



INTERNATIONAL CHEER UNION

AGE GRID RECOMMENDATIONS 2026



The Age Grid is designed as a guideline for events held in 2026. Qualifying events held in 2026 for a 2027 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 2027 event.

AGE GROUP	A.K.A.	AGE CRITERIA	BIRTH YEARS	Premier	Elite	Advanced	Median	Intermediate	Novice	Beginner	Introductory
Masters	-----	25 years +	2001 or before	x	x	x	x	x	x	x	x
Senior	Open	16 years +	2010 or before	(x)	(x)	x	x	x	x	x	x
Junior	U18	15-18 years old	2007-2011		(x)	(x)	x	x	x	x	x
Youth	U14	12-14 years old	2011-2014		x	(x)	(x)	x	x	x	x
Primary	U12	8-12 years old	2013-2018			x	x	x	x	x	x
Mini	U8	5-8 years old	2017-2021					x	x	x	x
Tiny	-----	6 years & younger	2019 or after						x	x	x
Adaptive	-----	12 years +	2014 or before			(x)	(x)	x	x	x	x
Special Abilities	-----	12 years +	2014 or before					(x)	(x)	x	x

(x): Denotes divisions available at the ICU Junior World & World Championships (Special Abilities & Special Olympics: Unified Teams = Intermediate Level / Traditional Teams = Novice Level)

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	Premier: Pom, Hip Hop, Jazz, High Kick	Intermediate: Pom, Hip Hop, Jazz, High Kick	Novice: Pom, Hip Hop, Jazz, High Kick
Masters	-----	25 years +	2001 or before	x	x	x
Senior	Open	16 years +	2010 or before	(x)	x	x
Junior	U18	15-18 years old	2007-2011	(x)	x	x
Youth	U14	12-14 years old	2011-2014	(x)	x	x
Primary	U12	8-12 years old	2013-2018	x	x	x
Mini	U8	5-8 years old	2017-2021		x	x
Tiny	-----	6 years & younger	2019 or after			x
Adaptive	-----	12 years +	2014 or before	(x)	x	x
Special Abilities	-----	12 years +	2014 or before		(x)	(x)

(x): Denotes divisions available at the ICU Junior World & World Championships=Team & Doubles Divisions (Special Abilities & Special Olympics: Unified Teams=Intermediate Level/Traditional Teams= Novice Level)

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