



STATEMENT REGARDING THE UK COMPETITION DIVISIONS & AGE GRID 2024-2025

For the 2024-2025 season, following consultation, SCUK implemented planned changes to streamline the number of divisions available.

Please note that for Allstar Dance, Prep Dance, Allstar Cheer, Prep Cheer, Novice Cheer, Schools Cheer, University Cheer, Stunt Groups and other specialty divisions, the age of an athlete will be determined by age on 31.08.24.

For IASF Cheer & IASF Dance divisions, an athlete's eligibility is determined by their age in the year of competition (age in 2025).

Changes and additions to the grid are shown in **RED**

Summary of Main Changes:

On the 2023-2024 Age Grid we stated that we would be moving solely to the IASF divisions for cheer with the addition of the SCUK senior age grid categories. As planned, we have done this with the extra addition of an U14 division to facilitate a smooth transition over to the IASF cheer age grid. At this time, the U14 division is planned to be utilised for one season only, however this will be reviewed prior to release of the 2025-2026 Age Grid.

PLEASE NOTE THAT THE IASF CHEER AGE GRID CHART INCLUDED IN THIS DOCUMENT IS SPLIT OUT TO SHOW ALL POSSIBLE SIZE SPLITS, HOWEVER DIVISIONS OF THE SAME AGE AND LEVEL WILL BE COMBINED AND ONLY SPLIT WHEN THERE ARE AT LEAST 3 TEAMS IN EACH DIVISION FOLLOWING A SPLIT

For the 2023-2024 season we delayed raising the bottom age of the SCUK Senior divisions to 12 with the plan to do so in the 2024-2025 season. This has now been implemented.

A Junior Novice division has been added as an entry level for older, beginner athletes.

Prep Dance has been added for all age groups and dance styles.

The IASF has removed Premier and Elite size divisions from its Dance Age grid and has removed High Kick for 2024-2025. These divisions will no longer be offered at IASF Dance Worlds and so have been removed from the SCUK Age Grid also.

Looking towards 2025-2026:

SCUK will continue to monitor division use over the coming season to inform any further changes needed for 2025-2026 so the age grid can potentially be streamlined further without impacting a program's ability to field teams.

SCUK will consider extending the U14 division across further seasons based on the needs of our community.

SCUK will look to transition Prep/Novice divisions over to the IASF Age Grid, with the exception of Senior Prep.

SCUK will look to transition Dance divisions over to the IASF Dance Age Grid, with the exception of Senior All Star Dance.

BEFORE FIELDING TEAMS, COACHES SHOULD BE SURE TO CONSULT THE AGE GRID TO CONFIRM THE AVAILABILITY OF THE DIVISION YOU WISH TO FIELD.

WHEN PLANNING FOR END OF SEASON BID EVENTS, PLEASE BE CERTAIN TO CONTACT THE EP TO ENSURE THAT THE DIVISION IS ELIGIBLE FOR BIDS AND ON OFFER AT THE END OF SEASON EVENT



UK COMPETITION DIVISIONS & AGE GRID 2024-2025

ATHLETE AGES:

ALL STAR DANCE, PREP DANCE, STUNT GROUPS, SPECIALTY DIVISIONS, ALL STAR CHEER, SCHOOL CHEER, UNIVERSITY CHEER, NOVICE CHEER AND PREP CHEER: Athlete age for the entire 2024-2025 season is determined by their age as of 31ST AUGUST 2024. For Senior teams, athlete age on 31.08.2024 is also used to determine the 10 year age spread on a team.

IASF divisions (Cheer & Dance): The eligible age for an athlete is determined by their age during 2025. EXAMPLE: If a 13-year-old athlete is participating in a division where the minimum age is 14; that athlete is legal for the division if the athlete turns 14 during 2025. EXAMPLE 2: An athlete who turns 13 after January 1st 2025 is eligible for a division where the maximum age is 12, as they will be 12 for at least 1 day during 2025.

THIS DOCUMENT CONTAINS A COMPLETE LISTING OF POSSIBLE DIVISIONS. AN EVENT PRODUCER MAY CHOOSE TO OFFER ALL OF THESE OR THEY MAY OFFER A SELECTION. HOWEVER, WHEN THESE DIVISIONS ARE OFFERED, THEY WILL BE OFFERED AS SET OUT BELOW.

Exception: Speciality divisions may vary from EP to EP in some instances

Please note that if you are competing outside of the UK then division requirements/limits and age ranges may be different, and you will need to follow the guidelines set out by the Event Producer/Governing Body of that country.

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SCUK CROSSOVER POLICY

An athlete cannot crossover onto more than 2 cheer teams (a maximum of 3 cheer teams total) and no more than 6 routines in total (inclusive of Cheer, Dance, Stunt Groups & Speciality divisions) at any one event.

EPs may be more restrictive than this – please check with the relevant EP for further guidance.

Athletes may not crossover between different size teams in cheer divisions within the same age and level, regardless of the mandatory split guidelines. E.g. An athlete may compete on only one IASF U16 Level 1 team. This does not apply to dance.

E.g. An athlete may compete on both small junior pom and large junior pom and in this instance the division will automatically be split, regardless of if it leaves a one team division.

Crossovers are NOT ALLOWED between Novice to Prep, Novice to All Star and IASF, Prep to Allstar and IASF at the same event – Exception – an athlete may crossover between a Novice or Prep cheer division to Stunt Group divisions.

CLARIFICATION: An athlete may not crossover from Novice to Prep, Novice to All Star or Novice to International divisions. An athlete may not crossover from Prep to Novice, Prep to All Star or Prep to International. An athlete MAY crossover from All Star to IASF Cheer. Athletes may not crossover between different size teams in divisions within the same level. **An athlete may not crossover between Prep Dance and any other Dance division (All Star and/or IASF Dance).**

At Worlds bid events an athlete may compete on ONE TEAM ONLY in Worlds Bid divisions/rounds. CLARIFICATION: At non worlds bid events an athlete can compete on more than one team in a division that is offered at worlds (if all other crossover guidelines are followed).

ROUTINE TIME LIMITS

Timing will begin with the first choreographed movement or beat of music, whichever comes first.

All Star Cheer Elite/University Cheer/School Cheer/Masters Cheer – Maximum 2 minutes 30 seconds

IASF Tiny, Mini, Youth, Junior, Senior & Open – Maximum 2 minutes 30 seconds

IASF/University Non-Tumbling – Maximum 2 minutes

Prep Cheer – Maximum 2 minutes

Novice Cheer – Maximum 1 minute 30 seconds

Dance – Minimum 1 minute 45 seconds. Maximum 2 minutes 15 seconds

Stunt Groups, Partner Stunts & Individuals/Solos/Duos – Maximum 1 minute 15 seconds

DIVISION COMBINING & SPLITTING

SCUK provides guidelines for COMBINING and/or SPLITTING divisions in the best interest of providing a competitive environment. Whenever possible, there should be at least 3 teams in any given division and level. The guidelines listed herein will provide the basis for how this will be accomplished. There will be instances, however, where there may not be permissible combinations thus having a division that may only have one team.

Definitions for combining & splitting guidelines:

May means that an Event Producer is **permitted** to combine or split but is **not required**. Anything that reads **may** is left to the discretion of the Event Producer.

Must or Mandatory means that an Event Producer is **required** to combine or split if the division meets the criteria set forth in the guidelines.

May not means that an Event Producer is **prohibited** to combine or split the division.

Teams of different levels may not be combined into one division.

Teams of different ages may not be combined into one division.

CHEER DIVISIONS

NOVICE CHEER DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
TINY NOVICE	TN	3-6	Female/Male	5-30	1
MINI NOVICE	MN	5-8	Female/Male	5-30	1
YOUTH NOVICE	YN	6-11	Female/Male	5-30	1
JUNIOR NOVICE	JN	8-14	Female/Male	5-30	1

Novice athletes may not cross over to All Star Prep, Allstar Elite or IASF International Cheer teams at the same event.

ADDITIONAL NOVICE DIVISION RULES:

Novice teams will follow the relevant IASF level rules with the following additions:

No tosses permitted in these divisions – *Clarification: This includes 'Sponge' (also known as load in or Squish) tosses.*

Clarification: All waist level cradles are illegal.

Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) only and not scored against other teams.

Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required (See further restrictions for Tiny Novice teams below).

Tiny Novice Only: No building skills permitted (includes tosses, stunts & pyramids). The ONLY TWO TUMBLING skills allowed are cartwheels & forward rolls. Handstands, backbends/bridges, etc are not allowed.

Mini Novice & Youth Novice: Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required. The rules are referenced below in relation to the IASF Rule they correspond with.

Level 1 additional rules:

STUNTS B1 - Two leg stunts may not immediately pass through an extended position.

STUNTS B1 -Single leg stunts are only allowed at waist level. CLARIFICATION - Prep level single leg stunts with additional base with hand/arm connection to top person prior to initiation and walk-up shoulder stands are NOT ALLOWED.

STUNTS D1 - Up to a 1/4 twist allowed CLARIFICATION – The following skills are not allowed: Rebound ½ turn to prone; Wrap around; Up to ½ twist starts & ends on performing surface and only supported at the waist.

STUNTS C1 - Transitions TO prone position are not allowed.

DISMOUNTS B1 - Straight pop down dismounts are not allowed.

PYRAMIDS – Must follow IASF Cheer Level 1 rules as well as the additional stunt and dismount rules listed above.

COMBINING & SPLITTING:

COMBINING DIVISIONS:

Novice divisions **may not** be combined.

SPLITTING DIVISIONS:

Novice divisions **may not** be further split.

ALL STAR PREP CHEER DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
TINY PREP	TP	3-6	Female/Male	5-30	1
MINI PREP	MP	5-8	Female/Male	5-30	1, 2.1
YOUTH PREP	YP	7-11	Female/Male	5-30	1, 2.1
JUNIOR PREP	JP	9-14	Female/Male	5-30	1, 2.1
SENIOR PREP	SP	12+ with at least 1 athlete 15 years or older	Female/Male	5-30	1, 2.1

For Senior divisions with a minimum age of 16 or below, the age spread of team members may not exceed 10 years. For example: A Senior Level 1 team with the youngest member aged 13, may not have any team members aged over 23 years old, as this would exceed the 10 year age span. Please note this only applies to SCUUK divisions and does not include IASF divisions.

All Star Prep athletes may not cross over to Novice, Allstar Elite or IASF International Cheer teams at the same event. Athletes may not crossover between different size teams in divisions within the same level.

ADDITIONAL PREP DIVISION RULES:

Prep teams will follow the relevant IASF rules with the following additions:

No tosses permitted in these divisions – *Clarification: This includes ‘Sponge’ (also known as load in or Squish) tosses.*

Clarification: All waist level cradles are illegal.

In the All Star Prep levelling system the 1st number refers to the building level, the 2nd to the tumbling level. EXAMPLE: All Star Prep Level 2.1 follows level 2 building rules and level 1 tumbling rules.

COMBINING & SPLITTING:

COMBINING DIVISIONS:

All Star Prep divisions **may not** be combined.

SPLITTING DIVISIONS:

All Star Prep teams **may** be split by size as per the split guidelines for All Star Elite cheer (see below).

MANDATORY SPLITS BY SIZE

Event Producers **must** split the division into X-Small and Small/Medium when there are at least **three** teams that will ultimately be registered in each respective division. The designation of X-Small & Small/Medium divisions must follow the team sizes below:

X-Small = 5-14 athletes | Small/Medium = 15–32 athletes

ADDITIONAL OPTIONAL SPLITS

Event Producers **may** split the division into X Small, Small & Medium when there are at least **three** teams that will ultimately be registered in each respective division. The designation of X Small, Small & Medium must follow the team sizes below:

X Small = 5-14 members

Small = 15-22 members

Medium = 23-32 members

A/B SPLITS:

If after implementing the mandatory split there are **10 or more** teams in any given division, then Event Producers **may** split that division further by team size. Event Producers will use a name such as “Group A”, “Group B” etc. to denote the split and must clearly define the number of competitors permitted on the team for each of these divisions.

A/B splits may not be made unless the mandatory split(s) have also been made.

SPLIT EXCEPTION FOR TEAMS FROM THE SAME PROGRAM:

Teams from the same program will not have to compete against themselves if they have 2 teams of a different size that coincide with the **MANDATORY SPLIT TEAM SIZE** for their respective division. A mandatory split would occur even it means that a division is left with only one team performing. Teams from the same programme will not compete against themselves if they have an X-Small and a Small/Medium team in the same division and level.

Please note there is NOT a mandatory split for X-Small/Medium or Small/Medium team sizes from the same program in the same division and level.

Athletes may not crossover between different size teams in divisions within the same level.

PLEASE NOTE that it is our recommendation that Prep divisions be used for newer and less experienced athletes. Where possible, more experienced athletes should be placed in All Star divisions leaving a more even playing field for teams entering Prep divisions.

ALL STAR ELITE CHEER DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
SENIOR	S	12+ with at least 1 athlete 15 years or older*	Female/Male	5-32	1, 2, 4.2
SENIOR	S	12+ with at least 1 athlete 15 years or older*	No Males	5-32	3, 4
SENIOR COED	SC	12+ with at least 1 athlete 15 years or older*	1+ Males	5-32	3, 4
SENIOR	S	12+ with at least 1 athlete 15 years or older*	Female/Male	5-38	5

For Senior divisions with a minimum age of 16 or below, the age spread of team members may not exceed 10 years. For example: A Senior Level 1 team with the youngest member aged 13, may not have any team members aged over 23 years old, as this would exceed the 10 year age span. Please note this only applies to SCUUK divisions and does not include IASF divisions. For calculating a team's age spread, athlete age will be determined by how old an athlete was on 31/08/2024.

COMBINING & SPLITTING:

COMBINING DIVISIONS:

The following combinations are permitted in the event of a single team registering in either division:

- Senior Coed Level 3 and Senior Level 3
- Senior Coed Level 4 and Senior Level 4

If there is one Coed registration and/or one all-girl registration, the division **may** be combined.

After the division is combined, the Event Producer **must** follow the mandatory split guidelines if applicable.

No other combinations are permitted.

SPLITTING DIVISIONS:

Divisions may be split by size, coed/all girl or in some cases, by additional optional splits. **The order in which these splits must be made depends on the division as follows:**

Senior 4.2 and Senior 5 – These divisions should be split first by Coed/All Girl. A Coed split should be used when there will be 3 or more teams in each respective division. These divisions can further be split by size if there would be at least 3 teams remaining in each division following the second split.

A division **may not** be split into A/B unless the mandatory split has first been made.

MANDATORY SPLITS BY SIZE

Levels 1-4: Event Producers **must** split the division into X-Small and Small/Medium when there are at least **three** teams that will ultimately be registered in each respective division. The designation of X-Small & Small/Medium divisions must follow the team sizes below:

X-Small = 5-14 athletes | Small/Medium = 15–32 athletes

ADDITIONAL OPTIONAL SPLITS

Levels 1-4: Event Producers **may** split the division into X Small, Small & Medium when there are at least **three** teams that will ultimately be registered in each respective division. The designation of X Small, Small & Medium must follow the team sizes below:

X Small = 5-14 members

Small = 15-22 members

Medium = 23-32 members

A/B SPLITS - If after implementing the mandatory split there are **10 or more** teams in any given division, then Event Producers **may** split that division further by team size. Event Producers will use a name such as “Group A”, “Group B” etc. to denote the split and must clearly define the number of competitors permitted on the team for each of these divisions. A/B splits may not be made unless the mandatory split(s) have also been made.

SPLIT EXCEPTION FOR TEAMS FROM THE SAME PROGRAM:

Teams from the same program will not have to compete against themselves if they have 2 teams of a different size that coincide with the **MANDATORY SPLIT TEAM SIZE** for their respective division. A mandatory split would occur even it means that a division is left with only one team performing. Teams from the same programme will not compete against themselves if they have an X-Small and a Small/Medium team in the same division and level.

Please note there is NOT a mandatory split for X-Small/Medium or Small/Medium team sizes from the same program in the same division and level.

Athletes may not crossover between different size teams in divisions within the same level.

IASF CHEER DIVISIONS

UNDER 6

DIVISION	LEVELS	BIRTH YEAR	AGES	GENDER	TOTAL MEMBERS
U6 SMALL	1	2018-2020	5-6	Female/Male	5-15
U6	1	2018-2020	5-6	Female/Male	16-30

UNDER 8

DIVISION	LEVELS	BIRTH YEAR	AGES	GENDER	TOTAL MEMBERS
U8 SMALL	1,2	2016-2020	5-8	Female/Male	5-15
U8	1,2	2016-2020	5-8	Female/Male	16-30

UNDER 12

DIVISION	LEVELS	BIRTH YEAR	AGES	GENDER	TOTAL MEMBERS
U12 SMALL	1,2,3,4,5	2012-2017	8-12	Female/Male	5-15
U12	1,2,3,4,5	2012-2017	8-12	Female/Male	16-30

UNDER 14 (This is a SCUUK exclusive age division & not offered on the IASF Age Grid)

DIVISION	LEVELS	BIRTH YEAR	AGES	GENDER	TOTAL MEMBERS
U14 SMALL*	1,2,3,4,5,6	2010-2015	10-14	Female/Male	5-15
U14*	1,2,3,4,5,6	2010-2015	10-14	Female/Male	16-30

UNDER 16

DIVISION	LEVELS	BIRTH YEAR	AGES	GENDER	TOTAL MEMBERS
U16 SMALL	1,2,3	2008-2013	12-16	Female/Male	5-15
U16	1,2,3	2008-2013	12-16	Female/Male	16-30
U16 SMALL	4,5,6	2008-2013	12-16	No Males	5-15
U16	4,5,6	2008-2013	12-16	No Males	16-30
U16 COED SMALL	4,5,6	2008-2013	12-16	1+ Males	5-15
U16 COED	4,5,6	2008-2013	12-16	1 or more Males	16-30
U16 COED LARGE	4,5,6	2008-2013	12-16	5 or more Males	16-30

UNDER 18

DIVISION	LEVELS	BIRTH YEAR	AGES	GENDER	TOTAL MEMBERS
U18 SMALL	1,2	2006-2011	14-18	Female/Male	5-15
U18	1,2	2006-2011	14-18	Female/Male	16-30
U18 SMALL	3,4,5,6	2006-2011	14-18	No Males	5-15
U18	3,4,5,6	2006-2011	14-18	No Males	16-30
U18 COED SMALL	3,4,5,6	2006-2011	14-18	1+ Males	5-15
U18 COED	3,4,5,6	2006-2011	14-18	1+ Males	16-30
U18 COED 4 SMALL	3,4,5,6	2006-2011	14-18	1-4 Males	5-15
U18 COED 4	3,4,5,6	2006-2011	14-18	1-4 Males	16-30
U18 COED 8 SMALL	3,4,5,6	2006-2011	14-18	5-8 Males	5-15
U18 COED 8	3,4,5,6	2006-2011	14-18	5-8 Males	16-30

INTERNATIONAL OPEN 1-6

DIVISION	LEVELS	BIRTH YEAR	AGES	GENDER	TOTAL MEMBERS
IASF OPEN SMALL	1,2	Born in 2009 or earlier	16+	Female/Male	5-15
IASF OPEN	1,2	Born in 2009 or earlier	16+	Female/Male	16-30
IASF OPEN SMALL	3,4,5,6	Born in 2009 or earlier	16+	No Males	5-15
IASF OPEN	3,4,5,6	Born in 2009 or earlier	16+	No Males	16-30
IASF OPEN COED SMALL	3,4	Born in 2009 or earlier	16+	1+ Males	5-15
IASF OPEN COED	3,4	Born in 2009 or earlier	16+	1+ Males	16-30

IASF OPEN COED 4 SMALL	5,6	Born in 2009 or earlier	16+	1-4 Males	5-15
IASF OPEN COED 4	5,6	Born in 2009 or earlier	16+	1-4 Males	16-24
IASF OPEN COED 16 SMALL	5,6	Born in 2009 or earlier	16+	5-16 Males	5-15
IASF OPEN COED 16	5,6	Born in 2009 or earlier	16+	5-16 Males	16-24
LEVEL 7					
DIVISION	LEVELS	BIRTH YEAR	AGES	GENDER	TOTAL MEMBERS
IASF OPEN LEVEL 7	7	Born in 2008 or earlier	17+	No Males	16-24
IASF OPEN LEVEL 7 COED 4	7	Born in 2008 or earlier	17+	1-4 Males	16-24
IASF OPEN LEVEL 7 COED 16	7	Born in 2008 or earlier	17+	5-16 Males	16-24
NON-TUMBLING					
DIVISION	LEVELS	BIRTH YEAR	AGES	GENDER	TOTAL MEMBERS
U18 NT SMALL	2,3	2006-2011	14-18	Female/Male	5-15
U18 NT	2,3	2006-2011	14-18	Female/Male	16-30
U18 NT SMALL	4,5,6	2006-2011	14-18	No Males	5-15
U18 NT	4,5,6	2006-2011	14-18	No Males	16-30
U18 COED NT SMALL	4,5,6	2006-2011	14-18	1-20 Males	5-15
U18 COED NT	4,5,6	2006-2011	14-18	1-20 Males	16-30
IASF OPEN NT SMALL	2,3,4	Born in 2009 or earlier	16+	Female/Male	5-15
IASF OPEN NT	2,3,4	Born in 2009 or earlier	16+	Female/Male	16-30
IASF OPEN NT	5,6	Born in 2009 or earlier	16+	No Males	16-30
IASF OPEN NT COED	5,6	Born in 2009 or earlier	16+	1-20 Males	16-30
IASF OPEN LEVEL 7 NT	7	Born in 2008 or earlier	17+	No Males	16-30
IASF OPEN LEVEL 7 NT COED	7	Born in 2008 or earlier	17+	1-20 Males	16-30
IASF CHEERLEADING WORLDS DIVISIONS					
<i>The divisions listed below are all the available IASF Worlds divisions. To be eligible for a bid and to qualify for the IASF Cheerleading Worlds teams MUST follow the division parameters set out below</i>					
DIVISION		BIRTH YEAR	AGES	GENDER	TOTAL MEMBERS
U18 - LEVEL 5 (U18-5)		2006-2011	14-18	Female	16-24
U18 SMALL COED – LEVEL 5 (U18SC-5)		2006-2011	14-18	1-4 Males	16-24
IASF OPEN – LEVEL 5 (IO-5)		2009 or earlier	16+	Female	16-24
IASF OPEN SMALL COED – LEVEL 5 (IOSC-5)		2009 or earlier	16+	1-4 Males	16-24
IASF OPEN LARGE COED – LEVEL 5 (IOLC-5)		2009 or earlier	16+	5-16 Males	16-24
IASF OPEN – LEVEL 6 (IO-6)		2009 or earlier	16+	Female	16-24
IASF OPEN SMALL COED – LEVEL 6 (IOSC-6)		2009 or earlier	16+	1-4 Males	16-24
IASF OPEN LARGE COED – LEVEL 6 (IOLC-6)		2009 or earlier	16+	5-16 Males	16-24
IASF OPEN – LEVEL 7 (IO-7)		2008 or earlier	17+	Female	16-24
IASF OPEN SMALL COED – LEVEL 7 (IOSC-7)		2008 or earlier	17+	1-4 Males	16-24
IASF OPEN LARGE COED – LEVEL 7 (IOLC-7)		2008 or earlier	17+	5-16 Males	16-24
U18 NT – LEVEL 6 (U18NT-6)		2006-2011	14-18	Female	16-30
U18 COED NT – LEVEL 6 (U18CNT-6)		2006-2011	14-18	1-20 Males	16-30
IASF OPEN NT – LEVEL 6 (IONT-6)		2009 or earlier	16+	Female	16-30
IASF OPEN COED NT – LEVEL 6 (IOCNT-6)		2009 or earlier	16+	1-20 Males	16-30
IASF OPEN NT – LEVEL 7 (IONT-7)		2008 or earlier	17+	Female	16-30
IASF OPEN COED NT – LEVEL 7 (IOCNT-7)		2008 or earlier	17+	1-20 Males	16-30

*** The U14 Division was introduced by SCUK to enable the smooth transition from our current age grid to the IASF age grid for the junior age divisions. This is not an IASF Division and is only available in the UK.**

DIVISION SIZES:

Please note that SCUK have added SMALL categories to the IASF age grid above to best suit the UK's needs. The IASF has minimum number requirements for all their divisions set at 16 ATHLETES. If you plan to compete in an IASF division outside of the UK, please ensure that you are aware of the IASF minimum team number requirements for your division as teams who field less than 16 athletes at events outside the UK may be subject to a penalty. The maximum team size for an IASF Cheerleading Worlds Tumbling division is 24 and teams must adhere to this at all Worlds bid events to be eligible for a bid and to qualify for the IASF Cheerleading Worlds.

IASF INTERNATIONAL COED TEAMS – MAXIMUM NUMBER OF MALES:

The maximum numbers of males on a coed team may not exceed two thirds (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.

IASF DIVISION LIST AGE ELIGIBILITY:

The eligible age for an athlete is determined by the BIRTH YEARS column on the Age Grid. The IASF Age Grid is based on the year of competition. So, this year's Age Grid is based on 2025. Note that the format "U followed-by-age" really means that age and younger. For example, U12 should be read as age 12 and younger. For the easiest understanding of athlete age eligibility, as stated above, use the BIRTH YEARS column.

COMBINING & SPLITTING:

The age grid above is split out to show all the possible team sizes available – small (5-15) and standard (16-30 or 16-24 for tumbling worlds divisions). These divisions will be combined and MUST only be split when there are a minimum of 6 teams total registered in a division. A split will then be made, if it will leave no less than 3 teams in any one size division – THIS IS A MANDATORY SPLIT. Below is an example of when a split would be made.

EXAMPLE: There are 6 teams registered in IU16 Level 1. After splitting there are 3 Small IU16 teams and 3 standard IU16 teams.

Clarification: If there are 6 teams registered in IU16 Level 1, but following a split there would be 4 Small IU16 teams, 2 standard IU16 teams, the split would not be made, as there would be one division with less than 3 teams entered.

EXCEPTION: At IASF Worlds bid events Small teams (5-15 athletes) will automatically be split out and will not compete against Standard size teams.

A/B Splits:

When a mandatory split has been made, if there are 10 or more teams in any given division, the event producers may further 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.

SPLIT EXCEPTION FOR TEAMS FROM THE SAME PROGRAM:

Teams from the same program will not have to compete against themselves if they have 2 teams of a different size that coincide with the MANDATORY SPLIT TEAM SIZE for their respective division. A mandatory split would occur even it means that a division is left with only one team performing. Teams from the same programme will not compete against themselves if they have a Small and a Standard team in the same division and level.

Athletes may not crossover between different size teams in divisions within the same level.

WHEN PLANNING FOR END OF SEASON BID EVENTS, PLEASE BE CERTAIN TO CONTACT THE EP TO ENSURE THAT THE DIVISION IS ELIGIBLE FOR BIDS AND ON OFFER AT THE END OF SEASON EVENT

ANY DIVISION OFFERED EXCLUSIVELY BY SCUK IS UNLIKELY TO BE OFFERED OUTSIDE THE UK AND THEREFORE INELIGIBLE FOR INTERNATIONAL COMPETITION

MASTERS CHEER DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
MASTERS	MA	at least 75% of athletes aged 25+ with a minimum age of 17	Female/Male	5-38	1, 2

MANDATORY SPLITS BY SIZE

Event Producers **must** split the division into X-Small and Small/Medium when there are at least **three** teams that will ultimately be registered in each respective division. The designation of X-Small & Small/Medium divisions must follow the team sizes below:

X-Small = 5-14 athletes | Small/Medium = 15–32 athletes

CHEER ABILITIES DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
CHEER ABILITIES YOUTH	CAY	8-12	Female/Male	Unlimited	2
CHEER ABILITIES JUNIOR	CAJ	12-16	Female/Male	Unlimited	2
CHEER ABILITIES SENIOR	CAS	12+ with at least 1 athlete 17 years or older	Female/Male	Unlimited	2

Cheer Abilities teams are limited to level 2 rules, in addition to no basket tosses permitted.

EPs may choose to offer Cheer Abilities as a competitive division as well as an Exhibition performance. Contact the individual EP for more information on this.

ADAPTIVE ABILITIES CHEER DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
ADAPTIVE ABILITIES YOUTH	AAY	8-12	Female/Male	5 to 30	1,2,3 (Beginner, Novice, Median)
ADAPTIVE ABILITIES JUNIOR	AAJ	12-16	Female/Male	5 to 30	1,2,3,4 (Beginner, Novice, Median, Advanced)
ADAPTIVE ABILITIES SENIOR ALL GIRL	AAAG	12+ with at least 1 athlete 17 years or older	No Males	5 to 30	1,2,3,4 (Beginner, Novice, Median, Advanced)
ADAPTIVE ABILITIES SENIOR COED	AASC	12+ with at least 1 athlete 17 years or older	1+ Males	5 to 30	1,2,3,4 (Beginner, Novice, Median, Advanced)

EPs offering Adaptive Abilities divisions should adhere to ICU general and division specific safety criteria, rules, and guidelines.

COMBINING & SPLITTING:

COMBINING DIVISIONS:

Adaptive Abilities Cheer divisions **may not** be combined.

SPLITTING DIVISIONS:

Adaptive Abilities Cheer divisions **may not** be further split.

UNIVERSITY CHEER DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
UNIVERSITY ALL GIRL	UAG	17+ & must be registered students or graduated within last 4 years.	No Males	5-38	1, 2, 3, 4, 5, 6, 7
UNIVERSITY COED	UC	17+ & must be registered students or graduated within last 4 years.	1+ Males	5-38	1, 2, 3, 4, 5, 6, 7
UNIVERSITY NON-TUMBLING	UC	17+ & must be registered students or graduated within last 4 years.	Female/Male	5-38	2NT, 3NT, 4NT, 5NT, 6NT, 7NT

All members are at least 17 years old (on August 31st 2024) and 90% of the team are current students at the named University. 10% of the team can be past students/alumni if they have graduated from the named University within the past 4 years. Proof of University eligibility required – including University Student ID and/or proof of graduation at the named University within a 4-year period up to the event date. It is the responsibility of the University team to ensure that all participants are covered under the provisions of their own University rules and insurance.

COMBINING & SPLITTING:

Due to the nature of university divisions (often larger team sizes), EPs may split University Divisions using a ‘natural break’ in the division by size to ensure a more even playing field. This may be done instead of the usual mandatory size split as the first split option. EPs may choose to name these divisions in relation to size e.g. ‘Small’ & ‘Large’ but what constitutes as Small or Large may vary from event to event and between divisions dependant on the team sizes of the entries received.

DANCE DIVISIONS

ALL STAR, IASF & UNIVERSITY DANCE

DANCE DIVISION	DIVISION CODE	AGE	# ON TEAM	FEMALE/MALE
TINY	T	6 and under	4 or more dancers	Female/Male
MINI	M	9 and under	4 or more dancers	Female/Male
YOUTH	Y	12 and under	4 or more dancers	Female/Male
JUNIOR	J	15 and under	4 or more dancers	No Males
JUNIOR COED	JC	15 and under	4 or more dancers	1+ Males
SENIOR	S	12 years old with at least one dancer 16 or older	4 or more dancers	No Males
SENIOR COED	SC	12 years old with at least one dancer 16 or older	4 or more dancers	1+ Males
SENIOR OPEN	SO	17 years and older	4 or more dancers	No Males
SENIOR OPEN COED	SOC	17 years and older	4 or more dancers	1+ Males
INTERNATIONAL U16	IU16	12-16 years old	6-30 dancers	Female/Male
INTERNATIONAL OPEN*	IO	16 years and older (Born 2009 or earlier)	6-30 dancers	No Males
INTERNATIONAL OPEN COED*	IOC	16 years and older (Born 2009 or earlier)	6-30 dancers	1+ Males
INTERNATIONAL OPEN ALL MALE	IOM	16 years and older (Born 2009 or earlier)	6-30 dancers	No Females
UNIVERSITY**	U	17 years and older	4 or more dancers	No Males
UNIVERSITY COED**	UC	17 years and older	4 or more dancers	1+ Males
MASTERS DANCE	MA	at least 75% of athletes aged 25+ with a minimum age of 17	4 or more dancers	Female/Male

For Senior divisions with a minimum age of 16 or below, the age spread of team members may not exceed 10 years. For example: A Senior Pom team with the youngest member aged 13, may not have any team members aged over 23 years old, as this would exceed the 10 year age span. Please note this does not apply to the International Dance divisions.

NEW for 2024-2025: IASF no longer splits IASF Worlds dance divisions by size (Elite & Premier). The IASF no longer offers Kick as a division option for Worlds.

* The eligible age for an athlete is determined by their age during 2025 (See page 2).

**All members are at least 17 years old (on August 31st 2024) and 90% of the team are current students at the named University. 10% of the team can be past students/alumni, if they have graduated from the named University within the past 4 years. Proof of University eligibility required – including University Student ID and/or proof of graduation at the named University within a 4-year period up to the event date. It is the responsibility of the University team to ensure that all participants are covered under the provisions of their own University rules and insurance.

All the above age divisions will be offered for each of the following styles - Pom, Jazz, Hip Hop, Lyrical/Contemporary and Traditional Pom (Cheer Dance)*. Prop and High Kick may also be offered. High Kick can now be offered at any age group as a Speciality Division **excluding U16 and International Open** – please contact the EP you wish to compete with to enquire if they are offering this division. **Please note that the International Open Coed divisions are only offered in Hip Hop, Jazz & Pom (not Lyrical Contemporary, known as Open Open). The International Open All Male division is only offered in Hip Hop in line with IASF Dance Age Grid.**

***Traditional Pom Rules & Guidelines:**

Traditional Pom is otherwise known as Cheer Dance. Routines should incorporate Poms and Cheer inspired dance without technical dance skills. The main judging aspects are Formations, Synchronization, visual effects, and clean and precise motion technique as well as perfection and technique of the skills allowed.

Dance Technical skills such as leaps of all kinds, pirouettes, fouettés, and kick lines are not permitted. Kicks, splits and jumps are permitted. Tumbling is not allowed. Dance lifts are allowed following the IASF Pom Guidelines. Contact the individual EP for more information.

Dance Team Sizes:

All the above dance divisions can be split by size as follows (excluding IASF Dance divisions)

Small = 4-14

Large = 15 or more

An athlete may compete on both a large & small dance team of the same age and style. In this instance an EP **MUST** split the division into Small & Large so that the athlete does not have to compete against themselves.

Where female/male is specified in the above grids, this means that (other than overall team size) there are no restrictions on number of males as long as there is at least one male and at least one female.

For IASF International Open Dance divisions, EPs may split categories further into All Girl, Co-ed and All Male.

Please be aware that age grids for dance vary from country to country, so you must ensure you follow the guidelines set by the event you will be competing at when competing outside of the UK.

ALL STAR PREP DANCE

DANCE DIVISION	DIVISION CODE	AGE	# ON TEAM	FEMALE/MALE
TINY	TPD	6 and under	4 or more dancers	Female/Male
MINI	MPD	9 and under	4 or more dancers	Female/Male
YOUTH	YPD	12 and under	4 or more dancers	Female/Male
JUNIOR	JPD	15 and under	4 or more dancers	Female/Male
SENIOR	SPD	12 years old with at least one dancer 16 or older	4 or more dancers	Female/Male

For Senior divisions with a minimum age of 16 or below, the age spread of team members may not exceed 10 years. For example: A Senior Prep Pom team with the youngest member aged 13, may not have any team members aged over 23 years old, as this would exceed the 10 year age span. Please note this only applies to SCUK divisions and does not include IASF divisions.

All Star Prep Dance athletes may not cross over to Allstar Dance or IASF Dance teams at the same event.

All the above age divisions will be offered for each of the following styles - Pom, Jazz, Hip Hop, Lyrical/Contemporary.

SCUK recommends that as Prep Dance is new for the 2024/2025 season, EP's use the rules outlined in the USASF prep dance divisions found here [USASF Dance Rules 24-25.pdf \(usasfmain.s3.amazonaws.com\)](https://usasfmain.s3.amazonaws.com/USASF_Dance_Rules_24-25.pdf) and SCUK will look to produce a UK specific rule set for 2025-2026 based on this season's feedback.

COMBINING & SPLITTING:

COMBINING DIVISIONS:

Prep Dance divisions **may not** be combined.

SPLITTING DIVISIONS:

Prep Dance divisions **may not** be further split.

PLEASE NOTE that it is our recommendation that Prep divisions be used for newer and less experienced athletes. Where possible, more experienced athletes should be placed in All Star or IASF Dance divisions leaving a more even playing field for teams entering Prep Dance divisions.

ADAPTIVE ABILITIES DANCE

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
ADAPTIVE ABILITIES HIP HOP YOUTH	AAHHY	8-12		4 or more dancers	Female/Male
ADAPTIVE ABILITIES HIP HOP JUNIOR	AAHHJ	12-16		4 or more dancers	Female/Male
ADAPTIVE ABILITIES HIP HOP SENIOR	AAHHS	12+ with at least 1 athlete 17 years or older		4 or more dancers	Female/Male
ADAPTIVE ABILITIES FREESTYLE POM YOUTH	AAFPY	8-12		4 or more dancers	Female/Male
ADAPTIVE ABILITIES FREESTYLE POM JUNIOR	AAFPJ	12-16		4 or more dancers	Female/Male
ADAPTIVE ABILITIES FREESTYLE POM SENIOR	AAFPS	12+ with at least 1 athlete 17 years or older		4 or more dancers	Female/Male

EPs offering Adaptive Abilities divisions should adhere to ICU general and division specific safety criteria, rules, and guidelines.

DANCE ABILITIES DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
DANCE ABILITIES HIP HOP YOUTH	DAHBY	8-12		4 or more dancers	Female/Male
DANCE ABILITIES HIP HOP JUNIOR	DAHBJ	12-16		4 or more dancers	Female/Male
DANCE ABILITIES HIP HOP SENIOR	DAHBS	12+ with at least 1 athlete 17 years or older		4 or more dancers	Female/Male
DANCE ABILITIES FREESTYLE POM YOUTH	DAFPY	8-12		4 or more dancers	Female/Male
DANCE ABILITIES FREESTYLE POM JUNIOR	DAFPJ	12-16		4 or more dancers	Female/Male
DANCE ABILITIES FREESTYLE POM SENIOR	DAFPS	12+ with at least 1 athlete 17 years or older		4 or more dancers	Female/Male

EPs may choose to offer Dance Abilities as a competitive division as well as an Exhibition performance. Contact the individual EP for more information on this.

Event Producers will split divisions first by size and then by gender.

COMBINING & SPLITTING:

COMBINING DIVISIONS:

Adaptive/Dance Abilities Dance divisions **may not** be combined.

SPLITTING DIVISIONS:

Adaptive/Dance Abilities Dance divisions **may not** be further split.

SPECIALTY DIVISIONS

SCHOOLS CHEER DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
MINI	SCHM	5-8	Female/Male	5-30	1, 2
YOUTH	SCHY	7-11	Female/Male	5-30	1, 2, 3
JUNIOR	SCHJ	8-14	Female/Male	5-30	1, 2, 3
SENIOR	SCHS	11+ with at least 1 athlete 15 years or older	Female/Male	5-30	1, 2, 3

All team members must be current students at the named school.

COMBINING & SPLITTING:

COMBINING DIVISIONS:

School Cheer divisions **may not** be combined.

SPLITTING DIVISIONS:

School Cheer divisions **may** be split by size as per the split guidelines below.

MANDATORY SPLITS BY SIZE

Event Producers **may** split the division into X-Small and Small/Medium when there are at least **three** teams that will ultimately be registered in each respective division. The designation of X-Small & Small/Medium divisions must follow the team sizes below:

X-Small = 5-14 athletes | Small/Medium = 15–32 athletes

ADDITIONAL OPTIONAL SPLITS

Event Producers **may** split the division into X Small, Small & Medium when there are at least **three** teams that will ultimately be registered in each respective division. The designation of X Small, Small & Medium must follow the team sizes below:

X Small = 5-14 members

Small = 15-22 members

Medium = 23-32 members

No further splits will be made.

SPLIT EXCEPTION FOR TEAMS FROM THE SAME PROGRAM:

There is no split exception for Schools cheer divisions.

Athletes may not crossover between different size teams in divisions within the same level.

STUNT GROUP DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
TINY STUNT GROUP	TSG	3-6	Female/Male	3 to 5 athletes	1
MINI STUNT GROUP	MSG	5-8	Female/Male	3 to 5 athletes	1, 2
YOUTH STUNT GROUP	YSG	7-11	Female/Male	3 to 5 athletes	1, 2, 3
YOUTH STUNT GROUP	YSG	8-11	Female/Male	3 to 5 athletes	4
YOUTH STUNT GROUP	YSG	9-11	Female/Male	3 to 5 athletes	5
JUNIOR STUNT GROUP	JSG	8-14	Female/Male	3 to 5 athletes	1, 2, 3
JUNIOR STUNT GROUP	JSG	9-14	Female/Male	3 to 5 athletes	4, 5
JUNIOR STUNT GROUP	JSG	9-14	Female/Male	3 to 5 athletes	6
JUNIOR PARTNER STUNT	JPS	9-14	Female/Male	2 athletes	6
SENIOR STUNT GROUP	SSG	12+ with at least 1 athlete 15 years or older	Female/Male	3 to 5 athletes	1, 2
SENIOR STUNT GROUP	SSG	12+ with at least 1 athlete 15 years or older	No Males	3 to 5 athletes	3, 4, 5
SENIOR STUNT GROUP	SSG	12+ with at least 1 athlete 15 years or older	No Males	3 to 5 athletes	6
SENIOR COED STUNT GROUP	SCSG	12+ with at least 1 athlete 15 years or older	1+ Males	3 to 5 athletes	3, 4, 5
SENIOR COED STUNT GROUP	SCSG	12+ with at least 1 athlete 15 years or older	1+ Males	3 to 5 athletes	6
SENIOR PARTNER STUNT	SPS	12+ with at least 1 athlete 15 years or older	Female/Male	2 athletes	6
OPEN/UNIVERSITY* STUNT GROUP	O/USG	17+	Female/Male	3 to 5 athletes	1, 2
OPEN/UNIVERSITY* STUNT GROUP	O/USG	17+	No Males	3 to 5 athletes	3, 4, 5, 6, 7
OPEN/UNIVERSITY* COED STUNT GROUP	O/UCSG	17+	1+ Male	3 to 5 athletes	3, 4, 5, 6, 7
OPEN/UNIVERSITY* PARTNER STUNT	O/UPS	17+	Female/Male	2 athletes	6, 7

For Senior divisions with a minimum age of 16 or below, the age spread of team members may not exceed 10 years. For example: A Senior Level 1 stunt group with the youngest member aged 13, may not have any team members aged over 23 years old, as this would exceed the 10 year age span.

* University divisions: All members are 17 years old (on August 31st 2024) or older and are current students at the named university. Exception: 1 athlete per stunt group can be a past student/alumnus, if they have graduated from the named university within the past 4 years.

ADAPTIVE ABILITIES STUNT GROUP DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	# ON TEAM	LEVELS
ADAPTIVE ABILITIES STUNT GROUP YOUTH	AASGY	8-12	Female/Male	3 to 5 athletes	1, 2, 3
ADAPTIVE ABILITIES STUNT GROUP JUNIOR	AASGJ	12-16	Female/Male	3 to 5 athletes	4
ADAPTIVE ABILITIES STUNT GROUP SENIOR	AASGS	12+ with at least 1 athlete 17 years or older	Female/Male	3 to 5 athletes	1, 2, 3, 4
ADAPTIVE ABILITIES PARTNER STUNT JUNIOR	AAPSJ	12-16	Female/Male	2 athletes	6
ADAPTIVE ABILITIES SENIOR PARTNER STUNT	AAPSS	12+ with at least 1 athlete 17 years or older	Female/Male	3 to 5 athletes	6

EPs offering Adaptive Abilities divisions should adhere to ICU general and division specific safety criteria, rules, and guidelines.

CHEER INDIVIDUAL DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE	LEVELS
TINY	TCI	3-6	Female/Male	1
MINI	MCI	7-8	Female/Male	2
YOUTH	YCI	9-11	Female/Male	5
JUNIOR	JCI	12-14	Female/Male	6
SENIOR	SCI	15-16	Female/Male	6
OPEN	OCI	17+	Female/Male	7

DANCE SOLO DIVISIONS

DIVISION	DIVISION CODE	AGE	FEMALE/MALE
TINY	TDS	3-6	Female/Male
MINI	MDS	7-8	Female/Male
YOUTH	YDS	9-11	Female/Male
JUNIOR	JDS	12-14	Female/Male
SENIOR	SDS	15-16	Female/Male
OPEN	ODS	17+	Female/Male

Dance solos will be offered in the following styles: pom, jazz, hip hop and lyrical/contemporary.

ATHLETES MUST BE ENTERED INTO THE DIVISION RELEVANT FOR THEIR AGE. e.g. A Tiny age athlete cannot enter a Mini Cheer Individual in order to perform skills higher than Level 1.

This is the recommendation from SportCheer UK for individual divisions, but EPs may choose to define ages and levels for these divisions differently.

COMBINING & SPLITTING:

Cheer Individual and Dance Solo division splits – Event Producers may split Youth, Junior, Senior and Open Cheer Individual and Dance Solo divisions into male and female if there are at least 3 athletes in each division following the split.