



USA Cheer Club STUNT Divisions & Eligibility Guidelines for 2024-25

USA Cheer establishes eligibility guidelines to promote a safe and sportsmanlike environment. USA Cheer believes that organizers of club STUNT should provide playing opportunities that, as much as possible, aim to establish a “level playing field” among players of similar age.

GENERAL ATHLETE GUIDELINES

- Athletes participating must obtain a USA Cheer Athlete Membership for the current season and be linked to the appropriate team prior to their participation in a contest and remain with the same team throughout the entire playing season.
- Athletes that need to change their club affiliation must contact and be approved by USA Cheer. Transfers can be done prior to the season start. If an athlete transfer is requested during season, the circumstances will be evaluated.
- Athletes participating on a team must be members of the team, replacement members are not permitted.
- Athletes may be added anytime throughout the season as long as roster maximums are not exceeded.
- All athletes must have their USA Cheer Athlete Membership card with them at all events.

DIVISIONS & LEAGUE AGE

- Athletes must remain in the same division for the entire playing season.
- If an athlete’s league age (see league age chart on page 3) falls between two divisions, it is the club’s discretion on where the athlete is best fit.
 - Example: If an athlete has a league age of 11, they are eligible to compete in the 11U division or the 14U division.
- If an athlete’s birthdate falls shortly after the cutoff date of June 1, they will still be placed in a division based on their league age.
 - Example: An athlete that has a birthdate of June 5, 2010 has a league age of 13, therefore, that athlete is only eligible for the 14U division. The athlete does not have the option of playing in the 18U division.
- College level athletes are able to participate as long as they fall within the correct league age and are not on a college roster.

2024-25 Club STUNT Age Grid

<i>Division</i>	<i>League Age</i>	<i>League Age as of</i>	<i>Min # on Team</i>	<i>Max # on Team</i>
8U	5-8 years old	June 1, 2024	8	16
11U	8-11 years old	June 1, 2024	8	16
14U	11-14 years old	June 1, 2024	8	16
18U	14-18 years old	June 1, 2024	12	24

Please note the following:

- Teams may not exceed the Max # on a Team.
- Athletes will be locked in for the season once an athlete is rostered onto a designated team.
- 1 Head Coach and 2 Assistant Coaches are allowed per team and must be rostered.

SEASONS OF PLAY

- Memberships open for the 2024-25 season of play on June 1, 2024.
- The 2024 fall season of play is July 1 through December 31, 2024.
 - No games should be played prior to July 1.
- The 2025 spring season of play is January 1, 2025 through May 31, 2025.
 - No games should be played prior to February 1.
 - Only 8U, 11U and 14U divisions are eligible to play in the spring.
- Season: Any playing of games between July 1 and December 31, 2024 will be officially considered within the fall season. Any playing of games between February 1 and May 31, 2025 will be officially considered within the spring season.
- Championship Season: Any playing of games played through USA Cheer’s Championships will be officially considered a championship season and teams must qualify through USA Cheer sanctioned events to play during that time.
 - Only 14U and 18U divisions are eligible for the championship season.
 - Championships will only be held for the fall season.



LEAGUE AGE QUICK REFERENCE TABLE

For play occurring between June 1, 2024 – May 31, 2025

Age as of June 1, 2024 = LEAGUE AGE

Find the athlete’s birth month column across the top. Go down the rows to the athlete’s birth year. The corresponding League Age and Division listed at the end of the row is the athlete’s League Age and Division for the 2024-2025 Club STUNT season.

Division	Rules
8U	See 8U Rules
11U	See 11U Rules
14U	See 14U Rules
18U	See 18U Rules

JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC	LEAGUE AGE	DIVISION
2019	2019	2019	2019	2019	2018	2018	2018	2018	2018	2018	2018	5	8U
2018	2018	2018	2018	2018	2017	2017	2017	2017	2017	2017	2017	6	8U
2017	2017	2017	2017	2017	2016	2016	2016	2016	2016	2016	2016	7	8U
2016	2016	2016	2016	2016	2015	2015	2015	2015	2015	2015	2015	8	8U or 11U
2015	2015	2015	2015	2015	2014	2014	2014	2014	2014	2014	2014	9	11U
2014	2014	2014	2014	2014	2013	2013	2013	2013	2013	2013	2013	10	11U
2013	2013	2013	2013	2013	2012	2012	2012	2012	2012	2012	2012	11	11U or 14U
2012	2012	2012	2012	2012	2011	2011	2011	2011	2011	2011	2011	12	14U
2011	2011	2011	2011	2011	2010	2010	2010	2010	2010	2010	2010	13	14U
2010	2010	2010	2010	2010	2009	2009	2009	2009	2009	2009	2009	14	14U or 18U
2009	2009	2009	2009	2009	2008	2008	2008	2008	2008	2008	2008	15	18U
2008	2008	2008	2008	2008	2007	2007	2007	2007	2007	2007	2007	16	18U
2007	2007	2007	2007	2007	2006	2006	2006	2006	2006	2006	2006	17	18U
2006	2006	2006	2006	2006	2005	2005	2005	2005	2005	2005	2005	18	18U