



# 2015 - 2016 School and Youth / Rec NHSCC Divisions Only Revised 8/6



## JUNIOR HIGH / JUNIOR VARSITY DIVISIONS

*2015-2016 Season - All members of the cheerleading squad must be current members of the official school spirit squad. Junior Varsity Divisions WILL be allowed 7th grade participants if they attend a school that is under the administrative supervision of the same school board as the high school that they are representing. Junior High Divisions WILL be allowed 9th grade participants if (1) they attend a school that is under the administrative supervision of the same school board as the junior high school that they are representing AND (2) a minority of the team are 9th graders. Junior High teams with a majority of 9th grade participants must compete as a Junior Varsity team.*

<b>* Small Junior High</b>	• 9th grade and below	• Female/Male	• 5 - 16 Members	
<b>* Large Junior High</b>	• 9th grade and below	• Female/Male	• 17 - 25 Members	
<b>Small Junior Varsity</b>	• 7th grade - 12th grade	• Female	• 5 - 16 Members	Note: Official Junior Varsity Team or a JH team with a majority of 9th grade team members.
<b>Large Junior Varsity</b>	• 7th grade - 12th grade	• Female	• 17 - 25 Members	Note: Official Junior Varsity Team or a JH team with a majority of 9th grade team members.
<b>Junior Varsity Coed</b>	• 7th grade - 12th grade	• Female/Male	• 5 - 25 Members	Note: Official Junior Varsity Team or a JH team with a majority of 9th grade team members.

*\* Junior High Division Guidelines: Junior High teams may include 9th grade participants IF (1) the school represented includes a 9th grade class AND (2) a minority of the team are 9th graders. Junior High teams with a majority of 9th grade participants must compete as a Junior Varsity.*

## VARSITY DIVISIONS

*To create a Championship that gives equal opportunity for schools of similar student composition, UCA will sub-divide the below listed divisions at the NHSCC based on school enrollments in the 9th - 12th grades as of October 1, 2015. Check out [www.uca.varsity.com](http://www.uca.varsity.com) for more details.*

*2015-2016 Season - Varsity Guidelines: All members of the cheerleading squad must be current members of the official school spirit squad. 7th grade participants will NOT be allowed on a Varsity team; however 8th grade participants will be allowed to participate on a Varsity team if the school they attend is under the direct administrative supervision of the same school board as the Varsity team they are representing.*

<b>Small Varsity Division I</b>	• 8th grade - 12th grade	• Female	• 5 - 12 Members	1300 and above
<b>Small Varsity Division II</b>	• 8th grade - 12th grade	• Female	• 5 - 12 Members	1-1299 Students
<b>Medium Varsity Division I</b>	• 8th grade - 12th grade	• Female	• 13 - 16 Members	1300 and above
<b>Medium Varsity Division II</b>	• 8th grade - 12th grade	• Female	• 13 - 16 Members	1-1299 Students
<b>Large Varsity Division I</b>	• 8th grade - 12th grade	• Female	• 17 - 20 Members	1600 and above
<b>Large Varsity Division II</b>	• 8th grade - 12th grade	• Female	• 17 - 20 Members	1-1599 Students
<b>Super Varsity Division I</b>	• 8th grade - 12th grade	• Female	• 21 - 30 Members	1600 and above
<b>Super Varsity Division II</b>	• 8th grade - 12th grade	• Female	• 21 - 30 Members	1-1599 Students
<b>Small Varsity Coed</b>	• 8th grade - 12th grade	• Female/1-4 Males	• 5 - 20 Members	Note: Only 1 to 4 males allowed.
<b>Medium Varsity Coed</b>	• 8th grade - 12th grade	• Female/4-7 Males	• 21 - 25 Members	Note: Only 4 to 7 males allowed.
<b>Large Varsity Coed</b>	• 8th grade - 12th grade	• Female/8+ Males	• 21 - 30 Members	Note: 8 or more males allowed.

## NON BUILDING DIVISIONS

*Non Building Divisions: No partner stunts, pyramids or tosses allowed.*

<b>Junior Non Building</b>	• JR or JV team	• Female/Male	• 5 - 30 Members
<b>Small Varsity Non Building</b>	• 8th grade - 12th grade	• Female/Male	• 5 - 15 Members
<b>Large Varsity Non Building</b>	• 8th grade - 12th grade	• Female/Male	• 16 - 30 Members

## NON TUMBLING DIVISIONS

*The Non-Tumbling division will prohibit all tumbling with feet over head rotation. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division.*

<b>Junior High Non Tumbling</b>	• 9th grade and below	• Female/Male	• 5 - 25 Members	
<b>Junior Varsity Non Tumbling</b>	• 7th grade - 12th grade	• Female/Male	• 5 - 25 Members	
<b>Small Varsity Non Tumbling</b>	• 8th grade - 12th grade	• Female / 0-2 Males	• 5 - 12 Members	Note: Up to 2 males allowed.
<b>Medium Varsity Non Tumbling</b>	• 8th grade - 12th grade	• Female / 0-2 Males	• 13 - 16 Members	Note: Up to 2 males allowed.
<b>Large Varsity Non Tumbling</b>	• 8th grade - 12th grade	• Female / 0-2 Males	• 17 - 20 Members	Note: Up to 2 males allowed.
<b>Super Varsity Non Tumbling</b>	• 8th grade - 12th grade	• Female / 0-2 Males	• 21 - 30 Members	Note: Up to 2 males allowed.

*Junior High Non Tumbling and Junior Varsity Non Tumbling Age Guidelines: Must follow same age restrictions as listed above.*



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## RECREATIONAL DIVISIONS

*\*The following divisions will follow standard safety guidelines*

1. The recreational divisions exist for teams with the main purpose of cheering for and supporting a recreational team (i.e. youth football, pee wee sports, community sports teams, etc.)
2. All Recreational teams will need to provide a notarized letter from the City Director of Youth Leagues (Elementary School administration, AYC, Pop Warner, YMCA, Upward Bound, etc.) that proves legitimacy of the organization. The letter must include how many teams are associated with the recreational program and approximate time or season(s) they cheer.
3. Elementary teams with a school affiliation may compete in the recreational division, only if at least half of the participants are in the 6th grade or younger.
4. Recreational divisions will follow same routine format and rules and regulations (including additional restrictions for Elementary teams, Middle and Junior High School teams) along with all other teams competing at any UCA event and the NHSCC. Competitive only youth programs are considered an All Star program, and must compete as an All Star team and will follow the All Star rules and regulations.

<b>Youth Rec</b>	• 10 years and younger	• Female/Male	• 5 - 36 Members
<b>Junior Rec</b>	• 12 years and younger	• Female/Male	• 5 - 36 Members
<b>Senior Rec</b>	• 14 years and younger	• Female/Male	• 5 - 36 Members

**Note:** The age of the competitor as of August 31, 2015 will be the age used for the competition purposes throughout the 2015-2016 season for all Rec Divisions.

## NEW - CLUB DIVISIONS

*NEW Club divisions exist for teams who are not associated with a school program who will follow the same 2 and 1/2 minute routine format with cheer/sideline and music and all other rules and regulations (including additional restrictions for Elementary teams, Middle and Junior High School teams) along with all other teams competing at any UCA event and the NHSCC.*

<b>Junior Club</b>	• 12 years and younger	• Female/Male	• 5 - 36 Members
<b>Senior Club</b>	• 14 years and younger	• Female/Male	• 5 - 36 Members

**Note:** The age of the competitor as of August 31, 2015 will be the age used for the competition purposes throughout the 2015-2016 season for all Rec Divisions.