



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 COMPETITOR: YEAR OF COMPETITION: An athlete must meet the age requirement within the calendar year of 2025. For example: a 15-year-old may participate in an Open Division IF the athlete turns the minimum age of 16 any time in 2025; a 17-year-old may participate in a Junior Division IF they were the maximum age of 16 at any time in 2025."

GENDER

Female = No males on team

Coed = A minimum of 1 male and 1 female on the team

Open All-Male = No females on team

CROSSOVERS: National governing bodies, or event producers, where permitted, may choose their own crossover policies.

CROSSOVERS AT WORLDS: Athletes may compete in up to 5 routines at the Dance Worlds and may compete in USASF Club divisions or IASF International divisions as long as they abide by the age rules of each division.

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

IASF		2024 - 2025 DANCE AGE GRID/ DIVISION LIST				IASF	
Division	Categories	Birth Year	Ages	Gender	Total Members		
U6	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2018 - 2020	5 - 6 Years Old	Female/Male	6 - 30 members		
U8	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2016 - 2020	5 - 8 Years Old	Female/Male	6 - 30 members		
U12	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2012 - 2017	8 - 12 Years Old	Female/Male	6 - 30 members		
U16	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2008 - 2013	12 - 16 Years Old	Female/Male	6 - 30 members		
U18	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2006 - 2011	14 - 18 Years Old	Female/Male	6 - 30 members		
OPEN	High Kick, Hip Hop, Jazz, Pom, Contemporary/Lyrical	2009 or earlier	16 +	Female/Male	6 - 30 members		
IASF DANCE Worlds Division	Categories	Birth Year	Ages	Gender	Total Members		
OEHH	Open Elite Hip Hop	2009 or earlier	16 +	No Males	6 - 15 members		
OCEHH	Open Coed Elite Hip Hop	2009 or earlier	16 +	Female/Male	6 - 15 members		
OPHH	Open Premier Hip Hop	2009 or earlier	16 +	No Males	16 - 30 members		
OCPHH	Open Coed Premier Hip Hop	2009 or earlier	16 +	Female/Male	16 - 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		
OK	Open Kick	2009 or earlier	16 +	Female/Male	6 - 30 members		
U16 (JD)	Junior Dance	2008 - 2013	12 - 16 Years old	Female/Male	6 - 30 members		