

CheerExpo Virtual All Star, Novice & Prep Divisions and Info 2020/2021

Cheer Divisions	Target Age	Year of Birth	Gender	# Members	IASF Level Options	MAX Time
U6 Cheer (Tiny)						
Tiny Novice	4-6	2014-2017	MIXED	5-30	Novice 1	1:30
Tiny Prep	5-6	2014-2016	MIXED	5-30	1 (Prep)	2:00
Tiny Prep Non-Stunt	5-6	2014-2016	MIXED	5-30	1 (Prep) NS	2:00
Tiny	5-6	2014-2016	MIXED	5-30	1	2:30
Tiny Non-Stunt	5-6	2014-2016	MIXED	5-30	1NS	2:30
Tiny Non-Stunt + Cheer	5-6	2014-2016	MIXED	5-30	Level 1 NS+C	2:30
Tiny Non-Stunt; Non-Tumble	5-6	2014-2016	MIXED	5-30	0	2:00
U8 Cheer (Mini)						
Mini Novice	5-8	2012-2016	MIXED	5-30	Novice 1	1:30
Mini Novice Non-Stunt	5-8	2012-2016	MIXED	5-30	Novice 1 NS	1:30
Mini Prep	5-8	2012-2016	MIXED	5-30	1(P), 2(P)	2:00
Mini Prep Non-Stunt	5-8	2012-2016	MIXED	5-30	1(P) NS, 2(P) NS	2:00
Mini	5-8	2012-2016	MIXED	5-30	1, 2	2:30
Mini Non-Stunt	5-8	2012-2016	MIXED	5-30	1NS; 2NS	2:30
Mini Non-Stunt + Cheer	5-8	2012-2016	MIXED	5-30	L2 and below combined NS+C	2:30
Mini Non-Stunt; Non-Tumble	5-8	2012-2016	MIXED	5-30	0	2:00
U12 Cheer (Youth)						
Youth Novice	8-12	2008-2013	MIXED	5-30	Novice 1	1:30
Youth Novice Non-Stunt	8-12	2008-2013	MIXED	5-30	Novice 1 NS	1:30
Youth Prep	8-12	2008-2013	MIXED	5-30	1(P), 2(P)	2:00
Youth Prep Non-Stunt	8-12	2008-2013	MIXED	5-30	1(P) NS, 2(P) NS	2:00
Youth	8-12	2008-2013	MIXED	5-30	1, 2, 3, 4, 5	2:30
Youth Non-Tumble	8-12	2008-2013	MIXED	5-30	2.0, 3.0, 4.0, 5.0	2:00
Youth Non-Stunt	8-12	2008-2013	MIXED	5-30	1NS; 2NS; 3NS; 4NS; 5NS	2:30
Youth Non-Stunt + Cheer	8-12	2008-2013	MIXED	5-30	L5 and below combined NS+C	2:30
Youth Non-Stunt; Non-Tumble	8-12	2008-2013	MIXED	5-30	0	2:00
U17 Cheer (Junior)						
Junior Novice	10-16	2004-2011	MIXED	5-30	Novice 1	1:30
Junior Novice Non-Stunt	10-16	2004-2011	MIXED	5-30	Novice 1 NS	1:30
Junior Prep	10-17	2003-2011	MIXED	5-30	1(P), 2(P), 2.0 NT(P)	2:00
Junior Prep Non-Stunt	10-17	2003-2011	MIXED	5-30	1(P) NS, 2(P) NS	2:00
Junior	10-17	2003-2011	MIXED	5-30	1, 2, 3	2:30
Junior All Girl	10-17	2003-2011	No Males	5-30	4, 5, 6	2:30
Junior Coed	10-17	2003-2011	1+ Males	5-30	4, 5, 6	2:30
Junior Non-Tumble	10-17	2003-2011	MIXED	5-30	2.0, 3.0, 4.0, 5.0, 6.0	2:00
Junior Non-Stunt	10-17	2003-2011	MIXED	5-30	1NS; 2NS; 3NS; 4NS; 5NS; 6NS	2:30
Junior Non-Stunt + Cheer	10-17	2003-2011	MIXED	5-30	L6 and below combined NS+C	2:30
Junior Non-Stunt; Non-Tumble	10-17	2003-2011	MIXED	5-30	0	2:00
JR/SR Combined						
JR/SR Combined	10-19	2001-2011	MIXED	5-30	2, 3, 4, 5	2:30
Senior Cheer (U19)						
Senior Novice	14-18	2002-2007	MIXED	5-30	Novice 1	1:30
Senior Novice Non-Stunt	14-18	2002-2007	MIXED	5-30	Novice 1 NS	1:30
Senior Prep	14-19	2001-2007	MIXED	5-30	1(P), 2 (P) 2.0 NT(P)	2:00
Senior Prep Non-Stunt	14-19	2001-2007	MIXED	5-30	1(P) NS, 2(P) NS	2:00
Senior	14-19	2001-2007	MIXED	5-30	1, 2, 4.2	2:30
Senior All Girl	14-19	2001-2007	No Males	5-30	3, 4, 5, 6	2:30
Senior Coed	14-19	2001-2007	1+ Males	5-30	3, 4	2:30
Senior Small Coed	14-19	2001-2007	1-5 Males	5-30	5, 6	2:30
Senior Medium Coed	14-19	2001-2007	6-8 Males	5-30	5, 6	2:30
Senior Large Coed	14-19	2001-2007	9-20 Males	5-38	5, 6	2:30
Senior Non-Tumble	14-19	2001-2007	MIXED	5-30	2.0, 3.0, 4.0, 5.0, 6.0	2:00

Senior Non-Stunt	14-19	2001-2007	MIXED	5-30	1NS; 2NS; 3NS; 4NS; 5NS; 6NS	2:30
Senior Non-Stunt + Cheer	14-19	2001-2007	MIXED	5-30	L6 and below combined NS+C	2:30
Senior Non-Stunt; Non-Tumble	14-19	2001-2007	MIXED	5-30	0	2:00
Open Cheer (14+)						
Open All Girl	14+	2007 or earlier	No Males	5-30	3, 4, 4.2, 5, 6	2:30
Open Coed	14+	"	1+ Males	5-30	3, 4, 4.2	2:30
Open Small Coed	14+	"	1-4 Males	5-30	5, 6	2:30
Open Large Coed	14+	"	5-20 Males	5-30	5, 6	2:30
Global Club 6	14+	"	No Males	5-30	6	2:30*
Global Club 6 Coed	14+	"	1+ Males	5-30	6	2:30*
Global Club 6 Non-Stunt	14+	"	MIXED	5-30	6NS	2:30*
Open Non-Tumble	14+	"	MIXED	5-30	3.0, 4.0, 5.0	2:00
Open Non-Tumble All Girl	14+	"	No Males	5-30	6.0	2:00
Open Non-Tumble Coed	14+	"	1-20 Males	5-30	6.0	2:00
Open Non-Stunt	14+	"	MIXED	5-30	3NS; 4NS; 5NS; 6NS	2:30
Open Non-Stunt + Cheer	14+	"	MIXED	5-30	L6 and below combined NS+C	2:30
Open Non-Stunt; Non-Tumble	14+	"	MIXED	5-30	0	2:00
Open Cheer (17+)						
Open All Girl	17+	2004 or earlier	No Males	5-30	7	2:30
Open Small Coed	17+	"	1-4 Males	5-30	7	2:30
Open Large Coed	17+	"	5-20 Males	5-30	7	2:30
Open Non-Tumble All Girl	17+	"	No Males	5-30	7.0	2:00
Open Non-Tumble Coed	17+	"	1-20 Males	5-30	7.0	2:00
Open Non-Stunt	17+	"	MIXED	5-30	7NS	2:30
Open Non-Stunt + Cheer	17+	"	MIXED	5-30	Level 7 NS+C	2:30
Open Non-Stunt; Non-Tumble	17+	"	MIXED	5-30	0	2:00
Masters	18+	2003 or earlier	MIXED	5-30	2.0	2:00
Masters Non-Stunt	18+	"	MIXED	5-30	0	2:00

For this season, we will be using the ExpoFest (COVID ADJUSTED) versions of the Cheer Canada score sheets for all divisions. Located here: <https://www.expofest.ca/scoring>

- TIME LIMITS:** Novice time limit is 1:30. Prep team time limit is 2:00. Routine time for Non-tumbling (.0) teams will be 2:00. Global Club will have 30-40 seconds for Cheer portion, 20 seconds to start the music portion and 2:30 maximum music portion. Novice time limit is 1:30. Prep team time limit is 2:00. Time limit for all other divisions is 2:30. SEE BELOW (#4) FOR NON-STUNT TIME LIMITS AND INFORMATION.
- NOVICE DIVISIONS**
Rule Differences from Traditional All Star (IASF Rules)
 - Routines may not exceed 1:30 minutes
 - No Tosses permitted
 - 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.
 - Tiny Novice Only**
 - No building skills permitted (included tosses, stunts and pyramids).
 - The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.

3. **PREP DIVISIONS (AKA Half-Year teams)**

Rule Differences from Traditional All Star (IASF Rules)

- A. Routines may not exceed 2:00 minutes.
- B. *No Tosses* permitted.
 - a. **Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.**
 - b. **Clarification: All waist level cradles are illegal.**

4. **NON-STUNT DIVISIONS (AKA Non-Building)**

Non-Stunting divisions are newly created to allow teams in areas that can't stunt, to compete. This type of routine will be scored on every aspect of score sheet (ex: jumps, tumbling, choreography) with the exception of building skills (stunts, tosses, pyramid). All regular divisions change to and compete in a Non-Stunt division.

We've created two types of Non-Stunt routines to allow for a variety of teams to compete:

Intentional Non-Stunt Routine:

Teams who choreograph an intentional fully Non-Stunt routine will have no marked stunt sections, and will be scored on their jump, tumble, and choreography sections (dance).

Marked Building Skills Routine:

This is for teams that have a routine choreographed with building skills and whom must switch to non-stunt division quickly prior to an event due to increased COVID restrictions. This is for safety reasons to avoid teams having to make major changes to adjust routine length at the last minute. Sections with building skills (stunts, tosses, pyramids) will not be considered in the scoring process and must be marked by the athletes. If any building skills are performed, teams will receive a legality infraction.

Although the time limit is different, Intentional Non-Stunt and Marked Building skills routines will compete against each other and will follow the same score sheet.

Division	Intentional Non-Stunt Routine Time Limit	Marked Building Skills Routine Time Limit
Allstar	1:30	2:30
Allstar + Cheer	2:00	2:30
Allstar Non-Tumbling	1:00	2:00
Global	1:30 music	2:30 music
Novice	1:30	1:30
Prep or Masters	1:30	2:00

Please note that ALL TIME LIMITS for ALL DIVISIONS are MAXIMUMS. There are no minimum time limits. Any teams who exceed their time limit will receive a time limit deduction.

Non-Stunt Score Sheets:

Allstar, Allstar Non-Tumbling, Novice and Prep/Masters divisions will remove the building score sheet. Additionally, partner work will not be required in the dance section of the score sheet.

Allstar Non-Stunt + Cheer divisions will have the Global Cheer score sheet added in. For these divisions, all levels of the same age category will be combined together. Only tumbling **execution** will be scored (no

tumbling difficulty) in order to avoid further subdivision of teams. This time limit must include both the music and cheer portion together.

Global Club will be scored using the regular Allstar Score sheet with building sheet removed for the music portion and Cheer Score Sheet for the Cheer.

5. **CHEER ABILITIES:** Cheer-Abilities teams will be performance only and will not be scored, ranked or rated. Cheer Abilities teams are free of charge.

For this season, we will be using the ExpoFest (COVID ADJUSTED) versions of the Cheer Canada score sheets for all divisions. Located here: <https://www.expofest.ca/scoring>

DIVISION SPLITS & COMBINATIONS AT CHEEREXPO:

COMBINATIONS:

1. Combinations will take place first prior to any splits
2. For the Coed divisions listed below, if registrations leave a division with a single team, CheerExpo will combine the small, medium and possibly large coed divisions of the same level.
 - Senior Small Coed 5, Senior Medium Coed 5 and Senior Large Coed 5
 - Senior Small Coed 6, Senior Medium Coed 6 and Senior Large Coed 6
3. For all other divisions with Small and Large Coed divisions listed above in the age grid, if registrations leave a division with a single team, CheerExpo will combine the small and large co-ed divisions of the same level.
4. For the all divisions listed above in the age grid, if there is one coed registration and/or one all-girl registration of the same level, age group and division type - the division will be combined.

DIVISION SPLITS:

1. MANDATORY Coed Splits: The following divisions will be split into All-Girl/Coed divisions when there will be 2 or more teams in each respective division:
 - Junior, Senior, or Open 13+ Non-Tumbling divisions Levels 3.0 - 6.0

The following Divisions will **NEVER** be split into Coed/All-Girl (prohibited):

- Prep Divisions
- Tiny Novice / Novice Divisions
- All Tiny, Mini and Youth Divisions
- Junior Level 1, 2, 3 Divisions
- Junior 2.0 Non-Tumbling divisions
- Senior Level 1, 2, or 2.0 divisions
- Open 1, 2 or 1.0 and 2.0 Non-Tumbling divisions
- Non-Stunt + Cheer divisions
- Non-Stunt + Non-Tumble divisions (Level 0)
- Masters divisions

2. MANDATORY Team Size Splits:

- Teams not separated by all-girl and coed on the age grid will be split into Small (5-15 athletes) and Medium (16+ athletes) when there will be at least 2 teams in each respective division

OPTIONAL Teams Size Splits:

- These teams may be further split into Medium (16-24 athletes) and Large (25+) when there will be at least 2 teams in each respective division.
- Teams in divisions that are separated as All-Girl and Coed may be split into Small (5-15 athletes) and Medium (16+athletes) when there will be at least 3 teams in each respective division. The medium division may be further split to medium (16-24 athletes) and Large (25+) when there are at least 2 teams in each respective division.

PROHIBITED SPLITS: The following divisions will **NEVER** be split by size:

- Prep Divisions
- Novice/Tiny Novice Divisions
- Non-Stunt + Non-Tumble divisions (Level 0)

3. SPLIT EXCEPTION FOR TEAMS FROM THE SAME PROGRAM

Teams from the same program will not have to compete against themselves if they have 2 Non-Stunt teams that would normally be split as all-girl / coed on the age grid above as a regular (stunting) division. However, if the regular division is not specifically split on the age grid as a regular stunting division, they may end up competing against each other.

Teams from the same program will not have to compete against themselves if they have 2 teams of different size (small / medium) that coincide with the MANDATORY SPLIT TEAM SIZE for their respective levels. A mandatory split would occur even it means that a division is left with only one team performing.

Clarification: Teams from the same program will not compete against themselves if they have a Small and Medium team in the same division and level (as long as it is not a prohibited split division). Note: There is NOT a mandatory split for Medium and Large team sizes from the same program in the same division and level therefore a medium and large team may be required to compete against each other if there are not enough other teams to warrant a division split. NOTE: Teams of the same size range from the same program will NOT be split and must compete against each other.

If you have a division that is not listed here please contact us for assistance.

Questions? Contact us at info@cheerexpo.net

Disclaimer: Information and policies are subject to change based on situational changes of COVID-19 or policy changes