

CheerExpo All Star, Novice & Prep Divisions and Info 2021/2022

Updated June 16, 2021

Cheer Divisions	Target Age	Year of Birth	Gender	# Members	IASF Level Options	MAX Time
U6 Cheer (formerly Tiny)						
U6 Novice	4-6	2015-2018	MIXED	5-30	Novice 1	1:30
U6 Prep	5-6	2015-2017	MIXED	5-30	1 (Prep)	2:00
U6	5-6	2015-2017	MIXED	5-30	1	2:30
U8 Cheer (formerly Mini)						
U8 Novice	5-8	2013-2017	MIXED	5-30	Novice 1	1:30
U8 Prep	5-8	2013-2017	MIXED	5-30	1(P), 2(P)	2:00
U8	5-8	2013-2017	MIXED	5-30	1, 2	2:30
U12 Cheer (formerly Youth)						
U12 Novice	8-12	2009-2014	MIXED	5-30	Novice 1	1:30
U12 Prep	8-12	2009-2014	MIXED	5-30	1(P), 2(P)	2:00
U12	8-12	2008-2013	MIXED	5-30	1, 2, 3, 4	2:30
U12 Non-Tumble (NT)	8-12	2008-2013	MIXED	5-30	2.0, 3.0, 4.0	2:00
U17 Cheer (formerly Junior)						
U17 Novice	10-16	2005-2012	MIXED	5-30	Novice 1	1:30
U17 Prep	10-17	2004-2012	MIXED	5-30	1(P), 2(P), 2.0 NT(P)	2:00
U17	10-17	2004-2012	MIXED	5-30	1, 2, 3	2:30
U17 All Girl	10-17	2004-2012	No Males	5-30	4, 5	2:30
U17 Coed	10-17	2004-2012	1+ Males	5-30	4, 5	2:30
U17 Non-Tumble (NT)	10-17	2004-2012	MIXED	5-30	2.0, 3.0, 4.0, 5.0	2:00
U19 Cheer (formerly Senior)						
U19 Novice	14-18	2003-2008	MIXED	5-30	Novice 1	1:30
U19 Prep	14-19	2002-2008	MIXED	5-30	1(P), 2 (P) 2.0 NT(P)	2:00
U19	14-19	2002-2008	MIXED	5-30	1, 2, 4.2	2:30
U19 All Girl	14-19	2002-2008	No Males	5-30	3, 4, 5, 6	2:30
U19 Coed	14-19	2002-2008	1+ Males	5-30	3, 4	2:30
U19 Small Coed	14-19	2002-2008	1-5 Males	5-30	5, 6	2:30
U19 Medium Coed	14-19	2002-2008	6-8 Males	5-30	5, 6	2:30
U19 Large Coed	14-19	2002-2008	9-20 Males	5-30	5, 6	2:30
U19 Non-Tumble (NT)	14-19	2002-2008	MIXED	5-30	2.0, 3.0, 4.0, 5.0, 6.0	2:00
Open 14+ Cheer (formerly IO)						
Open 4.2	14+	2008 or earlier	MIXED	5-30	4.2	2:30
Open All Girl	14+	2008 or earlier	No Males	5-30	3, 4, 5, 6	2:30
Open Coed	14+	"	1+ Males	5-30	3, 4	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 6	14+	"	No Males	5-30	6	2:30*
Global 6 Coed	14+	"	1+ Males	5-30	6	2:30*
Open Non-Tumble	14+	"	MIXED	5-30	3.0, 4.0, 5.0	2:00
Open Non-Tumble All Girl (NT)	14+	"	No Males	5-30	6.0	2:00
Open Non-Tumble Coed (NT)	14+	"	1-20 Males	5-30	6.0	2:00
Open 17+ Cheer (formerly IO7)						
Open All Girl	17+	2005 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
Masters *only if not eligible for U19 team*	18+	2004 or earlier	MIXED	5-30	2.0	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.

We will be using the Cheer Canada scoring system

1. **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. Time limit for all other divisions is 2:30.
2. **U6 TEAMS:** Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) only and not scored against other teams.
3. **NON-TUMBLING DIVISIONS:** Tumbling is not allowed. The following exceptions are allowed for stunting purposes or formation changes and must follow appropriate level inversion rules. No tumbling score will be given for the following exceptions: forward rolls, handstands, cartwheels and round-offs are allowed.
4. **THE CHEERLEADING WORLDS BIDS:** Teams competing for a bid to The Cheerleading Worlds must adhere to worlds guidelines (i.e. max 24 athletes in Open 5, Open 6, Open 7 and Global)
5. **NOVICE DIVISIONS**
Rule Differences from Traditional All Star (IASF Rules)
 - A. Routines may not exceed 1:30 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.**
 - C. *Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) only and not scored against other teams.*
 - D. **U6 Novice Only**
 - a. No building skills permitted (*included tosses, stunts and pyramids*).
 - b. The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.
6. **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.**

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.

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.

- U19 Small Coed 5, U19 Medium Coed 5 and U19 Large Coed 5
- U19 Small Coed 6, U19 Medium Coed 6 and U19 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. 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:

- Non-Tumbling divisions Levels 3.0 - 6.0 for U17, U19 or Open 14+ age groups

The following Divisions will **NOT** be split into Coed/All-Girl (prohibited):

- Prep divisions
- Novice divisions
- All U6, U8 and U12 divisions
- U17 Level 1, 2 or 3 divisions
- U19 Level 1 and 2 divisions
- 2.0 Non-Tumbling divisions
- Masters divisions

2. Team Size Splits: Teams not separated by all-girl and coed on the age grid may be split by team size with consideration of the following:

- Similar sized teams within the split
- Similar number of teams within the split
- No teams left on their own as a result of a split (unless they have a crossover as below)
- Programs with multiple teams within an age division may compete against each other if there are not enough teams for a logical split. However, crossovers between these two teams in the same division are not permitted.

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