



INTERNATIONAL CHEER UNION

AGE GRID RECOMMENDATIONS 2024



The Age Grid is designed as a guideline for events held in 2024. Qualifying events held in 2024 for a 2025 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 2025 event.

AGE GROUP	A.K.A.	AGE CRITERIA	BIRTH YEARS	Premier	Elite	Advanced	Median	Intermediate	Novice	Beginner	Introductory
Masters	----	30 years +	1994 or before	x	x	x	x	x	x	x	x
Senior	Open	16 years +	2008 or before	(x)	(x)	x	x	x	x	x	x
Junior	U18	15-18 years old	2005-2009		(x)	(x)	x	x	x	x	x
Youth	U14	12-14 years old	2009-2012		x	(x)	(x)	x	x	x	x
Primary	U12	8-12 years old	2011-2016			x	x	x	x	x	x
Mini	U8	5-8 years old	2015-2019					x	x	x	x
Tiny	----	6 years & younger	2017 or after						x	x	x
Adaptive	----	12 years +	2012 or before			(x)	(x)	x	x	x	x
Special Abilities	----	12 years +	2012 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 +	1994 or before	x	x	x	x	x	x
Senior	Open	16 years +	2008 or before	(x)	(x)	(x)	x	(x)	(x)
Junior	U18	15-18 years old	2005-2009	(x)	(x)	x	x	x	x
Youth	U14	12-14 years old	2009-2012	(x)	(x)	x	x	x	x
Primary	U12	8-12 years old	2011-2016	x	x	x	x	x	x
Mini	U8	5-8 years old	2015-2019	x	x	x	x	x	x
Tiny	----	6 years & younger	2017 or after	x	x	x	x	x	x
Adaptive	----	12 years +	2012 or before	(x)	(x)	x	x	x	x
Special Abilities	----	12 years +	2012 or before	(x)	(x)	x	x	x	x

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

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