

Austrian Rulebook

Age Groups & Divisions



**CHEERSPORT
AUSTRIA**

Competition Season 2025-2026

valid from September 2025 to August 2026

I. General Rules

The following rules, regulations and appendixes apply to competitions and championships held, supported or authorized by "Cheersport Austria".

As stipulated by the statutes of Cheersport Austria, all members of Cheersport Austria are obliged to register their competitions or championships with Cheersport Austria and Cheersport Austria needs to approve the organization of such an event.

1. Age Groups

- Age for an athlete in years refers to an athlete being that age at any point of time during the calendar year of the respective competition.
- Any team proven to be in violation of the age requirements will be automatically disqualified.
- The following age groups will be available for the 2025-2026 competition season (until 31.08.2026):

Cheerleading Age Groups for 2025-2026	Age	Years of birth
<u>Senior</u> Cheerleading Premier & Elite	16 and older	2010 or before
<u>Junior</u> Cheerleading Elite & Advanced	15 to 18	2011 to 2007
<u>Youth</u> Cheerleading Advanced & Median	12 to 14	2014 to 2011
<u>Primary</u> Cheerleading Median & Intermediate	7 to 13	2019 to 2012
<u>Mini</u> Cheerleading Novice	7 to 11	2019 to 2014
<u>Tiny</u> Cheerleading Novice & Beginner	6 to 8	2020 to 2017
<u>Adaptive & Special Abilities</u>	12 and older	2014 or before

Performance Cheer Age Groups for 2025-2026	Age	Years of birth
<u>Senior</u>	16 and older	2010 or before
<u>Junior</u>	15 to 18	2011 to 2007
<u>Youth</u>	12 to 14	2014 to 2011
<u>Peewee</u>	7 to 13	2019 to 2012
<u>Tiny</u>	6 to 8	2020 to 2017
<u>Adaptive & Special Abilities</u>	12 and older	2014 or before

2. Substitutes

Team divisions: up to 5 substitutes per team.
 Group Stunt divisions: up to 2 substitutes per team.
 Partner Stunt division: up to 2 substitutes per couple
 (if 2 substitutes are registered then one must be male and one female athlete).
 Doubles divisions: one substitute per team.

3. Division Cross-overs

- Each athlete may only compete in one team in a specific team division.
- Cheerleading: Cross-overs to other team divisions are not allowed (exception: Adaptive und Special divisions).
- Performance Cheer: Cross-overs to other divisions are allowed.

4. Age Group Cross-overs

- Cheerleading: Each athlete may only compete in one age group. Cross-overs to other age groups are not allowed.
- Performance Cheer: Cross-overs to other age groups are allowed, as long as the age eligibility criteria are met.

II. Competitive Sports Divisions

1. Number of Athletes

- All Cheerleading teams require a minimum of 12 athletes and allow a maximum of 24 athletes.
- All Performance Cheer teams require a minimum of 8 athletes and allow a maximum of 24 athletes.
- All Performance Cheer Doubles require a minimum / maximum of 2 athletes.
- If a team wants to have their score counted for the European Cheer League, it has to fulfill the international criteria for the number of minimum athletes (currently set at 16 persons for all team divisions and 18 persons for all Jazz team divisions).

2. Competitive Sports Divisions Cheerleading

Cheerleading Division / Age group	Tiny*	Mini*	Primary*	Youth**	Junior**	Senior**
	2020 - 2017	2019 - 2014	2019 - 2012	2014 - 2011	2011 - 2007	≤ 2010
Team All Girl / Coed Novice		X				
Team All Girl / Coed Intermediate			X			
Team All Girl / Coed Median			X	X		
Team All Girl / Coed Advanced				X	X	
Team All Girl / Coed Elite					X	X
Team All Girl / Coed Premier						X
Team Special Abilities Intermediate	no separate age groups					
Team Adaptive Abilities Advanced	no separate age groups					

* Coed in Mini and Primary = three or more male athletes competing.

** Coed in Youth, Junior and Senior = one or more male athlete(s) competing.

3. Competitive Sports Divisions Performance Cheer

Performance Cheer Division / Age group	Tiny	Peewee	Youth	Junior	Senior
	2020 - 2017	2019 - 2012	2014 - 2011	2011 - 2007	≤ 2010
Team Pom		X	X	X	X
Team Jazz				X	X
Team Hip Hop		X	X	X	X
Team Special & Adaptive Abilities Pom	no separate age groups				
Doubles Pom			X	X	X
Doubles Hip Hop			X	X	X

Males and females are allowed to participate on the same team in all Performance Cheer Divisions.

III. Recreational Sports – Additional Divisions

1. Number of Athletes

- All Cheerleading teams require a minimum of 10 athletes and allow a maximum of 24 athletes.
- All Group Stunt Teams require a minimum of 3 athletes and allow a maximum of 5 athletes.
- All Partner Stunt Teams require one female and one male competitor as well as a spotter.
- All Performance Cheer teams require a minimum of 6 athletes and allow a maximum of 24 athletes.
- All Performance Cheer Doubles require a minimum / maximum of 2 athletes.
- All Performance Cheer Duos require 2 athletes; Trios require 3 athletes; Quartets require 4 athletes.

2. Recreational Sports Divisions Cheerleading

Cheerleading Team Divisions	Tiny	Mini	Primary	Youth	Junior	Senior
	2020 - 2017	2019 - 2014	2019 - 2012	2014 - 2010	2011 - 2007	≤ 2010
Team Beginner	X					
Team Novice	X					

* Coed = two or more male athletes competing.

Divisions with broader age groups	Age	Years of Birth
Open Age Team Novice	6 to 14	2020 to 2011
Open Age Team Intermediate	6 to 14	2020 to 2011
Open Age Team Median	9 to 17	2017 to 2008
Open Age Team All Girl / Coed Advanced *	12 or older	2014 or older
Open Age Team All Girl / Coed Elite *	15 or older	2011 or older
Open Age Team All Girl / Coed Master Median *	25 or older	2001 or older
Open Age Team Adaptive Abilities Intermediate	7 or older	2019 or older

Cheerleading Small Divisions	Tiny	Mini	Primary	Youth	Junior	Senior
	2020 - 2017	2019 - 2014	2019 - 2012	2014 - 2011	2011 - 2007	≤ 2010
Group Stunt All Girl / Coed Intermediate		X				
Group Stunt All Girl / Coed Median			X			
Group Stunt All Girl / Coed Advanced				X		
Group Stunt All Girl / Coed Elite					X	
Partner Stunt Coed Elite					X	
Group Stunt All Girl / Coed Premier						X
Partner Stunt Coed Premier						X

3. Recreational Sports Divisions Performance Cheer

Performance Cheer Divisions	Tiny	Peewee	Youth	Junior	Senior
	2020 - 2017	2019 - 2012	2014 - 2011	2011 - 2007	≤ 2010
Team Pom	X				

Performance Cheer Small Divisions	Tiny	Peewee	Youth	Junior	Senior
	2020 - 2017	2019 - 2012	2014 - 2011	2011 - 2007	≤ 2010
Doubles Pom		X			
Doubles Hip Hop		X			
Doubles Jazz			X	X	X

Divisions with broader age groups	Age	Years of Birth
Open Age Team Pom	7 or older	2019 or older
Open Age Team Jazz	7 or older	2019 or older
Open Age Team Hip Hop	7 or older	2019 or older

Males and females are allowed to participate on the same team in all Performance Cheer divisions.

4. Additional Divisions for international teams

The following additional divisions may be offered at the International Cheer Masters:

Performance Cheer Open Divisions	Children	General
	2012 – 2019	≤ 2012
Sideline	X	X
Lyrical / Contemporary	X	X
Showdance / Funk / Commercial	X	X
Jazz Duo / Trio / Quartet	X	X

IV. Age Grids

1. Age Grid Cheerleading

Cheerleading Age Grid	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Tiny	X	X	X	X											
Mini		X	X	X	X	X	X								
Primary		X	X	X	X	X	X	X	X						
Youth							X	X	X	X					
Junior										X	X	X	X	X	
Senior											X	X	X	X	...
Adaptive / Special Abilities							X	X	X	X	X	X	X	X	...
OA Novice / Intermediate	X	X	X	X	X	X	X	X	X	X					
OA Median				X	X	X	X	X	X	X	X	X	X		
OA Advanced							X	X	X	X	X	X	X	X	...
OA Elite										X	X	X	X	X	X
OA Adaptive Abilities		X	X	X	X	X	X	X	X	X	X	X	X	X	...

2. Age Grid Performance Cheer

Performance Cheer Age Grid	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006
	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Tiny	X	X	X	X											
Peewee		X	X	X	X	X	X	X	X						
Youth							X	X	X	X					
Junior										X	X	X	X	X	
Senior											X	X	X	X	...
Adaptive / Special Abilities							X	X	X	X	X	X	X	X	...
OA Team Pom / Jazz / HH		X	X	X	X	X	X	X	X	X	X	X	X	X	...