



USA Recreation Divisions for 2025-2026

TRADITIONAL AFFILIATED - CHEER DIVISIONS

Red indicates a change/update from the 2024-25 competition season.

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

[Divisions, Rules & Scoring](#)

DIVISION	AGE OF ELIGIBILITY	FEMALE/MALE	TEAM MEMBERS	ROUTINE STRUCTURE	COMPETATIVE SURFACE
SHOW CHEER -- ADVANCED (Building & Tumbling Skills)					
11-18 Years Old*	6/1/2007-2013	F/M	5 - 36 Members	2:30 minute maximum with 1:45 max music.	All Divisions: Foam Floor
14 & Younger	2011 or Later	F/M	5 - 36 Members		
12 & Younger	2013 or Later	F/M	5 - 36 Members		
SHOW CHEER -- NOVICE (Building & Tumbling Skills)					
14 & Younger	2011 or Later	F/M	5 - 36 Members	2:30 minute maximum with 1:45 max music.	All Divisions: Foam Floor
12 & Younger	2013 or Later	F/M	5 - 36 Members		
10 & Younger	2015 or Later	F/M	5 - 36 Members		

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 2025-2026 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.

*Following thoughtful discussion after the release of the 2025–2026 Rec information, we are including a transitional year for implementing the bottom age of the 12–18 division on the Rec Age grid. For the upcoming 25-26 season, athletes ages 11 – 18 will be allowed to compete in this division. By the 26-27 season, we will fully enforce the 12-18 age range. This gives Recreational programs ample time to adjust rosters, plan for the future and keep athlete safety a top priority.

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.

Rev. 6/11/25

