

DIVISIONS & AGE GROUPS

INDIVIDUAL DIVISION

INDIVIDUAL FEMALE
INDIVIDUAL MALE

TUMBLE DIVISION

TUMBLE DUO
TUMBLE TRIO

STUNT DIVISION

COED STUNT
ALL GIRL STUNT
SMALL COED STUNT
TWO MAN STUNT

GROUP ROUTINE DIVISION

ALL GIRL
SMALL COED
NON TUMBLE

LEVEL THREE, FOUR, & FIVE DIVISIONS

YOUTH AGE GROUP

INDIVIDUAL FEMALE
INDIVIDUAL MALE

TUMBLE DUO - two athletes; 0-2 males
TUMBLE TRIO - three athletes; 0-3 males
GROUP STUNT - four athletes; 0-2 males
GROUP ROUTINE - five athletes; 0-2 males

JUNIOR AGE GROUP

INDIVIDUAL FEMALE
INDIVIDUAL MALE

TUMBLE DUO - two athletes; 0-2 males
TUMBLE TRIO - three athletes; 0-3 males
GROUP STUNT - four athletes; 0-2 males
GROUP ROUTINE - five athletes; 0-2 males

SENIOR AGE GROUP

INDIVIDUAL FEMALE
INDIVIDUAL MALE

TUMBLE DUO - two athletes; 0-2 males
TUMBLE TRIO - three athletes; 0-3 males
GROUP STUNT - four athletes; 0-2 males
GROUP ROUTINE - five athletes; 0-2 males

LEVEL ELITE DIVISIONS - LEVEL SIX & SEVEN

JUNIOR AGE GROUP

INDIVIDUAL FEMALE
INDIVIDUAL MALE

TUMBLE DUO - two athletes; 0-2 males
TUMBLE TRIO - three athletes; 0-3 males
GROUP STUNT - four athletes; 0-2 males
GROUP ROUTINE - five athletes; 0-2 males

SENIOR AGE GROUP

INDIVIDUAL FEMALE
INDIVIDUAL MALE

TUMBLE DUO - two athletes; 0-2 males
TUMBLE TRIO - three athletes; 0-3 males
COED STUNT - side spot required; female flyer
ALL GIRL STUNT - four athletes; 0 males
SMALL COED STUNT - four athletes; 1-2 males
TWO MAN STUNT - three athletes; female flyer
ALL GIRL GROUP ROUTINE - five athletes; 0 males
SMALL COED GROUP ROUTINE - five athletes; 1-2
NON-TUMBLE ROUTINE - five athletes; 0-2 males

OPEN AGE GROUP

INDIVIDUAL FEMALE
INDIVIDUAL MALE

TUMBLE DUO - two athletes; 0-2 males
TUMBLE TRIO - three athletes; 0-3 males
COED STUNT - side spot required; female flyer
ALL GIRL STUNT - four athletes; 0 males
SMALL COED STUNT - four athletes; 1-2 males
TWO MAN STUNT - three athletes; female flyer
ALL GIRL GROUP ROUTINE - five athletes; 0 males
SMALL COED GROUP ROUTINE - five athletes; 1-2
NON-TUMBLE ROUTINE - five athletes; 0-2 males



[Youth: Ages 7-11] [Junior: 10-14] [Senior: Ages 13-19] [Open: Ages 18+]

THE ATHLETES AGE ON 12/31/2024 WILL DETERMINE AGE GROUP ELIGIBILITY.