



# INTERNATIONAL CHEER UNION

## AGE GRID RECOMMENDATIONS 2025



The Age Grid is designed as a guideline for events held in 2025. Qualifying events held in 2025 for a 2026 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 2026 event.

AGE GROUP	A.K.A.	AGE CRITERIA	BIRTH YEARS	Premier	Elite	Advanced	Median	Intermediate	Novice	Beginner	Introductory
Masters	-----	30 years +	1995 or before	x	x	x	x	x	x	x	x
Senior	Open	16 years +	2009 or before	(x)	(x)	x	x	x	x	x	x
Junior	U18	15-18 years old	2006-2010		(x)	(x)	x	x	x	x	x
Youth	U14	12-14 years old	2010-2013		x	(x)	(x)	x	x	x	x
Primary	U12	8-12 years old	2012-2017			x	x	x	x	x	x
Mini	U8	5-8 years old	2016-2020					x	x	x	x
Tiny	-----	6 years & younger	2018 or after						x	x	x
Adaptive	-----	12 years +	2013 or before			(x)	(x)	x	x	x	x
Special Abilities	-----	12 years +	2013 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 +	1995 or before	x	x	x	x	x	x
Senior	Open	16 years +	2009 or before	(x)	(x)	(x)	x	(x)	(x)
Junior	U18	15-18 years old	2006-2010	(x)	(x)	x	x	x	x
Youth	U14	12-14 years old	2010-2013	(x)	(x)	x	x	x	x
Primary	U12	8-12 years old	2012-2017	x	x	x	x	x	x
Mini	U8	5-8 years old	2016-2020	x	x	x	x	x	x
Tiny	-----	6 years & younger	2018 or after	x	x	x	x	x	x
Adaptive	-----	12 years +	2013 or before	(x)	(x)	x	x	x	x
Special Abilities	-----	12 years +	2013 or before	(x)	(x)	x	x	x	x

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

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