



# 2022 - 2023 SCHOOL & REC NHSCC DIVISIONS

Revised 7/14/2022

## JUNIOR HIGH / JUNIOR VARSITY DIVISIONS

2022 - 2023 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. Teams will only be allowed to compete in the Junior Varsity Division if they are the official Junior Varsity team. If there is only one team from that school, that team will be required to compete in the Varsity divisions. If you have team members that cheer varsity sports, you must compete as a varsity team.
- 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.

Division	Grade	Female/Male	Team Members	Notes
Small Junior High	9th grade and below	Female/Male	5 - 16 Members	
Large Junior High	9th grade and below	Female/Male	17 - 30 Members	
Small Junior Varsity	7th grade - 12th grade	Female	5 - 16 Members	Official JV team or a JH team with a majority of 9th grade team members.
Large Junior Varsity	7th grade - 12th grade	Female	17 - 30 Members	Official JV team or a JH team with a majority of 9th grade team members.
Junior Varsity Coed	7th grade - 12th grade	Female/1+ Males	5 - 30 Members	Official JV team or a JH team with a majority of 9th grade team members. 1 or more Males.

## 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, 2022. Check out [www.uca.varsity.com](http://www.uca.varsity.com) for more details.

2022 - 2023 Season: All members of the cheerleading squad must be current members of the official school spirit squad.

- 7th grade and below 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. If there is only one team from a school, that team will be required to compete in the Varsity divisions.

Division	Grade	Female/Male	Team Members	Notes
Small Varsity Division I	8th - 12th grade	Female	5 - 15 Members	1300+ Students
Small Varsity Division II	8th - 12th grade	Female	5 - 15 Members	1 - 1299 Students
Medium Varsity Division I	8th - 12th grade	Female	16 - 19 Members	1300+ Students
Medium Varsity Division II	8th - 12th grade	Female	16 - 19 Members	1 - 1299 Students
Large Varsity Division I	8th - 12th grade	Female	20 - 23 Members	1300+ Students
Large Varsity Division II	8th - 12th grade	Female	20 - 23 Members	1 - 1299 Students
Super Varsity Division I	8th - 12th grade	Female	24 - 30 Members	1300+ Students
Super Varsity Division II	8th - 12th grade	Female	24 - 30 Members	1 - 1299 Students
Small Varsity Coed	8th - 12th grade	Female/1-4 Males	5 - 20 Members	Only 1 to 4 Males allowed
Medium Varsity Coed	8th - 12th grade	Female/4-7 Males	21 - 25 Members	Only 4 to 7 Males allowed
Large Varsity Coed	8th - 12th grade	Female/8+ Males	21 - 30 Members	8 or more Males allowed



## NON BUILDING DIVISIONS

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

Division	Grade	Female/Male	Team Members
Junior Non Building	JH or JV team	Female/Male	5 - 30 Members
Small Varsity Non Building	8th - 12th grade	Female/Male	5 - 15 Members
Large Varsity Non Building	8th - 12th grade	Female/Male	16 - 30 Members

## NON TUMBLING DIVISIONS

Non Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division. Exception: a back handspring entry into stunts / pyramids will not be allowed.

Division	Grade	Female/Male	Team Members	Notes
Junior High Non Tumbling	9th grade and below	Female/Male	5 - 30 Members	
Junior Varsity Non Tumbling	7th grade - 12th grade	Female/Male	5 - 30 Members	
Small Varsity Division I Non Tumbling	8th grade - 12th grade	Female	5 - 15 Members	1300+ Students
Small Varsity Division II Non Tumbling	8th grade - 12th grade	Female	5 - 15 Members	1 - 1299 Students
Medium Varsity Division I Non Tumbling	8th grade - 12th grade	Female	16 - 19 Members	1300+ Students
Medium Varsity Division II Non Tumbling	8th grade - 12th grade	Female	16 - 19 Members	1 - 1299 Students
Large Varsity Division I Non Tumbling	8th grade - 12th grade	Female	20 - 23 Members	1300+ Students
Large Varsity Division II Non Tumbling	8th grade - 12th grade	Female	20 - 23 Members	1 - 1299 Students
Super Varsity Division I Non Tumbling	8th grade - 12th grade	Female	24 - 30 Members	1300+ Students
Super Varsity Division II Non Tumbling	8th grade - 12th grade	Female	24 - 30 Members	1 - 1299 Students
Small Varsity Coed Non Tumbling	8th grade - 12th grade	Female/1-2 Males	5 - 16 Members	1 to 2 Males allowed
Large Varsity Coed Non Tumbling	8th grade - 12th grade	Female/1-4 Males	17 - 30 Members	1 to 4 Males allowed

## TRADITIONAL RECREATIONAL AFFILIATED DIVISIONS

Traditional Recreational Affiliated Recreational Division Policies:

- The Affiliated 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.)
- All Affiliated Recreational teams must be affiliated with, report to, and be governed by an organization such as; YMCA, Boys and Girls Club, County Parks and Recreation Program, American Youth Cheer, Pop Warner Association, or other community run program not associated with All Star. Each team must cheer for a sport during the 2022 – 2023 cheer season.
- All Affiliated Recreational programs will need to provide the Recreation Cheer Verification Form and Roster that proves legitimacy of the organization for each event competing.
- Teams with a school affiliation may compete in the recreational division, only if at least half of the participants are in 6th grade and below and meet the age requirements or younger.
- Affiliated 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.
- For information regarding additional Affiliated Recreational team competition opportunities go to <https://www.varsity.com/youth-rec/>

Division	Birth Years	Female/Male	Team Members
Traditional Rec Affiliated 10 & Younger	2011 and Later	Female/Male	5 - 36 Members
Traditional Rec Affiliated 12 & Younger	2009 and Later	Female/Male	5 - 36 Members
Traditional Rec Affiliated 14 & Younger	2007 and Later	Female/Male	5 - 36 Members

## TRADITIONAL RECREATIONAL NON AFFILIATED DIVISIONS

Traditional Recreational Non Affiliated Division Policies:

- Non Affiliated Divisions exist for teams 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.
- All Non Affiliated Recreational teams must be independent of town/city organization/clubs. Team does not necessarily cheer for a supported, sports program. Team is not affiliated with an All Star Program.
- All Non Affiliated Recreational programs will need to provide the Recreation Cheer Verification Form and Roster for each event competing.
- For information regarding additional Traditional Recreational Non Affiliated team competition opportunities go to <https://www.varsity.com/youth-rec/>

Division	Birth Years	Female/Male	Team Members
Traditional Rec Non Affiliated 10 & Younger	2011 and Later	Female/Male	5 - 36 Members
Traditional Rec Non Affiliated 12 & Younger	2009 and Later	Female/Male	5 - 36 Members
Traditional Rec Non Affiliated 14 & Younger	2007 and Later	Female/Male	5 - 36 Members

## NHSCC QUALIFYING

1. 75% of the team must attend a Varsity Spirit camp and participate in the Squad Credentialing program in order to be eligible to compete and receive a bid at a 2022 Fall qualifying tournament for the 2023 NHSCC.
2. UCA reserves the right to split or combine divisions based on the final number of teams competing.
3. Teams competing at the NHSCC must compete in the same division as they qualified.

Universal Cheerleaders Association will combine divisions in the best interest of providing a competitive environment. When/if a division has less than 3 teams, they may be combined into the same size division. Division combinations will be finalized no later than 2 weeks prior to the NHSCC.

Examples

- Super Varsity Division I Non Tumbling has 2 teams registered and Super Varsity Division II Non Tumbling has 2 teams registered, those may be combined to compete as Super Varsity Non Tumbling.
- Large Varsity Division I has 2 teams registered and Large Varsity Division II has 8 teams registered, those may be combined to compete as Large Varsity.
- Medium Varsity Division I has 2 teams registered and Medium Varsity Division II has 15 teams registered, those will not be combined.

See full competition rules and scoring information at [uca.varsity.com](http://uca.varsity.com)

