



Welcome to Cheer From Head To Toe's Ultimate Guide to UK & Ireland Teams at The Cheerleading Worlds 🌍📣

About Cheer From Head To Toe (CFHTT)

Cheer From Head To Toe is the number one UK cheerleading blog, established in 2011 to give our community the spotlight it deserves. We're proud to support and elevate UK cheer through exclusive news, educational resources, athlete and coach interviews, and event coverage all year round.

Thank you for downloading this special guide featuring all the incredible teams representing the UK and Ireland at The Cheerleading Worlds! 🇬🇧🇮🇪 Before you dive into the list, take a moment to check out the chart below—designed to help you understand how the event works. It explains the different divisions teams compete in, based on age, level, gender breakdown, and team size. Whether you're new to Worlds or just need a quick refresher, this overview will help you make sense of what the division abbreviations mean and where each team fits.

Make sure to subscribe to CFHTT on the blog for exclusive cheer news, resources, and behind-the-scenes coverage you won't want to miss. We're here to make sure the UK cheer community stays seen, supported, and celebrated ❤️

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IASF Worlds Divisions

Level	Division Name	Abbreviation	Target Age	Gender	Team Size
5	IASF U18 Level 5	U18-5	14-18 yrs	Female	16-24 members
5	IASF U18 Level 5 Coed 4 Small Coed	U18SC-5	14-18 yrs	1-4 males	16-24 members
6	IASF U18 Level 6 NT	U18NT-6	14-18 yrs	Female	16-30 members
6	IASF U18 Level 6 NT Coed	U18NTC-6	14-18 yrs	1-20 males	16-30 members
5	IASF Open 5	IO 5	16+ yrs	Female	16-24 members
5	IASF Open 5 Small Coed 4	IOSC 5	16+ yrs	1-4 males	16-24 members
5	IASF Open 5 Large Coed 16	IOLC 5	16+ yrs	5-16 males	16-24 members
6	IASF Open 6	IO 6	16+ yrs	Female	16-24 members
6	IASF Open 6 Small Coed 4	IOSC 6	16+ yrs	1-4 males	16-24 members
6	IASF Open 6 Large Coed 16	IOLC 6	16+ yrs	5-16 males	16-24 members
7	IASF Open 7	IO 7	17+ yrs	Female	16-24 members
7	IASF Open 7 Small Coed 4	IOSC 7	17+ yrs	1-4 males	16-24 members
7	IASF Open 7 Large Coed 16	IOLC 7	17+ yrs	5-16 males	16-24 members
6	IASF Open 6 Non Tumbling	IONT 6	16+ yrs	Female	16-30 members
6	IASF Open 6 Non Tumbling Coed	IONTC 6	16+ yrs	1-20 males	16-30 members
7	IASF Open 7 Non Tumbling	IONT 7	17+ yrs	Female	16-30 members
7	IASF Open 7 Non Tumbling Coed	IONTC 7	17+ yrs	1-20 males	16-30 members

UK and Ireland teams attending Worlds 2025

Program	Division	Team Name	Country
Allstar Passion Cheerleading	IOSC-5	Prophecy	ENG
Blackout Evolution	IOCNT-6	Stealth	ENG
Bournemouth Elite	IOLC-5	Hail	ENG
Casablanca Cheer	IO-5	Cosmic 5	ENG
Coventry Dynamite	U18-5	Lady Grenades	ENG
Coventry Dynamite	IOLC-5	COV COED	ENG
Coventry Dynamite	IO-5	FIYA 5	ENG
Coventry Dynamite	IONT-6	BOMBSQUAD	ENG
Crimson Heat Phoenix	IOCNT-6	Hunters	ENG
Crimson Heat	IO-5	White Fang	ENG
Crimson Heat	IO-6	FURY	ENG
Derwent Valley Allstars	IOSC-5	Reign	ENG
Electric Athletics	IOSC-6	Midnight	ENG
EMCA	IONT-7	Killer Queens	ENG
EMCA	U18-5	Supersonic	ENG
EMCA	IOSC-6	Fame	ENG
EMCA	IOSC-5	C-Lebrities	ENG
Gymfinity Allstars	U18-5	Angels	WLS
Gymfinity Allstars	IO-6	Ladies of the Crown	WLS
ICE Athletics	U18-5	Lady Ice	ENG
ICE Athletics	IONT-6	Subzero	ENG
Intensity Cheer & Dance	IOSC-5	ADRENALINE	ENG
JLDC	IOSC-5	Cats	ENG
Kent Cheer Academy	U18-5	Zinc	ENG
Lazer Cheer Academy	U18-5	Lady Reign	ENG
Limitless Allstars	IOSC-5	Blitz	ENG
London Dynasty Cheer	IOCNT-6	Revolution	ENG

North East Cheer	IO-5	Platinum (Worlds)	ENG
Oblivion All Stars	IOSC-5	X	ENG
Phoenix Stars Cheerleaders	U18-5	PSC Taurus	ENG
Phoenix Stars Cheerleaders	IO-5	PSC Zodiac	ENG
Pixies Cheer	U18-5	Obsidian	ENG
Royals AllStars	IOSC-5	Platinum	ENG
SA Academy	U18-5	Neon	ENG
Scorpions Allstars	IOSC-5	Scorpions Allstars	ENG
Stuntworx Elite	IOSC-5	Alliance	IRL
Storm Athletics	IOCNT-	C6	ENG
Surrey Starlets	IO-7	Astraea	ENG
Surrey Starlets	IONT-6	Allium	ENG
Top Gun Allstars UK	IOSC-5	Shade	ENG
Trailblazer Allstars	IONT-7	INNOVA7E	ENG
Twisted Cheer and Dance	IO-5	Code Red	ENG
Unity Allstars	IONT-7	Blush	ENG
Unity Allstars	IOCNT-7	Black	ENG
Unity Allstars	U18SC-5	Royal	ENG
Unity Allstars	IO-6	Ruby	ENG
Unity Allstars	IOCNT-	Steel	ENG
Unity Allstars	IOSC-5	Volt	ENG
Unity Allstars Leeds	IOSC-6	Havoc	ENG
Unity Allstars	IONT-6	Diamond	ENG
Vista Twisters	IOSC-5	T5	ENG
Vista Twisters	U18SC-5	Mi5	ENG
WCA	IO-5	Lady X	ENG
White Rose Cheer	U18-5	Icons	ENG

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