

České asociace cheerleaders, z.s. (Czech Cheerleading Association) Age Groups

The following age groups apply for the 2025/26 season in accordance with the 2026 international CHEERSPORT standards.

ČACH AGE GROUPS 2025/26

CHEERLEADING

					Age in 2026 =>																		
					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	>
DIVISION	SPECIFICATION	A. K. A.	AGE	YEAR OF BIRTH	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	older
(SENIOR)	AG / CE	Open	16 yrs and older	2010 and earlier																			
JUNIOR	AG / CE	U18	15 – 19 yrs	2007 – 2011																			
YOUTH	AG / CE	U14	12 – 15 yrs	2011 – 2014																			
PRIMARY	-	U12	8 – 13 yrs	2013 – 2018																			
MINI	-	U8	5 – 9 yrs	2017 – 2021																			
BABY	-	-	3 – 7 yrs	2019 – 2023																			
MASTERS *)	-	30+	30 yrs and older *	1996 and earlier																			
DIVISION	SPECIFICATION	A. K. A.	AGE	YEAR OF BIRTH	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	older
OPEN AGE CHEER TEAM	Advanced	-	12 yrs and older	2014 and earlier																			
	Median	-	8 – 19 yrs	2007 – 2018																			
	Novice Intermediate	-	5 – 15 yrs	2010 – 2021																			

PERFORMANCE CHEER

					Age in 2026 =>																		
					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	>
DIVISION	SPECIFICATION	A. K. A.	AGE	YEAR OF BIRTH	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	older
(SENIOR)	Pom / Hip Hop / Jazz	Open	16 yrs and older	2010 and earlier																			
JUNIOR	Pom / Hip Hop / Jazz	U18	15 – 19 yrs	2007 – 2011																			
YOUTH	Pom / Hip Hop	U14	12 – 15 yrs	2011 – 2014																			
PRIMARY	Pom	U12	8 – 13 yrs	2013 – 2018																			
MINI	Pom Novice	U8	5 – 9 yrs	2017 – 2021																			
MASTERS *)	Pom	30+	30 yrs and older *	1996 and earlier																			
DIVISION	SPECIFICATION	A. K. A.	AGE	YEAR OF BIRTH	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	older
OPEN AGE POM	Pom	-	5 yrs and older	2021 and earlier																			

*) The following age exemption is permitted for **Team Masters (Cheer/Pom)** - a maximum of 25% of athletes in a Competitive Group may be under 30 years of age, but must not be younger than 25 years of age (i.e. including athletes born in 2001).

SHOW

					Age in 2026 =>																		
					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	>
DIVISION	SPECIFICATION	A. K. A.	AGE	YEAR OF BIRTH	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	older
SHOW	-	-	3 yrs and older	2023 and earlier																			

TEAM POM SHOW (new clubs)

					Age in 2026 =>																		
					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	>
DIVISION	SPECIFICATION	A. K. A.	AGE	YEAR OF BIRTH	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	2006	older
(SENIOR)	-	-	16 yrs and older	2010 and earlier																			
JUNIOR	-	-	12 – 15 yrs	2011 – 2014																			
PRIMARY	-	-	8 – 13 yrs	2013 – 2018																			
MINI	-	-	5 – 9 yrs	2017 – 2021																			
BABY	-	-	3 – 7 yrs	2019 – 2023																			

Note: Up to 20% of the team members may be younger/older than what the specified age group allows. These divisions will only be available at selected competitions.

Note 1: The “Show” category and all divisions in the “Baby” age group are non-competitive, i.e. each exhibition routine receives feedback from the judges, without determining final placements, and is awarded participation medals immediately after the performance.

Note 2: All divisions in the “Mini” age group are competitive, i.e. each competition routine receives feedback from the judges (including final placements), and Competition groups that do not place within the top three positions are awarded participation medals. This measure serves as a transitional arrangement between its current status as a competitive age group and its future operation on a non-competitive basis.

These regulations were originally approved by the ČACH Presidium on 23 October 2025.



The updated version was approved by the ČACH Rules & Safety Committee on 2 February 2026.