

USASF Worlds Divisions

USASF Divisions 2026

LEVEL	DIVISION	BIRTH YEAR	GENDER	TOTAL MEMBERS
6	Limited Senior XSmall (LSXS)	6/1/2006-2012	Female Only	5-16
6	Limited Senior Small (LSS)	6/1/2006-2012	Female Only	17-22
6	Senior XSmall (SXS)	6/1/2006-2012	Female Only	5-16
6	Senior Small (SS)	6/1/2006-2012	Female Only	17-22
6	Senior Medium (SM)	6/1/2006-2012	Female Only	23-30
6	Senior Large (SL)	6/1/2006-2012	Female Only	31-38
6	Limited Senior XSmall Coed (LXSC)	6/1/2006-2012	Female/Male (1-2)	5-16
6	Senior XSmall Coed (SXSC)	6/1/2006-2012	Female/Male (1-2)	5-16
6	Limited Senior Small Coed (LSSC)	6/1/2006-2012	Female/Male (1-5)	5-22
6	Senior Small Coed (SSC)	6/1/2006-2012	Female/Male (1-5)	5-22
6	Senior Medium Coed (SMC)	6/1/2006-2012	Female/Male (1-8)	5-30
6	Senior Large Coed (SLC)	6/1/2006-2012	Female/Male (1-19)	5-38

Adult athletes are required to have current background checks with no-alert determinations and abuse prevention education. Adult athletes are those who are 18 years and older **before** June 1, 2025.

Limited Divisions

1. Limited divisions will be offered at all USASF sanctioned competitions including The Cheerleading Worlds bid qualifiers.
2. Limited division teams are eligible to receive all bid types (AL, PP or P) at The Cheerleading Worlds bid qualifiers.
3. Clubs competing in Limited divisions will only be eligible to receive one bid (per club, not per location) to The Cheerleading Worlds. No other cheer team from the club will be eligible for a bid to The Cheerleading Worlds.

IASF Worlds Divisions

IASF Worlds Divisions 2026

LEVEL	DIVISION	BIRTH YEAR USASF TEAMS	GENDER	TOTAL MEMBERS
5	IASF U18 Level 5 (U18-5) *	N/A	Female Only	16-24
5	IASF U18 Level 5 Coed 4 Small Coed (U18SC-5) *	N/A	Female/Male (1-4)	16-24
5	IASF Open 5 (IO-5) *	N/A	Female Only	16-24
5	IASF Open 5 Small Coed 4 (IOSC-5) *	N/A	Female/Male (1-4)	16-24
6	IASF Open 5 Large Coed 16 (IOLC-5) *	N/A	Female/Male (5-16)	16-24
6	IASF Open 6 (IO-6)	5/31/2008 or earlier	Female Only	16-24
6	IASF Open 6 Small Coed 4 (IOSC-6)	5/31/2008 or earlier	Female/Male (1-4)	16-24
6	IASF Open 6 Large Coed 16 (IOLC-6)	5/31/2008 or earlier	Female/Male (5-16)	16-24
7	IASF Open 7 (IO-7)	5/31/2008 or earlier	Female Only	16-24
7	IASF Open 7 Small Coed 4 (IOSC-7)	5/31/2008 or earlier	Female/Male (1-4)	16-24
7	IASF Open 7 Large Coed 16 (IOLC-7)	5/31/2008 or earlier	Female/Male (5-16)	16-24
6	IASF U18 Level 6 Non-Tumble (U18NT-6)	2007-2012	Female Only	16-30
6	IASF U18 Level 6 Non-Tumble Coed (U18CNT-6)	2007-2012	Female/Male (1-20)	16-30
6	IASF Open 6 Non-Tumble (IONT-6)	5/31/2008 or earlier	Female Only	16-30
6	IASF Open 6 Non-Tumble Coed (IOCNT-6)	5/31/2008 or earlier	Female/Male (1-20)	16-30
7	IASF Open 7 Non-Tumble (IONT-7)	5/31/2008 or earlier	Female Only	16-30
7	IASF Open 7 Non-Tumble Coed (IOCNT7)	5/31/2008 or earlier	Female/Male (1-20)	16-30

The maximum number of males on a coed cheer team may not exceed 2/3 of the total team members. The table above shows the allowable range of male participants (numbers in parentheses).

USASF teams are not eligible to compete in divisions marked with an asterisk*.

Non-U.S. Teams: Refer to age requirements for IASF teams found at iasfworlds.com.