



# 2026

# AGE GRID

**DIVISIONS – LEVELS – TEAM SIZE – STYLE**

  
**STATE CHAMPIONSHIPS**

  
**NATIONAL CHAMPIONSHIPS**

  
**PAN PACIFIC CUP**  
INTERNATIONAL CHAMPIONSHIPS

# AGE GRID

## CHEER AGE GRID, DIVISION AND LEVELS

Aussie Gold have aligned with the AASCF scoring and rules, including their age grid to create a more consistent and streamlined experience for gyms and athletes across the different event providers.

DIVISION	YEARS OF BIRTH	AGE	GENDER	NO.IN SQUAD	LEVEL
TINY NOVICE	2022-2020	4-6 yrs	N/A	5-38 members	NOVICE
TINY	2021-2020	5-6yrs	N/A	5-38 members	1
MINI NOVICE	2022-2017	4-9 yrs	N/A	5-38 members	NOVICE
MINI	2021-2017	5-9 yrs	N/A	5-38 members	1, 2
YOUTH NOVICE	2021-2014	5-12 yrs	N/A	5-38 members	NOVICE
YOUTH	2020-2014	6-12 yrs	N/A	5-38 members	1, 2, 3, 4
JUNIOR NOVICE	2019-2011	7-15 yrs	N/A	5-38 members	NOVICE
JUNIOR	2018-2011	8-15 yrs	N/A	5-38 members	1, 2, 3, 4
JUNIOR	2016-2010	10-16yrs	N/A	5-38 members	5, 6
SENIOR NOVICE	2016-2008	10-18 yrs	N/A	5-38 members	NOVICE
SENIOR	2015-2008	11-18 yrs	N/A	5-38 members	1, 2
SENIOR AG	2015-2008	11-18 yrs	All Girl	5-38 members	3, 4, 4.2, 5
SENIOR MIXED	2015-2008	11-18 yrs	1 or more males	5-38 members	3, 4, 4.2, 5
SENIOR AG	2013-2008	13-18 yrs	All Girl	5-38 members	6
SENIOR MIXED	2013-2008	13-18 yrs	1 or more males	5-38 members	6
OPEN	2012 or earlier	14 yrs+	N/A	5-38 members	1, 1NT, 2, 2NT
OPEN AG	2012 or earlier	14yrs+	All Girl	5-38 members	3, 4, 4.2, 5, 6
OPEN MIXED	2012 or earlier	14 yrs+	1 or more males	5-38 members	3, 4, 4.2, 5, 6
OPEN AG	2012 or earlier	14 yrs+	All Girl	5-38 members	3NT, 4NT, 5NT, 6NT
OPEN MIXED	2012 or earlier	14yrs+	1 or more males	5-38 members	3NT, 4NT, 5NT, 6NT
OPEN AG/ MIXED	2010 or earlier	16yrs+	N/A	5-38 members	7, 7NT
ADULT	2008 or earlier	18 yrs+	N/A	5-38 members	7NT, 2NT
SCHOLASTIC: PRIMARY SCHOOL	N/A	Foundation to Year 6	N/A	5-38 members	NOVICE, 1, 1NT, 2
SCHOLASTIC: HIGH SCHOOL	N/A	Year 7 to 12	N/A	5-38 members	NOVICE, 7, 7NT, 2, 3
CHEERABILITY (INDEPENDENT)	All Ages	All Ages	N/A	5-38 members	1, 2, 3, 4
CHEERABILITY (UNIFIED)	All Ages	All Ages	N/A	5-38 members	1, 2, 3, 4

## CHEERSTARS & DANCESTARS

Please follow the links below for CheerStars and DanceStars Age Grid, Divisions, Levels, Rules and Skill list.

[CHEERSTARS INFORMATION PACK 2026](#)

[DANCE STARS INFORMATION PACK 2026](#)

# AGE GRID

## IASF CHEER DIVISIONS

Ages are set as at the year of the competition, being 2027. An athlete is eligible if they have been that age at any point in 2027.

Any team seeking a Worlds bid must conform to the 2026-2027 IASF Age Grid.

The maximum number of males on a mixed team must not exceed 2/3 of the total athletes on the team.

DIVISION	YEARS OF BIRTH	AGE	GENDER	# IN SQUAD	LEVEL
IASF U18 AG (SENIOR AG)	2008-2013	14-18 years	All Girl	16-24 members	5
IASF U18 MIXED (SENIOR MIXED)	2008-2013	14-78 years	1-4 males	76-24 members	5
IASF U18 AG NT (SENIOR AG)	2008-2013	14-18 years	All Girl	16-30 members	6.0 (NT)
IASF U18 MIXED NT (SENIOR MIXED)	2008-2013	14-18 years	1-20 males	16-30 members	6.0 (NT)
IASF OPEN AG	2011 or earlier	16yrs +	All Girl	16-24 members	5,6
IASF OPEN SMALL MIXED	2011 or earlier	16yrs +	1-4 males	16-24 members	5,6
IASF OPEN LARGE MIXED	2011 or earlier	16yrs +	5-16 males	16-24 members	5,6
IASF OPEN AG NT	2011 or earlier	16yrs >	All Girl	16-30 members	6.0 (NT)
IASF OPEN MIXED NT	2011 or earlier	16yrs +	1-20 males	16-30 members	6.0 (NT)
IASFOPENAG	2010 or earlier	17yrs +	All Girl	16-24 members	7
IASF OPEN SMALL MIXED	2010 or earlier	17yrs +	1-4 males	16-24 members	7
IASF OPEN LARGE MIXED	2010 or earlier	17yrs +	5-16 males	16-24 members	7
IASF OPEN AG NT	2010 or earlier	17yrs →	All Girl	16-30 members	7.0(NT)
IASF OPEN MIXED NT	2010 or earlier	17yrs +	1-20 males	16-30 members	7.0(NT)

## PARTNER STUNT AGE GRID, DIVISIONS & LEVELS

DIVISION	YEARS OF BIRTH	AGE	GENDER	# IN SQUAD	LEVEL
SENIOR PS	2015-2008	11-18 yrs	N/A	2 members	3,4,5
SENIOR PS	2013-2008	13-18 yrs	N/A	2 members	6
OPEN PS	2012 or earlier	14 yrs & older	N/A	2 members	3,4,5,6
OPEN PS	2009 or earlier	16 yrs & older	N/A	2 members	7

## DANCE DOUBLES AGE GRID, DIVISIONS AND LEVELS

DIVISION	YEARS OF BIRTH	AGE	TEAM SIZE	STYLES
OPEN	2012 or earlier	14 yrs & older	2 Dancers	HH, P

# AGE GRID

## DANCE AGE GRID & DIVISIONS

Aussie Gold have aligned with the AASCF scoring and rules, including their Age Grid to create a more consistent and streamlined experience for gyms and athletes across the different event providers.

DIVISION	YEARS OF BIRTH	AGE	NO. IN SQUAD	STYLES
TINY NOVICE	2020 or later	6 yrs & younger	5-30 dancers	J, HH, P, L/C
TINY - INTERMEDIATE & ADVANCED	2022-2020	4-6 yrs	5-30 dancers	J, HH, P, L/C
MINI NOVICE	2017 or later	9 yrs & younger	5-30 dancers	J, HH, P, L/C
MINI - INTERMEDIATE & ADVANCED	2021-2017	5-9 yrs	5-30 dancers	J, HH, P, L/C
YOUTH NOVICE	2014 or later	12 yrs & younger	5-30 dancers	J, HH, P, L/C
YOUTH - INTERMEDIATE & ADVANCED	2020-2014	6-12 yrs	5-30 dancers	J, HH, P, L/C
JUNIOR NOVICE	2010 or later	16yrs & younger	5-30 dancers	J, HH, P, L/C
JUNIOR - INTERMEDIATE & ADVANCED	2018-2010	8-16 yrs	5-30 dancers	J, HH, P, L/C
SENIOR NOVICE	2008 or later	18yrs & younger	5-30 dancers	J, HH, P, L/C
SENIOR - INTERMEDIATE & ADVANCED	2015-2008	11-18 yrs	5-30 dancers	J, HH, P, L/C
OPEN NOVICE	2012 or earlier	14 yrs+	5-30 dancers	J, HH, P, L/C
OPEN AG - INTERMEDIATE & ADVANCED	2012 or earlier	14 yrs+	5-30 dancers	J, HH, P, L/C
OPEN MIXED - INTERMEDIATE & ADVANCED	2012 or earlier	14 yrs+	5-30 dancers	J, HH, P, L/C
ADULT NOVICE	2008 or earlier	18 yrs & older	5-30 dancers	J, HH, P, L/C
ADULT- INTERMEDIATE & ADVANCED	2008 or earlier	18 yrs & older	5-30 dancers	J, HH, P, L/C
DANCEABILITY (INDEPENDENT)	N/A	N/A	5-30 dancers	J, HH, P, L/C
DANCEABILITY (UNIFIED)	N/A	N/A	5-30 dancers	J, HH, P, L/C
SCHOLASTIC: PRIMARY SCHOOL	N/A	Foundation to Year 6	5-30 dancers	J, HH, P, L/C
SCHOLASTIC: HIGH SCHOOL	N/A	Year 7 to 12	5-30 dancers	J, HH, P, L/C
UNIVERSITY	N/A	Registered Uni Student	5-24dancers	J, HH, P, L/C

## IASF DANCE DIVISIONS

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Any team seeking a Worlds bid must conform to the 2026-2027 IASF Age Grid.

DIVISION	YEARS OF BIRTH	AGE	GENDER	NO. IN SQUAD	STYLES
IASF UI6 (JUNIOR)	2010-2015	12-16 yrs	N/A	6-30 members (Large)	J, HH, P
IASF OPEN AG	2011 or earlier	16yrs +	All Girl	6-30 members (Large)	J, HH, P
IASF OPEN MIXED	2011 or earlier	16yrs +	1 or more males	6-30 members (Large)	J, HH, P
IASF OPEN OPEN	2011 or earlier	16yrs +	N/A	6-30 members (Large)	L/C

## CHEERSTARS & DANCESTARS

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