

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**

DIVISION	SPECIFICATION	A. K. A.	AGE	YEAR OF BIRTH	Age in 2026 =>																				
					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	>		
(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																					
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**

DIVISION	SPECIFICATION	A. K. A.	AGE	YEAR OF BIRTH	Age in 2026 =>																				
					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	>		
(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																					
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

DIVISION	SPECIFICATION	A. K. A.	AGE	YEAR OF BIRTH	Age in 2026 =>																					
					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	>			
SHOW	-	-	3 yrs and older	2023 and earlier																						

## TEAM POM SHOW (new clubs)

DIVISION	SPECIFICATION	A. K. A.	AGE	YEAR OF BIRTH	Age in 2026 =>																					
					3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	>			
(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.

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



Martina Malečová