



All Star Performance Cheer Division List

Adopted on: June 21, 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.

Cheer Canada National Championship: In addition to specific U16 and U18 divisions, this major event includes our International governing body's ICU categories. All divisions will be noted in the information package for the event. Cheer Canada promotes offering of these divisions during events and the participation of teams in these categories 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 on the Age Grid. The age grid is based on the year of Worlds; so, this year's Age Grid 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 meets 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.

**** Event Producers may also split divisions into All Male, Coed and All Girl when applicable. ****

All Star Performance Cheer DIVISIONS	BIRTH YEARS	AGE	GENDER	# ON TEAM
U6 Prep	2017 - 2019	5-6 yrs	Mixed	4-30
U8 Prep	2015 - 2019	5-8 yrs	Mixed	4-30
U8	2015 - 2019	5-8 yrs	Mixed	4-30
U12	2011 - 2016	8-12 yrs	Mixed	4-30
U16	2007 - 2012	12-16 yrs	Mixed	4-30
U18	2005 – 2010	14-18 yrs	Mixed	4-30
Open	Born in 2008 or earlier	16+ yrs	Mixed	4-30
Masters	Born in 2006 or earlier	18+ yrs	Mixed	4-30

TIME LIMIT

Routine time minimum of 1:45 to a maximum of 2:15
 Prep routine time minimum of 1:00 to a maximum of 2:00



GENDER

All Girl = No males on team

Coed = A minimum of 1 male and 1 female on team

All Male = No females on team

CATEGORIES

Cheer Canada offers the categories of pom, jazz and hip hop for all ages/teams. The Pom Doubles division is also available for all ages and consists of two athletes (similar to the tumbling duo division available in cheer).

IMAGE POLICY

All teams must comply with Cheer Canada's Image Policy.

CROSSOVERS

- 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 Open team if their initial program does not offer Open Performance Cheer.
 - **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 may compete in up to 3 Performance Cheer routines during an event.
 - **NOTE:** Please consult all related crossover policies that may be in effect for the event, **and** the 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.
- 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

- If the replacement does not meet the age requirements for that division 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.

PRINCIPLE DIFFERENCES BETWEEN PREP AND ALL STAR

Prep is intended as another opportunity to introduce the sport of competitive performance cheer. The routine is shorter with a minimum of 1 minute and maximum of 2:00 and therefore fewer hours of instruction are recommended.

- Prep will not be scored but may receive evaluation via the Cheer Canada rating system.
- Prep teams will follow the IASF rules, however, tosses are not permitted.
- Prep teams may only be rated/scored once during a single-day or multi-day event (i.e., 2-day, 3-day, etc)
- 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
- Practices should be limited to once per week

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/dance-page/>