

2024 AASCF CHEER & DANCE

Age Grid

CHEER AGE GRID NOTES

- The eligible age for an athlete competing at an AASCF event in 2024 is determined by the YEARS OF BIRTH column on the age grid
- All IASF age groups are subject to change according to IASF updates and all programs must comply to fit within the updated age grid. The IASF age grid is based on the year The IASF World Championship is being held. Birth years have been added to reflect 2025 Worlds Division requirements. NOTE: 2025 WORLDS IS THE TARGET TO HAVE MINIMUM ATHLETE NUMBERS RETURN TO 16 - TBC
- 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 16 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.
- It is a club's responsibility if they utilize crossover athletes to be familiar with and comply with AASCF policies.
- 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
 - Coed (at AASCF's discretion)

DANCE AGE GRID NOTES

- The eligible age for an athlete is determined by the YEARS OF BIRTH column on the age grid
- All IASF/USASF age groups are subject to change according to IASF/USASF updates and all programs must comply to fit within the updated age grid. The IASF age grid is based on the year The IASF World Championship is being held. Birth years to be added once USASF release 2024-2025 age grid
- 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 number of athletes for IASF divisions at Worlds.
- It is a clubs responsibility if they utilize crossover athletes to be familiar with and comply to AASCF policies
- Minimum and maximum number of team members are displayed in the grid below. Where applicable, divisions will be split by the following team sizes:
 - Petite = 5-9 dancers
 - Small = 10-14 dancers
 - Large = 15 or more dancers



2024 AASCF CHEER AGE GRID

V5 - 15/12/2023

AASCF CHEER DIVISIONS	AGE	GENDER	NO. IN SQUAD	LEVEL
Tiny Novice	4-6 yrs (2020-2018)	NA	6-38 members	NOVICE
Tiny	5-6 yrs (2019-2018)	NA	6-38 members	1
Mini Novice	5-9 yrs (2019-2015)	NA	6-38 members	NOVICE
Mini	5-9 yrs (2019-2015)	NA	6-38 members	1, 2
Youth Novice	5-12 yrs (2019-2012)	NA	6-38 members	NOVICE
Youth	6-12 yrs (2018-2012)	NA	6-38 members	1, 2, 3, 4
Junior Novice	7-15 yrs (2017-2009)	NA	6-38 members	NOVICE
Junior	8-15 yrs (2016-2009)	NA	6-38 members	1, 2, 3, 4
Junior	10-16yrs (2014-2008)	NA	6-38 members	5, 6
Senior Novice	10-18 yrs (2014-2006)	NA	6-38 members	NOVICE
Senior	11-18 yrs (2013-2006)	NA	6-38 members	1, 2, 4.2
Senior AG	11-18 yrs (2013-2006)	All Girl	6-38 members	3, 4, 5
Senior Coed	11-18 yrs (2013-2006)	1 or more males	6-38 members	3, 4, 5
Senior AG	13-18 yrs (2011-2006)	All Girl	6-38 members	6
Senior Coed	13-18 yrs (2011-2006)	1 or more males	6-38 members	6
Open	14 yrs + (2010 or earlier)	NA	6-38 members	1, 2, 1NT, 2NT, 4.2
Open AG	14 yrs + (2010 or earlier)	All Girl	6-38 members	3, 4, 3NT, 4NT
Open Coed	14 yrs + (2010 or earlier)	1 or more males	6-38 members	3, 4, 3NT, 4NT
Open AG	14 yrs + (2010 or earlier)	All Girl	6-38 members	5, 5NT, 6, 6NT
Open Coed	14 yrs + (2010 or earlier)	1 or more males	6-38 members	5, 5NT, 6, 6NT
Adult Non-Tumble	18 yrs + (2006 or earlier)	NA	6-38 members	1 NT, 2NT
Scholastic: Primary School	Foundation to Year 6	NA	6-38 members	1, 2, 1NT
Scholastic: High School	Year 7 to 12	NA	6-38 members	1, 2, 1NT
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	NA	6-38 members	1, 2, 3, 4
CheerABILITY (Unified)	Any Age	NA	6-38 members	1, 2, 3, 4
IASF SUMMIT CHEER DIVISIONS -Ages refer to the year of Summit Competition being 2025. An athlete is eligible if they have been that age at any point in 2025. Any teams seeking a Summit bid must conform to the 2024-2025 IASF Age Grid. The below are the predictions based on no change from the IASF. Teams MUST comply with the IASF 2024-2025 Age grid once released. Minimum of 16 TBC upon IASF Age Grid release.				
IASF U16 (Junior)	12-16 yrs (2008-2013)	NA	16-24 members	1, 2, 3, 4
IASF U18 (Senior)	14-18 yrs (2006-2011)	NA	16-24 members	1, 2
IASF U18 AG (Senior AG)	14-18 yrs (2006-2011)	All Girl	16-24 members	3, 4
IASF U18 Coed (Senior Coed)	14-18 yrs (2006-2011)	1 or more males	16-24 members	3, 4
IASF Open AG	16yrs+ (2009 or earlier)	All Girl	16-24 members	3, 4
IASF Open Coed	16yrs+ (2009 or earlier)	1 or more males	16-24 members	3, 4

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IASF CHEER WORLDS BID DIVISIONS. Ages refer to the year of Worlds Competition being 2025. An athlete is eligible if they have been that age at any point in 2025. Any teams seeking a Worlds bid must conform to the 2024-2025 IASF Age Grid. **The below are the predictions based on no change from the IASF. Teams MUST comply with the IASF 2024-2025 Age grid once released. Minimum of 16 TBC upon IASF Age Grid release.**

IASF Senior AG	14-18 years (2006-2011)	All Girl	16-24 members	5
IASF Senior Small Coed	14-18 years (2006-2011)	1-4 males	16-24 members	5
IASF Senior AG NT	14-18 years (2006-2011)	All Girl	16-24 members	6NT
IASF Senior Coed NT	14-18 years (2006-2011)	1-20 males	16-24 members	6NT
IASF Open AG	16yrs+ (2009 or earlier)	All Girl	16-24 members	5, 6
IASF Open Small Coed	16yrs+ (2009 or earlier)	1-4 males	16-24 members	5, 6
IASF Open Large Coed	16yrs+ (2009 or earlier)	5-16 males	16-24 members	5, 6
IASF Open AG NT	16yrs+ (2009 or earlier)	All Girl	16-30 members	6NT
IASF Open Coed NT	16yrs+ (2009 or earlier)	1-20 males	16-30 members	6NT
IASF Open AG	17yrs+ (2008 or earlier)	All Girl	16-24 members	7
IASF Open Small Coed	17yrs+ (2008 or earlier)	1-4 males	16-24 members	7
IASF Open Large Coed	17yrs+ (2008 or earlier)	5-16 males	16-24 members	7
IASF Open AG NT	17yrs+ (2008 or earlier)	All Girl	16-30 members	7NT
IASF Open Coed NT	17yrs+ (2008 or earlier)	1-20 males	16-30 members	7NT
IASF Global Club AG	16yrs+ (2009 or earlier)	All Girl	16-24 members	6
IASF Global Club Coed	16yrs+ (2009 or earlier)	1-16 males	16-24 members	6

UNIVERSITY CHEER DIVISIONS - Divisions below may have adjustments made by UniSport at the end of the 2023 season. Uni athletes must be from the same institution.

University	Registered Uni student	All Girl	6-38 members	Level 1/2 NT
University Coed	Registered Uni student	1 or more males	6-38 members	Level 1/2 NT
University	Registered Uni student	All Girl	6-24 members	Level 3/4
University Coed	Registered Uni student	1 or more males	6-24 members	Level 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

UNIVERSITY FISU DIVISIONS

Elite Small AG	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



2024 AASCF DANCE AGE GRID

V5 - 15/12/2023

AASCF DANCE DIVISION	AGE	PETITE	SMALL	LARGE	STYLES
Tiny Dance Novice	6 yrs & younger (2018 or later)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT
Tiny Dance - Allstar	4-6 yrs (2020-2018)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT
Mini Dance Novice	9 yrs & younger (2015 or later)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT
Mini Dance - Allstar	5-9 yrs (2019-2015)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT
Youth Dance Novice	12 yrs & younger (2012 or later)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT
Youth Dance - Allstar & Elite	6-12 yrs (2018-2012)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT
Junior Dance Novice	16 yrs & younger (2008 or earlier)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT
Junior Dance - Allstar & Elite	8-16 yrs (2016-2008)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT,K
Senior Dance Novice	18 yrs & younger (2006 or earlier)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT
Senior Dance - Allstar & Elite	11-18 yrs (2013-2006)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT,K
Open Dance Novice	14 yrs +(2010 or earlier)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT
Open Dance AG - Allstar & Elite	14 yrs +(2010 or earlier)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT,K
Open Dance Coed - Allstar & Elite	14 yrs +(2010 or earlier)	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT,K
Adult Novice Dance	18 yrs & older (2006 or earlier)	N/A	N/A	5 - 30 dancers	HH, P, J, L/C
Adult Dance - Allstar	18 yrs & older (2006 or earlier)	N/A	N/A	5 - 30 dancers	HH, P, J, L/C
DanceABILITY (Independent)	N/A	N/A	N/A	5 - 30 dancers	HH, P, J, L/C
DanceABILITY (Unified)	N/A	N/A	N/A	5 - 30 dancers	HH, P, J, L/C
Scholastic: Primary School	Foundation to Year 6	5-9 dancers	10-14 dancers	15 - 30 dancers	J, HH, P, LYR/CONT
Scholastic: High School	Year 7 to 12	5-9 dancers	10-14 dancers	15 - 30 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, LYR/CONT

2024 AASCF DANCE AGE GRID - NATIONALS ONLY DIVISIONS

DURING THE COMPETITION SERIES THESE TEAMS SHOULD COMPETE IN THE ELITE DANCE DIVISION

IASF WORLDS DANCE BID DIVISIONS. Ages refer to the year of Competition being 2025. An athlete is eligible if they have been that age at any point in 2025. Any teams seeking an IASF bid must conform to the 2024-2025 IASF Age Grid. The below are the predictions based on no change from the IASF. Teams MUST comply with the IASF 2024-2025 Age grid once released

IASF U16 (Junior)	12-16 yrs (2008-2013)	NA	6-30 members (large)	J, HH, P	
IASF Open AG Elite	16yrs+ (2009 or earlier)	All Girl	6-15 members	J, HH, P, LYR/CONT, HK	
IASF Open AG Premier	16yrs+ (2009 or earlier)	All Girl	16-30 members	J, HH, P, LYR/CONT, HK	
IASF Open Coed Elite	16yrs+(2009 or earlier)	1 or more males	6-15 members	J, HH, P, LYR/CONT, HK	
IASF Open Coed Premier	16yrs+(2009 or earlier)	1 or more males	16-30 members	J, HH, P, LYR/CONT, HK	

USASF DANCE DIVISIONS - Any teams seeking a Worlds bid must conform to the 2024-2025 USASF Age grid once released. Any team competing in a USASF division must conform to the age grid immediately once released. The ages listed below are the International age bracket for this division. STILL AWAITING RELEASE OF 2024-2025 AGE GRID FOR YOYB

USASF Senior Dance	13 - 19 yrs (YOYB TBA)	NA	4-14 members (small)	J, HH, P, LYR/CONT, HK	
USASF Senior Dance	13 - 19 yrs (YOYB TBA)	NA	15+ members (large)	J, HH, P, LYR/CONT, HK	

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2024 AASCF STUNT AGE GRID

V5 - 15/12/2023

PLEASE NOTE THAT THE STUNT AGE GRID CARRIES THE SAME YEARS OF BIRTH AS THE TEAM AGE GRID

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	10-16 yrs	Female/Male	4-5 members	5, 6
Senior AG GS	11-18 yrs	All Girl	4-5 members	1, 2, 3, 4, 5
Senior COED GS	11-18 yrs	1 or more males	4-5 members	1, 2, 3, 4, 5
Senior AG GS	13-18 yrs	All Girl	4-5 members	6
Senior COED GS	13-18 yrs	1 or more males	4-5 members	6
Senior APS	11-18 yrs		3 members	2, 3, 4, 5
Senior APS	13-18 yrs		3 members	6
Open AG GS	14 yrs & older	All Girl	4-5 members	2, 3, 4, 5, 6
Open Coed GS	14 yrs & older	Coed	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 Coed GS	17 yrs & older	Coed	4-5 members	7
Open APS / PS	17 yrs & older		2-3 members	7

2024 AASCF DANCE DOUBLES AGE GRID

V5 - 15/12/2023

PLEASE NOTE THAT THE DANCE DOUBLE AGE GRID CARRIES THE SAME YEARS OF BIRTH AS THE TEAM AGE GRID

DIVISION	AGE	TEAM SIZE	STYLES
Dance Ability	N/A	2 Dancers	J, HH, POM
Youth Dance	6-12 yrs	2 Dancers	J, HH, P, LYR/CONT
Junior Dance	8-16 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, LYR/CONT