

CheerExpo All Star, Novice & Prep Divisions and Info 2025/2026

Updated June 27th, 2025

CheerExpo will follow the Cheer Canada 2025-2026 All Star Divisions and guidelines located here: <https://cheercanada.ca/education/all-star-cheer/>

ADDITIONS & EXCEPTIONS:

1. **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.
2. **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.*
3. **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.
4. **NEW - DANCE DIVISIONS TRIAL:** Dance performances will only be scored once (Saturday only). Note: Dance teams will compete on the carpeted spring floor (this is subject to change to a Marley floor in future seasons depending on registration). Divisions:

DIVISIONS	AGE	BIRTH YEARS	GENDER	# on team	STYLES
U12	8-12	2013-2018	Mixed	4-30	Hip Hop, Pom, Jazz
U16	12-16	2009-2014	Mixed	4-30	Hip Hop, Pom, Jazz
U18	14-18	2007-2012	Mixed	4-30	Hip Hop, Pom, Jazz
Open	16+	2010 or earlier	Mixed	4-30	Hip Hop, Pom, Jazz

5. **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. Will be either Friday night or Saturday day.
6. **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).
7. **THE AIA TOURNAMENT, THE SUMMIT, YOUTH SUMMIT, GLOBAL GAMES, AND THE SPIRIT NETWORK** all have varying requirements and age grids (minimum number of athletes, crossover guidelines, etc.). Please ensure your team is following their guidelines if you are seeking a bid from any of these partner events.

DIVISION SPLITS & COMBINATIONS AT CHEEREXPO:

COMBINATIONS:

1. Combinations will take place first prior to any splits
2. 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.
3. 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:

1. **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