



Cheer Abilities Division List

2020-2021
Competitive Season

Adopted on: 06/30/2020



Cheer Canada Cheer Abilities Divisions (Adopted from ICU)

Team Cheer - Special Abilities

Special Abilities Unified Intermediate Division - Teams comprised of 50% or more athletes with intellectual disabilities per team (similar to Level 2, no basket tosses - with Special Abilities rule modifications)

Special Abilities Traditional Intermediate Division - Teams comprised of 100% athletes with intellectual disabilities per team (similar to Level 2, no basket tosses - with Special Abilities rule modifications)

Team Cheer - Special Olympics*

Special Olympics Unified Intermediate Division - Teams must comprise of a 1:1 ratio of athletes with and without intellectual disabilities per team (equivalent to Level 2, no tosses - with Special Olympics rule modifications)

Special Olympics Traditional Intermediate Division - Teams must comprise of 100% athletes with intellectual disabilities per team (equivalent to Level 2, no tosses - with Special Olympics rule modifications)

Note: Must meet all additional requirements of Special Olympics division. Please contact info@cheercanada.ca for additional information on this category.

Team Cheer - Adaptive Abilities (Paracheer)

Adaptive Abilities Unified Median Division (equivalent to Level 3, males/females, no basket tosses - with Adaptive Abilities rule modifications)

Adaptive Abilities Unified All Girl Advanced Division (equivalent to Level 4, no basket tosses - with Adaptive Abilities rule modifications)

Adaptive Abilities Unified Coed Advanced Division (equivalent to Level 4, no basket tosses - with Adaptive Abilities rule modifications)

NOTE: Adaptive Abilities Unified teams must comprise of 25% or more athletes with disabilities per team.

Team Performance Cheer - Special Abilities

Special Abilities Unified Freestyle Pom Division - Teams comprised of 50% or more athletes with intellectual disabilities per team

Special Abilities Traditional Freestyle Pom Division - Teams comprised of 100% athletes with intellectual disabilities per team

Special Abilities Unified Hip Hop Division - Teams comprised of 50% or more athletes with intellectual disabilities per team

Special Abilities Traditional Hip Hop Division - Teams comprised of 100% athletes with intellectual disabilities per team

Team Performance Cheer - Special Olympics*

Special Olympics Unified Freestyle Pom Division - Teams must comprise of 1:1 ratio of athletes with and without intellectual disabilities per team

Special Olympics Traditional Freestyle Pom Division - Teams must comprise of 100% athletes with intellectual disabilities per team

Special Olympics Unified Hip Hop Division - Teams must comprise of 1:1 ratio of athletes with and without intellectual disabilities per team

Special Olympics Traditional Hip Hop Division - Teams must comprise of 100% athletes with intellectual disabilities per team

Note: Must meet all additional requirements of Special Olympics division. Please contact info@cheercanada.ca for additional information on this category.

Team Performance Cheer - Adaptive Abilities

Adaptive Abilities Unified Freestyle Pom Division

Adaptive Abilities Unified Hip Hop Division

NOTE: Adaptive Abilities Unified teams must comprise of 25% or more athletes with disabilities per team.

Time of Routine

Team Cheer - Special Abilities (Unified and Traditional) Intermediate Divisions and Adaptive Abilities Unified Median and Advanced Divisions

1. Cheer Portion: Can be placed in the beginning or middle of routine. Cheer portion minimum time requirement is thirty (30) seconds. Maximum time between Cheer and Music portion: Twenty (20) seconds.
2. Music portion: Two minutes, fifteen seconds (2:15)

Team Performance Cheer - Special Abilities (Unified and Traditional) Freestyle Pom and Hip Hop Divisions and Adaptive Abilities Unified Freestyle Pom and Hip Hop Divisions

1. Music Portion: Two minutes, fifteen seconds (2:15)

Age of Athlete

1. **Team Cheer Special Abilities Intermediate Divisions** - 12 years or older within the year of competing
2. **Team Cheer Adaptive Abilities Unified Median and Advanced Divisions** - 14 years or older within the year of competing
3. **Team Performance Cheer Special Abilities Freestyle Pom and Hip Hop Divisions** - 12 years or older within the year of competing
4. **Team Performance Cheer Adaptive Abilities Unified Freestyle Pom and Hip Hop Divisions** - 14 years or older within the year of competing