



## IASF DIVISION LIST AGE ELIGIBILITY

The IASF Age Grid is designed as a guideline for International All Star Cheer and Dance events within the discipline of All Star. The IASF Age Grid is based on the year The IASF World Championship competition is held. The age grid will be in effect every year from January 1 in Australia. The age grid will extend for competitions through the end of June of the following year in Europe (AFTER THE WORLD CHAMPIONSHIPS)

**EVENT PRODUCER REQUIREMENTS:** Every IASF division is not required to be offered at events. Event producers (EPs), may choose which divisions they would like to offer at their events from this list. The IASF Worlds Divisions must be used as listed to distribute IASF worlds bids or bids for IASF endorsed end of season events. National governing body's (NGBs) may offer a modified version which they choose to implement based on national standards.

**AGE OF COMPETITORS — YEAR OF COMPETITION:** Competitor age eligibility is determined by their date of birth falling within the 2025/2026 competition season and their final age as of December 31, 2026

Example, a 13-year-old athlete may participate if they turn 14 on or before December 31, 2026, even if the minimum age requirement is 14. A 19-year-old athlete may compete if they were 18 at any point in 2026, even if the maximum age limit is 18

**TEAM SIZE:** All IASF Cheer divisions require a minimum of 16 athletes and some allow a maximum of 30. Penalties may be assessed for teams taking the floor with fewer than 16 athletes

**WORLDS TEAM SIZES:** The U18 and International Open divisions maintain a maximum of 24 athletes. For worlds qualification, teams must have a minimum of 16 athletes on the floor. Failure to meet this requirement will result in ineligibility for Worlds qualification.

**DIVISION SPLITS:** All splits are at the discretion of the event producer. Worlds divisions splits are prohibited.

Coed divisions remain unified in levels 1 and 2, while EPs may split at level 3. Required coed splits begin at U16 Level 4.

### **GENDER**

Female = No males on team - Female/Male = non split division.

Coed = A minimum of 1 male and is a split division

**COED CHEER TEAMS:** The maximum numbers of males on a coed team **may not exceed 2/3 of the total athletes** on the team.

**EXAMPLE:** If an IASF Open Large Coed Level 5 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**.

**CROSSOVERS:** National governing bodies, or event producers, where permitted, may choose their own crossover policies. **Crossovers are not allowed at The Cheerleading Worlds and between The Cheerleading and Dance Worlds.**

### **TIME LIMITS**

IASF Prep = Routine time limit maximum of 2:00.

IASF U6, U8, U12, U16, U18 and Open = Routine time limit maximum of 2:30.

IASF Non-Tumbling = Routine time limit maximum of 2:00.

**IMAGE POLICY:** Athletes wearing non-full top uniforms must wear a t-shirt or appropriate cover-up over their uniforms, except when in the warm-up area, traveling as a group directly to or from the warm-up area, or on the performance stage.

**IASF WORLDS IMAGE POLICY:** All teams competing at the Cheerleading Worlds in an IASF Division must abide by the IASF Image policy. **All teams competing at the Cheerleading Worlds in an IASF division must cover their midriff (no crop tops).**

**Adaptive Abilities Divisions: Will follow ICU rules**

## 2025 - 2026 CHEER AGE GRID/ DIVISION LIST



Division	Levels	Birth Year	Ages	Gender	Total Members
U6	1	2019 - 2021	5 - 6 Years Old	Female/Male	16-30 Members
U8	1, 2	2017 - 2021	5 - 8 Years Old	Female/Male	16-30 Members
U12	1, 2, 3, 4, 5	2013 - 2018	8 - 12 Years Old	Female/Male	16-30 Members
U12 (Non-tumble)	2.0, 3.0, 4.0, 5.0	2013 - 2018	8 - 12 Years Old	Female/Male	16-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
U16	1, 2, 3,	2009 - 2014	12 - 16 Years Old	Female/Male	16-30 Members
U16	4, 5, 6	2009 - 2014	12 - 16 Years Old	Female	16-30 Members
U16 Small Coed	4, 5, 6	2009 - 2014	12 - 16 Years Old	1-4 Males*	16-30 Members
U16 Large Coed	4, 5, 6	2009 - 2014	12 - 16 Years Old	5-20 Males*	16-30 Members
U16 (Non-tumble)	2.0, 3.0, 4.0, 5.0, 6.0	2009 - 2014	12 - 16 Years Old	Female/Male	16-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
U18	1, 2, 3	2007 - 2012	14 - 18 Years Old	Female/Male	16-30 Members
U18	4, 5, 6	2007 - 2012	14 - 18 Years Old	Female	16-30 Members
U18 Small Coed	4, 5, 6	2007 - 2012	14 - 18 Years Old	1-4 Males*	16-30 Members
U18 Large Coed	4, 5, 6	2007 - 2012	14 - 18 Years Old	5-20 Males*	16-30 Members
U18 (Non-tumble)	2.0, 3.0	2007 - 2012	14 - 18 Years Old	Female/Male	16-30 Members
U18 (Non-tumble)	4.0, 5.0, 6.0	2007 - 2012	14 - 18 Years Old	Female	16-30 Members
U18 Coed (Non-tumble)	4.0, 5.0, 6.0	2007 - 2012	14 - 18 Years Old	1-20 Males*	16-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
IASF Open	1, 2, 3	2010 or earlier	16 +	Female/Male	16-30 Members
IASF Open	4, 5, 6	2010 or earlier	16 +	Female	16-30 Members
IASF Open Small Coed	4, 5, 6	2010 or earlier	16 +	1-4 Males*	16-30 Members
IASF Open Large Coed	4, 5, 6	2010 or earlier	16 +	5-8 Males*	16-30 Members
IASF Open	2, 3, 4, 5, 6	2010 or earlier	16 +	Female	16-30 Members
IASF Open Coed (Non-tumble)	2.0, 3.0, 4.0, 5.0, 6.0	2010 or earlier	16 +	1-20 Males*	16-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
IASF Open Level 7	7	2009 or earlier	17 +	Female	16-24 Members
IASF Open Small Level 7 Coed	7	2009 or earlier	17 +	1-4 Males*	16-24 Members
IASF Open Large Level 7 Coed	7	2009 or earlier	17 +	5-16 Males	16-24 Members
IASF Open Level 7.0 (Non-tumble)	7.0	2009 or earlier	17 +	Female	16-30 Members
IASF Open Level 7.0 Coed (Non-tumble)	7.0	2009 or earlier	17 +	1-20 Males	16-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
IASF Adaptive Abilities	Follows ICU	2013 or earlier	12 +	Female/Male	10-24 Members
IASF Cheerleading Worlds Divisions		Birth Year	Ages	Gender	Total members
U18 - Level 5		2007 - 2012	14 - 18 Years Old	Female	16-24 Members
U18 Small Coed - Level 5		2007 - 2012	14 - 18 Years Old	1-4 Males*	16-24 Members
IASF Open - Level 5		2010 or earlier	16 +	Female	16-24 Members
IASF Open Small Coed - Level 5		2010 or earlier	16 +	1-4 Males*	16-24 Members
IASF Open Large Coed - Level 5		2010 or earlier	16 +	5-16 Males*	16-24 Members
IASF Open - Level 6		2010 or earlier	16 +	Female	16-24 Members
IASF Open Small Coed - Level 6		2010 or earlier	16 +	1-4 Males*	16-24 Members
IASF Open Large Coed - Level 6		2010 or earlier	16 +	5-16 Males*	16-24 Members
IASF Open - Level 7		2009 or earlier	17 +	Female	16-24 Members
IASF Open Small Coed - Level 7		2009 or earlier	17 +	1-4 Males*	16-24 Members
IASF Open Large Coed - Level 7		2009 or earlier	17 +	5-16 Males*	16-24 Members
U18 - Level 6.0 (Non-tumble)		2007 - 2012	14 - 18 Years Old	Female	16-30 Members
U18 Coed - Level 6.0 (Non-tumble)		2007 - 2012	14 - 18 Years Old	1-20 Males*	16-30 Members
IASF Open - Level 6.0 (Non-tumble)		2010 or earlier	16 +	Female	16-30 Members
IASF Open Coed - Level 6.0 (Non-tumble)		2010 or earlier	16 +	1-20 Males*	16-30 Members
IASF Open - Level 7.0 (Non-tumble)		2009 or earlier	17 +	Female	16-30 Members
IASF Open Coed - Level 7.0 (Non-tumble)		2009 or earlier	17 +	1-20 Males*	16-30 Members

\* COED CHEER TEAMS: The maximum numbers of males on a coed team may not exceed 2/3 of the total athletes on the team.

Non-tumbling division levels are indicated as 2.0/3.0/4.0/5.0/6.0/7.0





#### RECOMMENDATIONS FOR A PREPATORY DIVISION FRAMEWORK

Division	Levels	Birth Year	Ages	Gender	Total Members
U6 Prep	1	2019 - 2021	5 - 6 Years Old	Female/Male	16-30 Members
U8 Prep	1, 2, 2.1	2017 - 2021	5 - 8 Years Old	Female/Male	16-30 Members
U12 Prep	1, 2, 2.1	2013 - 2018	8 - 12 Years Old	Female/Male	16-30 Members
U16 Prep	1, 2, 2.1	2009 - 2014	12 - 16 Years Old	Female/Male	16-30 Members
U18 Prep	1, 2, 2.1	2007 - 2012	14 - 18 Years Old	Female/Male	16-30 Members

#### IASF PREP DIVISION RECOMMENDATIONS

Recommendation: No tosses allowed, 2:00 minute routine time length

Recommendation: Level 2.1 denotes building skills aligning with IASF Level 2 (without tosses) & tumbling skills aligning with IASF Level 1

Recommended crossover limitations: may not crossover to divisions outside of Prep

Recommendation to compete once during a multi-day event

#### OBJECTIVE OF IASF PREP DIVISION RECOMMENDATIONS

Provision of a foundational resource that outlines recommendations for a preparatory stream of athlete competition by:

- reducing the length of the routine to allow for a focus on mastery during progression
- provide guidance on rule adjustments that support the growth of athletes new to all star cheerleading
- respects the ethos of the prep stream by limiting crossovers into non-prep divisions