



FC ESSENTIALS COMPETITION DIVISIONS 2018-19



Athlete age for the entire 2018-2019 season is determined by their age as of
31ST AUGUST 2018 (EXCEPT FOR IASF ALL STAR INTERNATIONAL DIVISIONS)

This document lists the divisions that will be offered at [FC Essentials](#) events for the 2018-19 season.

ALL STAR CHEER ELITE CLUB DIVISIONS

LEVEL 1

LEVEL	ALL STAR ELITE DIVISION	AGE	FEMALE/MALE	# ON TEAM
1	TINY	3-6	Female/Male	5-32
1	MINI	5-8	Female/Male	5-32
1	YOUTH	5-11	Female/Male	5-32
1	JUNIOR	5-14	Female/Male	5-32
1	SENIOR	10 years with at least one 15 years or older	Female/Male	5-32
1	OPEN	17 years and older	Female/Male	5-32

LEVEL 2

LEVEL	ALL STAR ELITE DIVISION	AGE	FEMALE/MALE	# ON TEAM
2	MINI	5-8	Female/Male	5-32
2	YOUTH	5-11	Female/Male	5-32
2	JUNIOR	5-14	Female/Male	5-32
2	SENIOR	10 years with at least one 15 years or older	Female/Male	5-32
2	OPEN	17 years and older	Female/Male	5-32

IASF ALL STAR CHEER INTERNATIONAL DIVISIONS

The eligible age for an athlete is determined by the calendar year of the competition attending.

EXAMPLE: If a 13 year old athlete is participating in a division where the minimum age is 14; that athlete is legal for the division if the athlete turns 14 within the same calendar year of the event.

LEVEL 1

LEVEL	IASF ALL STAR DIVISION	AGE	FEMALE/MALE	# ON TEAM
1	IASF TINY	5-6	Female/Male	16-24
1	IASF TINY LARGE	5-6	Female/Male	25-30
1	IASF MINI	5-8	Female/Male	16-24
1	IASF MINI LARGE	5-8	Female/Male	25-30
1	IASF YOUTH	8-12	Female/Male	16-24
1	IASF YOUTH LARGE	8-12	Female/Male	25-30
1	IASF JUNIOR	10-16	Female/Male	16-24
1	IASF JUNIOR LARGE	10-16	Female/Male	16-24
1	IASF SENIOR	10 years with at least one 15 years or older	Female/Male	16-24
1	IASF SENIOR LARGE	10 years with at least one 15 years or older	Female/Male	25-30

LEVEL 2

LEVEL	IASF ALL STAR DIVISION	AGE	FEMALE/MALE	# ON TEAM
2	IASF MINI	5-8	Female/Male	16-24
2	IASF MINI LARGE	5-8	Female/Male	25-30
2	IASF YOUTH	8-12	Female/Male	16-24
2	IASF YOUTH LARGE	8-12	Female/Male	25-30
2	IASF JUNIOR	10-16	Female/Male	16-24
2	IASF JUNIOR LARGE	10-16	Female/Male	16-24
2	IASF SENIOR	14-18	Female/Male	16-24
2	IASF SENIOR LARGE	14-18	Female/Male	25-30

LEVEL 2 NON-TUMBLING

LEVEL	IASF ALL STAR DIVISION	AGE	FEMALE/MALE	# ON TEAM
2NT	IASF YOUTH NT	8-12	Female/Male	16-30
2NT	IASF JUNIOR NT	10-16	Female/Male	16-30

LEVEL 3 NON-TUMBLING

LEVEL	IASF ALL STAR DIVISION	AGE	FEMALE/MALE	# ON TEAM
3NT	IASF YOUTH NT	8-12	Female/Male	16-30
3NT	IASF JUNIOR NT	10-16	Female/Male	16-30
3NT	IASF SENIOR NT	14-18	Female/Male	16-30
3NT	IASF OPEN NT	17 years and older	Female/Male	16-30

NOTE: The minimum team size for IASF All Star International divisions is 16. If a team competes with fewer than 16 athletes a deduction will be assessed.

ALLSTAR CHEER NOVICE DIVISIONS

LEVEL 1 NOVICE

LEVEL	ALLSTAR CHEER NOVICE DIVISION	AGE	FEMALE/MALE	# ON TEAM
1*	TINY NOVICE	3-6	Female/Male	5-30
1	MINI NOVICE	5-8	Female/Male	5-30
1	YOUTH NOVICE	5-11	Female/Male	5-30
1	JUNIOR NOVICE	5-14	Female/Male	5-30
1	SENIOR NOVICE	10-17	Female/Male	5-30

LEVEL 2 NOVICE

LEVEL	ALLSTAR CHEER NOVICE DIVISION	AGE	FEMALE/MALE	# ON TEAM
2	MINI NOVICE	5-8	Female/Male	5-30
2	YOUTH NOVICE	5-11	Female/Male	5-30
2	JUNIOR NOVICE	5-14	Female/Male	5-30
2	SENIOR NOVICE	10-17	Female/Male	5-30

LEVEL 3 NOVICE

LEVEL	ALLSTAR CHEER NOVICE DIVISION	AGE	FEMALE/MALE	# ON TEAM
3	YOUTH NOVICE	5-11	Female/Male	5-30
3	JUNIOR NOVICE	5-14	Female/Male	5-30
3	SENIOR NOVICE	10-17	Female/Male	5-30

Novice routines may not exceed 1 minute 30 seconds.

No tosses are permitted (includes sponge/load in/squish tosses. Clarification: all waist level cradles are illegal).

Novice teams will be evaluated on a rating system only and not scored against other teams.

Tumbling skills are allowed and will follow the rules for that level but will not be rated/required.

*Tiny Novice Only: No Building skills permitted (includes tosses, stunts and pyramids).

*Tiny Novice Only: The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc are not allowed.

ALLSTAR CHEER PREP DIVISIONS

LEVEL 1.1 PREP

LEVEL	ALLSTAR CHEER PREP DIVISION	AGE	FEMALE/MALE	# ON TEAM
1.1	TINY PREP	3-6	Female/Male	5-30
1.1	MINI PREP	5-8	Female/Male	5-30
1.1	YOUTH PREP	5-11	Female/Male	5-30
1.1	JUNIOR PREP	5-14	Female/Male	5-30
1.1	SENIOR PREP	10 years with at least one 15 years or older	Female/Male	5-30

LEVEL 2.1 PREP

LEVEL	ALLSTAR CHEER PREP DIVISION	AGE	FEMALE/MALE	# ON TEAM
2.1	MINI PREP	5-8	Female/Male	5-30
2.1	YOUTH PREP	5-11	Female/Male	5-30
2.1	JUNIOR PREP	5-14	Female/Male	5-30
2.1	SENIOR PREP	10 years with at least one 15 years or older	Female/Male	5-30

LEVEL 3.1 PREP

LEVEL	ALLSTAR CHEER PREP DIVISION	AGE	FEMALE/MALE	# ON TEAM
3.1	YOUTH PREP	5-11	Female/Male	5-30
3.1	JUNIOR PREP	5-14	Female/Male	5-30
3.1	SENIOR PREP	10 years with at least one 15 years or older	Female/Male	5-30

LEVEL 3.2 PREP

LEVEL	ALLSTAR CHEER PREP DIVISION	AGE	FEMALE/MALE	# ON TEAM
3.2	YOUTH PREP	5-11	Female/Male	5-30
3.2	JUNIOR PREP	5-14	Female/Male	5-30
3.2	SENIOR PREP	10 years with at least one 15 years or older	Female/Male	5-30

*With modifications as outlined in the 2018-19 IASF Cheer Safety Rules

2.1 – level 2 building, level 1 tumbling

3.1 – level 3 building, level 1 tumbling

3.2 – level 3 building, level 2 tumbling

All teams are combined female/male - prep teams will not be classified as co-ed, regardless of the number of males on a team.

DIVISION SPLITS (NOVICE AND PREP DIVISIONS):

All Star Novice & All Star Prep divisions follow the same rules for splitting by team size as All Star Elite divisions. Crossovers between All Star Novice, All Star Prep and All Star Elite divisions are not permitted at the same event.

SCHOOL CHEER DIVISIONS

LEVEL 1

LEVEL	SCHOOL CHEER DIVISION	AGE	FEMALE/MALE	# ON TEAM
1	MINI	5-6	Female/Male	5-30
1	YOUTH	5-11	Female/Male	5-30
1	JUNIOR	5-14	Female/Male	5-30
1	SENIOR	10 years with at least one 15 years or older.	Female/Male	5-30

LEVEL 2

LEVEL	SCHOOL CHEER DIVISION	AGE	FEMALE/MALE	# ON TEAM
2	MINI	5-6	Female/Male	5-30
2	YOUTH	5-11	Female/Male	5-30
2	JUNIOR	5-14	Female/Male	5-30
2	SENIOR	10 years with at least one 15 years or older.	Female/Male	5-30

LEVEL 3

LEVEL	SCHOOL CHEER DIVISION	AGE	FEMALE/MALE	# ON TEAM
3	MINI	5-6	Female/Male	5-30
3	YOUTH	5-11	Female/Male	5-30
3	JUNIOR	5-14	Female/Male	5-30
3	SENIOR	10 years with at least one 15 years or older.	Female/Male	5-30

All team members must be current members at the named school.

NOTES APPLICABLE TO ALL CHEER DIVISIONS:

Where female/male is specified in the above grids, this means that (other than overall team size) there are no restrictions on number of males.

FC Essentials recognise the concern with fielding teams of a broad age range and highly recommend that programmes be vigilant in monitoring participants of various ages on the same team and that, whenever possible, a team's composition is made up of participants of similar ages.

The athletes who perform a routine must remain the same from start to finish and MAY NOT be replaced by another athlete at any time during the performance.

CROSSOVERS:

An individual may crossover from one programme to another within the same event, to one additional team only, regardless of level. An athlete CANNOT compete on two teams within the same division. If an athlete crosses to another programme, they will pay the first entry fee for that additional programme's entry, not the crossover fee.

EXAMPLE 1 - Suzie competes on JR4 and IO5 for UK All Stars; she also competes on S3 for Cheer Allstars - ALLOWED.

EXAMPLE 2 - Liam competes on S2 and OC3 for UK All Stars; he also competes on IOC5 an2 for Cheer Allstars - NOT ALLOWED.

Crossovers are NOT ALLOWED between Novice/Prep and All Star/IASF Cheer teams at the same event.

For the 2018-19 season, an athlete is limited to crossing over to 2 additional cheer teams from their programme per competition. Crossover limitations do not include athletes that cross over from cheer to dance.

DANCE DIVISIONS

DANCE DIVISION	AGE	# ON TEAM	FEMALE/MALE
Tiny	6 and under	4 or more dancers	N/A
Mini Small	9 and under	4-14 dancers	N/A
Mini Large	9 and under	15 or more dancers	N/A
Youth Small	12 and under	4-14 dancers	N/A
Youth Large	12 and under	15 or more dancers	N/A
Junior Small	15 and under	4-14 dancers	0 Males
Junior Large	15 and under	15 or more dancers	0 Males
Junior Coed	15 and under	4 or more dancers	Males and Females
Junior Male	15 and under	4 or more dancers	0 Females
Senior Small	11 years old with at least one dancer 16 or older	4-14 dancers	0 Males
Senior Large	11 years old with at least one dancer 16 or older	15 or more dancers	0 Males
Senior Small Coed	11 years old with at least one dancer 16 or older	4-14 dancers	Males and Females
Senior Large Coed	11 years old with at least one dancer 16 or older	15 or more dancers	Males and Females
Senior Male	11 years old with at least one dancer 16 or older	4 or more dancers	0 Females
International Open Small	14 years and older*	4-14 dancers	0 Males
International Open Large	14 years and older*	15 or more dancers	0 Males
International Open Small Coed	14 years and older*	4-14 dancers	Males and Females
International Open Large Coed	14 years and older*	15 or more dancers	Males and Females
International Open Male	14 years and older*	4 or more dancers	0 Females
University** Small	17 years and older	4-14 dancers	0 Males
University** Large	17 years and older	15 or more dancers	0 Males
University** Small Coed	17 years and older	4-14 dancers	Males and Females
University** Large Coed	17 years and older	15 or more dancers	Males and Females
University** Male	17 years and older	4 or more dancers	0 Females

All of the above age divisions will be offered for each of the following styles - Pom, Jazz, Hip Hop and Lyrical/Contemporary. Prop will also be offered.

*For INTERNATIONAL OPEN teams only:

The eligible age for the athletes will be determined by the "calendar year of The 2019 Dance Worlds ® " (December 31, 2019) for its age cut-off date. A calendar year is considered January 1st – December 31st.

**University divisions: All members are 17 years old (on August 31st 2018) or older and 90% of the team are current students at the named university. 10% of the team can be past students/alumni, if they have graduated from the named university within the past 4 years.

In the event there is only 1 team in the division, University Dance divisions will be combined with Open Dance divisions.

CROSSOVERS:

Dancer(s) may compete in more than one division and/or category as long as they abide by the age restrictions in all divisions in which they compete.

COMBINING & SPLITTING (DANCE) — Event Producers will combine divisions first by size and then by gender.

1. Combining by Small and Large Team Size- If there are fewer than three teams in Small and/or Large in Mini, Youth, Junior Senior and/or Open Divisions within the same Category, Small and Large divisions will be combined. (Example: If there are two teams in Senior Small Pom and five teams in Senior Large Pom, divisions will be combined into Senior Pom).

Small and Large will not combine if it means that a program will compete against itself. (Example: Senior Small Pom and Senior Large Pom teams from the same program will not be combined into one division that would cause them to compete against each other. If a program chooses to register two teams in the same Age, Team Size and Category (e.g. Senior Small Pom), the teams will compete against each other.

When there are 10 or more teams in any Small or Large division, an Event Producer may further split that division by team size, provided a minimum of three teams remain in all resulting divisions.

2. Combining Age and Gender

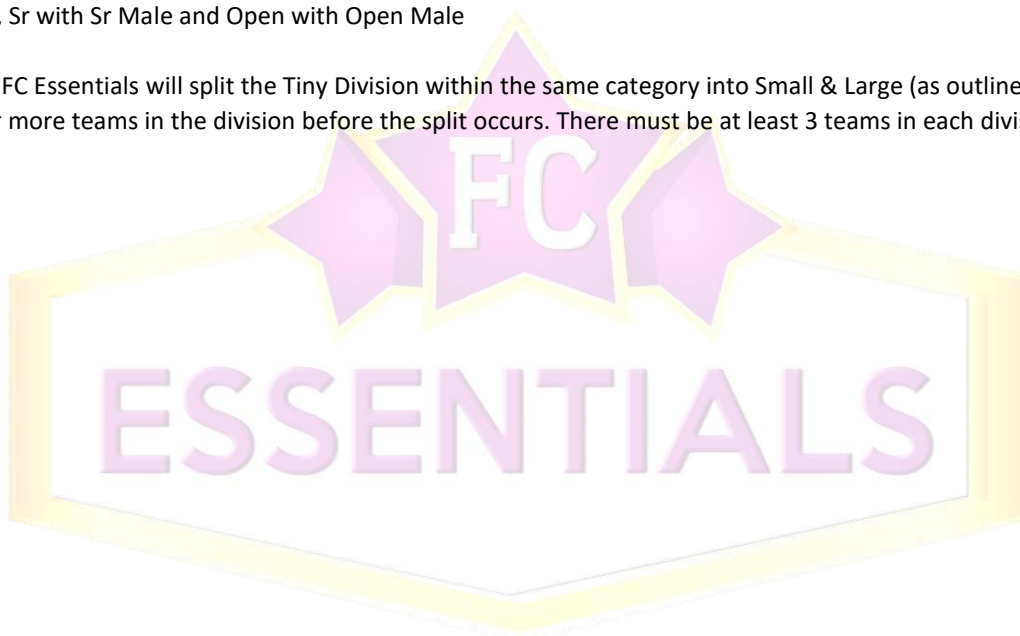
If there is only one team registered in any Junior, Senior or Open Division within the same category, FC Essentials will combine (in this order), as long as a program is not forced to compete against itself:

Jr Coed with Jr Male, Sr Coed with Sr Male and Open Coed with Open Male

Jr with Jr Coed, Sr with Sr Coed and Open with Open Coed

Jr with Jr Male, Sr with Sr Male and Open with Open Male

Tiny Division – FC Essentials will split the Tiny Division within the same category into Small & Large (as outlined in the grid) if there are 10 or more teams in the division before the split occurs. There must be at least 3 teams in each division once the split occurs.



STUNT GROUP DIVISIONS

LEVEL 1 STUNT GROUP

LEVEL	STUNT GROUP DIVISION	AGE	FEMALE/MALE	# ON TEAM
1	TINY STUNT GROUP	5-6	Female/Male	3-5
1	MINI STUNT GROUP	5-6	Female/Male	3-5
1	YOUTH STUNT GROUP	5-11	Female/Male	3-5
1	JUNIOR STUNT GROUP	5-14	Female/Male	3-5
1	SENIOR STUNT GROUP	10 years with at least one 15 years or older.	Female/Male	3-5

LEVEL 2 STUNT GROUP

LEVEL	STUNT GROUP DIVISION	AGE	FEMALE/MALE	# ON TEAM
2	MINI STUNT GROUP	5-6	Female/Male	3-5
2	YOUTH STUNT GROUP	5-11	Female/Male	3-5
2	JUNIOR STUNT GROUP	5-14	Female/Male	3-5
2	SENIOR STUNT GROUP	10 years with at least one 15 years or older.	No males	3-5
2	SENIOR COED STUNT GROUP	10 years with at least one 15 years or older.	1 or more males	3-5
2	OPEN STUNT GROUP	17 years or older	No males	3-5
2	OPEN COED STUNT GROUP	17 years or older	1 or more males	3-5

LEVEL 3 STUNT GROUP

LEVEL	STUNT GROUP DIVISION	AGE	FEMALE/MALE	# ON TEAM
3	MINI STUNT GROUP	5-6	Female/Male	3-5
3	YOUTH STUNT GROUP	5-11	Female/Male	3-5
3	JUNIOR STUNT GROUP	5-14	Female/Male	3-5
3	SENIOR STUNT GROUP	10 years with at least one 15 years or older.	No males	3-5
3	SENIOR COED STUNT GROUP	10 years with at least one 15 years or older.	1 or more males	3-5
3	OPEN STUNT GROUP	17 years or older	No males	3-5
3	OPEN COED STUNT GROUP	17 years or older	1 or more males	3-5

SPECIAL NEEDS DIVISIONS

SPECIAL NEEDS DIVISIONS	AGE	FEMALE/MALE	# ON TEAM	LEVEL
Special Needs Cheer	ALL AGES	Female/male	Unlimited athletes	2*
Special Needs Dance	ALL AGES	Female/male	Unlimited athletes	N/A

* Special Needs Cheer teams are limited to level 2 rules, in addition to no basket tosses permitted.

PARACHEER DIVISIONS

PARACHEER DIVISIONS	AGE	FEMALE/MALE	# ON TEAM	LEVEL
ParaCheer	ALL AGES	Female/male	5-32 athletes	4*
ParaCheer Pom	ALL AGES	Female/male	4 or more dancers	N/A
ParaCheer Hip Hop	ALL AGES	Female/male	3 to 5 athletes	N/A
ParaCheer Stunt Group	ALL AGES	Female/male	3 to 5 athletes	4*

ParaCheer divisions require a minimum of 25% of the team to have some form of physical or sensory impairment.

ParaCheer divisions follow ICU rules – for more information please see www.cheerunion.org.

