



# 2023 - 2024 SCHOOL & REC DIVISIONS

*Revised 5/16/2023*

- 75% of the qualifying 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 2023 Fall qualifying tournament for the 2024 NHSCC.

## JUNIOR HIGH / JUNIOR VARSITY DIVISIONS

2023 - 2024 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.

### NEW 2023-2024

- Teams must compete in the same Performance Routine and Game Day Routine i.e. Non Tumbling or Non Building must be the same for both.  
Example: Teams will not be allowed to compete in a Varsity Tumbling Category and a Non Tumbling Game Day Category or vice versa.

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+ Male	5 - 30 Members	Official JV team or a JH team with a majority of 9th grade team members. (1 or more Males Required)

## VARSITY DIVISIONS

2023 - 2024 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	8th – 12th grade	Female	5 - 15 Members	
Medium Varsity	8th - 12th grade	Female	16 - 19 Members	
Large Varsity	8th – 12th grade	Female	20 - 23 Members	
Super Varsity	8th - 12th grade	Female	24 - 30 Members	
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	Notes
Varsity Non Building	8th - 12th grade	Female/Male	5 - 30 Members	Non Building Divisions: No partner stunts, pyramids or tosses allowed

## 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	9 <sup>th</sup> grade and below	Female/Male	5 – 30 Members	
Junior Varsity Non Tumbling	7 <sup>th</sup> grade – 12 <sup>th</sup> grade	Female/Male	5 – 30 Members	
Small Varsity Non Tumbling	8 <sup>th</sup> grade – 12 <sup>th</sup> grade	Female	5 – 15 Members	
Medium Varsity Non Tumbling	8 <sup>th</sup> grade – 12 <sup>th</sup> grade	Female	16 – 19 Members	
Large Varsity Non Tumbling	8 <sup>th</sup> grade – 12 <sup>th</sup> grade	Female	20 – 23 Members	
Super Varsity Non Tumbling	8 <sup>th</sup> grade – 12 <sup>th</sup> grade	Female	24 – 30 Members	
Varsity Coed Non Tumbling	8 <sup>th</sup> grade – 12 <sup>th</sup> grade	Female/1-4 Males	5 – 30 Members	1 to 4 Males Required

## 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 2023 – 2024 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/>



## TRADITIONAL RECREATIONAL AFFILIATED DIVISIONS

Division	Birth Years	Female/Male	Team Members
Traditional Rec Affiliated 6 & Younger (No bid to NHSCC)	2016 and Later	Female/Male	5 - 36 Members
Traditional Rec Affiliated 8 & Younger (No bid to NHSCC)	2014 and Later	Female/Male	5 - 36 Members
Traditional Rec Affiliated 10 & Younger	2012 and Later	Female/Male	5 - 36 Members
Traditional Rec Affiliated 12 & Younger	2010 and Later	Female/Male	5 - 36 Members
Traditional Rec Affiliated 14 & Younger	2008 and Later	Female/Male	5 - 36 Members
Traditional Rec Affiliated 10-18 Years Old (No bid to NHSCC)	6/1/2004-2013	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 6 & Younger (No bid to NHSCC)	2016 and Later	Female/Male	5 - 36 Members
Traditional Rec Non Affiliated 8 & Younger (No bid to NHSCC)	2014 and Later	Female/Male	5 - 36 Members
Traditional Rec Non Affiliated 10 & Younger	2012 and Later	Female/Male	5 - 36 Members
Traditional Rec Non Affiliated 12 & Younger	2010 and Later	Female/Male	5 - 36 Members
Traditional Rec Non Affiliated 14 & Younger	2008 and Later	Female/Male	5 - 36 Members
Traditional Rec Non Affiliated 10-18 Years Old (No bid to NHSCC)	6/1/2004-2013	Female/Male	5 - 36 Members

Universal Cheerleaders Association will SPLIT divisions in the best interest of providing a competitive environment. When/If a division has 11 or more teams, additional splits may be offered. When/if a division has less than 3 teams, they may be combined into the same age/size division.

Examples

- Small Varsity as 23 teams registered. This division maybe split into DI/DII status based on the school enrollment.
- Small Junior High has 14 teams registered. This division cannot be split since there is not an additional split offered.
- Small Junior High has 2 teams registered and Large Junior High has 2 teams registered, those may be combined to compete as Junior High.
- Non Tumbling or Non Building Divisions would not combine with a traditional building / routine division. i.e. Small Varsity Non Tumbling may combine with Medium Varsity Non Tumbling.

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

