



Cheer Abilities Division List

Adopted on: April 13, 2022

Cheer Canada Cheer Abilities Divisions (Adopted from ICU)

Team Cheer - Special Abilities

Special Abilities Unified Beginner Division - Teams comprised of 50% or more athletes with intellectual disabilities per team (similar to Level 0/1, no basket tosses - with Special Abilities rule modifications)

Special Abilities Traditional Beginner Division - Teams comprised of 100% athletes with intellectual disabilities per team (similar to Level 0/1, no basket tosses - with Special Abilities rule modifications)

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 Intermediate (equivalent to Level 2, males/females, no basket tosses - with Adaptive Abilities rule modifications)

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

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

Adaptive Abilities Unified Coed Advanced (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 Team Cheer Freestyle Pom Unified Division - Teams comprised of 50% or more athletes with intellectual disabilities per team

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

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

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

Special Abilities Team Cheer Jazz Unified Division - Teams comprised of 50% or more athletes with intellectual disabilities per team

Special Abilities Team Cheer Jazz Traditional Division - Teams comprised of 100% athletes with intellectual disabilities per team

Team Performance Cheer - Special Olympics*

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

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

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

Special Olympics Team Cheer Hip Hop Traditional 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 Team Cheer Hip Hop

Adaptive Abilities Unified Team Cheer Freestyle Pom

Adaptive Abilities Unified Team Cheer Jazz

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

Time of Routine

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

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 - Adaptive Abilities Unified Hip Hop, Jazz & Freestyle Pom and Special Abilities (Unified & Traditional) Hip Hop, Jazz & Freestyle Pom

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

Age of Athlete (Unified & Traditional)

1. **Special Abilities Beginner Divisions** - all ages
2. **Team Cheer Special Abilities Intermediate Divisions** - 12 years or older within the year of competing
3. **Adaptive Abilities Intermediate Divisions** - all ages
4. **Team Cheer Adaptive Abilities Unified Median & Advanced Divisions** - 14 years or older within the year of competing
5. **Team Performance Cheer Adaptive Abilities Hip Hop, Jazz & Freestyle Pom Divisions** - all ages (Note to be eligible for Team Canada athletes must be 14 years or older within the year of competing)
6. **Team Performance Cheer Special Abilities Hip Hop, Jazz and Freestyle Pom Divisions** - all ages. (Note to be eligible for Team Canada athletes must be 12 years or older within the year of competing)