



All Star Cheer Division List

Adopted on: May 18, 2022

DIVISION LIST NOTES

The Cheer Canada Division List and Age Grid is based on the IASF Division List, with a few differences based on unique circumstances in Canada. Please find below a list of the divisions to be available in Canada for the **2022-2023** Competitive Season. **In May 2023, Cheer Canada will hold its inaugural National Championship. In addition to specific U16 and U18 divisions, this major event includes our International governing body's ICU categories. Cheer Canada promotes the participation of teams in these categories in order to get closer to international standards and to align with the International Cheer Union.**

AGE ELIGIBILITY

The eligible age for an athlete is determined by the BIRTH YEARS column in the division list. The age of an athlete is based on the year of Worlds; so, this year's Age Eligibility is based on **2023**. Therefore, an athlete is age eligible if they are of the given age for that category at any time between January 1, **2023** and December 31, **2023**.

Note that the format "U followed-by-age" really means that age and younger. For example, U8 should be read as age 8 and younger. For the easiest understanding of athlete age eligibility, as stated above, use the BIRTH YEARS column.

**** Cheer Canada encourages all teams competing outside of Canada to consult with the appropriate event producers and governing authorities to ensure their team size and composition meet event specific requirements. ****

**** Divisions are returning to U16 and U18 for the 2022-23 season. Open division ages will increase to a minimum age of 15 for the 2022-23 season, and to a minimum of 16 for the 2023-24 season.**

DIVISION SPLIT SUGGESTIONS

Cheer Canada recommends to split the teams as equitably as possible while considering the following:

- Similar size teams within the split
- Similar number of teams in the split
- Programs with multiple teams within an age division may compete against each other. Crossovers between these two teams in the same division are not permitted.

NOVICE CHEER DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
U6 Novice (formerly Tiny)	2016-2019	4-6 yrs	Mixed	5-30	NOVICE
U8 Novice (formerly Mini)	2014-2018	5-8 yrs	Mixed	5-30	NOVICE
U12 Novice (formerly Youth)	2010-2015	8-12 yrs	Mixed	5-30	NOVICE
U16 Novice (formerly Junior)	2006-2011*	12-16 yrs	Mixed	5-30	NOVICE
U18 Novice (formerly Senior)	2004-2009	14-18 yrs	Mixed	5-30	NOVICE

PREP CHEER DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
U6 Prep (formerly Tiny)	2016-2018	5-6 yrs	Mixed	5-30	1
U8 Prep (formerly Mini)	2014-2018	5-8 yrs	Mixed	5-30	1, 2
U12 Prep (formerly Youth)	2010-2015	8-12 yrs	Mixed	5-30	1, 2
U16 Prep (formerly Junior)	2006-2011*	12-16 yrs	Mixed	5-30	1, 2, 2NT
U18 Prep (formerly Senior)	2004-2009	14-18 yrs	Mixed	5-30	1, 2, 2NT

* Athletes born in 2012 may compete in the U16 category for the 2022/2023 season only, at the PTSOs' discretion. Programs will be bound by the rules of the jurisdiction in which they compete. This exception will not be upheld at the Canadian Cheerleading Championships nor at any other International Events.

ALL STAR CHEER DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
U6 (formerly Tiny)	2016-2018	5-6 yrs	Mixed	5-30	1
U8 (formerly Mini)	2014-2018	5-8 yrs	Mixed	5-30	1, 2
U12 (formerly Youth)	2010-2015	8-12 yrs	Mixed	5-30	1, 2, 3, 4, 2NT, 3NT, 4NT
U16 (formerly Junior)	2006-2011*	12-16 yrs	Mixed	5-30	1, 2, 3, 2NT, 3NT, 4NT, 5NT
U16 AG (formerly Junior AG)	2006-2011*	12-16 yrs	No Males	5-30	4, 5
U16 Coed (formerly Junior Coed)	2006-2011*	12-16 yrs	Mixed	5-30	4, 5
U18 (formerly Senior)	2004-2009	14-18 yrs	Mixed	5-30	1, 2, 4.2, 2NT, 3NT, 4NT, 5NT, 6NT
U18 AG (formerly Senior AG)	2004-2009	14-18 yrs	No Males	5-30	3, 4, 5, 6
U18 Coed (formerly Senior Coed)	2004-2009	14-18 yrs	Mixed	5-30	3, 4
U18 Small Coed (formerly Senior Small Coed)	2004-2009	14-18 yrs	1-5 Males	5-30	5, 6
U18 Medium Coed (formerly SR Med Coed)	2004-2009	14-18 yrs	6-8 Males	5-30	5, 6
U18 Large Coed (formerly Senior Large Coed)	2004-2009	14-18 yrs	9-20 Males	5-30	5, 6
Open	Born in 2008 or earlier	15+ yrs	Mixed	5-30	4.2, 2NT, 3NT, 4NT, 5NT
Open AG	Born in 2008 or earlier	15+ yrs	No Males	5-30	3, 4, 5, 6, 6NT, Global 6
Open Coed	Born in 2008 or earlier	15+ yrs	Mixed	5-30	3, 4, Global 6, 6NT
Open Small Coed	Born in 2008 or earlier	15+ yrs	1-4 Males	5-30	5, 6
Open Large Coed	Born in 2008 or earlier	15+ yrs	5-20 Males	5-30	5, 6
Open AG	Born in 2006 or earlier	17+ yrs	No Males	5-30	7, 7NT
Open Small Coed	Born in 2006 or earlier	17+ yrs	1-4 Males	5-30	7
Open Large Coed	Born in 2006 or earlier	17+ yrs	5-20 Males	5-30	7
Open Coed	Born in 2006 or earlier	17+ yrs	1-20 Males	5-30	7NT
Masters *only if not eligible for a U18 team*	Born in 2005 or earlier	18+ yrs	Mixed	5-30	2NT

* Athletes born in 2012 may compete in the U16 category for the 2022/2023 season only, at the PTSOs' discretion. Programs will be bound by the rules of the jurisdiction in which they compete. This exception will not be upheld at the Canadian Cheerleading Championships nor at any other International Events.

CANADIAN CHAMPIONSHIP ICU CHEER DIVISIONS	AGE	GENDER	# ON TEAM	LEVEL
AG Senior	17+ yrs	All Girl	16-24	Premier, Elite
Coed Senior	17+ yrs	Mixed	16-24	Premier, Elite
AG Junior	15-18	All Girl	16-24	Elite, Advanced
Coed Junior	15-18	Mixed	16-24	Elite, Advanced
AG Youth	12-14	All Girl	16-24	Advanced, Intermediate
Coed Youth	12-14	Mixed	16-24	Advanced, Intermediate

*For details about the Canadian Cheerleading Championship please go to the Cheer Canada [website](#).

TIME LIMITS

- Novice = Maximum Routine length of 1:30 minutes
- Prep = Maximum Routine length of 2:00 minutes
- All Star = Maximum Routine length of 2:30 minutes
- All Star Non-Tumbling = Maximum routine length of 2:00 minutes
- All Star Global Club = Routine time limits as follows:
 - 30 - 40 seconds maximum for an opening cheer,
 - 20 seconds maximum to start the music portion, and
 - 2:30 maximum music portion.
- All Star Masters = Maximum routine length of 2:00 minutes
- Specialty Divisions = Maximum Routine length of 1:00 minutes
- ICU Divisions = Cheer Portion can be placed in the beginning or middle of routine. Cheer portion minimum time requirement is 30 seconds. Maximum time between cheer and music is 20 seconds. Music portion is a maximum of 2 minutes and 15 seconds (2:15).

COED TEAMS

- The maximum number of males on a COED team may not exceed two thirds ($\frac{2}{3}$) of the team.
Example: If an **Open Level 5 Large Coed** team has a total of 18 athletes competing on the floor; the maximum number of males allowed on the team would be restricted to 12.

IMAGE POLICY

All teams must comply with Cheer Canada's Image Policy. Any team that competes outside of its country must follow the Image Guidelines set forth by that country and/or the IASF.

CROSSOVERS

- Athletes cannot cross between Novice, Prep and All Star
- An individual athlete may not be permitted to crossover from one program to another within the same event.
 - o **EXCEPTION:** An athlete may crossover to another program's level 7 team if their initial program does not offer level 7 or level 7NT.
 - o **NOTE:** An athlete may or may not be permitted to compete at the same event for an All-Star program and a scholastic program, as determined by their PTSO.
- An individual athlete is limited to compete on no more than three teams during an event.
 - o **NOTE:** Please consult all related crossover policies that may be in effect for the event, **and** the PTSO and athletic association if you are attending a year end competition or crossing between All Star and Scholastic. Some events and provinces may have additional restrictions.
- All teams competing for bids to year end competitions should ensure they are following all rules related to bid eligibility and crossovers.

**** Cheer Canada reminds all programs to consult with the appropriate event producer and governing authority to ensure their team meets all requirements such as size, composition, and eligibility for the event they plan to attend. ****

UNPLANNED ATHLETE REPLACEMENT

- A program may replace a missing member of a team with another athlete from their program even if not listed on the event's Official Event Roster.
- If the replacement does not meet the age requirements for that division then the team's performance will be for exhibition only.
- A team is limited to a maximum of 3 replacements. If a team requires more than 3 replacements, then the team's performance will be for exhibition only.
- For bid events to the IASF World Championships, please refer to the IASF Alternate and Substitution rules.

APPENDIX

IASF DIVISION LIST

The complete listing of IASF Divisions, including more restrictive criteria for teams seeking bids to compete at the IASF World Championships may be found in the link below:

http://www.iasfworlds.com/wp-content/uploads/2021/11/REVISED-2022_2023-IASF-CHEER-AGE-GRID-.pdf