

CheerExpo Scholastic Divisions and Info 2025/2026

Scholastic Divisions	# of Members	Cheer Division Options
Primary Youth Grades 1-4	5-30	Beginner, Novice
Elementary Youth Grades 4-6	5-30	Novice, Intermediate
Junior High Grades 6-9	5-30	Novice, Intermediate, Median
Combined Jr/Sr Grades 7-12	5-30	Intermediate, Median
Senior High Grade 9-12	5-30	Intermediate, Median, School Advanced NT, School Advanced, Game Day
CEGEP / Collegiate (1-2 year programs)	5-36	School Advanced, Premier, Game Day
University / Collegiate (3-4+ year programs)	5-36	Intermediate, Median, School Advanced, Premier, Game Day

CC/ICU	Novice	Intermediate	Median	School Advanced	Elite	Premier
IASF Level	1	2	3	4	6	7

-> Note that CheerExpo will be using [Cheer Canada / ICU rules](#) and [Cheer Canada scoring](#) for ALL scholastic divisions. A cheer is required. For quick reference only, see chart above for IASF level to closest corresponding ICU / CC level. However, use the CC / ICU rules (link above) when creating your routine. These rule-sets are not the same.

DANCE / PERFORMANCE CHEER – Scholastic teams may also participate in dance divisions (Hip Hop, Jazz, Pom) with Allstar programs. See Allstar division list for info.

1. TIME LIMITS:

School Cheerleading Team Cheer Routine:

- Cheer Portion: Can be placed in the beginning or middle of routine.
- Music total: Music cannot be longer than one minute and forty-five seconds (1:45) total.
- Routine total: Two minutes, thirty seconds (2:30) maximum.

Collegiate / University Cheerleading Team Cheer Routine:

- Cheer Portion: Can be placed in the beginning or middle of routine. Must be a minimum of thirty seconds (0:30) in length.
- Maximum time between Cheer and Music portion: Twenty seconds (0:20).
- Music total: Music cannot be longer than two minutes, thirty seconds (2:30) total (recommendation: max 2:00)
*Please note that the total routine time will vary based on the length of the cheer, the time utilized between the cheer and the music portion and the duration of the music portion.

Game Day Competition Routine:

- Each element: Average thirty seconds (:30) to one minute (1:00).
- Routine total: Three minutes (3:00) maximum.

2. NON-TUMBLING DIVISIONS: Tumbling is not permitted. 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.

3. SSNS: Nova Scotia school teams must adhere to SSNS / CNS rules of play. Junior High teams will compete Intermediate (similar to level 2) and High School teams will compete in Median (similar to level 3). The Cheer Canada school score sheet will be used which includes a cheer.

4. DIVISION SPLITS AT CHEEREXPO:

Coed Splits: "School Advanced" and "Premier divisions" may be split into regular and coed divisions when there will be 2 or more teams in each resulting division. University / CEGEP / Collegiate Coed divisions may be further split into Small Coed (1-4 males) and Large Coed (5+ males) if applicable.

Team Size Splits: Teams may be split by team size with consideration of the following:

- Similar sized teams within the split AND 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 prefer for them to be split, please let us know when registering.

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 CC / CNS / SSNS policy changes

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