



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 sanctioned** 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 2024/2025 competition season and their final age as of December 31, 2025

Example, a 13-year-old athlete may participate if they turn 14 on or before December 31, 2025, even if the minimum age requirement is 14. A 19-year-old athlete may compete if they were 18 at any point in 2025, 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 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**.

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

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



2024 - 2025 CHEER AGE GRID/ DIVISION LIST



Division	Levels	Birth Year	Ages	Gender	Total Members
U6	1	2018 - 2020	5 - 6 Years Old	Female/Male	16-30 Members
U8	1, 2	2016 - 2020	5 - 8 Years Old	Female/Male	16-30 Members
U12	1, 2, 3, 4, 5	2012 - 2017	8 - 12 Years Old	Female/Male	16-30 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,	2008 - 2013	12 - 16 Years Old	Female/Male	16-30 Members
U16	*4, 5, 6	2008 - 2013	12 - 16 Years Old	Female	16-30 Members
U16 Coed 4*	*4, 5, 6	2008 - 2013	12 - 16 Years Old	1-4 Males	16-30 Members
U16 Large Coed*	*4, 5, 6	2008 - 2013	12 - 16 Years Old	5-20 Males	16-30 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
U18	1, 2, 3	2006 - 2011	14 - 18 Years Old	Female/Male	16-30 Members
U18	4, 5, 6	2006 - 2011	14 - 18 Years Old	Female	16-30 Members
U18 Coed 4	*4, 5, 6	2006 - 2011	14 - 18 Years Old	1-4 Males	16-30 Members
U18 Large Coed	*4, 5, 6	2006 - 2011	14 - 18 Years Old	5-20 Males	16-30 Members
U18 NT	2, 3	2006 - 2011	14 - 18 Years Old	Female/Male	16-30 Members
U18 NT	*4, 5, 6	2006 - 2011	14 - 18 Years Old	Female	16-30 Members
U18 NT Coed	*4, 5, 6	2006 - 2011	14 - 18 Years Old	1-20 Males	16-30 Members
Division	Levels	Birth Year	Ages	Gender	Total Members
IASF Open	1, 2, 3	2009 or earlier	16 +	Female/Male	16-30 Members
IASF Open	4, 5, 6	2009 or earlier	16 +	Female	16-30 Members
IASF Open Coed 4	4, 5, 6	2009 or earlier	16 +	1-4 Males	16-30 Members
IASF Open Coed 8	4, 5, 6	2009 or earlier	16 +	5-8 Males	16-30 Members
IASF Open NT	2, 3, 4, 5, 6	2009 or earlier	16 +	Female	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 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
Division	Levels	Birth Year	Ages	Gender	Total Members
IASF Adaptive Abilities	1, 2, 3, 4	2012 or earlier	12 +	Female/Male	10-24 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 Open - Level 6 (IO-6)		2009 or earlier	16 +	Female	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
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



2024 - 2025 CHEER AGE GRID/ DIVISION LIST



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 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

03/09/2024