



IASF DANCE 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 previous 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

DIVISION SPLITS: IASF Dance Divisions are not to be split into small and large.

WORLDS DIVISIONS: The IASF Worlds Divisions must be used to distribute IASF worlds bids.

GENDER

Female = No males on team

Coed = A minimum of 1 male and 1 female on the team. All Males and Females must perform in the routine to meet requirements of the Coed category.

Open All-Male = No females on team

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

TIME LIMITS: IASF U6, U8, U12, U16, U18, and Open = Routine time minimum of 1:45 to a maximum of 2:15

IMAGE POLICY: Any team that competes outside of its country must follow the Image Guidelines set forth by that country and/or the IASF. Dance does not follow the Cheer Image Policy.



2025 - 2026 DANCE AGE GRID/ DIVISION LIST



Division	Categories	Birth Year	Ages	Gender	Total Members
U6	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2019 - 2021	5 - 6 Years Old	Female/Male	6 - 30 members
U8	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2017 - 2021	5 - 8 Years Old	Female/Male	6 - 30 members
U12	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2013 - 2018	8 - 12 Years Old	Female/Male	6 - 30 members
U16	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2009 - 2014	12 - 16 Years Old	Female/Male	6 - 30 members
U18	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2007 - 2012	14 - 18 Years Old	Female/Male	6 - 30 members
OPEN	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2010 or earlier	16 +	Female/Male	6 - 30 members
IASF DANCE Worlds Division	Categories	Birth Year	Ages	Gender	Total Members
OHH	Open Hip Hop	2009 or earlier	16 +	No Males	6 - 30 members
OCHH	Open Coed Hip Hop	2009 or earlier	16 +	Female/Male	6 - 30 members
OMHH	Open Male Hip Hop	2009 or earlier	16 +	No Females	6 - 30 members
OJ	Open Jazz	2009 or earlier	16 +	No Males	6 - 30 members
OCJ	Open Coed Jazz	2009 or earlier	16 +	Female/Male	6 - 30 members
OP	Open Pom	2009 or earlier	16 +	No Males	6 - 30 members
OCP	Open Coed Pom	2009 or earlier	16 +	Female/Male	6 - 30 members
OOCL	Open Open (Contemporary/Lyrical)	2009 or earlier	16 +	Female/Male	6 - 30 members
U16	Junior Jazz	2008 - 2013	12 - 16 Years old	Female/Male	6 - 30 members
U16	Junior Pom	2008 - 2013	12 - 16 Years old	Female/Male	6 - 30 members
U16	Junior Hip Hop	2008 - 2013	12 - 16 Years old	Female/Male	6 - 30 members
U16	Junior Dance (jazz, pom, hip hop)	2008 - 2013	12 - 16 Years old	Female/Male	6 - 30 members

Edited 15/11/2025