



Cheer & Dance Age Divisions
Lisa Moroski, National Commissioner, spirit@popwarner.com
August 1, 2024 to July 31, 2025

| Age Division  | Age Range           | Inclusive Birth Dates |
|---------------|---------------------|-----------------------|
| Jr. Tiny Mite | 3 & 4               | 8/1/19 – 7/31/21      |
| Tiny Mite     | 5, 6 & 7            | 8/1/16 – 7/31/19      |
| Mitey Mite    | 7,8 & 9             | 8/1/14 – 7/31/17      |
| Jr. Peewee    | 8, 9, 10 & 11       | 8/1/12 - 7/31/16      |
| Peewee        | 9, 10, 11 & 12      | 8/1/11 – 7/31/15      |
| Jr. Varsity   | 10, 11, 12 & 13     | 8/1/10 - 7/31/14      |
| Varsity       | 12, 13, 14, 15 & 16 | 8/1/07 – 7/31/12      |
| Bantam        | 14, 15, 16, 17 & 18 | 8/1/05 – 7/31/10      |
| Challenger    | 5 to 18             | 8/1/05 - 7/31/19      |

| Date of Birth                         | Possible Team Assignments       |
|---------------------------------------|---------------------------------|
| Ages 3 – 4, Between 8/1/19 – 7/31/21  | Jr. Tiny Mite                   |
| Age 5 – 6, Between 8/1/17 and 7/31/19 | Tiny Mite                       |
| Age 7, Between 8/1/16 and 7/31/17     | Tiny Mite, Mitey Mite           |
| Age 8, Between 8/1/15 and 7/31/16     | Mitey Mite, Jr. Peewee          |
| Age 9, Between 8/1/14 and 7/31/15     | Mitey Mite, Jr. Peewee, Peewee  |
| Age 10, Between 8/1/13 and 7/31/14    | Jr. Peewee, Peewee, Jr. Varsity |
| Age 11, Between 8/1/12 and 7/31/13    | Jr. Peewee, Peewee, Jr. Varsity |
| Age 12, Between 8/1/11 and 7/31/12    | Peewee, Jr. Varsity, Varsity    |
| Age 13, Between 8/1/10 and 7/31/11    | Jr. Varsity, Varsity            |
| Age 14, Between 8/1/09 and 7/31/10    | Varsity, Bantam                 |
| Age 15, Between 8/1/08 and 7/31/09    | Varsity, Bantam                 |
| Age 16, Between 8/1/07 and 7/31/08    | Varsity, Bantam                 |
| Age 17, Between 8/1/06 and 7/31/07    | Bantam                          |
| Age 18, Between 8/1/05 and 7/31/06    | Bantam                          |