

**2022-2023**  
**IASF DIVISION LIST**  
**CHEER**



# IASF DIVISION LIST GUIDELINES

## IASF DIVISION LIST AGE ELIGIBILITY

The eligible age for an athlete is determined by the BIRTH YEARS column on the Age Grid.

1. The IASF Age Grid is based on the year The IASF World Championship competition is held.
  - a. The 2022-2023 Age Grid is based on the IASF World Championship occurring in 2023.
    - i. Example: Athletes born January 1, 2011 - December 31, 2011, have a 2011 BIRTH YEAR. Per the Age Grid, an athlete with a 2011 BIRTH YEAR is eligible for the U12 and U16 divisions for the 2022-2023 season.

## EVENT PRODUCER REQUIREMENTS

The IASF DIVISION LIST is a list of ALL the IASF divisions. Each country's governing body, or event producer, where permitted, may choose which divisions they would like to offer. Every IASF division is not required to be offered at each event.

## COED CHEER TEAMS

The maximum numbers of males on a coed team may not exceed  $\frac{2}{3}$  of the total athletes on the team.

*EXAMPLE: If an IASF Open Level 5 Coed 16 team has a total of 18 athletes competing on the floor; the maximum number of males allowed on the team would be restricted to 12.*

## CROSSOVERS

National governing bodies, or event producers, where permitted, may choose their own crossover policies.

## CROSSOVERS AT WORLDS

Athletes are not allowed to crossover at the IASF World Championship. Each athlete may compete on a single team. For all of the Worlds restrictions, please see the Worlds Division list at [IASFworlds.com](http://IASFworlds.com).

## TIME LIMITS

IASF U6, U8, U12, U16, U18 and Open = Routine time limit maximum of 2:30.

IASF Non-Tumbling = Routine time limit maximum of 2:00.

IASF Global Club = Routine time limits are as follows:

- 30 second minimum to 40 second maximum for the opening Cheer portion
- 20 second maximum to move from cheer portion and set up for the music portion
- 2:30 maximum for the music portion

## IMAGE POLICY

Any team that competes outside of its country must follow the Image Guidelines set forth by that country and/or the IASF. All teams competing at the Cheerleading Worlds in an International Division must cover their midriff (no crop tops).

# IASF

## AGE GRID ADJUSTMENTS for 2022-2023

Divisions are returning to U16 and U18 for the 2022-23 season. Open division ages will increase to a minimum age of 15 for the 2022-2023 season, and to a minimum age of 16 for the 2023-2024 season.

The minimum number of athletes per team will remain at 10 athletes due to travel restrictions, except for the U6 division, it will remain at a minimum of 5 athletes.

DIVISION/LEVEL	BIRTH YEARS	AGE	FEMALE/MALE	NUMBER
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### IASF: U6 DIVISIONS

#### IASF U6 LEVEL 1

IASF U6 Level 1	2016-2018	5-6 Years Old	Female/Male	5 - 24 Members
IASF U6 Level 1 Large	2016-2018	5-6 Years Old	Female/Male	25 - 30 Members

### IASF: U8 DIVISIONS

#### IASF U8 LEVEL 1

IASF U8 Level 1	2014-2018	5-8 Years Old	Female/Male	10 - 24 Members
IASF U8 Level 1 Large	2014-2018	5-8 Years Old	Female/Male	25 - 30 Members

#### IASF U8 LEVEL 2

IASF U8 Level 2	2014-2018	5-8 Years Old	Female/Male	10 - 24 Members
IASF U8 Level 2 Large	2014-2018	5-8 Years Old	Female/Male	25 - 30 Members

### IASF: U12 DIVISIONS

#### IASF U12 LEVEL 1

IASF U12 Level 1	2010-2015	8-12 Years Old	Female/Male	10 - 24 Members
IASF U12 Level 1 Large	2010-2015	8-12 Years Old	Female/Male	25 - 30 Members

#### IASF U12 LEVEL 2

IASF U12 Level 2	2010-2015	8-12 Years Old	Female/Male	10 - 24 Members
IASF U12 Level 2 Large	2010-2015	8-12 Years Old	Female/Male	25 - 30 Members

#### IASF U12 LEVEL 3

IASF U12 Level 3	2010-2015	8-12 Years Old	Female/Male	10 - 24 Members
IASF U12 Level 3 Large	2010-2015	8-12 Years Old	Female/Male	25 - 30 Members

#### IASF U12 LEVEL 4

IASF U12 Level 4	2010-2015	8-12 Years Old	Female/Male	10 - 24 Members
IASF U12 Level 4 Large	2010-2015	8-12 Years Old	Female/Male	25 - 30 Members

#### IASF U12 LEVEL 5

IASF U12 Level 5	2010-2015	8-12 Years Old	Female/Male	10 - 24 Members
IASF U12 Level 5 Large	2010-2015	8-12 Years Old	Female/Male	25 - 30 Members

#### IASF U12 NON-TUMBLING DIVISIONS

IASF U12 Level 2NT	2010-2015	8-12 Years Old	Female/Male	10 - 30 Members
IASF U12 Level 3NT	2010-2015	8-12 Years Old	Female/Male	10 - 30 Members
IASF U12 Level 4NT	2010-2015	8-12 Years Old	Female/Male	10 - 30 Members
IASF U12 Level 5NT	2010-2015	8-12 Years Old	Female/Male	10 - 30 Members

## IASF: U16 DIVISIONS

DIVISION/LEVEL	BIRTH YEARS	AGE	FEMALE/MALE	NUMBER
<u>IASF U16 LEVEL 1</u>				
IASF U16 Level 1	2006 - 2011	12 - 16 Years Old	Female/Male	10-24 Members
IASF U16 Level 1 Large	2006 - 2011	12 - 16 Years Old	Female/Male	25 – 30 Members
<u>IASF U16 LEVEL 2</u>				
IASF U16 Level 2	2006-2011	12 - 16 Years Old	Female/Male	10-24 Members
IASF U16 Level 2 Large	2006-2011	12 - 16 Years Old	Female/Male	25 – 30 Members
<u>IASF U16 LEVEL 3</u>				
IASF U16 Level 3	2006-2011	12 - 16 Years Old	Female/Male	10-24 Members
IASF U16 Level 3 Large	2006-2011	12 - 16 Years Old	Female/Male	25 – 30 Members
<u>IASF U16 LEVEL 4</u>				
IASF U16 Level 4	2006-2011	12 - 16 Years Old	No Males	10-24 Members
IASF U16 Level 4 Large	2006-2011	12 - 16 Years Old	No Males	25 – 30 Members
<u>IASF U16 LEVEL 4 COED</u>				
IASF U16 Level 4 Coed	2006-2011	12 - 16 Years Old	1 or more Males	10-24 Members
IASF U16 Level 4 Coed Large	2006-2011	12 - 16 Years Old	1 or more Males	25 – 30 Members
<u>IASF U16 LEVEL 5</u>				
IASF U16 LEVEL 5	2006-2011	12 - 16 Years Old	No Males	10-24 Members
IASF U16 Level 5 Large	2006-2011	12 - 16 Years Old	No Males	25 – 30 Members
<u>IASF U16 LEVEL 5 COED</u>				
IASF U16 Level 5 Coed	2006-2011	12 - 16 Years Old	1 or more Males	10-24 Members
IASF U16 Level 5 Coed Large	2006-2011	12 - 16 Years Old	1 or more Males	25 – 30 Members
<u>IASF U16 LEVEL 6</u>				
IASF U16 LEVEL 6	2006-2011	12 - 16 Years Old	No Males	10-24 Members
IASF U16 Level 6 Large	2006-2011	12 - 16 Years Old	No Males	25 – 30 Members
<u>IASF U16 LEVEL 6 COED</u>				
IASF U16 Level 6 Coed	2006-2011	12 - 16 Years Old	1 or more Males	10-24 Members
IASF U16 Level 6 Coed Large	2006-2011	12 - 16 Years Old	1 or more Males	25 – 30 Members
<u>IASF U16 NON-TUMBLING</u>				
IASF U16 Level 2NT	2006-2011	12 - 16 Years Old	Female/Male	10 - 30 Members
IASF U16 Level 3NT	2006-2011	12 - 16 Years Old	Female/Male	10 - 30 Members
IASF U16 Level 4NT	2006-2011	12 - 16 Years Old	Female/Male	10 - 30 Members
IASF U16 Level 5NT	2006-2011	12 - 16 Years Old	Female/Male	10 - 30 Members
IASF U16 Level 6NT	2006-2011	12 - 16 Years Old	Female/Male	10 - 30 Members

## IASF: U18 DIVISIONS

DIVISION/LEVEL	BIRTH YEARS	AGE	FEMALE/MALE	NUMBER
<u>IASF U18 LEVEL 1</u>				
IASF U18 Level 1	2004 - 2009	14 - 18 Years Old	Female/Male	10-24 Members
IASF U18 Level 1 Large	2004 - 2009	14 - 18 Years Old	Female/Male	25 – 30 Members
<u>IASF U18 LEVEL 2</u>				
IASF U18 Level 2	2004 - 2009	14 - 18 Years Old	Female/Male	10-24 Members
IASF U18 Level 2 Large	2004 - 2009	14 - 18 Years Old	Female/Male	25 – 30 Members
<u>IASF U18 LEVEL 3</u>				
IASF U18 Level 3	2004 - 2009	14 - 18 Years Old	No Males	10-24 Members
IASF U18 Level 3 Large	2004 - 2009	14 - 18 Years Old	No Males	25 – 30 Members
<u>IASF U18 LEVEL 3 COED</u>				
IASF U18 Level 3 Coed	2004 - 2009	14 - 18 Years Old	1 or more Males	10-24 Members
IASF U18 Level 3 Coed Large	2004 - 2009	14 - 18 Years Old	1 or more Males	25 – 30 Members
<u>IASF U18 LEVEL 4</u>				
IASF U18 Level 4	2004 - 2009	14 - 18 Years Old	No Males	10-24 Members
IASF U18 Level 4 Large	2004 - 2009	14 - 18 Years Old	No Males	25 – 30 Members
<u>IASF U18 LEVEL 4 COED</u>				
IASF U18 Level 4 Coed	2004 - 2009	14 - 18 Years Old	1 or more Males	10-24 Members
IASF U18 Level 4 Coed Large	2004 - 2009	14 - 18 Years Old	1 or more Males	25 – 30 Members
<u>IASF U18 LEVEL 5</u>				
IASF U18 Level 5	2004 - 2009	14 - 18 Years Old	No Males	10-24 Members
IASF U18 Level 5 Large	2004 - 2009	14 - 18 Years Old	No Males	25 – 30 Members
<u>IASF U18 LEVEL 5 COED</u>				
IASF U18 Level 5 Coed 5	2004 - 2009	14 - 18 Years Old	1 - 5 Males	10-24 Members
IASF U18 Level 5 Coed 5 Large	2004 - 2009	14 - 18 Years Old	1 - 5 Males	25 – 30 Members
IASF U18 Level 5 Coed 8	2004 - 2009	14 - 18 Years Old	6 - 8 Males	10-24 Members
IASF U18 Level 5 Coed 8 Large	2004 - 2009	14 - 18 Years Old	6 - 8 Males	25 – 30 Members
IASF U18 Level 5 Coed 20	2004 - 2009	14 - 18 Years Old	9 - 20 Males	10 – 38 Members
<u>IASF U18 LEVEL 6</u>				
IASF U18 Level 6	2004 - 2009	14 - 18 Years Old	No Males	10-24 Members
IASF U18 Level 6 Large	2004 - 2009	14 - 18 Years Old	No Males	25 – 30 Members

IASF U18 LEVEL 6 COED

IASF U18 Level 6 Coed 5	2004 - 2009	14 - 18 Years Old	1 - 5 Males	16-24 Members
IASF U18 Level 6 Coed 5 Large	2004 - 2009	14 - 18 Years Old	1 - 5 Males	25 – 30 Members
IASF U18 Level 6 Coed 8	2004 - 2009	14 - 18 Years Old	6 - 8 Males	16-24 Members
IASF U18 Level 6 Coed 8 Large	2004 - 2009	14 - 18 Years Old	6 - 8 Males	25 – 30 Members
IASF U18 Level 6 Coed 20	2004 - 2009	14 - 18 Years Old	9 - 20 Males	16 – 38 Members

IASF U18 NON-TUMBLING

IASF U18 Level 3NT	2004 - 2009	14 - 18 Years Old	Female/Male	16 - 30 Members
IASF U18 Level 4NT	2004 - 2009	14 - 18 Years Old	Female/Male	16 - 30 Members
IASF U18 Level 5NT	2004 - 2009	14 - 18 Years Old	Female/Male	16 - 30 Members
IASF U18 Level 6NT	2004 - 2009	14 - 18 Years Old	Female/Male	16 - 30 Members

## IASF: OPEN DIVISIONS

DIVISION/LEVEL	BIRTH YEARS	AGE	FEMALE/MALE	NUMBER
<u>IASF OPEN LEVEL 3</u>				
IASF Open Level 3	Born in 2008 or earlier	15 yrs & older	Female/Male	10 - 24 Members
<u>IASF OPEN LEVEL 4</u>				
IASF Open Level 4	Born in 2008 or earlier	15 yrs & older	No Males	10 - 24 Members
IASF Open Level 4 Coed	Born in 2008 or earlier	15 yrs & older	1 or more Males	10 - 24 Members
<u>IASF OPEN LEVEL 5</u>				
IASF Open Level 5	Born in 2008 or earlier	15 yrs & older	No Males	10 - 24 Members
IASF Open Level 5 Coed 4	Born in 2008 or earlier	15 yrs & older	1-4 Males	10 - 24 Members
IASF Open Level 5 Coed 16	Born in 2008 or earlier	15 yrs & older	5-16 Males	10 - 24 Members
<u>IASF OPEN LEVEL 6</u>				
IASF Open Level 6	Born in 2008 or earlier	15 yrs & older	No Males	10 - 24 Members
IASF Open Level 6 Coed 4	Born in 2008 or earlier	15 yrs & older	1-4 Males	10 - 24 Members
IASF Open Level 6 Coed 16	Born in 2008 or earlier	15 yrs & older	5-16 Males	10 - 24 Members
<u>IASF OPEN LEVEL 7</u>				
IASF Open Level 7	Born in 2006 or earlier	17 yrs & older	No Males	10 - 24 Members
IASF Open Level 7 Coed 4	Born in 2006 or earlier	17 yrs & older	1-4 Males	10 - 24 Members
IASF Open Level 7 Coed 16	Born in 2006 or earlier	17 yrs & older	5-16 Males	10 - 24 members
<u>IASF NON-TUMBLING LEVEL</u>				
IASF Open Level 3NT	Born in 2008 or earlier	15 yrs & older	Female/Male	10 - 30 Members
IASF Open Level 4NT	Born in 2008 or earlier	15 yrs & older	Female/Male	10 - 30 Members
IASF Open Level 5NT	Born in 2008 or earlier	15 yrs & older	Female/Male	10 - 30 Members
IASF Open Level 6NT	Born in 2008 or earlier	15 yrs & older	Female/Male	10 - 30 Members
IASF Open Level 7NT	Born in 2006 or earlier	17 yrs & older	Female/Male	10 - 30 Members



## IASF: NON-TUMBLING DIVISIONS

DIVISION/LEVEL	BIRTH YEARS	AGE	FEMALE/MALE	NUMBER
<u>IASF NON-TUMBLING LEVEL 2</u>				
IASF U12 Level 2NT	2010-2015	8 - 12 Years Old	Female/Male	10 - 30 Members
IASF U16 Level 2NT	2006 – 2011	12 - 16 Years Old	Female/Male	10 - 30 Members
<u>IASF NON-TUMBLING LEVEL 3</u>				
IASF U12 Level 3NT	2010-2015	8-12 Years Old	Female/Male	10 - 30 Members
IASF U16 Level 3NT	2006 - 2011	12 - 16 Years Old	Female/Male	10 - 30 Members
IASF U18 Level 3NT	2004 - 2009	14 - 18 Years Old	Female/Male	10 - 30 Members
IASF Open Level 3NT	Born in 2008 or earlier	15 Yrs & Older	Female/Male	10 - 30 Members
<u>IASF NON-TUMBLING LEVEL 4</u>				
IASF U12 Level 4NT	2010-2015	8-12 Years Old	Female/Male	10 - 30 Members
IASF U16 Level 4NT	2006 - 2011	12 - 16 Years Old	Female/Male	10 - 30 Members
IASF U18 Level 4NT	2004 - 2009	14 - 18 Years Old	Female/Male	10 - 30 Members
IASF Open Level 4NT	Born in 2008 or earlier	15 Yrs & Older	Female/Male	10 - 30 Members
<u>IASF NON-TUMBLING LEVEL 5</u>				
IASF U12 Level 5NT	2010-2015	8-12 Years Old	Female/Male	10 - 30 Members
IASF U16 Level 5NT	2006 - 2011	12 - 16 Years Old	Female/Male	10 - 30 Members
IASF U18 Level 5NT	2004 - 2009	14 - 18 Years Old	Female/Male	10 - 30 Members
IASF Open Level 5NT	Born in 2008 or earlier	15 Yrs & Older	Female/Male	10 - 30 Members
IASF Open Level 5NT Coed	Born in 2008 or earlier	15 Yrs & Older	1-20 Males	10 - 30 Members
<u>IASF NON-TUMBLING LEVEL 6</u>				
IASF Open Level 6NT	Born in 2008 or earlier	15 Yrs & Older	Female/Male	10 - 30 Members
IASF Open Level 6NT Coed	Born in 2008 or earlier	15 Yrs & Older	1-20 Males	10 - 30 Members
<u>IASF NON-TUMBLING LEVEL 7</u>				
IASF Open Level 7NT	Born in 2006 or earlier	17 Yrs & Older	Female/Male	10 - 30 Members
IASF Open Level 7NT Coed	Born in 2006 or earlier	17 Yrs & Older	1-20 Males	10 - 30 Members

## IASF: GLOBAL CLUB DIVISIONS

DIVISION/LEVEL	BIRTHE YEARS	AGE	FEMALE/MALE	NUMBER
<u>IASF GLOBAL CLUB LEVEL 6</u>				
IASF Global Club Level 6	Born in 2008 or earlier	15 Yrs & Older	No Males	10 - 24 Members
IASF Global Club Level 6 Coed	Born in 2008 or earlier	15 Yrs & Older	1-16 Males	10 - 24 Members