



PERFORMANCE RECREATION AGE GRID

VARSITY PERFORMANCE RECREATIONAL CHEER DIVISIONS

This document contains the competitive recreational cheer division offerings for the 2025-2026 season.

The age grid provides a list of divisions that may be offered by an Event Producer. An Event Producer does not have to offer every division listed.

All Recreational teams must classify as one of the following:

AFFILIATED

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. Each team must cheer for a sport during the 2025-2026 cheer season

NON AFFILIATED

Organization may be independent of town/city organization/clubs. Team does not necessarily cheer for or support a sports program. Team is not affiliated with an All Star program.

CLASSIFICATIONS

At the beginning of the season a program must classify if they are Affiliated or Non Affiliated. This must be verified before the first competition. Once the team's affiliation has been declared, it may not change unless authorized by the Varsity Scoring division. An Affiliated team may move into a Non Affiliated division if they are the only team in the Affiliated division.

Affiliated and Non Affiliated Recreational cheerleading organizations can register teams in Performance Advanced and/or Performance Elite Divisions.

Performance routines may be performed on a spring or foam floor. Check with your event producer to determine what type of floor will be used at the competition.

PERFORMANCE RECREATIONAL DIVISIONS

There are two division offerings for Performance Recreation: Performance Elite or Performance Advanced. In both divisions the routine format will be all music routines. The difference between Performance Elite and Performance Advanced are as follows:

Performance Elite- No cheer allowed, tosses maybe performed.

Performance Advanced- Cheer may be performed, however will not be scored. Tosses are prohibited.

Performance Recreational divisions may be offered at All Star events. Both Affiliated and Non Affiliated Performance Recreational divisions will be combined. The Affiliated and Non Affiliated may split based on the event registrations. Teams will follow the USASF routine rules and the Varsity Performance Recreational criteria for scoring. All Performance Recreational teams attending a Varsity All Star event must receive a bid to attend an end of the season event - The Quest, Recreational Summit and US Finals.

PERFORMANCE REC ELITE

Routine Max: 2:30 minutes

PERFORMANCE REC ADVANCED

Routine Max: 2:30 minutes

VARSITY RECREATIONAL DIVISION SPLIT GUIDELINES

Varsity Spirit guidelines for SPLITTING divisions is in the best interest of providing a competitive environment. Once there are 3 or more teams in each of their respective divisions/level, the event producer May split the division.

When following the split guidelines, the event producer May move to the next step even if unable to split by an earlier step.

Definitions for this section:

May means that an event producer is permitted to split but is not required. Anything that reads **may** is left to the discretion of the event producer.

SPLITTING RECREATIONAL DIVISIONS

1st Split: by Affiliated/NonAffiliated- Once there are 3 or more teams in each of their respective divisions/level, the event producer may split the division.

2nd Split: by Team Size- Divisions may split into team size, when there are 3 or more teams within the respective divisions.

Team size will be split by the following:

Performance Elite Small 5-22
Performance Elite Large 23-36

Performance Advanced Small 5-19
Performance Advanced Large 20-36

PERFORMANCE RECREATIONAL

AFFILIATED AND NON AFFILIATED

DIVISIONS FOR 2025-2026

DIVISION	BIRTH YEARS	GENDER	# OF PARTICIPANTS	ROUTINE STRUCTURE	COMPETITIVE SURFACE
PERFORMANCE LEVEL 1					
11-18 Years Old*	6/1/2007-2014	F/M	5-36 members	2:30 Minute Maximum Routine Time	Spring or Foam Floor
14Y	2011 and Later	F/M	5-36 members		Spring or Foam Floor
12Y	2013 and Later	F/M	5-36 members		Spring or Foam Floor
10Y	2015 and Later	F/M	5-36 members		Spring or Foam Floor
8Y	2017 and Later	F/M	5-36 members		Spring or Foam Floor
6Y	2019 and Later	F/M	5-36 members		Spring or Foam Floor
PERFORMANCE LEVEL 2.1 (LEVEL 2 BUILDING SKILLS, LEVEL 1 TUMBLING SKILLS)					
11-18 Years Old*	6/1/2007-2014	F/M	5-36 members	2:30 Minute Maximum Routine Time	Spring or Foam Floor
12Y	2013 and Later	F/M	5-36 members		Spring or Foam Floor
PERFORMANCE LEVEL 2					
11-18 Years Old*	6/1/2007-2014	F/M	5-36 members	2:30 Minute Maximum Routine Time	Spring or Foam Floor
14Y	2011 and Later	F/M	5-36 members		Spring or Foam Floor
12Y	2013 and Later	F/M	5-36 members		Spring or Foam Floor
10Y	2015 and Later	F/M	5-36 members		Spring or Foam Floor
PERFORMANCE LEVEL 3.1 (LEVEL 3 BUILDING SKILLS, LEVEL 1 TUMBLING SKILLS)					
11-18 Years Old*	6/1/2007-2014	F/M	5-36 members	2:30 Minute Maximum Routine Time	Spring or Foam Floor
14Y	2011 and Later	F/M	5-36 members		Spring or Foam Floor
PERFORMANCE LEVEL 3					
11-18 Years Old*	6/1/2007-2014	F/M	5-36 members	2:30 Minute Maximum Routine Time	Spring or Foam Floor
14Y	2011 and Later	F/M	5-36 members		Spring or Foam Floor
12Y	2013 and Later	F/M	5-36 members		Spring or Foam Floor
PERFORMANCE LEVEL 4.2 (LEVEL 4 BUILDING SKILLS, LEVEL 2 TUMBLING SKILLS)					
11-18 Years Old*	6/1/2007-2014	F/M	5-36 members	2:30 Minute Maximum Routine Time	Spring or Foam Floor
PERFORMANCE LEVEL 4					
11-18 Years Old*	6/1/2007-2014	F/M	5-36 members	2:30 Minute Maximum Routine Time	Spring or Foam Floor
8-14 Years Old	2011-2017	F/M	5-36 members		Spring or Foam Floor

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

*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.

PERFORMANCE RECREATIONAL DIVISIONS

EXHIBITION AND CHEERABILITIES - DIVISIONS FOR 2025-2026					
DIVISION	BIRTH YEARS	GENDER	# OF PARTICIPANTS	ROUTINE STRUCTURE	COMPETITIVE SURFACE
RECREATIONAL EXHIBITIONS					
18 & Younger	6/1/2007 and Later	F/M	5-36 members	2:30 Minute Maximum	Spring or Foam Floor
CHEERABILITIES EXHIBITIONS					
Any Age	Any	F/M	5-36 members	2:30 Minute Maximum	Spring or Foam Floor

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

2025-2026 AGE GRID							
BIRTH YEARS	DIVISION						
	6Y	8Y	10Y	12Y	14Y	8-14Y	11-18Y
2019 AND LATER	X	X	X	X	X		
2018		X	X	X	X	X	
2017		X	X	X	X	X	
2016			X	X	X	X	
2015			X	X	X	X	
2014				X	X	X	
2013				X	X	X	X
2012					X	X	X
2011					X	X	X
2010							X
2009							X
2008							X
2007							X