

ICC COMPETITION DIVISIONS & AGE GRID FOR 2023

Athlete age for the entire 2022--2023 season is determined by their age as of 31ST AUGUST 2022. Exception: IASF International divisions (Cheer & Dance) – the eligible age for an athlete is determined by their age during 2024. Please be aware IASF Open divisions is increasing to 16 for 2024 Worlds, so an athlete must be turning 15 by 31st December 2023 to be eligible to be on a roster for WORLDS BIDS 2024.

CROSSOVER POLICY:

An athlete cannot crossover onto more than 3 cheer teams and no more than 5 routines in total (inclusive of Cheer, Dance, Stunt Groups & Solos/Individuals) per day. Some of our events are more restrictive than this – please check our website for further guidance.

Athletes may not crossover between different size teams in divisions within the same age and level, regardless of the mandatory split guidelines. e.g. an athlete may compete on only one All Star Elite Cheer Youth 1 team.

Crossovers are NOT ALLOWED between Novice/Prep and All Star/International Cheer teams at the same event – Exception – an athlete may crossover between Novice/Prep divisions to Stunt Group divisions.

Athletes are not allowed to crossover between Prep and Novice divisions at the same event.

At Worlds bid events an athlete may compete on ONE TEAM ONLY in Worlds Bid divisions/rounds.

ROUTINE TIME LIMITS:

Timing will begin with the first choreographed movement or beat of music, whichever comes first.

Allstar Cheer Elite/University Cheer/School Cheer/Masters Cheer – Maximum 2 minutes 30 seconds

IASF Tiny, Mini, Youth, Junior, Senior & Open – Maximum 2 minutes 30 seconds

IASF/University Non Tumbling – Maximum 2 minutes

IASF Global – 30 seconds minimum to 40 second maximum for opening cheer portion.

- 20 second maximum to move from cheer portion and set for music portion

- 2:30 maximum for music portion

Prep Cheer – Maximum 2 minutes

Novice Cheer – Maximum 1 minute 30 seconds

Dance – Minimum 1 minute 45 seconds. Maximum 2 minutes 15 seconds

Stunt Groups, Partner Stunts & Individuals/Solos – Maximum 1 minute 15 seconds

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Cheer Divisions

Novice Cheer Divisions - Offered at the British Open Pt. 2 Speciality Nationals Only

DIVISION	AGE	FEMALE/MALE	# ON TEAM	LEVELS
TINY NOVICE	3-7	Female/Male	5-30	1
MINI NOVICE	5-9	Female/Male	5-30	1, 2
YOUTH NOVICE	5-12	Female/Male	5-30	1, 2, 3

Novice athletes may not cross over to All Star Prep, Allstar Elite or IASF International Cheer teams at the same event.

Novice teams will follow the relevant IASF rules with the following additions: No tosses permitted in these divisions – *Clarification: This includes 'Sponge' (also known as load in or Squish) tosses.*

Clarification: All waist level cradles are illegal.

Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) only and not scored against other teams.

Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required (See further restrictions for Tiny Novice teams below).

Tiny Novice Only: No building skills permitted (includes tosses, stunts & pyramids). The ONLY TWO TUMBLING skills allowed are cartwheels & forward rolls. Handstands, backbends/bridges, etc are not allowed.

Mini Novice & Youth Novice: Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required. The rules are referenced below in relation to the IASF Rule they correspond with..

All Star Prep Cheer Divisions - Not offered at the British Open or Battle of Champions

DIVISION	AGE	FEMALE/MALE	# ON TEAM	LEVELS
TINY PREP	3-6	Female/Male	5-30	1.1
MINI PREP	5-8	Female/Male	5-30	1.1, 2.1
YOUTH PREP	6-11	Female/Male	5-30	1.1, 2.1
JUNIOR PREP	7-14	Female/Male	5-30	1.1, 2.1
SENIOR PREP	11+ with at least 1 athlete 15 years or older	Female/Male	5-30	1.1, 2.1

All Star Prep athletes may not cross over to Novice, Allstar Elite or IASF International Cheer teams at the same event. Prep teams will follow the relevant IASF rules with the following additions: No tosses permitted in these divisions – *Clarification: This includes 'Sponge' (also known as load in or Squish) tosses. Clarification: All waist level cradles are illegal.*

In the All Star Prep levelling system the 1st number refers to the building level, the 2nd to the tumbling level. EXAMPLE: All Star Prep Level 2.1 follows level 2 building rules and level 1 tumbling rules.

PLEASE NOTE that it is our recommendation that Prep divisions be used for newer and less experienced athletes. Where possible, more experienced athletes should be placed in All Star divisions leaving a more even playing field for teams entering Prep divisions.

All Star Elite Cheer Divisions

DIVISION	AGE	FEMALE/ MALE	# ON TEAM	LEVELS
TINY	3-6	Female/Male	5-32	1
MINI	5-8	Female/Male	5-32	1, 2
YOUTH	6-11	Female/Male	5-32	1, 2, 3
YOUTH	8-11	Female/Male	5-32	4
YOUTH	9-11	Female/Male	5-32	5
JUNIOR	7-14	Female/Male	5-32	1, 2, 3
JUNIOR	8-14	Female/Male	5-32	4
JUNIOR	9-14	Female/Male	5-38	5
JUNIOR	9-14	Females/Males	5-38	6
SENIOR	11+ with at least 1 athlete 15 years or older	Female/Male	5-32	1, 2, 4.2
SENIOR	11+ with at least 1 athlete 15 years or older	No Males	5-32	3, 4
SENIOR COED	11+ with at least 1 athlete 15 years or older	1+ Males	5-32	3, 4
SENIOR	11+ with at least 1 athlete 15 years or older	Female/Male	5-38	5
SENIOR	12-19	No Males	5-38	6
OPEN	17+	Female/Male	5-32	1, 2
OPEN	17+	No Males	5-32	3, 4
OPEN COED	17+	1+ Males	5-32	3, 4

Details of how these divisions will be combined / split can be found on pages 9-12

IASF Cheer Divisions

Please note that the IASF have made adjustments to the IASF Age Grid for the 2022-2023 season. ICC's Age Grid will therefore reflect this decision to keep consistency for teams. Please be aware that this may change again for the 2023- 2024 season and coaches should keep this in mind when determining rosters with the intention of competing at The Summit, or other International events.

DIVISION	AGE	FEMALE/ MALE	# ON TEAM	LEVELS
U6	5-6	Female/Male	16-24	1
U8	5-8	Female/Male	16-24	1, 2
U12	8-12	Female/Male	16-24	1, 2, 3, 4, 5
U16	12-16	Female/Male	10-30	1, 2, 3, 4, 5
U16 COED	12-16	No Males	10-30	4,5,6
U18	14-18	Female/Male	10-30	1, 2
U18	14-18	No Males	10-30	3,4,5
U18 Non-Tumbling	14-18	Female/Males	10-30	3NT, 4NT, 5NT, 6NT
U18 COED	14-18	+1 Males	10-30	3, 4
U18 COED 4 (Small Coed)	14-18	1-4 Males	10-24	5
U18 COED 16 (Large Coed)	14-18	5-16 Males	25-30	5
OPEN	15+	Female/Male	10-24	3
OPEN	15+	No Males	10-24	4, 5, 6
OPEN	17+	No Males	10-24	7
OPEN COED	15+	1+ Males	10-24	4
OPEN COED 4 (Small Coed)	15+	1-4 Males	10-24	5, 6
OPEN COED 4 (Small Coed)	17+	1-4 Males	10-24	7
OPEN COED 16 (Large Coed)	15+	5-16 Males	10-24	5, 6
OPEN COED 16 (Large Coed)	17+	5-16 Males	10-24	7
OPEN NON-TUMBLING	15+	Female/Male	10-30	3NT, 4NT
OPEN NON-TUMBLING	15+	No Males	10-30	5NT, 6NT
OPEN COED NON-TUMBLING	15+	1-20 Males	16-30	5NT, 6NT
OPEN NON-TUMBLING	17+	No Males	16-30	7NT
OPEN COED NON-TUMBLING	17+	1-20 Males	16-30	7NT
GLOBAL	15+	No Males	10-24	6
GLOBAL COED	15+	1-16 Males	10-24	6

The minimum team size for IASF International divisions remains at 10 for the 2022-2023 season. If a team competes with fewer than 10 athletes a deduction will be assessed by all Event Providers (Event Providers can set this themselves based on their own scoring system).

PLEASE NOTE: The IASF may raise the minimum team size back to 16 for the 2023-2024 season.

*IASF International Coed 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 Level 5 Coed 16 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.

Masters Cheer Division

DIVISION	AGE	FEMALE/MALE	# ON TEAM	LEVELS
MASTERS	at least 75% of athletes aged 25+ with a minimum age of 17	Female/Male	5-38	1, 2

University Cheer Divisions

DIVISION	AGE	FEMALE/MALE	# ON TEAM	LEVELS
UNIVERSITY ALL GIRL	17+ & must be registered students or graduated within last 4 years.	No Males	5-38	1, 2, 3, 4, 5, 6, 7
UNIVERSITY COED	17+ & must be registered students or graduated within last 4 years.	1+ Males	5-38	1, 2, 3, 4, 5, 6, 7
UNIVERSITY NON-TUMBLING	17+ & must be registered students or graduated within last 4 years.	Female/Male	5-38	2NT, 3NT, 4NT, 5NT, 6NT, 7NT

All members are at least 17 years old (on August 31st 2022) and 90% of the team are current students at the named University. 10% of the team can be past students/alumni, if they have graduated from the named University within the past 4 years. Proof of University eligibility required – including University Student ID and/or proof of graduation at the named University within 4-year period up to the event date. It is the responsibility of the University team to ensure that all participants are covered under the provisions of their own University rules and insurance.

Dance Divisions

DANCE DIVISION	AGE	# ON TEAM	FEMALE/ MALE
TINY	6 and under	4 or more dancers	Female/Male
MINI	9 and under	4 or more dancers	Female/Male
YOUTH	12 and under	4 or more dancers	Female/Male
JUNIOR	15 and under	4 or more dancers	No Males
JUNIOR COED	15 and under	4 or more dancers	+1 Male
SENIOR SMALL	11 years old with at least one dancer 16 or older	4 or more dancers	0 Males
SENIOR COED	11 years old with at least one dancer 16 or older	4 or more dancers	+1 Males
SENIOR MALE	11 years old with at least one dancer 16 or older	4 or more dancers	0 Females
INTERNATIONAL U16*	11-16 years old	6-30 dancers	Female/Male
INTERNATIONAL OPEN**	15 years and older	6-30 dancers	Female/Male
UNIVERSITY***	17 years and older	4-14 dancers	0 Males
UNIVERSITYCOE D***	17 years and older	4-14 dancers	+1 Males
MASTERS DANCE	at least 75% of athletes aged 25+ with a minimum age of 17	4 or more dancers	Female/Male

All of the above age divisions will be offered for each of the following styles - Pom, Jazz, Hip Hop and Lyrical/Contemporary. Prop and High Kick may also be offered. High Kick will be offered as an International Open division only.

*Traditional Pom is otherwise known as Cheer Dance. Routines should incorporate Poms and Cheer inspired dance without technical dance skills. The main judging aspects are Formations, Synchronization, visual effects, and clean and precise motion technique as well as perfection and technique of the skills allowed. Dance Technical skills such as leaps of all kinds, pirouettes, fouettés, and kick lines are not permitted. Kicks, splits and jumps are permitted. Tumbling is not allowed. Dance lifts are allowed following the IASF Pom Guidelines. Contact the individual EP for more information.

Where female/male is specified in the above grids, this means that (other than overall team size) there are no restrictions on number of males.

Stunt Group Divisions

DIVISION	AGE	FEMALE/ MALE	# ON TEAM	LEVELS
TINY STUNT GROUP	3-6	Female/Male	3 to 5 athletes	1
MINI STUNT GROUP	5-8	Female/Male	3 to 5 athletes	1, 2
YOUTH STUNT GROUP	6-11	Female/Male	3 to 5 athletes	1, 2, 3
YOUTH STUNT GROUP	8-11	Female/Male	3 to 5 athletes	4
YOUTH STUNT GROUP	9-11	Female/Male	3 to 5 athletes	5
JUNIOR STUNT GROUP	7-14	Female/Male	3 to 5 athletes	1, 2, 3
JUNIOR STUNT GROUP	9-14	Female/Male	3 to 5 athletes	4,5
JUNIOR STUNT GROUP	9-14	Female/Male	3 to 5 athletes	6
JUNIOR PARTNER STUNT	9-14	Female/Male	2 athletes	6
SENIOR STUNT GROUP	11+ with at least 1 athlete 15 years or older	Female/Male	3 to 5 athletes	1, 2
SENIOR STUNT GROUP	11+ with at least 1 athlete 15 years or older	No Males	3 to 5 athletes	3, 4, 5
SENIOR STUNT GROUP	12+ with at least 1 athlete 15 years or older	No Males	3 to 5 athletes	6
SENIOR COED STUNT GROUP	11+ with at least 1 athlete 15 years or older	1+ Males	3 to 5 athletes	3, 4, 5
SENIOR COED STUNT GROUP	12+ with at least 1 athlete 15 years or older	1+ Males	3 to 5 athletes	6
SENIOR PARTNER STUNT	12+ with at least 1 athlete 15 years or older	Female/Male	2 athletes	6
OPEN/UNIVERSITY* STUNT GROUP	17+	Female/Male	3 to 5 athletes	1,2
OPEN/UNIVERSITY* STUNT GROUP	17+	No Males	3 to 5 athletes	3, 4, 5, 6, 7
OPEN/UNIVERSITY* COED STUNT GROUP	17+	1+ Male	3 to 5 athletes	3, 4, 5, 6, 7
OPEN/UNIVERSITY* PARTNER STUNT	17+	Female/Male	2 athletes	6, 7

* University divisions: All members are 17 years old (on August 31st2021) or older and are current students at the named university. Exception: For 2021/2022 only, 4 athletes per stunt group can be a past student/alumni, if they have graduated from the named university within the past 4 years.

Cheer Solo, Duo & Dance Solo, Duet Divisions

ATHLETES MUST BE ENTERED INTO THE DIVISION RELEVANT FOR THEIR AGE.

DIVISION	AGE	FEMALE/MALE
TINY	3-6	Female/Male
MINI	7-8	Female/Male
YOUTH	9-11	Female/Male
JUNIOR	12-14	Female/Male
SENIOR	15-16	Female/Male
OPEN / UNIVERSITY	17+	Female/Male

Dance solos will be offered in the following styles: pom, jazz, hip hop and lyrical/contemporary.
Dance duets will be offered in the above styles, also including High Kick.

Cheer Individual and Dance Solo division splits – We may split Youth, Junior, Senior and Open Cheer Individual and Dance Solo divisions into male and female if there are at least 3 athletes in each division following the split.

Division Split / Merge Guidelines

ICC will always COMBINE and/or SPLIT divisions in the best interest of providing a competitive environment. Whenever possible, there should be at least 3 teams in any given division and level. The guidelines listed herein will provide the basis for how this will be accomplished. There will be instances, however, where there are not permissible combinations thus having a division that may only have one team.

Definitions for this section:

May means that we might combine or split a division but this is **not required**. Anything that reads **may** is left to our discretion.

Must or Mandatory means that we will combine or split divisions if the division meets the criteria set forth in the guidelines.

May not means that we will not combine or split the division.

Teams of different levels may not be combined into one division.

Teams of different ages may not be combined into one division.

NOVICE CHEER

COMBINING DIVISIONS:

Novice divisions **may not** be combined.

SPLITTING DIVISIONS:

Novice divisions **may not** be further split.

ALL STAR PREP CHEER

COMBINING DIVISIONS:

All Star Prep divisions **may not** be combined.

SPLITTING DIVISIONS:

All Star Prep teams **may** be split by size as per the split guidelines for All Star Elite cheer (see below).

ALL STAR ELITE CHEER

COMBINING DIVISIONS:

The following combinations are permitted in the event of a single team registering in either division:

- Junior Coed Level 6 and Junior Level 6
- Senior Coed Level 3 and Senior Level 3
- Senior Coed Level 4 and Senior Level 4
- Open Coed Level 3 and Open Level 3
- Open Coed Level 4 and Open Level 4
- Open and corresponding University divisions (e.g. University Level 1 and Open Level 1)

If there is one Coed registration and/or one all-girl registration, the division **may** be combined.

If there is one open registration and/or one university registration, the divisions **must** be combined.

After the division is combined, we will follow the mandatory split guidelines if applicable.

Level 6 Senior X-Small Coed, Senior Small Coed, Senior Medium Coed and Senior Large Coed:

When registrations leave a division with a single team we **may** combine any of these divisions in the interests of maximising competition. No other combinations are permitted.

SPLITTING DIVISIONS:

Divisions may be split by size, coed/all girl or in some cases, by additional optional splits. **The order in which these splits must be made depends on the division as follows.**

DIVISION	1ST SPLIT	2ND SPLIT	3RD SPLIT
TINY 1	SIZE (mandatory)	A/B (optional)	N/A
MINI 1/2	SIZE (mandatory)	A/B (optional)	N/A
YOUTH 1/2/3/4/5	SIZE (mandatory)	A/B (optional)	N/A
JUNIOR 1/2/3/4	SIZE (mandatory)	A/B (optional)	N/A
JUNIOR 5	COED (mandatory)	SIZE (mandatory)	A/B (optional)
JUNIOR 6	SIZE (mandatory)	SIZE (optional)	A/B (optional)
JUNIOR COED 6	SIZE (mandatory)	SIZE (optional)	A/B (optional)
SENIOR 1/2/3/4	SIZE (mandatory)	A/B (optional)	N/A
SENIOR 4.2/5	COED (mandatory)	SIZE (mandatory)	A/B (optional)
SENIOR 6	SIZE (mandatory)	SIZE (optional)	A/B (optional)
SENIOR COED 3/4	SIZE (mandatory)	A/B (optional)	N/A
OPEN 1/2/3/4	SIZE (mandatory)	A/B (optional)	N/A
OPEN 5	COED (mandatory)	SIZE (mandatory)	A/B (optional)
OPEN COED 3/4	SIZE (mandatory)	A/B (optional)	N/A
ALL STAR PREP	SIZE (mandatory)	A/B (optional)	N/A
UNIVERSITY CHEER	SIZE (mandatory)	A/B (optional)	N/A

If the 1st mandatory split cannot be made without leaving a single team in a division, but the 2nd mandatory split **CAN** be made, we **may** make this 2nd split at our discretion, despite the 1st split not having been made. This is an optional split. E.g. where the first split is listed as COED and this cannot be made, we **may** split by size.

A division **may not** be split into A/B unless the mandatory size split has first been made.

MANDATORY COED SPLITS

Coed splits only apply to the divisions listed below. If the division is not listed below, a coed split is **NEVER** an option:

- Junior Level 5
- Senior Level 4.2
- Senior Level 5

Coed splits should be used when there will be 3 or more teams in each respective division.

MANDATORY SPLITS BY SIZE***Levels 1-4 and 4.2 and All Star Prep:***

We will split the division into X-Small and Small/Medium/Large when there are at least **three** teams that will ultimately be registered in each respective division. The designation of X-Small & Small/Medium/Large divisions must follow the team sizes below:

X-Small = 5-14 athletes | Small/Medium/Large = 15-32 athletes

Youth Level 5, Junior Levels 5 & 6, Senior Levels 5 & 6:

We will split the division into Small & Large divisions when there are at least **three** teams that will ultimately be registered in each respective division. The designation of Small & Large divisions must follow the team sizes below:

Small = 5-22 athletes | Large = 23-38 athletes

ADDITIONAL OPTIONAL SPLITS

Levels 1-4 and 4.2 and All Star Prep: We **may** split the division into X Small, Small & Medium/ Large when there are at least **three** teams that will ultimately be registered in each respective division. The designation of X Small, Small & Medium / Large must follow the team sizes below:

X Small = 5-14 members

Small = 15-21 members

Medium / Large = 22-32 members

Youth Level 5, Junior Levels 5 & 6, Senior Levels 5 & 6:

Following the mandatory split by size, we **may** further split by size when there are at least **three** teams that will ultimately be registered in each division:

Small and X-Small = 5-14 athletes | Small = 5–22 athletes

Large and Medium = 23-32 athletes | Large = 33-38 athletes

All divisions:

A/B SPLIT – if after implementing the mandatory split there are **10 or more** teams in any given division, then we **may** split that division further by team size. We will use a name such as “Group A”, “Group B” etc. to denote the split and must clearly define the number of competitors permitted on the team for each of these particular divisions. A/B splits may not be made unless the mandatory split(s) have also been made.

Please be aware that no changes to division splits will be made after the final running order has been sent.

SPLIT EXCEPTION FOR TEAMS FROM THE SAME PROGRAM

Teams from the same program **regardless of their location** will not have to compete against themselves if they have 2 teams of a different size that coincide with the **MANDATORY SPLIT TEAM SIZE** for their respective levels. A mandatory split would occur even it means that a division is left with only one team performing.

Levels 1-4 and 4.2: Teams from the same program will not compete against themselves if they have X-Small and Small/Medium teams in the same division and level. There is NOT a mandatory split for X-Small/Medium or Small/Medium team sizes from the same program in the same division and level. Athletes may not crossover between different size teams in divisions within the same level.

Level 5 and Junior Level 6: Teams from the same program will not compete against themselves if they have a Small and Large team in the same division and level. There is NOT a mandatory split for X-Small/Small or Medium/Large team sizes from the same program in the same division and level.

NOTE: Teams of the same size from the same program will NOT be split and **must** compete against each other.

IASF INTERNATIONAL CHEER

SPLITTING DIVISIONS:

IASF International divisions **may not** be further split.

UNIVERSITY CHEER

COMBINING DIVISIONS:

The following combinations are permitted in the event of a single team registering in either division:

-Open and corresponding University divisions (e.g. University Level 1 and Open Level 1)

If there is one open registration and/or one university registration, the divisions **must** be combined unless it will mean an athlete competing against themselves.

After the division is combined, we will follow the mandatory split guidelines if applicable.

When Open & University divisions are combined they will be denoted as Open divisions and will follow the Open division guidelines.

SPLITTING DIVISIONS:

University teams **must** be split by size as per the split guidelines for All Star Elite Cheer (see above).

DANCE

We will combine divisions first by size and then by gender.

Splitting by Small and Large Team Size

If there will be three or more teams in both the Small and Large division in Tiny, Mini, Youth, Junior and/or Senior Divisions within the same Category, this division **may** be split by size.

Exception: Small and Large will always be split if it means that a program will compete against itself. (Example: Senior Small Pom and Senior Large Pom teams from the same program will not be combined into one division that would cause them to compete against each other. If a program chooses to register two teams in the same Age, Team Size and Category (e.g. Senior Small Pom), the teams will compete against each other.

When there are 10 or more teams in any Small or Large division, we may further split that division by team size, provided a minimum of three teams remain in all resulting divisions.

Combining Age and Gender

If there is only one team registered in any Junior or Senior Division within the same category, we will combine (in this order), as long as a program is not forced to compete against itself:

Jr Coed with Jr Male, Sr Coed with Sr Male

Jr with Jr Coed, Sr with Sr Coed

Jr with Jr Male, Sr with Sr Male