



Cheer Canada All Star Division Options and Age Grids for the 2019-2020 Competitive Season

This division list is a list of ALL of the divisions to be available in Canada. Event producers are not required to offer every division.

International Divisions (IASF divisions)

- To be eligible for a bid to a year end event (including, but not limited to the IASF World Cheerleading Championships and Summit) in an International Division, the team size **must have a minimum of 16 athletes**. Maximum team sizes vary between 24 or 30 dependant on the division. Please check with your event producer prior to registration.
- For International divisions an athlete must meet the age requirement on/before Dec 31, 2020
 - Example 1: If a 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, 2020
 - 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 is 16 years old at any time in the 2020 calendar year (January 1, 2020 - December 31st, 2020).
- It is common practice at competitions to split divisions when they are very deep (more than 6 teams, as an example), and / or when they have teams with a wide range of numbers of athletes. In alignment with IASF, subdivisions in International divisions shall be created, based on team size: with 5-15 athletes in "small", 16-24 athletes in "medium" and 25-30 in "large", when this splitting will result in two or more teams in a subdivision.

Additional Cheer Canada All Star Divisions

- Ages for all other divisions (non-International) will be calculated as of August 31, 2019.
- If a team has any athletes who do not meet the required age, that team's performance may be deemed as an exhibition.
- The minimum age to compete in Senior in non-International divisions will be increasing to 13 years of for the 2020-21. Athletes who are rostered on Senior aged teams this year will **not** be grandfathered into Senior for the 2020-21 season. We recommend you take this into consideration when forming rosters.
- The maximum number of males on a COED team may not exceed two thirds ($\frac{2}{3}$) of the team.
- It is common practice at competitions to split divisions when they are very deep (more than 6 teams, as an example), and / or when they have teams with a wide range of numbers of athletes. Event Producers may adopt division splitting practices of their own that best fit their competition and the makeup of teams that enter. Cheer Canada recommends and best practices would suggest that EP's publish their policies and guidelines about division splitting when registration opens.
- Any teams travelling outside of Canada to compete are responsible to check any rules and policies in place by the event producer of the events they wish to attend in regard to athlete ages and team size.

Time limits

- All recreation divisions have a maximum routine length of 1:30.
- All prep and 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.

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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 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.
 - 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 PSO.
- 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, PSO 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. Example: At the IASF Cheerleading Worlds no crossovers are permitted.
- For teams competing for Worlds bids, in accordance with IASF rules, 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 are no longer 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 replacements. If a team requires more than 3 replacements, then the team's performance will be for exhibition only.

Principle 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 fewer hours of instruction is recommended.
- The routine will be conducted as 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 perform in t-shirt and shorts or practice wear.

Principle differences between Prep and All Star

- Prep is intended as a more affordable avenue to participate in lower levels of competitive cheerleading.
- The routine is shorter at 2:00 with no tosses and therefore 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.



DETAILED AGE GRID AND TEAM SIZES (by level)

CHEER CANADA ALL STAR LEVEL ONE				
Level	Division	Age Range	Team Size	Gender
1	Tiny	5-6	5-30	Mixed
1	Mini	5-8	5-30	Mixed
1	Youth	5 - 11	5-30	Mixed
1	Junior	8 - 14	5-30	Mixed
1	International Junior (IASF)	10-16	5-30	Mixed
1	Senior*	11-18	5-30	Mixed
1	International Senior (IASF)	14-18	5-30	Mixed
1.0	Open NT	14+	5-30	Mixed

*Minimum age for the 2020/21 season will be 13.

CHEER CANADA ALL STAR LEVEL TWO				
Level	Division	Age Range	Team Size	Gender
2	Mini	5-8	5-30	Mixed
2	Youth	6 - 11	5-30	Mixed
2	Junior	8 -14	5-30	Mixed
2	International Junior (IASF)	10-16	5-30	Mixed
2	Senior*	11-18	5-30	Mixed
2.0	Senior NT*	11-18	5-30	Mixed
2	International Senior (IASF)	14-18	5-30	Mixed
2.0	Open NT	14+	5-30	Mixed

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CHEER CANADA ALL STAR LEVEL THREE				
Level	Division	Age Range	Team Size	Gender
3	Youth	6 -11	5-30	Mixed
3	Junior	8 - 14	5-30	Mixed
3	International Junior (IASF)	10-16	5-30	Mixed
3	Senior *	11-18	5-30	No males
3	Senior COED *	11-18	5-30	Mixed
3	International Senior (IASF)	14-18	5-30	No males
3	International Senior COED (IASF)	14-18	5-30	Mixed
3.0	Open NT	14+	5-30	Mixed

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CHEER CANADA ALL STAR LEVEL FOUR				
Level	Division	Age Range	Team Size	Gender
4	Youth	8-11	5-30	No males
4	Junior	8-14	5-30	Mixed
4	International Junior (IASF)	10-16	5-30	No males
4	International Junior COED (IASF)	10-16	5-30	Mixed
4	Senior *	11-18	5-30	No males
4	Senior COED *	11-18	5-30	Mixed
4.2	Senior *	11-18	5-30	Mixed
4	International Senior (IASF)	14-18	5-30	No males
4	International Senior COED (IASF)	14-18	5-30	Mixed
4	Open	14+	5-30	Mixed
4	International Open (IASF)	14 +	5-30	No males
4	International Open COED (IASF)	14+	5-30	Mixed
4.2	Open	14+	5-30	Mixed

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CHEER CANADA ALL STAR LEVEL FIVE				
Level	Division	Age Range	Team Size	Gender
5	Youth	9-11	5-38	Mixed
5	Junior	9-14	5-38	Mixed
5	International Junior (IASF)	10-16	5-30	No males
5	International Junior COED (IASF)	10-16	5-30	Mixed
5	Senior *	11-18	5-38	Mixed
5	International Open (IASF)**	14+	5-30	No males
5	International Open COED 4 (IASF)**	14+	5-30	1-4 males
5	International Open COED 16 (IASF)**	14+	5-30	5-16 males

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**If a team is seeking a bid to compete at the IASF World Cheerleading Championships, the team size must comply with IASF rules and have a minimum of 16 athletes.

CHEER CANADA ALL STAR LEVEL SIX				
Level	Division	Age Range	Team Size	Gender
6	Junior	9-14	5-38	No males
6	Junior COED	9-14	5-38	Mixed
6	Senior *	11-18	5-38	No males
6	Senior COED *	11-18	5-38	1+ males
6	International Junior (IASF)	10-16	5-30	No males
6	International Junior COED (IASF)	10-16	5-30	Mixed
6	International Senior	14-18	5-30	No males
6	International Senior COED	14-18	5-30	1-20 males
6	International Open (IASF)**	14+	5-30	No males
6	International Open COED 4 (IASF)**	14+	5-30	1-4 males
6	International Open COED 16 (IASF)**	14+	5-30	5-16 males
6	International Global Club (IASF)**	14+	5-30	No Males
6	International Global Club COED (IASF)**	14+	5-30	1-16 Males
6.0	International Open NT (IASF)**	14+	5-30	No Males
6.0	International Open COED NT (IASF)**	14+	5-30	1-20 Males

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CHEER CANADA ALL STAR LEVEL SEVEN				
Level	Division	Age Range	Team Size	Gender
7	International Open (IASF)**	17+	5-30	No males
7	International Open COED 4 (IASF)**	17+	5-30	1-4 males
7	International Open COED 16 (IASF)**	17+	5-30	5-16 males
7.0	International Open NT (IASF)**	17+	5-30	No males
7.0	International Open COED NT (IASF)**	17+	5-30	1-20 Males

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CHEER CANADA Cheer Abilities				
Level	Division	Age Range	Team Size	Gender
Modified 2	Cheer Abilities	Any age	Unlimited	Mixed

CHEER CANADA RECREATION				
Level	Division	Age Range	Team Size	Gender
NOVICE	Tiny	3 - 6	5-30	Mixed
NOVICE	Mini	5-8	5-30	Mixed
NOVICE	Youth	5-11	5-30	Mixed
NOVICE	Junior	5-14	5-30	Mixed
NOVICE	Senior	11-18	5-30	Mixed

CHEER CANADA PREP LEVEL ONE				
Level	Division	Age Range	Team Size	Gender
1	Tiny Prep	5-6	5-30	Mixed
1	Mini Prep	5-8	5-30	Mixed
1	Youth Prep	5-11	5-30	Mixed
1	Junior Prep	5-14	5-30	Mixed
1	Senior Prep	11-18	5-30	Mixed

CHEER CANADA PREP LEVEL TWO				
Level	Division	Age Range	Team Size	Gender
2	Mini Prep	5-8	5-30	Mixed
2	Youth Prep	5-11	5-30	Mixed
2	Junior Prep	5-14	5-30	Mixed
2	Senior Prep	11-18	5-30	Mixed

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