



## 2025-2026 Recreation Cheer Division Grid

This document contains the competitive traditional recreation cheer divisions and performance cheer divisions offered for the 2025-2026 season. The age grid provides a list of divisions that may be offered by The ONE PRIME Finals. The ONE PRIME Finals does not have to offer every division listed at each event.

**All teams must classify as one of the following:**

- **GAME DAY**

- 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.

- **TRADITIONAL**

- 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.

- **PERFORMANCE**

- Organization may be independent of town/city organization/clubs. Team does not necessarily cheer for a supported, sports program.

### CLASSIFICATIONS

- At the beginning of the season a team must classify if they are Traditional or Performance. This must be verified before the competition season. Once the team division has been declared:
  - A Performance Team cannot move to a Traditional division.
  - A Traditional organization can move to the Performance division; however, any bids they have earned as a Traditional organization during the competitive season will be forfeited. The organization will not be eligible to return to the Traditional division during the remainder of that competitive season.

### DIVISION SPLITS

Recreation Divisions will be split small and large when there are at least 2 teams left in each division.

- Small = 5-19 members
- Large = 20-36 members

**Traditional Recreation and Performance Cheer cheerleading organizations can register teams in Traditional and/or Performance divisions.**

- **TRADITIONAL RECREATION – [SCORING RUBRIC](#)**

- Routines may be a Cheer & Music combination.  
Routine Max: 2:30 minutes
- No tosses allowed.
- Will follow USASF All Star Prep Cheer Rules

The age of the athlete will be based on BIRTH YEAR  
for the 2025-2026 competitive season.



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- **PERFORMANCE CHEER – [SCORING RUBRIC](#)**
  - Routines may be a Cheer & Music combination.  
Routine Max: 2:30 minutes
  - Will follow USASF All Star Elite Cheer Rules
    - Exception: Level 4 - Fulls are allowed in running tumbling only and will be counted toward the running tumbling difficulty and technique scores.
- **GAME DAY RECREATION – [SCORING RUBRIC](#)**
  - Routines **must** include a Cheer.  
Routine Max: 2:30 minutes
  - No tosses allowed.
  - Will follow USASF All Star Prep Cheer Rules

GameDay Recreation Cheer, Traditional Recreation Cheer and Performance Cheer routines may be performed on a spring or foam floor. Check with The ONE PRIME Finals to determine what type of floor will be used at the competition.

GAMEDAY RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1			
6U	2018 and later	6 years and younger	5-36 members, Female/Male
8U	2016 and later	8 years and younger	5-36 members, Female/Male
10U	2014 and later	10 years and younger	5-36 members, Female/Male
12U	2012 and later	12 years and younger	5-36 members, Female/Male
14U	2010 and later	14 years and younger	5-36 members, Female/Male
18U	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2			
12U	2012 and later	12 years and younger	5-36 members, Female/Male
14U	2010 and later	14 years and younger	5-36 members, Female/Male
18U	06/01/06 and later	18 years and younger	5-36 members, Female/Male

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TRADITIONAL RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1			
TINY (6U)	2018 and later	6 years and younger	5-36 members, Female/Male
MINI (8U)	2016 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1			
PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2			
PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1			
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3			
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
RECREATION EXHIBITION			
EXHIBITION	06/01/06 and later	18 years and younger	Unlimited members, Female/Male
CHEERABILITIES (SPECIAL ATHLETE) EXHIBITION			
CHEERABILITIES	Any Age	Any Age	Unlimited members, Female/Male

If you do not see your division listed, contact [registration@theonefinals.com](mailto:registration@theonefinals.com)

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PERFORMANCE RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1			
TINY (6U)	2018 and later	6 years and younger	5-36 members, Female/Male
MINI (8U)	2016 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1			
PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2			
PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1			
YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.2			
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3			
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4			
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4.2			
JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 5			
SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male

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## 2025-2026 Recreation Cheer Division Grid

TRADITIONAL & PERFORMANCE RECREATION CHEER			
CHEERABILITIES (SPECIAL ATHLETE) EXHIBITION			
CHEERABILITIES	Any Age	Any Age	Unlimited members, Female/Male

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## 2025-2026 Recreation Cheer Division Grid

2025-2026 Recreation Age Grid by Birth Year						
Birth Year	Division					
	6U	8U	10U	12U	14U	18U
2018 & later	X	X	X	X	X	X
2017		X	X	X	X	X
2016		X	X	X	X	X
2015			X	X	X	X
2014			X	X	X	X
2013				X	X	X
2012				X	X	X
2011					X	X
2010					X	X
2009						X
2008						X
2007						X
2006						X

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