



All Star Cheer Division List

Adopted on: May 16th, 2023

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 2023-2024 Competitive Season.

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 2024. Therefore, an athlete is age eligible if they are of the given age for that category at any time between January 1, 2024 and December 31, 2024.

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. ****

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	2017-2020	4-6 yrs	Mixed	5-30	NOVICE
U8 Novice	2015-2019	5-8 yrs	Mixed	5-30	NOVICE
U12 Novice	2011-2016	8-12 yrs	Mixed	5-30	NOVICE
U16 Novice	2007-2012	12-16 yrs	Mixed	5-30	NOVICE
U18 Novice	2005-2010	14-18 yrs	Mixed	5-30	NOVICE

PREP CHEER DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
U6 Prep	2017-2019	5-6 yrs	Mixed	5-30	1
U8 Prep	2015-2019	5-8 yrs	Mixed	5-30	1, 2
U12 Prep	2011-2016	8-12 yrs	Mixed	5-30	1, 2
U16 Prep	2007-2012	12-16 yrs	Mixed	5-30	1, 2, 2NT
U18 Prep	2005-2010	14-18 yrs	Mixed	5-30	1, 2, 2NT

CHEER CANADA ALL STAR DIVISIONS 2023-2024

ALL STAR CHEER DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
U6	2017-2019	5-6 yrs	Mixed	5-30	1
ALL STAR CHEER DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
U8	2015-2019	5-8 yrs	Mixed	5-30	1, 2
ALL STAR CHEER DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
U12	2011-2016	8-12 yrs	Mixed	5-30	1, 2, 3, 4, 2NT, 3NT, 4NT
ALL STAR CHEER DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
U16	2007-2012	12-16 yrs	Mixed	5-30	1, 2, 3, 2NT, 3NT, 4NT, 5NT
U16 AG	2007-2012	12-16 yrs	No Males	5-30	4, 5
U16 Coed	2007-2012	12-16 yrs	Mixed	5-30	4, 5
ALL STAR CHEER DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
U18	2005-2010	14-18 yrs	Mixed	5-30	1, 2, 4, 2, 2NT, 3NT, 4NT, 5NT
U18 AG	2005-2010	14-18 yrs	No Males	5-30	3, 4, 6
U18 Coed	2005-2010	14-18 yrs	Mixed	5-30	3, 4
U18 AG Level 5	2005-2010	14-18 yrs	No Males	10-24	5
U18 Small Coed 5	2005-2010	14-18 yrs	1-4 Males	10-24	5
U18 Small Coed 6	2005-2010	14-18 yrs	1-4 Males	5-30	6
U18 Medium Coed	2005-2010	14-18 yrs	5-8 Males	9-30	5, 6
U18 Large Coed	2005-2010	14-18 yrs	9-20 Males	14-38	5, 6
U18 Non-Tumbling 6	2005-2010	14-18 yrs	No Males	10-30	6NT
U18 Non-Tumbling Coed 6	2005-2010	14-18 yrs	1-20 Males	10-30	6NT
ALL STAR CHEER DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
Open	Born in 2008 or earlier	16+ yrs	Mixed	5-30	4.2, 2NT, 3NT, 4NT, 5NT
Open AG	Born in 2008 or earlier	16+ yrs	No Males	5-30	2, 3, 4
Open Coed	Born in 2008 or earlier	16+ yrs	Mixed	5-30	2, 3, 4
....Continued on next page					

....continued from previous pg	BIRTH YEARS	AGE	GENDER	# ON TEAM	LEVEL
Open AG	Born in 2008 or earlier	16+ yrs	No Males	10-24	5, 6, Global 6
Open Small Coed	Born in 2008 or earlier	16+ yrs	1-4 Males	10-24	5, 6
Open Large Coed	Born in 2008 or earlier	16+ yrs	5-16 Males	10-24	5, 6
Open Coed Global 6	Born in 2008 or earlier	16+ yrs	1-16 Males	10-24	Global 6
Open AG 6NT	Born in 2008 or earlier	16+ yrs	No Males	10-30	6NT
Open Coed 6NT	Born in 2008 or earlier	16+ yrs	1-20 Males	10-30	6NT
Open AG 7	Born in 2007 or earlier	17+ yrs	No Males	10-24	7
Open Small Coed 7	Born in 2007 or earlier	17+ yrs	1-4 Males	10-24	7
Open Large Coed 7	Born in 2007 or earlier	17+ yrs	5-16 Males	10-24	7
Open AG 7NT	Born in 2007 or earlier	17+ yrs	No Males	10-30	7NT
Open Coed 7NT	Born in 2007 or earlier	17+ yrs	1-20 Males	10-30	7NT
Masters *only if not eligible for U18 team*	Born in 2006 or earlier	18+ yrs	Mixed	5-30	2NT

ICU CHEER DIVISIONS AND THE CHEER CANADA NATIONAL CHAMPIONSHIP

In addition to Cheer Canada all star divisions, this major event will include our international governing body's ICU division. Cheer Canada encourages PSOs and event producers to offer these divisions and promotes the participation of teams in these divisions in order to get closer to international standards and to align with the International Cheer Union.

CHEER CANADA 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

More information for ICU divisions and rules can be found on the International Cheer Union website here: <https://cheerunion.org/education/rules-agegrid/>

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.
- Specialty Divisions (**Stunt groups, individuals, duos, etc**) = 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.
 - **EXCEPTION:** An athlete may crossover to another program's level 7 team if their initial program does not offer level 7 or level 7NT.
 - **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.
 - **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 following link:** <http://www.iasfworlds.com/>