

2023 COMPREHENSIVE AGE GROUPS

1. Comprehensive Age Groups – Cheerleading Divisions

European Cheerleading Championships:

Cheerleading Divisions	Age in years	Years of birth 2023
Senior Premier & Elite	16 and older	2007, 2006, 2005, 2004, 2003, ...
Junior Elite & Advanced	15 to 18	2008, 2007, 2006, 2005, 2004
Youth Advanced & Median	12 to 14	2011, 2010, 2009, 2008
Adaptive & Special Abilities	12 and older	2010 or before

Note 1: Age in years refers to an athlete being that age at some point of time during the calendar year of the respective competition.

Recommended additional Age Groups for the national level:

Note 2: The respective recommended additional age groups and Cheerleading Levels for the national level are meant as the maximum level allowed for that particular age; of course lower levels are possible for all of the age groups.

Cheerleading Divisions	Age in years	Years of birth 2023
Primary Advanced	8 to 12	2015, 2014, 2013, 2012, 2011, 2010
Mini Intermediate	5 to 8	2018, 2017, 2016, 2015, 2014
Tiny Novice & Beginner	6 and younger	2016 or after

2. Comprehensive Age Groups – Performance Cheer Divisions

European Cheerleading Championships:

Performance Cheer Divisions	Age in years	Years of birth 2023
Senior	16 and older	2007, 2006, 2005, 2004, ...
Junior	15 to 18	2008, 2007, 2006, 2005, 2004
Youth	12 to 14	2011, 2010, 2009, 2008
Adaptive & Special Abilities	12 and older	2010 or before

Recommended additional Age Groups for the national level:

Performance Cheer Divisions	Age in years	Years of birth 2023
Primary	8 to 12	2015, 2014, 2013, 2012, 2011, 2010
Mini	5 to 8	2018, 2017, 2016, 2015, 2014
Tiny	6 and younger	2016 or after

2023 EUROPEAN CHEERLEADING CHAMPIONSHIPS DIVISIONS

Irrespective of the number of ECU members from a country, the following maximum participants are allowed:

- for all Team categories, a maximum of two (2) participants (2 teams) per division from one country;
- for all Doubles categories, the top 5 doubles (only one per country) in the ranking of the 2022 results of the European Cheer League.

Irrespective of the limitations stated above, the winning team of the European Cheer League (ECL) will be directly qualified to compete in the respective team category in the upcoming ICU European Cheerleading Championships.

Note: As an exception for 2023, the winning ECL teams from the Junior team divisions (Cheerleading Elite Junior and Team PC Pom Junior) will be allowed to choose between competing in the respective Youth (Cheerleading Advanced Youth and Team PC Youth) or Junior division (Cheerleading Elite Junior and Team PC Pom Junior).

Divisions - Cheerleading

The following divisions with number of athletes exist for Cheerleading:

Division / Age group	Senior	Junior	Youth
Team All Girl Premier	16 – 24 athletes	/	/
Team Coed Premier	16 – 24 athletes	/	/
Team All Girl Elite	16 – 24 athletes	16 – 24 athletes	/
Team Coed Elite	16 – 24 athletes	16 – 24 athletes	/
Team All Girl Advanced	/	16 – 24 athletes	16 – 24 athletes
Team Coed Advanced	/	16 – 24 athletes	16 – 24 athletes
Team All Girl Median	/	/	16 – 24 athletes
Team Coed Median	/	/	16 – 24 athletes
Team Adaptive Abilities Unified Median	16 – 24 athletes		
Team Adaptive Abilities Unified All Girl Advanced	16 – 24 athletes		
Team Adaptive Abilities Unified Coed Advanced	16 – 24 athletes		
Team Special Abilities Unified / Traditional Intermediate	16 – 24 athletes		

Choosing Team Division Levels for a country

All participating teams from one country must compete at the same level:

- for Seniors either in the Premier or in the Elite Division;
- for Juniors either in the Elite or in the Advanced Division;
- for Youth either in the Advanced or in the Median Division.

2023 Junior Advanced Level:

Only countries that have never sent Junior teams to the European Cheerleading Championships will be allowed to nominate teams for the Junior Advanced Divisions (all other countries will remain in the Junior Elite Divisions).

2023 Youth Levels:

Countries are free to choose to compete either in the Advanced or in the Median Division with all of their Youth teams.

Divisions - Performance Cheer

The following divisions with number of athletes exist for Performance Cheer (PC):

Division / Age group	Senior	Junior	Youth
Team PC Pom	16 – 24 athletes	16 – 24 athletes	16 – 24 athletes
Team PC Hip Hop	16 – 24 athletes	16 – 24 athletes	16 – 24 athletes
Team PC Jazz	18 – 24 athletes	18 – 24 athletes	/
Doubles PC Pom	2 athletes	2 athletes	/
Doubles PC Hip Hop	2 athletes	2 athletes	/
Adaptive Abilities Unified Team PC Pom	16 – 24 athletes		
Adaptive Abilities Unified Team PC Hip Hop	16 – 24 athletes		
Special Abilities Unified / Traditional Team PC Pom	16 – 24 athletes		
Special Abilities Unified / Traditional Team PC Hip Hop	16 – 24 athletes		

Cross-overs

Each athlete may only compete in one team in a specific division.

Cross-overs to other divisions are allowed at the coaches' discretion, as scheduling conflicts are likely to occur.

Cross-overs to other age groups are allowed, as long as eligibility requirements are met.