



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: The IASF DIVISION LIST is a list of ALL the IASF divisions. Each country's governing body, or event producer, where permitted, may choose which divisions they would like to offer. Every IASF division is not required to be offered at events. The IASF 2025 Worlds Divisions must be used to distribute IASF worlds bids or bids for sanctioned end of season events.

AGE OF COMPETITORS — YEAR OF COMPETITION: The age of the competitor is based on the date of birth falling during the year of the 2024/2025 competition. **Examples;** a 13-year-old athlete may participate where the minimum age is 14 IF they turn 14 on or before Dec. 31, 2025.

A 19-year-old athlete may participate where the maximum age is 18 IF they were 18 at any time in 2025.

TEAM SIZE:

Minimum number of athletes for U6, U8, U12 divisions is 5, except for U12 NT.

Minimum number of athletes for U16 divisions and greater is 10. A penalty may be assessed for taking the floor with fewer than 10 athletes.

Standard IASF = Maximum number of 24 athletes. This is the division recognized for international competition.

Large IASF = 25 - 30 Maximum number of 30 athletes. Implementation of this division may vary depending on the region or country.

Non Tumbling = Maximum number of 30 athletes.

The minimum number of athletes per team has returned back to 16 athletes.

DIVISION SPLITS: If there are 10 or more teams in any given division, the event producers may split that division. **The event producers must use a name such as "Group A", "Group B" to denote the split.** This is at the discretion of the Event Producer and may vary depending on the country the competition is held.

Eg; Division A = 6 teams with 18-24 athletes. Division B = 6 teams with 10-18 athletes.

Coed divisions do not split in levels 1 and 2.

*U16 and U18 Coed splits are required at level 4.

GENDER

Female = No males on team

Coed = A minimum of 1 male

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 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.

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

TIME LIMITS

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.

IASF Global Club = Routine time limits are as follows:

30 second minimum to 40 second maximum for the opening Cheer portion



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

2:30 maximum for the music portion

IMAGE POLICY: Any team that competes outside of its country must follow the Image Guidelines set forth by that country and/or the

IASF. 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

 2024 - 2025 CHEER AGE GRID/ DIVISION LIST 					
Division	Levels	Birth Year	Ages	Gender	Total Members
U6	1 only	2018 - 2020	5 - 6 Years Old	Female/Male	16-24 Members
U6 Large	1 only	2018 - 2020	5 - 6 Years Old	Female/Male	25-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
U8	1, 2 only	2016 - 2020	5 - 8 Years Old	Female/Male	16-24 Members
U8 Large	1, 2 only	2016 - 2020	5 - 8 Years Old	Female/Male	25-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
U12	1, 2, 3, 4, 5	2012 - 2017	8 - 12 Years Old	Female/Male	16-24 Members
U12 Large	1, 2, 3, 4, 5	2012 - 2017	8 - 12 Years Old	Female/Male	25-30 Members
U12 NT	2, 3, 4, 5	2012 - 2017	8 - 12 Years Old	Female/Male	16-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
U16	1, 2, 3, 4, 5, 6	2008 - 2013	12 - 16 Years Old	Female/Male	16-24 Members
U16 Large	1, 2, 3, 4, 5, 6	2008 - 2013	12 - 16 Years Old	Female/Male	25-30 Members
U16 Coed*	*4, 5, 6	2008 - 2013	12 - 16 Years Old	1 or more Males	16-24 Members
U16 Coed Large*	*4, 5, 6	2008 - 2013	12 - 16 Years Old	1 or more Males	25-30 Members
U16 NT	2, 3, 4, 5, 6	2008 - 2013	12 - 16 Years Old	Female/Male	16-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
IASF Adaptive Abilities	1, 2, 3, 4 only	2012 or earlier	12 +	Female/Male	10-24 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
U18 *	1, 2, 3, 4, 5, 6	2006 - 2011	14 - 18 Years Old	Female/Male	16-24 Members
U18 Large*	1, 2, 3, 4, 5, 6	2006 - 2011	14 - 18 Years Old	Female/Male	25-30 Members
U18 Coed	3, 4	2006 - 2011	14 - 18 Years Old	1 or more Males	16-24 Members
U18 Coed Large	3, 4	2006 - 2011	14 - 18 Years Old	1 or more Males	25-30 Members
U18 Coed 5	5, 6	2006 - 2011	14 - 18 Years Old	1-5 Males	16-24 Members
U18 Coed 8	5, 6	2006 - 2011	14 - 18 Years Old	6-8 Males	16-24 Members
U18 Coed 20	5, 6	2006 - 2011	14 - 18 Years Old	9-20 Males	10-38 Members
U18 NT	1, 2, 3, 4	2006 - 2011	14 - 18 Years Old	Female/Male	16-30 Members
U18 NT	5, 6	2006 - 2011	14 - 18 Years Old	No Males	16-30 Members
U18 NT Coed	5, 6	2006 - 2011	14 - 18 Years Old	1-20 Males	10-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
IASF Open	1, 2	2009 or earlier	16 +	Female/Male	16-24 Members
IASF Open	3, 4, 5, 6	2009 or earlier	16 +	Female	16-24 Members
IASF Open Coed	3, 4	2009 or earlier	16 +	1 or more Males	16-24 Members
IASF Open Coed 4	5, 6	2009 or earlier	16 +	1-4 Males	16-24 Members
IASF Open Coed 16	5, 6	2009 or earlier	16 +	5-16 Males	16-24 Members
IASF Open NT	2, 3, 4, 5, 6	2009 or earlier	16 +	Female/Male	16-30 Members
IASF Open NT Coed	2, 3, 4, 5, 6	2009 or earlier	16 +	1-20 Males	16-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
IASF Global Club Level 6	6	2009 or earlier	16 +	Female	16-24 Members
IASF Global Club Level 6 Coed	6	2009 or earlier	16 +	1-16 Males	16-24 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
IASF Open Level 7	7	2008 or earlier	17 +	Female	16-24 Members
IASF Open Level 7 Coed 4	7	2008 or earlier	17 +	1-4 Males	16-24 Members
IASF Open Level 7 Coed 16	7	2008 or earlier	17 +	5-16 Males	16-24 Members
IASF Open Level 7NT	7	2008 or earlier	17 +	Female	16-30 Members
IASF Open Level 7NT Coed	7	2008 or earlier	17 +	1-20 Males	16-30 Members

IASF Cheerleading Worlds Divisions and (Codes)	Birth Year	Ages	Gender	Total members
U18 - Level 5 (U18-5)	2006 - 2011	14 - 18 Years Old	Female	16-24 Members
U18 Small Coed - Level 5 (U18SC-5)	2006 - 2011	14 - 18 Years Old	1-4 Males	16-24 Members
IASF Open - Level 5 (IO-5)	2009 or earlier	16 +	Female	16-24 Members
IASF Open Small Coed - Level 5 (IOSC-5)	2009 or earlier	16 +	1-4 Males	16-24 Members
IASF Open Large Coed - Level 5 (IOLC-5)	2009 or earlier	16 +	5-16 Males	16-24 Members
IASF Global - Level 6 (IG-6)	2009 or earlier	16 +	Female	16-24 Members
IASF Global Coed - Level 6 (IGC-6)	2009 or earlier	16 +	1-16 Males	16-24 Members
IASF Open - Level 6 (IO-6)	2009 or earlier	16 +	No Males	16-24 Members
IASF Open Small Coed - Level 6 (IOSC-6)	2009 or earlier	16 +	1-4 Males	16-24 Members
IASF Open Large Coed - Level 6 (IOLC-6)	2009 or earlier	16 +	5-16 Males	16-24 Members
IASF Open - Level 7 (IO-7)	2008 or earlier	17 +	Female	16-24 Members
IASF Open Small Coed - Level 7 (IOSC-7)	2008 or earlier	17 +	1-4 Males	16-24 Members
IASF Open Large Coed - Level 7 (IOLC-7)	2008 or earlier	17 +	5-16 Males	16-24 Members
IASF Cheerleading Worlds NT Divisions and (Codes)	Birth Year	Ages	Gender	Total members
U18 NT- Level 6 (U18NT-6)	2006 - 2011	14 - 18 Years Old	Female	16-30 Members
U18 Coed NT - Level 6 (U18CNT-6)	2006 - 2011	14 - 18 Years Old	1-20 Males	16-30 Members
IASF Open NT - Level 6 (IONT-6)	2009 or earlier	16 +	Female	16-30 Members
IASF Open Coed NT - Level 6 (IOCNT-6)	2009 or earlier	16 +	1-20 Males	16-30 Members
IASF Open NT - Level 7 (IONT-7)	2008 or earlier	17 +	Female	16-30 Members
IASF Open Coed NT - Level 7 (IOCNT-7)	2008 or earlier	17 +	1-20 Males	16-30 Members