



INTERNATIONAL CHEER UNION

AGE GRID RECOMMENDATIONS 2023



The Age Grid is designed as a guideline for events held in 2023. Qualifying events held in 2023 for a 2024 major event, for example, may shift ages one year younger (e.g., 11-13 years old in youth) to assure a team's age eligibility for the respective 2024 event.

AGE GROUP	A.K.A.	AGE CRITERIA	BIRTH YEARS	Premier	Elite	Advanced	Median	Intermediate	Novice	Beginner	Introductory
Masters	----	30 years +	1993 or before	x	x	x	x	x	x	x	x
Senior	Open	16 years +	2007 or before	(x)	(x)	x	x	x	x	x	x
Junior	U18	15-18 years old	2004-2008		(x)	(x)	x	x	x	x	x
Youth	U14	12-14 years old	2008-2011		x	(x)	(x)	x	x	x	x
Primary	U12	8-12 years old	2010-2015			x	x	x	x	x	x
Mini	U8	5-8 years old	2014-2018					x	x	x	x
Tiny	----	6 years & younger	2016 or after						x	x	x
Adaptive	----	12 years +	2011 or before			(x)	(x)	x	x	x	x
Special Abilities	----	12 years +	2011 or before					(x)	x	x	x

(x): Denotes divisions available at the ICU Junior World & World Championships

x: Denotes ICU age/level recommendations; however, stages of sport development can greatly vary by country/area & therefore countries may be more or less restrictive than these recommendations

Note: ICU does not recommend the Tiny age group for competition (only for practice and exhibition performances); however, countries/areas may differ depending on the level of sport development

AGE GROUP	A.K.A.	AGE CRITERIA	BIRTH YEARS	Pom	Hip Hop	Jazz	High Kick	Pom Doubles	Hip Hop Doubles
Masters	----	30 years +	1993 or before	x	x	x	x	x	x
Senior	Open	16 years +	2007 or before	(x)	(x)	(x)	x	(x)	(x)
Junior	U18	15-18 years old	2004-2008	(x)	(x)	x	x	x	x
Youth	U14	12-14 years old	2008-2011	(x)	(x)	x	x	x	x
Primary	U12	8-12 years old	2010-2015	x	x	x	x	x	x
Mini	U8	5-8 years old	2014-2018	x	x	x	x	x	x
Tiny	----	6 years & younger	2016 or after	x	x	x	x	x	x
Adaptive	----	12 years +	2011 or before	(x)	(x)	x	x	x	x
Special Abilities	----	12 years +	2011 or before	(x)	(x)	x	x	x	x

(x): Denotes divisions available at the ICU Junior World & World Championships

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