

CheerExpo Nationals Scholastic USASF Cheer Divisions and Info 2019

(These divisions are not for Nova Scotia School Teams)

School Divisions	Age/Grade*	Female/Male	# on Squad	Levels
Youth Cheer				
Youth	Grade 1-4	MIXED	5-30	1
Youth	Grades 4-6	MIXED	5-30	1,2
Junior Cheer				
Junior	Grade 9 and Under	MIXED	5-30	1, 2, 3
Senior Cheer				
Senior	Grades 7 to 12	MIXED	5-30	1, 2, 3, 4.0
Senior	Grades 7 to 12	No Males	5-30	4
Senior Co-Ed	Grades 7 to 12	1 or more Males	5-30	4
Cheer Only (30 -40 Second Cheer)				
Youth Cheer	Grades 1-6	MIXED	5-30	Max Level 2
Junior Cheer	Grades 9 and under	MIXED	5-30	Max Level 3
Senior Cheer	Grades 7 -12	MIXED	5-30	Max Level 4
University/Collegiate Cheer	Registered Students	MIXED	5-36	Max Level 6
Open Cheer - University/Collegiate/Cegep				
University/Collegiate 4.2	Registered Students	MIXED	5-36	4.2
Cegep School	Registered Students	MIXED	5-36	5
University/Collegiate All Girl	Registered Students	No Males	5-36	2.0, 4, 6
University/Collegiate Co-Ed	Registered Students	1 or more Males	5-36	2.0, 4, 6
Super Cheer/Special Needs (Up to Level 2 no basket tosses)				
Special Needs	Any Age	MIXED	5-36	Up to Level 2***

NOTE:

1. School systems vary greatly from province to province. Schools will follow the divisions that match their grade divisions at their school.
2. The grade of the participant as of September 2018 will be used for all scholastic teams.
3. Mixed divisions for Senior, University, Collegiate and Cegep will be split into All Girl and Co-Ed if at least 3 teams will be in each division.
4. Co-Ed divisions listed in the above graph will be combined with their all girl counterparts if there are not at least 2 teams in each division.
5. Divisions may be split into small (5-20) and large (21+) if there will be at least 3 teams in each resulting division (after Co-Ed Splits).
6. Level 4.2 will follow level 4 rules for stunts, pyramids and tosses and all level 2 rules for tumbling. Senior 4.0 will follow level 4 rules. Tumbling is not permitted or scored in Senior 4.0. Senior 4.0 will have a time limit of 2:00. Divisions listed as ".0" divisions will not be eligible for Grand Champions. University / Collegiate / Cegep will have their own Grand Champions Award.
7. If your school team division matches that of the Nova Scotia school team divisions (Junior level 2 or 3; Senior Level 2 or 4 or 4.2...max 24 members) AND your school is on good standing with your provincial school sports association, your team will may permitted to compete against the NS School teams in their division.
8. The Cheer Only division will be a 30—40 second Cheer routine only. The difficulty of the technical skills within the cheer (stunts, tumbling, etc) will not be scored on their difficulty but rather how well they complement and increase the effectiveness of the cheer. Any team may register in both the regular routine divisions AND/OR the Cheer Only division. First division will be regular cost, second division for the same team with equal or less athletes will be discounted.
9. CheerExpo will use the USASF/IASF rules of play. Scoring information can be found in the scoring section of the CheerExpo website.

Questions? Contact us at info@cheerexpo.net

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