

All-Star Prep/Novice 2023

Divisions, Age Grid, and Additional Guidelines



Prep Level 1.1 (Building Lvl 1, Tumbling Lvl 1)				
Division	Age	Age as of Date	Female/Male	# on Team
Tiny	5 to 6	08/31/2022	Female/Male	5 - 30
Mini	6 to 8	08/31/2022	Female/Male	5 - 30
Youth	6 to 11	08/31/2022	Female/Male	5 - 30
Junior	7 to 15	08/31/2022	Female/Male	5 - 30
Senior	10 to 18	08/31/2022	Female/Male	5 - 30

Prep 2.1 (Building Lvl 2, no tosses, Tumbling Lvl 1)				
Division	Age	Age as of Date	Female/Male	# on Team
Mini	6 to 8	08/31/2022	Female/Male	5 - 30
Youth	6 to 11	08/31/2022	Female/Male	5 - 30
Junior	7 to 15	08/31/2022	Female/Male	5 - 30
Senior	10 to 18	08/31/2022	Female/Male	5 - 30

Prep 3.1 (Building Lvl 3, no tosses, Tumbling Lvl 1)				
Division	Age	Age as of Date	Female/Male	# on Team
Youth	6 to 11	08/31/2022	Female/Male	5 - 30
Junior	7 to 15	08/31/2022	Female/Male	5 - 30
Senior	10 to 18	08/31/2022	Female/Male	5 - 30

Prep Level 3.2 (Building Lvl 3, no tosses, Tumbling Lvl 2)				
Division	Age	Age as of Date	Female/Male	# on Team
Youth	5 to 11	08/31/2022	Female/Male	5 - 30
Junior	5 to 14	08/31/2022	Female/Male	5 - 30
Senior	10 to 18	08/31/2022	Female/Male	5 - 30

Novice Level 1				
Division	Age	Age as of Date	Female/Male	# on Team
Tiny	3 to 6	08/31/2022	Female/Male	5 - 30

All Star Cheer Prep Additional Guidelines
All teams are combined female/male - prep teams will not be classified as co-ed regardless of the number of males on the team.
Routines may not exceed 2:00 minutes.
No tosses allowed including "Sponge" aka "load in" aka "Squish" tosses.
All waist level cradles are not allowed.

Tiny Novice Additional Guidelines
No Building skills allowed, including tosses, stunts, and pyramids.
The ONLY two tumbling skills allowed are cartwheels and forward rolls. No other tumbling skills are permitted.
Routines may not exceed 1:30 minutes.
No tosses allowed including "Sponge" aka "load in" aka "Squish" tosses.
All waist level cradles are not allowed.