

Cheer Divisions

2010 Season



January 2010

2009-2010 Cheer Divisions

The information below is associated with the Age Charts you find in this document.

Age on August 31, 2009

The age of the competitor as of **August 31, 2009** will be the age used for competition purposes throughout the 2009-2010 season for all divisions. **Exception:** The cut-off date for the maximum age of the Senior teams (18) will remain May 31, 2009 for the 2009-10 season. For the 2010-11 competition season, it will change to August 31st.

The FCQ recognizes the concern with fielding teams of a broad age range and highly recommends that individual gyms/programs 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.

Precisions for School Division

- 1) An athlete shall not represent more than one school at a time.
- 2) The athlete must be enrolled for study at a school and present himself to class.
- 3) In a competition, the athlete performing the routine must be active * in the school.

* Be active in the school means that the student is taking courses at this institution. If a student is enrolled in 2 places and is active in 2 places, we will take into account where the largest proportion (in hours) of his studies are.

Precisions for All-Star Division

- 1) An athlete can not be part of two teams (or more), if these teams compete against each other.
- 2) **The Senior Level 4.2 category is open to all female (0 males) or female/male (limited to 4 males).**
- 3) Senior level 4.2 must follow Level 4 rules for Stunts/Pyramids/Dismounts and Tosses and Level 2 rules for General Tumbling/Standing Tumbling and Running Tumbling.

Precisions for Partner Stunts

- 1) A Person who register to compete in a Partner stunts competition must be an affiliated member of the federation. (**Exception:** Canadian championships, see the document Canadian Championships.)
- 2) Partner stunts must follow FCQ's Regulations (**Example:** a mini group stunt cannot perform level 5.)
- 3) The routine duration is 1 minute (up to an additionnal 10 seconds will be accepted without penalty).
- 4) If there is an uncontrolled fall where the top person touches unsafely the ground (risk obvious of injury, the person lies on the floor), the routine will be stopped at that point and judged according to the elements prior to the fall.
- 5) A maximum of 3 partner stunt groups per Team may register to competition.

Small & Large Splits

The division will be split into "Small" and "Large" divisions when there are at least **three** teams that will ultimately be registered in each respective division. The designation of "Small" and "Large" divisions must follow the team sizes below:

Small = 5 – 20 members

Large = 21 – 36 members

The maximum size for a team is 36 competitors on the floor for the 2009-10 season, unless otherwise noted on the age grid.

Note: The organizer cannot combine two categories, if a club has a large and a small team participating in the competition. Teams from the same gym cannot compete against themselves (**Example** : Small Junior Level 2 and Large Junior Level 2). A mandatory split in the category will occur in this situation, even it means that a category is left with only one team performing.

WHEN TO COMBINE DIVISIONS:

Junior Co-Ed

For Junior Co-Ed Levels, if there is only ONE co-ed competing in a respective level, then that level must be combined into one Junior division (i.e. Four Junior Level 3 teams and one Junior Co-Ed Level 3 team = 5 Junior Level 3 teams for competition).

Senior Co-Ed

Senior Unlimited Co-ed may be combined into Senior Limited Co-Ed if there is only ONE team competing in a respective level.

Senior limited Co-ed may be combined into Senior All-Girls if there is only ONE team competing in a respective level.

Senior Level 4.2 may be split into Senior Level 4.2 and Senior Co-Ed Level 4.2 when there are at least **two** teams that will ultimately be registered in each respective division.

Information for clubs and associations wishing to hold competitions :

For a club or association wishing to organize a sanctioned competition, recognized by the FCQ, the organizer is not obligated to offer all the divisions offered by the Federation, but must respect the existing USASF categories and must meet the FCQ technical regulations, unless you get approval from a director of the Federation.

**** The below charts correspond to the offered divisions at the FCQ Provincial Championships. ****

All-Star Cheer Divisions

Cheer Divisions	Age	Female/Male	Number on Squad	Levels
Tiny Cheer				
Tiny	5 yrs & Younger	Female/Male	5 – 36 Members	1
Mini Cheer				
Mini	8 yrs & Younger	Female/Male	5 – 36 Members	1, 2
Youth Cheer				
Youth	11 yrs & Younger	Female/Male	5 – 36 Members	1, 2, 3
Junior Cheer				
Junior	14 yrs & Younger	Female/Male	5 – 36 Members	1, 2
Junior All-Girls	14 yrs & Younger	No Males	5 – 36 Members	3, 4
Junior Co-Ed	14 yrs & Younger	1 or more Males	5 – 36 Members	3, 4
Senior Cheer				
Senior	18 yrs & Younger	Female/Male	5 – 36 Members	1, 2, 4, 2
Senior All-Girls	12 yrs - 18 yrs	No Males	5 – 36 Members	3, 4, 5
Senior limited Co-Ed	12 yrs - 18 yrs	1 – 4 Males	5 – 36 Members	3, 4, 5
Senior unlimited Co-Ed	12 yrs - 18 yrs	5 or more Males	5 – 36 Members	3, 4, 5
International Open Cheer				
International Open	14 yrs & Older	No Males	5 – 24 Members	5
International Open Co-Ed	14 yrs & Older	1 – 12 Males	5 – 24 Members	5
Open Cheer * For Provincial Championships, the FCQ maintains the number on squad at 36 for the Open Cheer Divisions *				
Open	17 yrs & Older	No Males	5 – 36 Members	6
Open Co-Ed	17 yrs & Older	1 or more Males	5 à 36 Members	6

Mom and Dad Cheer				
NB: Athletes on this team cannot be active members of any other teams that are members of the Quebec cheerleading Federation.				
Mom and Dad Competitive	25 yrs & Older	Female/Male	5 – 36 Members	4, 5
Mom and Dad **Performance**	25 yrs & Older	Female/Male	5 – 36 Members	1, 2, 3, 4, 5
Super Cheer Performance Only				
Special Needs athletes	Any Age	Female/Male	Unlimited	N/A

Partner stunts – All Star Division

Divisions	Age	Female/Male	Number on Squad	Levels
Mini All-Girls	8 yrs & Younger	Female Only	5 Members	2
Mini	8 yrs & Younger	Female & 1 Male	5 Members	2
Youth All-Girls	11 yrs & Younger	Female Only	5 Members	3
Youth	11 yrs & Younger	Female & 1 Male	5 Members	3
Junior All-Girls	14 yrs & Younger	Female Only	4 Members	4
Junior	14 yrs & Younger	Female & 1 Male	4 Members	4
Senior	18 yrs & Younger	Female & 1 Male	4 Members	2
Senior All-Girls	12 yrs – 18 yrs	Female Only	4 Members	5
Senior Co-Ed	12 yrs – 18 yrs	Female & 1 Male	4 Members	5
Inter Open	14 yrs & Older	Female & 1 Male	4 Members	5
Inter Open All-Girls	14 yrs & Older	Female Only	4 Members	5
Open All-Girls	17 yrs & Older	Female Only	4 Members	6
Open	17 yrs & Older	Female & 1 Male	4 Members	6
Open Coed	17 yrs & Older	1 Female & 1 Male	2 Members	6
Open 2 girls	17 yrs & Older	2 Females Only	2 Members	6

School Divisions

Cheer Divisions	Age	Female/Male	Number on Squad	Levels
Mini Cheer				
Mini	Primary Grade 1, 2 & 3	Female/Male	5 à 36 Members	1, 2
Youth Cheer				
Youth	Primary Grade 4, 5 & 6	Female/Male	5 à 36 Members	1, 2, 3
Primary Open	Primary Grade 1 to 6	Female/Male	5 à 36 Members	1, 2
Junior Cheer				
Junior	Secondary 3 & Under	Female/Male	5 à 36 Members	1, 2
Junior All-Girls	Secondary 3 & Under	No Males	5 à 36 Members	3, 4
Junior Co-Ed	Secondary 3 & Under	1 or more Males	5 à 36 Members	3, 4
Senior Open Cheer				
Senior Open All-Girls	Secondary 1 to 5	No Males	5 à 36 Members	2, 3, 4
Senior Open Co-Ed	Secondary 1 to 5	1 or more Males	5 à 36 Members	2, 3, 4
Senior Cheer				
Senior All-Girls	Secondary 3 to 5	No Males	5 à 36 Members	3, 4, 5
Senior Co-Ed Limité	Secondary 3 to 5	1 - 4 Males	5 à 36 Members	3, 4, 5
Senior Co-Ed illimité	Secondary 3 to 5	5 or more Males	5 à 36 Members	3, 4, 5
Open Cheer				
Collegiate All-Girls	Community College/Cegep only	No Males	5 à 36 Members	5, 6
Collegiate Co-Ed	Community College/Cegep only	1 or more Males	5 à 36 Members	5, 6
University All-Girls	University only	No Males	5 à 36 Members	6
University Co-Ed	University only	1 or more Males	5 à 36 Members	6

Partner stunts – School Divisions

Divisions	Age	Female/Male	Number on Squad	Levels
Junior All-Girls	Sec.3 & Under	No Males	4 Members	4
Junior	Sec.3 & Under	Females & 1 Male	4 Members	4
Senior Open All-Girls	Sec. 1 to 5	No Males	4 Members	4
Senior Open	Sec. 1 to 5	Females & 1 Male	4 Members	4
Senior All-girls	Sec. 3 to 5	No Males	4 Members	5
Senior	Sec. 3 to 5	Females & 1 Male	4 Members	5
Open All-girls / Collegiate	Collegiate	No Males	4 Members	6
Open Coed / Collegiate	Collegiate	1 Female & 1 Male	2 Members	6
Open 2 girls Collegiate	Collegiate	2 females only	2 Members	6
Open Collegiate	Collegiate	Females & 1 Male	4 Members	6
Open All-girls / University	University	No Males	4 Members	6
Open Coed / University	University	1 Female & 1 Male	2 Members	6
Open 2 girls University	University	2 females only	2 Members	6
Open University	University	Females & 1 Male	4 Members	6