



CANADIAN  
CHEER COMPANY

## Canadian Cheer Age Grid: 2019-2020

<b>Canadian Cheer All Star Level 1</b>					
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
1	Tiny *	5-6	5-30	Mixed	August 31 <sup>st</sup> , 2019
1	Mini	5-8	5-30	Mixed	August 31 <sup>st</sup> , 2019
1	International Mini (IASF)	5-8	5-30	Mixed	December 31 <sup>st</sup> , 2020
1	Youth	5-11	5-30	Mixed	August 31 <sup>st</sup> , 2019
1	International Youth (IASF)	8-12	5-30	Mixed	December 31 <sup>st</sup> , 2020
1	Junior**	5-14	5-30	Mixed	August 31 <sup>st</sup> , 2019
1	International Junior (IASF)	10-16	5-30	Mixed	December 31 <sup>st</sup> , 2020
1	Senior	11-18	5-30	Mixed	August 31 <sup>st</sup> , 2019
1	International Senior (IASF)	14-18	5-30	Mixed	December 31 <sup>st</sup> , 2020
1.0	Open Non-Tumbling	14+	5-30	Mixed	August 31 <sup>st</sup> , 2019

\* Tiny International aged teams may be combined into this division

\*\*This deviates from Cheer Canada to allow gyms that used USASF age grids to participate in this division. This age will align with Cheer Canada for the 2020/2021 season.

<b>Canadian Cheer All Star Level 2</b>					
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
2	Mini	5-8	5-30	Mixed	August 31 <sup>st</sup> , 2019
2	International Mini (IASF)	5-8	5-30	Mixed	December 31 <sup>st</sup> , 2020
2	Youth	6-11	5-30	Mixed	August 31 <sup>st</sup> , 2019
2	International Youth (IASF)	8-12	5-30	Mixed	December 31 <sup>st</sup> , 2020
2.0	International Youth NT (IASF)	8-12	5-30	Mixed	December 31 <sup>st</sup> , 2020
2	Junior*	5-14	5-30	Mixed	August 31 <sup>st</sup> , 2019
2	International Junior (IASF)	10-16	5-30	Mixed	December 31 <sup>st</sup> , 2020
2.0	International Junior NT (IASF)	10-16	5-30	Mixed	December 31 <sup>st</sup> , 2020
2	Senior	11-18	5-30	Mixed	August 31 <sup>st</sup> , 2019
2.0	Senior Non-Tumbling	11-18	5-30	Mixed	August 31 <sup>st</sup> , 2019
2	International Senior (IASF)	14-18	5-30	Mixed	December 31 <sup>st</sup> , 2020
2.0	International Open Non-Tumbling (IASF) ■	14+	5-30	Mixed	December 31 <sup>st</sup> , 2020

\*This deviates from Cheer Canada to allow gyms that used USASF age grids to participate in this division. This age will align with Cheer Canada for the 2020/2021 season.

<b>Canadian Cheer All Star Level 3</b>					
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
3	Youth*	5-11	5-30	Mixed	August 31 <sup>st</sup> , 2019
3	International Youth (IASF)	8-12	5-30	Mixed	December 31 <sup>st</sup> , 2020
3.0	International Youth NT (IASF) ■	8-12	5-30	Mixed	December 31 <sup>st</sup> , 2020

3	Junior	5-14	5-30	Mixed	August 31 <sup>st</sup> , 2019
3	International Junior (IASF)	10-16	5-30	Mixed	December 31 <sup>st</sup> , 2020
3.0	International Junior NT (IASF)	10-16	5-30	Mixed	December 31 <sup>st</sup> , 2020
3	Senior	11-18	5-30	No Males	August 31 <sup>st</sup> , 2019
3	Senior Co-Ed	11-18	5-30	Mixed	August 31 <sup>st</sup> , 2019
3	International Senior (IASF)	14-18	5-30	No Males	December 31 <sup>st</sup> , 2020
3	International Senior Co-Ed (IASF)	14-18	5-30	1+ Males	December 31 <sup>st</sup> , 2020
3.0	International Senior NT (IASF)	14-18	5-30	Mixed	December 31 <sup>st</sup> , 2020
3.0	International Open Non-Tumbling (IASF) ■	14+	5-30	Mixed	December 31 <sup>st</sup> , 2020
3	International Open (IASF)	14+	5-30	Mixed	December 31 <sup>st</sup> , 2020

*\*This deviates from Cheer Canada to allow gyms that used USASF age grids to participate in this division. This age will align with Cheer Canada for the 2020/2021 season.*

<b>Canadian Cheer All Star Level 4</b>					
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
4	Youth	8-11	5-30	No Males	August 31 <sup>st</sup> , 2019
4	International Youth (IASF)	8-12	5-30	Mixed	December 31 <sup>st</sup> , 2020
4.0	International Youth NT (IASF)	8-12	5-30	Mixed	December 31 <sup>st</sup> , 2020
4	Junior	8-14	5-30	Mixed	August 31 <sup>st</sup> , 2019
4	International Junior (IASF)	10-16	5-30	No Males	December 31 <sup>st</sup> , 2020
4	International Junior Co-Ed (IASF)	10-16	5-30	1+ Males	December 31 <sup>st</sup> , 2020
4.0	International Junior NT (IASF)	10-16	5-30	Mixed	December 31 <sup>st</sup> , 2020
4	Senior	11-18	5-30	No Males	August 31 <sup>st</sup> , 2019
4	Senior Co-Ed	11-18	5-30	Mixed	August 31 <sup>st</sup> , 2019
4.2	Senior	11-18	5-30	Mixed	August 31 <sup>st</sup> , 2019
4	International Senior (IASF)	14-18	5-30	No Males	December 31 <sup>st</sup> , 2020
4	International Senior Co-Ed (IASF)	14-18	5-30	1+ Males	December 31 <sup>st</sup> , 2020
4.0	International Senior NT (IASF)	14-18	5-30	Mixed	December 31 <sup>st</sup> , 2020
4	International Open (IASF)	14+	5-30	No Males	December 31 <sup>st</sup> , 2020
4	International Open Co-Ed (IASF)	14+	5-30	Mixed	December 31 <sup>st</sup> , 2020
4.0	International Open NT (IASF) ■	14+	5-30	Mixed	December 31 <sup>st</sup> , 2020
4.2	International Open (IASF Scoring)	14+	5-30	No Males	December 31 <sup>st</sup> , 2020
4.2	International Open (IASF Scoring)	14+	5-30	Mixed	December 31 <sup>st</sup> , 2020

■ =Teams in this division following Cheer Canada's birthdate of August 31<sup>st</sup> 2019 may also compete.

<b>Canadian Cheer All Star Level 5</b>						
<b>Level</b>	<b>Division</b>	<b>Worlds Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
5	Youth		9-11	5-38	Mixed	August 31 <sup>st</sup> , 2019
5	International Youth (IASF)		9-11	5-30	Mixed	December 31 <sup>st</sup> , 2020
5.0	International Youth NT (IASF)		8-12	5-30	Mixed	December 31 <sup>st</sup> , 2020
5	Junior		9-14	5-38	Mixed	August 31 <sup>st</sup> , 2019
5	International Junior (IASF)		10-16	5-30	No Males	December 31 <sup>st</sup> , 2020
5	International Junior Co-Ed		10-16	5-30	1+ Males	August 31 <sup>st</sup> , 2019

	(IASF)					
5.0	International Junior NT (IASF)		10-16	5-30	Mixed	December 31 <sup>st</sup> , 2020
5	Senior		11-18	5-38	Mixed	August 31 <sup>st</sup> , 2019
5	International Senior (IASF)	✓	14-18	5-30	No Males	December 31 <sup>st</sup> , 2020
5	International Senior Coed (5) (IASF)	✓	14-18	5-30	1-5 Males	December 31 <sup>st</sup> , 2020
5	International Senior Coed (8) (IASF)	✓	14-18	5-30	6-8 Males	December 31 <sup>st</sup> , 2020
5	International Senior Coed (20) (IASF)	✓	14-18	5-30	9-20 Males	December 31 <sup>st</sup> , 2020
5.0	International Senior NT (IASF)	✓	14-18	5-30	Mixed	December 31 <sup>st</sup> , 2020
5	International Open (IASF)	✓	14+	5-30	No Males	December 31 <sup>st</sup> , 2020
5	International Open Co-Ed (4) (IASF)	✓	14+	5-30	1-4 Males	December 31 <sup>st</sup> , 2020
5	International Open Co-Ed (16) (IASF)	✓	14+	5-30	5-16 Males	December 31 <sup>st</sup> , 2020
5.0	International Open NT (IASF)	✓	14+	5-30	No Males	December 31 <sup>st</sup> , 2020
5.0	International Open NT Coed (IASF)	✓	14+	5-30	1-20 Males	December 31 <sup>st</sup> , 2020

<b>Canadian Cheer All Star Level 6</b>						
<b>Level</b>	<b>Division</b>	<b>Worlds Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
6	Junior		9-14	5-38	No Males	August 31 <sup>st</sup> , 2019
6	Junior Coed		9-14	5-38	Mixed	August 31 <sup>st</sup> , 2019
6	International Junior (IASF)		10-16	5-30	No Males	December 31 <sup>st</sup> , 2020
6	International Junior Coed (IASF)		10-16	5-30	1+ Males	December 31 <sup>st</sup> , 2020
6.0	International Junior NT (IASF)		10-16	5-30	Mixed	December 31 <sup>st</sup> , 2020
6	Senior	✓	11-18	5-38	No Males	August 31 <sup>st</sup> , 2019
6	Senior Coed	✓	11-18	5-38	1+ Males	August 31 <sup>st</sup> , 2019
6	Senior Open	✓	14+	5-30	No Males	December 31 <sup>st</sup> 2020
6	International Senior (IASF)	✓	14-18	5-30	No Males	December 31 <sup>st</sup> , 2020
6	International Senior Coed (5) (IASF)	✓	14-18	5-30	1-5 Males	December 31 <sup>st</sup> , 2020
6	International Senior Coed (8) (IASF)	✓	14-18	5-30	6-8 Males	December 31 <sup>st</sup> , 2020
6	International Senior Coed (20) (IASF)	✓	14-18	5-30	9-20 Males	December 31 <sup>st</sup> , 2020
6.0	International Senior NT (IASF)	✓	14-18	5-30	Mixed	December 31 <sup>st</sup> , 2020
6	International Open (IASF)	✓	14+	5-30	No Males	December 31 <sup>st</sup> , 2020
6	International Open Coed (4) (IASF)	✓	14+	5-30	1-4 Males	December 31 <sup>st</sup> , 2020
6	International Open Coed (16) (IASF)	✓	14+	5-30	5-16 Males	December 31 <sup>st</sup> , 2020

6	International Global Club (IASF)	✓	14+	5-30	No Males	December 31 <sup>st</sup> , 2020
6	International Global Club Coed (IASF)	✓	14+	5-30	1-16 Males	December 31 <sup>st</sup> , 2020
6.0	International Open Non-Tumbling (IASF)	✓	14+	5-30	No Males	December 31 <sup>st</sup> , 2020
6.0	International Open Non-Tumbling Coed (IASF)	✓	14+	5-30	1-20 Males	December 31 <sup>st</sup> , 2020

<b>Canadian Cheer All Star Level 7</b>						
<b>Level</b>	<b>Division</b>	<b>Worlds Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
7	International Open (IASF)	✓	17+	5-30	No Males	December 31 <sup>st</sup> , 2020
7	International Open Coed (4) (IASF)	✓	17+	5-30	1-4 Males	December 31 <sup>st</sup> , 2020
7	International Open Coed (16) (IASF)	✓	17+	5-30	5-16 Males	December 31 <sup>st</sup> , 2020
7.0	International Open Non-Tumbling (IASF)	✓	17+	5-30	No Males	December 31 <sup>st</sup> , 2020
7.0	International Open Non-Tumbling Coed (IASF)	✓	17+	5-30	1-20 Males	December 31 <sup>st</sup> , 2020

\* Must have 16-24 members if competing for a bid to worlds.

\* IASF divisions may be divided into large (25-30) and small (24 or less) depending upon registration. If there are no/limited "large" teams, Canadian Cheer will split the divisions based on an arbitrary athlete number to create similarly sized sub-divisions.

\*The maximum number of males on a coed team may not exceed 2/3 of the total athletes on the team if competing for a bid to worlds.

<b>Canadian Cheer Special Abilities</b>					
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
Modified 2	Cheer Abilities	Any Age	Unlimited	Mixed	N/A

<b>Canadian Cheer Novice</b>					
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
NOVICE	Tiny	3-6	5-30	Mixed	August 31 <sup>st</sup> , 2019

<b>Canadian Cheer Recreation</b>					
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
REC	Mini	5-8	5-30	Mixed	August 31 <sup>st</sup> , 2019
REC	Youth	5-11	5-30	Mixed	August 31 <sup>st</sup> , 2019
REC	Junior	5-14	5-30	Mixed	August 31 <sup>st</sup> , 2019
REC	Senior	11-18	5-30	Mixed	August 31 <sup>st</sup> , 2019

<b>Canadian Cheer All Star Prep 1</b>					
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
1	Tiny Prep	5-6	5-30	Mixed	August 31 <sup>st</sup> , 2019
1	Mini Prep	5-8	5-30	Mixed	August 31 <sup>st</sup> , 2019
1	Youth Prep	5-11	5-30	Mixed	August 31 <sup>st</sup> , 2019
1	Junior Prep	5-14	5-30	Mixed	August 31 <sup>st</sup> , 2019
1	Senior Prep	11-18	5-30	Mixed	August 31 <sup>st</sup> , 2019

<b>Canadian Cheer All Star Prep 2</b>					
<b>Level</b>	<b>Division</b>	<b>Age Range</b>	<b>Team Size</b>	<b>Gender</b>	<b>Age Deadline</b>
2	Mini Prep	5-8	5-30	Mixed	August 31 <sup>st</sup> , 2019
2	Youth Prep	5-11	5-30	Mixed	August 31 <sup>st</sup> , 2019
2	Junior Prep	5-14	5-30	Mixed	August 31 <sup>st</sup> , 2019
2	Senior Prep	11-18	5-30	Mixed	August 31 <sup>st</sup> , 2019

### **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) 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 31<sup>st</sup>, 2020).
- It is common practice at competitions to split divisions when they are very deep (more than 10 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 Canadian Cheer All Star Divisions**

- 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.

- Any teams travelling outside of Canadian Cheer Events 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 Canadian Cheer All Star divisions have a maximum routine length of 2:30.

### **Crossovers**

- 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.
- Canadian Cheer 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.
- Canadian Cheer recommends a shorter season (8 months or less) with no travel outside of the program's province.
- Canadian Cheer recommends a simpler, less costly uniform