



2022 AASCF CHEER & DANCE AGE GRID

V4 release date 22/03/2022. Changes to the V3 age grid are in red below.



Due to COVID-19, athletes can be one year younger or one year older than this Age Grid in 2022

Exception 1: The Tiny Novice bottom age will not be lowered.

Exception 2: University and Scholastic must follow age grid
However for 2023 all age groups will revert back to pre covid

CHEER AGE GRID NOTES:

- Age cut off is December 31st, 2022 for cheer divisions. i.e. Open Age, 14 yrs & older, athlete must turn 14 by 31st December in the year of competition being 2022.
- Exceptions:**
 - IASF Worlds Bid, IASF Divisions, where the athlete must be of eligible age at any time during the year 2023, meaning they are eligible to compete at the 2023 Cheerleading Worlds or International Summit. For consistency this will also apply to Senior 5 & 6NT, Open level 5, 6, 6NT & 6 Global Club (for teams with less than 16 athletes).
 - EXAMPLE FOR IASF DIVISIONS ONLY: If a 14-year-old athlete is participating in a division where the minimum age is 15; that athlete is legal for the division if the athlete turns 15 on or before December 31st, 2023.
 - EXAMPLE FOR IASF DIVISIONS ONLY: If a 19-year-old athlete is participating in a division where the maximum age is 18; that athlete would be legal for the division if the athlete was 18 years old at any time in 2023.
- Any teams seeking to compete Internationally need to ensure their athletes adhere to the age and division requirements of the competition they are attending. This includes having a minimum of 10 athletes for IASF divisions at Worlds.
- All levels are as defined by the IASF rules. Exception: University Elite & Premier are as defined by the UWCC university rules.
- Please note that if the IASF make any future changes that impact the Worlds Bid or IASF divisions, the below table will be updated.
- Minimum and maximum number of team members are displayed in the grid below. Where applicable, divisions will be split by the following team sizes:
 - Extra Small = 6 to 15 members
 - Small = 16 to 24 members
 - Large = 25 to 30 members
 - Extra Large = 31 to 38 members

CHEER DIVISIONS	AGE	GENDER	NO. IN SQUAD	LEVEL
Tiny Novice	3-6 yrs	Female/Male	6-38 members	NOVICE
Tiny	5-6 yrs	Female/Male	6-38 members	I
Mini Novice	4-8 yrs	Female/Male	6-38 members	NOVICE
Mini	5-8 yrs	Female/Male	6-38 members	1, 2
Youth Novice	5-12 yrs	Female/Male	6-38 members	NOVICE
Youth	6-12 yrs	Female/Male	6-38 members	1, 2, 3, 4
Junior Novice	7-15 yrs	Female/Male	6-38 members	NOVICE
Junior	8-15 yrs	Female/Male	6-38 members	1, 2, 3, 4
Junior	9-15yrs	Female/Male	6-38 members	5, 6
Senior Novice	10-18 yrs	Female/Male	6-38 members	NOVICE
Senior	11-18 yrs	Female/Male	6-38 members	1, 2, 4.2
Senior AG	11-18 yrs	All Girl	6-38 members	3, 4, 5
Senior Coed	11-18 yrs	1 or more males	6-38 members	3, 4, 5
CHEER DIVISIONS	AGE	GENDER	NO. IN SQUAD	LEVEL
Open	14 yrs & older	Female/Male	6-38 members	2, 4.2, INT, 2NT
Open AG	14 yrs & older	All Girl	6-38 members	3, 4, 3NT, 4NT
Open Coed	14 yrs & older	1 or more males	6-38 members	3, 4, 3NT, 4NT
Adult Non-Tumble	18 yrs & older	Female/Male	6-38 members	1 NT



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Scholastic: Primary School	Foundation to Year 6	Female/Male	6-38 members	1, 2, INT, 2NT
Scholastic: High School	Year 7 to 12	Female/Male	6-38 members	1, 2, INT, 2NT
Scholastic: High School AG	Year 7 to 12	All Girl	6-38 members	3
Scholastic: High School Coed	Year 7 to 12	1 or more males	6-38 members	3
CheerABILITY (Independent)	Any Age	Female/Male	Unlimited	1, 2, 3, 4 (no baskets refer to ACSA CheerABILITY document)
CheerABILITY (Unified)	Any Age	Female/Male	Unlimited	1, 2, 3, 4 (no baskets refer to ACSA CheerABILITY document)

Please note : It is at the Event Providers discretion to split or combine divisions as required.

IASF CHEER DIVISIONS – Must be age eligible at some point during 2023. These divisions have been matched to the 2023 ages released by IASF. All teams will need to comply with any age grid requirements by the time the team attends the Summit event in Orlando in 2023

IASF Junior	12-16 yrs	Female/Male	10-24 members	1, 2, 3, 4
IASF Senior	14-18 yrs	Female/Male	10-24 members	1, 2
IASF Senior AG	14-18 yrs	All Girl	10-24 members	3, 4
IASF Senior Coed	14-18 yrs	1 or more males	10-24 members	3, 4
IASF Open AG	15yrs & older	All Girl	10-24 members	4
IASF Open Coed	15yrs & older	1 or more males	10-24 members	4

IASF CHEER WORLDS BID DIVISIONS & OPEN LEVEL 5, 6, 6NT & 6 Global Club– Age as of 31st Dec 2023

*Please note, teams with less than 10 athletes can enter Open level 5, 6, 6NT or 6 Global Club divisions, however, IASF Cheer Worlds Bids Divisions are only offered to teams with 10 or more athletes as per IASF requirements. Any teams seeking a world's bid must conform to the 2022-2023 IASF Age Grid

IASF Senior AG	14-18 years	All Girl	10-24 members	5
IASF Senior Small Coed	14-18 years	1-4 males	10-24 members	5
IASF Senior Large Coed	14-18 years	5-16 males	10-24 members	5
IASF Senior AG NT	14-18 years	All Girl	10-24 members	6NT
IASF Senior Coed NT	14-18 years	1-20 males	10-24 members	6NT
IASF Open AG	15 yrs & older	All Girl	6-24 members*	5, 6
IASF Open Small Coed	15 yrs & older	1-4 males	6-24 members*	5, 6
IASF Open Large Coed	15 yrs & older	5-16 males	6-24 members*	5, 6
IASF Open AG NT	15 yrs & older	All Girl	6-30 members*	6NT
IASF Open Coed NT	15 yrs & older	1-20 males	6-30 members*	6NT
IASF Open AG	17 yrs & older	All Girl	10-24 members	7
IASF Open Small Coed	17 yrs & older	1-4 males	10-24 members	7
IASF Open Large Coed	17 yrs & older	5-16 males	10-24 members	7
IASF Open AG NT	17 yrs & older	All Girl	10-30 members	7NT
IASF Open Coed NT	17 yrs & older	1-20 males	10-30 members	7NT
IASF Global Club AG	15 yrs & older	All Girl	6-24 members*	6
IASF Global Club Coed	15 yrs & older	1-16 males	6-24 members*	6

UNIVERSITY CHEER DIVISIONS – Divisions below may have adjustments made by UniSport at the end of the 2021 season. Uni athletes must be from the same institution.

University	Registered Uni student	Female/Male	6-38 members	1 NT* (Open All Star Division)
University	Registered Uni student	All Girl	6-38 members	1/2 NT*
University Coed	Registered Uni student	1 or more males	6-38 members	1/2 NT*
University	Registered Uni student	All Girl	6-24 members	3/4
University Coed	Registered Uni student	1 or more males	6-24 members	3/4
University Elite	Registered Uni student	All Girl	6-20 members	Elite
University Elite Small Coed	Registered Uni student	1-4 males	6-16 members	Elite
University Elite Large Coed	Registered Uni student	5-9 males	6-16 members	Elite
University Elite Super Coed	Registered Uni student	Up to 13 males	6-24 members	Elite
University Premier	Registered Uni student	All Girl	6-20 members	Premier
University Premier Small Coed	Registered Uni student	1-4 males	6-16 members	Premier
University Premier Large Coed	Registered Uni student	5-9 males	6-16 members	Premier
University Premier Super Coed	Registered Uni student	Up to 13 males	6-24 members	Premier

Level 1 & 1/2 divisions will not be separated at the University Games i.e. Level 1/2 NT (Non-Tumble) will be offered

FISU DIVISIONS

Elite All Girl	Registered Uni student	All Girl	16-20 members	5
Elite Small Coed	Registered Uni student	1-4 males	16-20 members	5
Elite Large Coed	Registered Uni student	5-12 males	16-20 members	5
Premier All Girl	Registered Uni student	All Girl	16-20 members	6
Premier Small Coed	Registered Uni student	1-4 males	16-20 members	6
Premier Large Coed	Registered Uni student	5-12 males	16-20 members	6

2022 AASCF CHEER & DANCE AGE GRID

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DANCE AGE GRID NOTES:

- Age cut off is December 31st, 2022. i.e. Open Age, 14 yrs & older, athlete must turn 14 by 31st December in the year of competition being 2022. **Note: Athletes in Senior Dance Worlds Bid Divisions must be born between 1st June 2002-31st December 2009.**
- Any teams seeking to compete Internationally need to ensure their athletes adhere to the age and division requirements of the competition they are attending.
- An Asterix (*) indicates that teams in these divisions will be eligible to compete for a Worlds Bids. Exception: Junior Lyrical / Contemporary is not offered at Worlds.
- Please note that if the IASF/USASF make any future changes that impact the Worlds Bid divisions, the below table will be updated accordingly. **Any teams seeking a world's bid must conform to the 2022-2023 IASF/USASF Age Grid**
- All Dance divisions are as defined by the IASF rules
- To be eligible to be selected for UniSports Uni Roo's Dance Team for the FISU World Championships you must compete in the large Jazz, Hip Hop or Pom divisions. Please note that if teams compete at the FISU World Championships the large Jazz division requires 18-20 dancers.
- University Open Dance Teams (includes non-registered Uni students) are to compete in the All Star dance divisions under the All Star rules.
- **Currently High Kick Worlds Bids can only be offered to IASF Dance Worlds in Junior and Open divisions**

DANCE DIVISION	AGE	PETITE	SMALL	LARGE	STYLES
Tiny Dance Novice	6 yrs & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Tiny Dance	4-6 yrs	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Mini Dance Novice	9 yrs & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Mini Dance	5-9 yrs	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Youth Dance Novice	12 yrs & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Youth Dance	7-12 yrs	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Junior Dance Novice	15 yrs & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Junior Dance*	9-15 yrs	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT, HK
Senior Dance Novice	18 yrs & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Senior Dance	11-18 yrs	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT, HK
SENIOR DANCE WORLDS BID DIVISION: The extra year of eligibility applies to this division, however any teams seeking a world's bid must conform to the 2022-2023 USASF Age Grid.					
Senior Dance Worlds Division*	12-18 yrs (must be born between 1 st June 2002-31 st December 2009 as per 2022 Dance Worlds divisions)	N/A	4-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Open Dance Novice	15 yrs & older	5-9 dancers	5-15 dancers	16-30 dancers	J, HH, P, LYR/CONT
Open Dance AG*	15 yrs & older	6-9 dancers	6-15 dancers	16-30 dancers	J, HH, P, LYR/CONT, HK
Open Dance Coed*	15 yrs & older	6-9 dancers	6-15 dancers	16-30 dancers	J, HH, P, LYR/CONT, HK
Adult Dance	18 yrs & older	N/A	N/A	5-30 dancers open	HH, POM
DanceABILITY (Independent)	N/A	N/A	N/A	N/A	HH, P, (J/L/C)
DanceABILITY (Unified)	N/A	N/A	N/A	N/A	HH, P, (J/L/C)
It is at the Event Providers discretion to split or combine divisions as required.					
Scholastic: Primary School	Foundation to Year 6	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Scholastic: High School	Year 7 to 12	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
UNIVERSITY DANCE DIVISIONS Uni athletes must be from the same institution.					
University	Registered Uni student		5-16 dancers		J, HH, P
University	Registered Uni student			5-24 dancers	LYR/CONT
University	Registered Uni student			16-20 dancers	HH, P
University	Registered Uni student			17-20 dancers	J
University (Doubles)	Registered Uni student	2 dancers			J, HH, P

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AASCF STUNT AGE GRID:

AASCF STUNT				
DIVISION	AGE	GENDER	# IN SQUAD	LEVEL
Cheer Ability GS	Any age	Female/Male	4-5 members	1,2 (no baskets)
Cheer Ability APS / PS	14 yrs & older	Female/Male	2-3 members	1,2 (no baskets)
Junior GS	8-15 yrs	Female/Male	4-5 members	1,2, 3, 4
Junior GS	9-15 yrs	Female/Male	4-5 members	5, 6
Senior AG GS	11-18 yrs	All Girl	4-5 members	1, 2, 3, 4, 5, 6
Senior COED GS	11-18 yrs	1 or more males	4-5 members	1, 2, 3, 4, 5, 6
Senior APS	11-18 yrs		3 members	2, 3, 4, 5, 6
Open AG GS	14 yrs & older	All Girl	4-5 members	2, 3, 4, 5, 6
Open APS / PS	14 yrs & older		2-3 members	2, 3, 4, 5, 6
Open AG GS	17 yrs & older	All Girl	4-5 members	7
Open APS / PS	17 yrs & older		2-3 members	7

AASCF DANCE DOUBLES AGE GRID:

AASCF DANCE DOUBLES			
DIVISION	AGE	TEAM SIZE	STYLES
Dance Ability	N/A	2 Dancers	J, HH, POM
Youth Dance	7-12 yrs	2 Dancers	J, HH, P, LYR/CONT
Junior Dance	9-15 yrs	2 Dancers	J, HH, P, LYR/CONT
Senior Dance	11-18 yrs	2 Dancers	J, HH, P, LYR/CONT
Open Dance	14 yrs & older	2 Dancers	J, HH, P, LYR/CONT
University Dance	Registered Uni student	2 Dancers	J, HH, P