	• Female/Male	• 5 - 36 members
702	Mini – Novice Mount	• 4 th grade & below	• Female/Male	• 5 - 36 members
703	Youth – Novice Mount	• 6 th grade & below	• Female/Male	• 5 - 36 members
704	7 th Grade – Novice Mount	• 7 th grade & below	• Female/Male	• 5 - 36 members
705	8 th Grade – Novice Mount	• 8 th grade & below	• Female/Male	• 5 - 36 members
706	9 th Grade – Novice Mount	• 9 th grade & below	• Female/Male	• 5 - 36 members
707	Jr. Varsity – Novice Mount	High School JV Squad	• Female/Male	• 5 - 36 members
708	Varsity – Novice Mount	High School Varsity Squad	• Female/Male	• 5 - 36 members
INTERMEDIATE MOUNT <i>Intermediate tumbling skills – up to and including back handsprings (no aerial skills)</i>				
711	Tiny – Int. Mount	• 2 nd grade & below	• Female/Male	• 5 - 36 members
712	Mini – Int. Mount	• 4 th grade & below	• Female/Male	• 5 - 36 members
713	Youth – Int. Mount	• 6 th grade & below	• Female/Male	• 5 - 36 members
714	7 th Grade – Int. Mount	• 7 th grade & below	• Female/Male	• 5 - 36 members
715	8 th Grade – Int. Mount	• 8 th grade & below	• Female/Male	• 5 - 36 members
716	9 th Grade – Int. Mount	• 9 th grade & below	• Female/Male	• 5 - 36 members
717	Jr. Varsity – Int. Mount	High School JV Squad	• Female/Male	• 5 - 36 members
718	Varsity – Int. Mount	High School Varsity Squad	• Female/Male	• 5 - 36 members
ADVANCED MOUNT <i>Advanced tumbling skills – more than 50% has back handspring and/or including aerial flips (tucks only NO layouts, full twisting layouts, etc.)</i>				
721	Tiny – Adv. Mount	• 2 nd grade & below	• Female/Male	• 5 - 36 members
722	Mini – Adv. Mount	• 4 th grade & below	• Female/Male	• 5 - 36 members
723	Youth – Adv. Mount	• 6 th grade & below	• Female/Male	• 5 - 36 members
724	7 th Grade – Adv. Mount	• 7 th grade & below	• Female/Male	• 5 - 36 members
725	8 th Grade – Adv. Mount	• 8 th grade & below	• Female/Male	• 5 - 36 members
726	9 th Grade – Adv. Mount	• 9 th grade & below	• Female/Male	• 5 - 36 members
727	Jr. Varsity – Adv. Mount	High School JV Squad	• Female/Male	• 5 - 36 members
728	Varsity – Adv. Mount	High School Varsity Squad	• Female/Male	• 5 - 36 members
ELITE MOUNT <i>Advanced tumbling skills – including one or more layout, full twisting layout, etc.</i>				
733	Youth – Elite Mount	• 6 th grade & below	• Female/Male	• 5 - 36 members
734	7 th Grade – Elite Mount	• 7 th grade & below	• Female/Male	• 5 - 36 members
735	8 th Grade – Elite Mount	• 8 th grade & below	• Female/Male	• 5 - 36 members
736	9 th Grade – Elite Mount	• 9 th grade & below	• Female/Male	• 5 - 36 members
737	Jr. Varsity – Elite Mount	High School JV Squad	• Female/Male	• 5 - 36 members
738	Varsity – Elite Mount	High School Varsity Squad	• Female/Male	• 5 - 36 members

SPECIALTY CHEER DIVISIONS

CHEER SOLO <i>1 PERFORMER ONLY – ROUTINE INCLUDES TUMBLING</i>			
801	Tiny (Level 1 only)	• 5 yrs & younger	• Female/Male
802	Mini (Levels 1, 2 & 3 only)	• 8 yrs & younger	• Female/Male
803	Youth	• 11 yrs & younger	• Female/Male
804	Junior	• 14 yrs & younger	• Female/Male
805	Senior	• 18 yrs & younger	• Female/Male
CROWDLEADER SOLO <i>1 PERFORMER ONLY – NO TUMBLING</i>			
811	Tiny	• 5 yrs & younger	• Female/Male
812	Mini	• 8 yrs & younger	• Female/Male
813	Youth	• 11 yrs & younger	• Female/Male
814	Junior	• 14 yrs & younger	• Female/Male
815	Senior	• 18 yrs & younger	• Female/Male
CHEER DUO <i>2 PERFORMERS – ROUTINE INCLUDES TUMBLING</i>			
821	Tiny (Level 1 only)	• 5 yrs & younger	• Female/Male
822	Mini (Levels 1, 2 & 3 only)	• 8 yrs & younger	• Female/Male
823	Youth	• 11 yrs & younger	• Female/Male
824	Junior	• 14 yrs & younger	• Female/Male
825	Senior	• 18 yrs & younger	• Female/Male
CROWDLEADER DUO <i>2 PERFORMERS – NO TUMBLING</i>			
831	Tiny	• 5 yrs & younger	• Female/Male
832	Mini	• 8 yrs & younger	• Female/Male
833	Youth	• 11 yrs & younger	• Female/Male
834	Junior	• 14 yrs & younger	• Female/Male
835	Senior	• 18 yrs & younger	• Female/Male
CHEER TRIO <i>3 PERFORMERS – ROUTINE INCLUDES TUMBLING</i>			
841	Tiny (Level 1 only)	• 5 yrs & younger	• Female/Male
842	Mini (Levels 1, 2 & 3 only)	• 8 yrs & younger	• Female/Male
843	Youth	• 11 yrs & younger	• Female/Male
844	Junior	• 14 yrs & younger	• Female/Male
845	Senior	• 18 yrs & younger	• Female/Male
CROWDLEADER TRIO <i>3 PERFORMERS – NO TUMBLING</i>			
851	Tiny	• 5 yrs & younger	• Female/Male
852	Mini	• 8 yrs & younger	• Female/Male
853	Youth	• 11 yrs & younger	• Female/Male
854	Junior	• 14 yrs & younger	• Female/Male
855	Senior	• 18 yrs & younger	• Female/Male
STUNT GROUP <i>UP TO 5 PERFORMERS – STUNTING ONLY – NO TUMBLING</i>			
861	Tiny (Level 1 only)	• 5 yrs & younger	• Female
862	Mini (Levels 1, 2 & 3 only)	• 8 yrs & younger	• Female
863	Youth	• 11 yrs & younger	• Female
864	Junior	• 14 yrs & younger	• Female
865	Senior	• 10 - 18 yrs old	• Female
866	Open	• 18 yrs & older	• Female
CO-ED PARTNER STUNT <i>2 PERFORMERS – STUNTING ONLY – NO TUMBLING</i>			
871	Tiny (Level 1 only)	• 5 yrs & younger	• Female/Male
872	Mini (Levels 1, 2 & 3 only)	• 8 yrs & younger	• Female/Male
873	Youth	• 11 yrs & younger	• Female/Male
874	Junior	• 14 yrs & younger	• Female/Male
875	Senior	• 10 - 18 yrs old	• Female/Male
875	Open	• 18 yrs & older	• Female/Male

TEAM DANCE DIVISIONS (All-Star, School, Studio)

POM			
<i>Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique and incorporation of dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.</i>			
901	Tiny	• 5 yrs & younger	• Female/Male
902	Mini	• 8 yrs & younger	• Female/Male
903	Youth	• 11 yrs & younger	• Female/Male
904	Junior	• 14 yrs & younger	• Female/Male
905	Senior	• 18 yrs & younger	• Female/Male
FUNK/HIP HOP			
<i>Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity, and musical interpretation. Teams may also put an additional focus on the athletic incorporations such as jumps, jump variations, combo jumps and other tricks.</i>			
911	Tiny	• 5 yrs & younger	• Female/Male
912	Mini	• 8 yrs & younger	• Female/Male
913	Youth	• 11 yrs & younger	• Female/Male
914	Junior	• 14 yrs & younger	• Female/Male
915	Senior	• 18 yrs & younger	• Female/Male
JAZZ			
<i>A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.</i>			
921	Tiny	• 5 yrs & younger	• Female/Male
922	Mini	• 8 yrs & younger	• Female/Male
923	Youth	• 11 yrs & younger	• Female/Male
924	Junior	• 14 yrs & younger	• Female/Male
925	Senior	• 18 yrs & younger	• Female/Male
OTHER			
<i>Includes all other categories including Lyrical or Combination routines – and all open teams.</i>			
931	Tiny	• 5 yrs & younger	• Female/Male
932	Mini	• 8 yrs & younger	• Female/Male
933	Youth	• 11 yrs & younger	• Female/Male
934	Junior	• 14 yrs & younger	• Female/Male
935	Senior	• 18 yrs & younger	• Female/Male
936	Open	• 18 yrs & older	• Female/Male

SPECIALTY DANCE DIVISIONS

DANCE SOLO 1 PERFORMER ONLY			
981	Tiny	• 5 yrs & younger	• Female/Male
982	Mini	• 8 yrs & younger	• Female/Male
983	Youth	• 11 yrs & younger	• Female/Male
984	Junior	• 14 yrs & younger	• Female/Male
985	Senior	• 18 yrs & younger	• Female/Male
DANCE DUO 2 PERFORMERS			
986	Tiny	• 5 yrs & younger	• Female/Male
987	Mini	• 8 yrs & younger	• Female/Male
988	Youth	• 11 yrs & younger	• Female/Male
989	Junior	• 14 yrs & younger	• Female/Male
990	Senior	• 18 yrs & younger	• Female/Male
DANCE TRIO 3 PERFORMERS			
991	Tiny	• 5 yrs & younger	• Female/Male
992	Mini	• 8 yrs & younger	• Female/Male
993	Youth	• 11 yrs & younger	• Female/Male
994	Junior	• 14 yrs & younger	• Female/Male
995	Senior	• 18 yrs & younger	• Female/Male