

Recreational Cheer Age Grid 2025

Traditional (Affiliated/Show) or Performance



Recreational Cheer Age Grid			
Division	Age	Female/Male	# on Team
U6	6 years old and under	Female/Male	5 - 32
U8	8 years old and under	Female/Male	5 - 32
U10	10 years old and under	Female/Male	5 - 32
U12	12 years old and under	Female/Male	5 - 32
U14	14 years old and under	Female/Male	5 - 32
U16	16 years old and under	Female/Male	5 - 32
U18	18 years old and under	Female/Male	5 - 32

* Divisions may be combined or split as needed for competition purposes.