

# DIVISIONS & AGE GROUPS

## **INDIVIDUAL DIVISION**

INDIVIDUAL FEMALE  
INDIVIDUAL MALE

## **TUMBLE DIVISION**

TUMBLE DUO  
TUMBLE TRIO

## **STUNT DIVISION**

COED STUNT  
ALL GIRL STUNT  
ALL MALE STUNT  
SMALL COED STUNT  
TWO MAN STUNT

## **GROUP ROUTINE DIVISION**

NON-TUMBLE ROUTINE  
ALL GIRL GROUP ROUTINE  
ALL MALE GROUP ROUTINE  
SMALL COED GROUP ROUTINE

## **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  
**ALL MALE STUNT** - four athletes; 0 females  
**SMALL COED STUNT** - four athletes; 1-2 males  
**TWO MAN STUNT** - three athletes; female flyer  
**NON-TUMBLE ROUTINE** - five athletes; 0-2 males  
**ALL GIRL GROUP ROUTINE** - five athletes; 0 males  
**ALL MALE GROUP ROUTINE** - five athletes; 0 females  
**SMALL COED GROUP ROUTINE** - five athletes; 1-2 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  
**ALL MALE STUNT** - four athletes; 0 females  
**SMALL COED STUNT** - four athletes; 1-2 males  
**TWO MAN STUNT** - three athletes; female flyer  
**NON-TUMBLE ROUTINE** - five athletes; 0-2 males  
**ALL GIRL GROUP ROUTINE** - five athletes; 0 males  
**ALL MALE GROUP ROUTINE** - five athletes; 0 females  
**SMALL COED GROUP ROUTINE** - five athletes; 1-2 males



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

THE ATHLETE'S AGE ON 12/31/2022 WILL DETERMINE AGE GROUP ELIGIBILITY.