

ExpoFest All Star, Novice & Prep Divisions and Info 2022/2023

Updated May 18, 2022

Cheer Divisions	Target Age	Year of Birth	Gender	# Members	IASF Level Options	MAX Time
U6 Cheer (formerly Tiny)						
U6 Novice	4-6	2016-2019	MIXED	5-30	Novice 1	1:30
U6 Prep	5-6	2016-2018	MIXED	5-30	1 (Prep)	2:00
U6	5-6	2016-2018	MIXED	5-30	1	2:30
U8 Cheer (formerly Mini)						
U8 Novice	5-8	2014-2018	MIXED	5-30	Novice 1	1:30
U8 Prep	5-8	2014-2018	MIXED	5-30	1(P), 2(P)	2:00
U8	5-8	2014-2018	MIXED	5-30	1, 2	2:30
U12 Cheer (formerly Youth)						
U12 Novice	8-12	2010-2015	MIXED	5-30	Novice 1	1:30
U12 Prep	8-12	2010-2015	MIXED	5-30	1(P), 2(P)	2:00
U12 Non-Tumble (NT)	8-12	2010-2015	MIXED	5-30	2.0, 3.0, 4.0	2:00
U12	8-12	2010-2015	MIXED	5-30	1, 2, 3, 4	2:30
U16 Cheer (formerly Junior)						
U16 Novice	11-16	2006-2012	MIXED	5-30	Novice 1	1:30
U16 Prep	11-16	2006-2012	MIXED	5-30	1(P), 2(P), 2.0 NT(P)	2:00
U16 Non-Tumble (NT)	11-16	2006-2012	MIXED	5-30	2.0, 3.0, 4.0, 5.0	2:00
U16	11-16	2006-2012	MIXED	5-30	1, 2, 3	2:30
U16 All Girl	11-16	2006-2012	No Males	5-30	4, 5	2:30
U16 Coed	11-16	2006-2012	1+ Males	5-30	4, 5	2:30
U18 Cheer (formerly Senior)						
U18 Novice	14-18	2004-2009	MIXED	5-30	Novice 1	1:30
U18 Prep	14-18	2004-2009	MIXED	5-30	1(P), 2 (P) 2.0 NT(P)	2:00
U18 Non-Tumble (NT)	14-18	2004-2009	MIXED	5-30	2.0, 3.0, 4.0, 5.0, 6.0	2:00
U18	14-18	2004-2009	MIXED	5-30	1, 2, 4.2	2:30
U18 All Girl	14-18	2004-2009	No Males	5-30	3, 4, 5, 6	2:30
U18 Coed	14-18	2004-2009	1+ Males	5-30	3, 4	2:30
U18 Small Coed	14-18	2004-2009	1-5 Males	5-30	5, 6	2:30
U18 Medium Coed	14-18	2004-2009	6-8 Males	5-30	5, 6	2:30
U18 Large Coed	14-18	2004-2009	9-20 Males	5-30	5, 6	2:30
Open 15+ Cheer (formerly IO)						
Open Non-Tumble	15+	2008 or earlier	MIXED	5-30	2.0, 3.0, 4.0, 5.0	2:00
Open Non-Tumble All Girl (NT)	15+	2008 or earlier	No Males	5-30	6.0	2:00
Open Non-Tumble Coed (NT)	15+	"	1-20 Males	5-30	6.0	2:00
Open 4.2	15+	"	MIXED	5-30	4.2	2:30
Open All Girl	15+	"	No Males	5-30	3, 4, 5, 6	2:30
Open Coed	15+	"	1+ Males	5-30	3, 4	2:30
Open Small Coed	15+	"	1-4 Males	5-30	5, 6	2:30
Open Large Coed	15+	"	5-20 Males	5-30	5, 6	2:30
Global 6	15+	"	No Males	5-30	6	2:30*
Global 6 Coed	15+	"	1+ Males	5-30	6	2:30*
Open 17+ Cheer (formerly IO7)						
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
Open All Girl	17+	2006 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
Masters *only if not eligible for U19 team*	18+	2005 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.

NOTE: Open division ages will increase to a minimum of 16 for the 2023-24 season. U16 division ages will move to ages 12-16 for the 2023-24 season.

The eligible age for an athlete is determined by the BIRTH YEARS column in the division list. The age of an athlete is based on the year of Worlds; so, this year's Age Eligibility is based on 2023. Therefore, an athlete is age eligible if they are of the given age for that category at any time between January 1, 2023 and December 31, 2023.

Note that the format "U followed-by-age" really means that age and younger. For example, U8 should be read as age 8 and younger. For the easiest understanding of athlete age eligibility, as stated above, use the BIRTH YEARS column.

COED TEAMS: The maximum number of males on a COED team may not exceed two thirds (2/3) of the team. Example: If an Open Level 5 Large Coed 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.

IMAGE POLICY: All teams must comply with Cheer Canada's Image Policy.

CROSSOVERS

- Athletes cannot cross between Novice, Prep and All Star
- An individual athlete may not be 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 individual athlete is limited to compete on no more than three teams during an event. Some events and provinces may have additional restrictions.
- All teams competing for bids to year end competitions should ensure they are following all rules related to bid eligibility and crossovers.

UNPLANNED ATHLETE REPLACEMENT

- A program may replace a missing member of a team with another athlete from their program even if not listed on the event's Official Event Roster.
- If the replacement does not meet the age requirements for that division, then the team's performance will be for exhibition only.
- A team is limited to a maximum of 3 replacements. If a team requires more than 3 replacements, then the team's performance will be for exhibition only.
- For bid events to the IASF World Championships, please refer to the IASF Alternate and Substitution rules.

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 or NT) 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. Masters division is 2:00. Specialty divisions (Indy, Duos, Stunt Groups, etc.) are 1:00 min. Time limit for all other divisions is 2:30.

Please note that ALL TIME LIMITS for ALL DIVISIONS are MAXIMUMS. There are no minimum time limits. Any team who exceeds their time limit will receive a time limit deduction.
2. **U8 PREP TEAMS AND ALL U6 TEAMS (prep, novice and allstar):** Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) only and not scored against other teams.
3. **CHEER ABILITIES:** Cheer-Abilities teams may participate free of charge.
4. **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.
5. **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, etc.)
6. **NOVICE DIVISIONS**
Rule Differences from Traditional All Star (IASF Rules)
 - A. Routines may not exceed 1:30 minutes
 - B. Novice teams may be rated only once at a 2-day event.
 - C. Tosses are not permitted including waist level cradles and sponge tosses
 - D. Teams will be evaluated on a rating system only and not scored against other teams.
 - E. **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.

F. Level 1 (all other ages)

- a. Single leg stunts are ONLY allowed at waist level or below. No prep level single leg with bracer skills allowed.
- b. Two leg skills may not pass above prep level
- c. Up to a ¼ twist allowed (Exceptions to this rule outlined in Level 1 are NOT permitted in Novice.
- d. Transitions **TO** prone are not allowed.
- e. Straight pop down dismounts are not allowed.

7. PREP DIVISIONS (AKA Half-Year teams)

Rule Differences from Traditional All Star (IASF Rules)

- A. Routines may not exceed 2:00 minutes.
- B. Prep teams may be rated / scored only once at a 2-day event.
- C. U6 and U8 Prep teams will be evaluated on a rating system only and not scored against other teams.
- D. Tosses are not permitted including waist level cradles and sponge tosses

DIVISION SPLITS & COMBINATIONS AT EXPOFEST:

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, Expofest will combine the small, medium and possibly large coed divisions of the same level.
 - U18 Small Coed 5, U18 Medium Coed 5 and U18 Large Coed 5
 - U18 Small Coed 6, U18 Medium Coed 6 and U18 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, Expofest will combine the small and large co-ed divisions of the same level.
4. For 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 U16, U18 or Open 15+ age groups

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

- Prep divisions
- All U6, U8 and U12 divisions
- U18 Level 1 and 2 divisions
- Novice divisions
- U16 Level 1, 2 or 3 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.

Disclaimer: Information and policies are subject to change based on situational changes of COVID-19 or policy changes

NEW WORLDS DIVISIONS FOR THE 2022-2023 SEASON:

NEW 2023 Worlds Divisions	Target Age	Year of Birth	Gender	# Members	IASF Level Options	MAX Time
IASF U18 Level 5	14-18	2004 - 2009	No Males	10-24	5	2:30
IASF U18 Level 5 Small Coed	14-18	2004 - 2009	1-4 Males	10-24	5	2:30
IASF U18 Level 5 Small Coed	14-18	2004 - 2009	5-16 Males	10-24	5	2:30
IASF U18 Level 6.0 NT	14-18	2004 - 2009	No Males	10-30	6.0 NT	2:00
IASF U18 Level 6.0 NT Coed	14-18	2004 - 2009	1-20 Males	10-30	6.0 NT	2:00