



Cheer Canada Age Grids  
2018/19

## Cheer Canada Age Grids

2018 - 2019



## DIVISIONS OFFERED IN CANADA FOR 2018-2019

- This document lists ALL divisions available in Canada in the following categories:
  - Cheer Abilities
  - Rec
  - Prep
  - All Star
  - International All Star (IASF)
- The Age Grid is presented in two formats; one organized by Level, and the other, organized by Age. A separate Annex of only the International divisions is also provided.
- Event producers may choose which divisions they would like to offer. Event producers are not required to offer every division.

## AGE ELIGIBILITY

- International (IASF) divisions: an athlete must meet the age requirement on or before December 31st, 2019.
  - Example 1: If a 12 or 13-year-old athlete is participating in a division where the minimum age is 14; that athlete is legal for the division if the athlete turns 14 by December 31, 2019.
  - Example 2: If a 17-year-old athlete is participating in a division where the maximum age is 16; that athlete is legal for the division if the athlete was 16 years old between January 1, 2019- December 31st 2019.
- Ages for all other divisions (non-international) will be calculated as of August 31, 2018.
- If a team has an athlete who does not meet the required age, that team's performance may be deemed as an exhibition.

## TEAM SIZE

- Penalties may be assessed for taking the floor with fewer than the required number of athletes.
- The maximum number of males on a Co-ed team may not exceed two thirds of the team.

## ROUTINE TIME LIMITS

- All recreation divisions have a maximum routine length of 1:30.
- All prep divisions have a maximum routine length of 2 minutes.
- All non-tumbling divisions have a maximum routine length of 2 minutes.
- All Global Club divisions have 30-40 seconds for an opening cheer, 20 seconds to start the music portion and 2:30 maximum music portion.
- All other IASF and Cheer Canada All Star divisions have a maximum routine length of 2:30.

## CROSSOVERS

- Athletes on recreation and prep teams may not crossover to an all star team/division.



- An individual athlete may not be permitted to crossover from one all star program to another all star program within the same event.
  - EXCEPTION: An athlete may crossover to another program's level 6 team if their program does not offer level 6.
- An individual athlete is limited to compete on three teams during an event.
- An event producer or province may be more restrictive than the rules above for crossovers limits; however they may not be less restrictive than this.
- For teams competing for Worlds bids, as per IASF once an athlete has competed for a team and earned a bid, they are permitted to move to another team within their program. If their second team earns a bid, they are bound to the second team and may only compete with the second team at Worlds. They no longer are eligible to compete with the first team once the second team is awarded a bid.

### **UNPLANNED ATHLETE REPLACEMENTS**

- 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 unplanned athlete replacements at an event. If a team requires more than 3 replacements the team's performance will be for exhibition only.

### **PRINCIPAL DIFFERENCES BETWEEN RECREATION AND PREP**

- Recreation is intended as an introduction to cheerleading.
- The routine is shorter at 1:30, with modified rules and therefore less hours of instruction is recommended.
- The routine will be a performance and will not be judged against other teams.
- Cheer Canada recommends that recreational teams do not travel out of province and schedule fewer performances.
- Cheer Canada recommends athletes to perform in t-shirt and shorts or practice wear.

### **PRINCIPAL DIFFERENCES BETWEEN PREP AND ALL STAR**

- Prep is intended as a more affordable avenue to participate in competitive cheerleading.
- The routine is shorter with a maximum time of 2:00 with no tosses.
- Less hours of instruction is recommended.
- Cheer Canada recommends a shorter season (8 months or less) with no travel outside of the program's province.
- Cheer Canada recommends a simpler, less costly uniform.



AGE GRID LEGEND		
Cheer Abilities	Blue	Non-tumbling
Recreation (novice)	Teal	International (IASF)
Prep	Dark Blue	All Star

**ALL DIVISIONS OFFERED IN CANADA (organized by level)**

<b>CHEER CANADA LEVEL ONE</b>				
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>
1	Tiny Prep	5-6	5-30	Mixed
1	Tiny	5-6	5-30	Mixed
1	Mini Prep	5-8	5-30	Mixed
1	Mini	5-8	5-30	Mixed
1	Youth Prep	5-11	5-30	Mixed
1	Youth	5 - 11	5-30	Mixed
1	Junior Prep	5-14	5-30	Mixed
1	Junior	8 - 14	5-30	Mixed
1	International Junior (IASF)	10-16	16-24	Mixed
1	Senior Prep	11-17	5-30	Mixed
1	Senior	11-18	5-30	Mixed
1	International Senior (IASF)	14-18	16-24	Mixed
1.0	Open	14+	5-30	Mixed

<b>CHEER CANADA LEVEL TWO</b>				
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>
2	Mini Prep	5-8	5-30	Mixed
2	Mini	5-8	5-30	Mixed
2	Youth Prep	5-11	5-30	Mixed
2	Youth	6 - 11	5-30	Mixed
2	Junior Prep	5-14	5-30	Mixed
2	Junior	8 -14	5-30	Mixed
2	International Junior (IASF)	10-16	16-24	Mixed
2	Senior Prep	11-17	5-30	Mixed
2	Senior	11-18	5-30	Mixed
2.0	Senior	11-18	5-30	Mixed
2	International Senior (IASF)	14-18	16-24	Mixed
2.0	Open	14+	5-30	Mixed



<b>CHEER CANADA LEVEL THREE</b>				
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>
3	Youth	6 -11	5-30	Mixed
3	Junior	8 - 14	5-30	Mixed
3	International Junior (IASF)	10-16	16-24	Mixed
3	Senior	11-18	5-30	No males
3	Senior Co-ed	11-18	5-30	Mixed
3	International Senior (IASF)	14-18	16-24	No males
3	International Senior Co-ed (IASF)	14-18	16-24	Mixed
3.0	Open	14+	5-30	Mixed

<b>CHEER CANADA LEVEL FOUR</b>				
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>
4	Youth	8-11	5-30	No males
4	Junior	8-14	5-30	Mixed
4	International Junior (IASF)	10-16	16-24	No males
4	International Junior Co-ed (IASF)	10-16	16-24	Mixed
4	Senior	11-18	5-30	No males
4	Senior Co-ed	11-18	5-30	Mixed
4.2	Senior	11-18	5-30	Mixed
4	International Senior (IASF)	14-18	16-24	No males
4	International Senior Co-ed (IASF)	14-18	16-24	Mixed
4	International Open (IASF)	14+	16-24	No males
4	International Open Co-ed (IASF)	14 +	16-24	Mixed
4	Open	14+	5-30	Mixed
4.2	Open	14+	5-30	Mixed

CHEER CANADA LEVEL FIVE				
Level	Division	Age Range	Team Size	Gender
5R	Youth	9-11	5-38	Mixed
5R	Junior	9-14	5-38	Mixed
5R	Senior	11-18	5-38	Mixed
5	Junior	9-14	5-38	No males
5	Junior Co-ed	9-14	5-38	Mixed
5	Senior	13-18	5-38	No males
5	Senior Co-ed	13-18	5-38	1+ males
5	International Open (IASF)	14+	16-24	No males
5	International Open Small Co-ed (IASF)	14+	16-24	1-4 males
5	International Open Large Co-ed (IASF)	14+	16-24	5-16 males
5	International Global Club (IASF)	14+	16-24	No Males
5	International Global Club Co-ed (IASF)	14+	16-24	1-16 Males
5.0	International Open (IASF)	14+	16-30	No Males
5.0	International Open Co-ed (IASF)	14+	16-30	1-20 Males

CHEER CANADA LEVEL SIX				
Level	Division	Age Range	Team Size	Gender
6	International Open (IASF)	17+	16-24	No males
6	International Open Small Co-ed (IASF)	17+	16-24	1-4 males
6	International Open Large Co-ed (IASF)	17+	16-24	5-16 males

CHEER CANADA (Cheer Abilities & Rec)				
Level	Division	Age Range	Team Size	Gender
Modified 2	Cheer Abilities*	Any age	Unlimited	Mixed
NOVICE	Tiny Recreation	3 - 6	5-30	Mixed
NOVICE	Mini Recreation	5-8	5-30	Mixed
NOVICE	Youth Recreation	5-11	5-30	Mixed
NOVICE	Junior Recreation	5-14	5-30	Mixed
NOVICE	Senior Recreation	11-17	5-30	Mixed

\*Note: Teams training towards competing at ICU World Championship team size recommendation is 16-24 with athletes 8 years of age and older.



**ALL DIVISIONS OFFERED IN CANADA (organized by age)**

<b>TINY</b>				
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>
<b>NOVICE</b>	Tiny Recreation	3 - 6	5-30	Mixed
<b>1</b>	Tiny Prep	5-6	5-30	Mixed
<b>1</b>	Tiny	5-6	5-30	Mixed

<b>MINI</b>				
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>
<b>NOVICE</b>	Mini Recreation	5-8	5-30	Mixed
<b>1</b>	Mini Prep	5-8	5-30	Mixed
<b>1</b>	Mini	5-8	5-30	Mixed
<b>2</b>	Mini Prep	5-8	5-30	Mixed
<b>2</b>	Mini	5-8	5-30	Mixed

<b>YOUTH</b>				
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>
<b>NOVICE</b>	Youth Recreation	5-11	5-30	Mixed
<b>1</b>	Youth Prep	5-11	5-30	Mixed
<b>1</b>	Youth	5-11	5-30	Mixed
<b>2</b>	Youth Prep	5-11	5-30	Mixed
<b>2</b>	Youth	6-11	5-30	Mixed
<b>3</b>	Youth	6-11	5-30	Mixed
<b>4</b>	Youth	8-11	5-30	No males
<b>5R</b>	Youth	9-11	5-38	Mixed



JUNIOR				
Level	Division	Age Range	Team Size	Gender
NOVICE	Junior Recreation	5-14	5-30	Mixed
1	Junior Prep	5-14	5-30	Mixed
1	Junior	8 - 14	5-30	Mixed
1	International Junior (IASF)	10-16	16-24	Mixed
2	Junior Prep	5-14	5-30	Mixed
2	Junior	8 -14	5-30	Mixed
2	International Junior (IASF)	10-16	16-24	Mixed
3	Junior	8 - 14	5-30	Mixed
3	International Junior (IASF)	10-16	16-24	Mixed
4	Junior	8-14	5-30	Mixed
4	International Junior (IASF)	10-16	16-24	No males
4	International Junior Co-ed (IASF)	10-16	16-24	Mixed
5R	Junior	9-14	5-38	Mixed
5	Junior	9-14	5-38	No males
5	Junior Co-ed	9-14	5-38	Mixed

SENIOR				
Level	Division	Age Range	Team Size	Gender
NOVICE	Senior Recreation	11-17	5-30	Mixed
1	Senior Prep	11-17	5-30	Mixed
1	Senior	11-18	5-30	Mixed
1	International Senior (IASF)	14-18	16-24	Mixed
2	Senior Prep	11-17	5-30	Mixed
2	Senior	11-18	5-30	Mixed
2.0	Senior	11-18	5-30	Mixed
2	International Senior (IASF)	14-18	16-24	Mixed
3	Senior	11-18	5-30	No males
3	Senior Co-ed	11-18	5-30	Mixed
3	International Senior (IASF)	14-18	16-24	No males
3	International Senior Co-ed (IASF)	14-18	16-24	Mixed

4	Senior	11-18	5-30	No males
4	Senior Co-ed	11-18	5-30	Mixed
4.2	Senior	11-18	5-30	Mixed
4	International Senior (IASF)	14-18	16-24	No males
4	International Senior Co-ed (IASF)	14-18	16-24	Mixed
5R	Senior	11-18	5-38	Mixed
5	Senior	13-18	5-38	No males
5	Senior Co-ed	13-18	5-38	1+ males

OPEN				
Level	Division	Age Range	Team Size	Gender
1.0	Open	14+	5-30	Mixed
2.0	Open	14+	5-30	Mixed
3.0	Open	14+	5-30	Mixed
4	International Open (IASF)	14+	16-24	No males
4	International Open Co-ed (IASF)	14+	16-24	Mixed
4	Open	14+	5-30	Mixed
4.2	Open	14+	5-30	Mixed
5	International Open (IASF)	14+	16-24	No males
5	International Open Small Co-ed (IASF)	14+	16-24	1-4 males
5	International Open Large Co-ed (IASF)	14+	16-24	5-16 males
5	International Global Club (IASF)	14+	16-24	No Males
5	International Global Club Co-ed (IASF)	14+	16-24	1-16 Males
5.0	International Open (IASF)	14+	16-30	No Males
5.0	International Open Co-ed (IASF)	14+	16-30	1-20 Males
6	International Open (IASF)	17+	16-24	No males
6	International Open Small Co-ed (IASF)	17+	16-24	1-4 males
6	International Open Large Co-ed (IASF)	17+	16-24	5-16 males

**ANNEX 1.**

**INTERNATIONAL DIVISIONS OFFERED IN CANADA (organized by level)**

INTERNATIONAL DIVISIONS ONLY (following IASF age guidelines)				
Level	Division	Age Range	Team Size	Gender
1	International Junior	10-16	16-24	Mixed
1	International Senior	14-18	16-24	Mixed
2	International Junior	10-16	16-24	Mixed
2	International Senior	14-18	16-24	Mixed
3	International Junior	10-16	16-24	Mixed
3	International Senior	14-18	16-24	No males
3	International Senior Co-ed	14-18	16-24	Mixed
4	International Junior	10-16	16-24	No males
4	International Junior Co-ed	10-16	16-24	Mixed
4	International Senior	14-18	16-24	No males
4	International Senior Co-ed	14-18	16-24	Mixed
4	International Open	14+	16-24	No males
4	International Open Co-ed	14 +	16-24	Mixed
5	International Open	14+	16-24	No males
5	International Open Small Co-ed	14+	16-24	1-4 males
5	International Open Large Co-ed	14+	16-24	5-16 males
5	International Global Club	14+	16-24	No Males
5	International Global Club Co-ed	14+	16-24	1-16 Males
5.0	International Open	14+	16-30	No Males
5.0	International Open Co-ed	14+	16-30	1-20 Males
6	International Open	17+	16-24	No males
6	International Open Small Co-ed	17+	16-24	1-4 males
6	International Open Large Co-ed	17+	16-24	5-16 males