

CheerExpo All Star, Novice & Prep Divisions and Info 2024/2025

Updated June 3rd, 2024

CheerExpo will follow the Cheer Canada 2024-2025 All Star Divisions and guidelines located here: <https://cheercanada.ca/education/all-star-cheer/>

ADDITIONS & EXCEPTIONS:

- CROSSOVERS** – based on Cheer Canada and CNS policy
 - Athletes cannot cross between Novice, Prep and All Star
 - An individual athlete is not permitted to crossover from one program to another within the same event. EXCEPTION: An athlete may crossover to another program's level 7 team if their initial program does not offer level 7 or level 7NT.
 - An athlete is limited to compete on no more than 3 teams during an event. Exceptions: Rec/performance, school teams, CNS provincial teams, performance cheer (dance) teams, participation to assist a performance or demo (I.E. assisting very young athletes, cheer abilities, parent team, etc.) and Specialty divisions (I.E. Indy, duo, stunt group, partner stunt).
 - Teams competing for bids to year end competitions should ensure they are compliant with eligibility and crossovers rules.
- U8 PREP TEAMS AND ALL U6 TEAMS (prep, novice and Level 1 Restricted):** Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) only and not scored against other teams. *These teams may be rated by our Junior Judges Program.*
- CHEER ABILITIES:** Cheer-Abilities teams who choose to be exhibition/performance only are free of charge and will not be scored, ranked or rated. Cheer Abilities who wish to compete will pay the same rate as Prep teams and will be scored according to the Cheer Canada scoring system.
- LEVEL 1 RESTRICTED:** CheerExpo will offer the CNS/CNB division of Level 1 Restricted for each age category that offers level 1 (U6, U8, U12, U16 and U18). Contact Cheer Nova Scotia for additional information on restrictions for that division.
- THE CHEERLEADING WORLDS BIDS:** Teams competing for a bid to The Cheerleading Worlds must adhere to IASF worlds guidelines (I.E. minimum of 16 max of 24 athletes (or max of 30 for non-tumbling divisions...see IASF division list for specifics).
- INDY, STUNT GROUP (4-5 members) & PARTNER STUNT (3 members – one is spotter only) DIVISIONS:** If offered, spots are limited. All competitors must also be registered with a team or must pay per participant registration fees. Divisions will be split by age and level. Must follow the age grid and IASF rules (I.E. No Level 5 U12 stunt groups, etc.). Max time limit is 1 min. May be scored by the *Junior Judges Program* using the Cheer Canada score sheet.

DIVISION SPLITS & COMBINATIONS AT CHEEREXPO:

COMBINATIONS:

- Combinations will take place first prior to any splits
- For coed divisions, if registration leaves a division with a single team, CheerExpo will combine the small, medium and/or large coed divisions of the same age & level.
- For all divisions listed in the age grid, if there is one Coed registration and/or one "No Males" registration of the same level, age group and division type - the division will be combined so long as scoring system category values remain equal.

DIVISION SPLITS:

- Team Size Splits:** Teams 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.

Disclaimer: Information and policies are subject to change based on CNS policy changes