



2024-2025 SCHOOL & RECREATIONAL DIVISIONS

Updated 2/27/2024

Please visit UCA Rules & Regulations for information on how to qualify for NHSCC, team eligibility and division restrictions.

REGIONAL PERFORMANCE ROUTINE DIVISIONS

Junior High & Junior Varsity Building	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	
Large Junior Varsity	7th grade - 12th grade	Female	17 - 30 Members	
Junior Varsity Coed	7th grade - 12th grade	Female/1+ Male	5 - 30 Members	

REGIONAL PERFORMANCE ROUTINE DIVISIONS

Varsity Building	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	
Large Varsity Coed	8th - 12th grade	Female/5+ Males	21 - 30 Members	

REGIONAL NON BUILDING PERFORMANCE ROUTINE DIVISIONS

Non Building	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

REGIONAL NON TUMBLING PERFORMANCE ROUTINE DIVISIONS

Non Tumbling	Grade	Female/Male	Team Members	Notes
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.				
Junior High Non Tumbling	9 th grade and below	Female/Male	5 – 30 Members	
Junior Varsity Non Tumbling	7 th grade – 12 th grade	Female/Male	5 – 30 Members	
Small Varsity Non Tumbling	8 th grade – 12 th grade	Female	5 – 15 Members	
Medium Varsity Non Tumbling	8 th grade – 12 th grade	Female	16 – 19 Members	
Large Varsity Non Tumbling	8 th grade – 12 th grade	Female	20 – 23 Members	
Super Varsity Non Tumbling	8 th grade – 12 th grade	Female	24 – 30 Members	
Varsity Coed Non Tumbling	8 th grade – 12 th grade	Female/1-4 Males	5 – 30 Members	

REGIONAL OPEN RECREATIONAL PERFORMANCE ROUTINE DIVISIONS

Affiliated & Non 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.

Traditional Rec Affiliated	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Rec Affiliated 6 & Younger	2017 and Later	Female/Male	5 - 36 Members	No bid to NHSCC
Traditional Rec Affiliated 8 & Younger	2015 and Later	Female/Male	5 - 36 Members	No bid to NHSCC
Traditional Rec Affiliated 10 & Younger	2013 and Later	Female/Male	5 - 36 Members	
Traditional Rec Affiliated 12 & Younger	2011 and Later	Female/Male	5 - 36 Members	
Traditional Rec Affiliated 14 & Younger	2009 and Later	Female/Male	5 - 36 Members	
Traditional Rec Affiliated 10-18 Years Old	6/1/2005-2014	Female/Male	5 - 36 Members	No bid to NHSCC
Traditional Rec Non Affiliated	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Rec Non Affiliated 6 & Younger	2017 and Later	Female/Male	5 - 36 Members	No bid to NHSCC
Traditional Rec Non Affiliated 8 & Younger	2015 and Later	Female/Male	5 - 36 Members	No bid to NHSCC
Traditional Rec Non Affiliated 10 & Younger	2013 and Later	Female/Male	5 - 36 Members	
Traditional Rec Non Affiliated 12 & Younger	2011 and Later	Female/Male	5 - 36 Members	
Traditional Rec Non Affiliated 14 & Younger	2009 and Later	Female/Male	5 - 36 Members	
Traditional Rec Non Affiliated 10-18 Years Old	6/1/2005-2014	Female/Male	5 - 36 Members	No bid to NHSCC



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REGIONAL GAME DAY DIVISIONS

Junior High & Junior Varsity Building Game Day	Grade	Female/Male	Team Members	Notes
Small Junior High Game Day	9th grade and below	Female/Male	5 - 16 Members	
Large Junior High Game Day	9th grade and below	Female/Male	17 - 30 Members	
Small Junior Varsity Game Day	7th - 12th grade	Female/Male	5 - 16 Members	
Large Junior Varsity Game Day	7th - 12th grade	Female/Male	17 - 30 Members	

REGIONAL GAME DAY DIVISIONS

Varsity Game Day	Grade	Female/Male	Team Members	Notes
Small Varsity Game Day	8th - 12th grade	Female	5 - 15 Members	
Medium Varsity Game Day	8th - 12th grade	Female	16 - 19 Members	
Large Varsity Game Day	8th - 12th grade	Female	20 - 23 Members	
Super Varsity Game Day	8th - 12th grade	Female	24 - 30 Members	
Small Varsity Coed Game Day	8th - 12th grade	Female/1-4 Males	5 - 20 Members	
Large Varsity Coed Game Day	8th - 12th grade	Female/5+ Males	21 - 30 Members	

REGIONAL NON BUILDING GAME DAY DIVISIONS

Non Building Game Day	Grade	Female/Male	Team Members	Notes
Non Building Divisions: No partner stunts, pyramids or tosses allowed.				
Varsity Non Building Game Day	8th - 12th grade	Female/Male	5 - 30 Members	

REGIONAL NON TUMBLING GAME DAY DIVISIONS

Non Tumbling Game Day	Grade	Female/Male	Team Members	Notes
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.				
Junior High Non Tumbling Game Day	9 th grade and below	Female/Male	5 – 30 Members	
Junior Varsity Non Tumbling Game Day	7 th grade – 12 th grade	Female/Male	5 – 30 Members	
Small Varsity Non Tumbling Game Day	8 th grade – 12 th grade	Female	5 – 15 Members	
Medium Varsity Non Tumbling Game Day	8 th grade – 12 th grade	Female	16 – 19 Members	
Large Varsity Non Tumbling Game Day	8 th grade – 12 th grade	Female	20 – 23 Members	
Super Varsity Non Tumbling Game Day	8 th grade – 12 th grade	Female	24 – 30 Members	
Varsity Coed Non Tumbling Game Day	8 th grade – 12 th grade	Female/1-4 Males	5 – 30 Members	

REGIONAL RECREATIONAL GAME DAY DIVISIONS

Recreational Game Day	Age of Eligibility	Female/Male	Team Members	Notes
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.				
Recreational Affiliated Game Day	14 years and younger	Female/Male	5 - 36 Members	Non Affiliated teams not eligible

REGIONAL GAME DAY LIVE DIVISIONS (Only offered at select events)

Game Day LIVE Division (Cheer & Band)	Grade	Female/Male	Cheer Members	Band Members
Junior Game Day Live	JH or JV team	Female/Male	5 - 30 Members	5 - 40 Members
Varsity Game Day Live	8th - 12th grade	Female/Male	5 - 30 Members	5 - 40 Members

REGIONAL DIVISION SPLITS

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.

Division I (1400+ school enrollment) & Division II (1399 or less school enrollment).

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.*



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NHSCC PERFORMANCE ROUTINE DIVISIONS

Junior High & Junior Varsity Building	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 Division I	7th grade - 12th grade	Female	5 - 16 Members	1400+ Students
Large Junior Varsity Division I	7th grade - 12th grade	Female	17 - 30 Members	1400+ Students
Junior Varsity Division II	7th grade - 12th grade	Female	5 - 30 Members	1-1399 Students
Junior Varsity Coed	7th grade - 12th grade	Female/1+ Males	5 - 30 Members	

NHSCC PERFORMANCE ROUTINE DIVISIONS

Varsity Building	Grade	Female/Male	Team Members	Notes
Small Varsity Division I	8th - 12th grade	Female	5 - 15 Members	1400+ Students
Small Varsity Division II	8th - 12th grade	Female	5 - 15 Members	1-1399 Students
Medium Varsity Division I	8th - 12th grade	Female	16 - 19 Members	1400+ Students
Medium Varsity Division II	8th - 12th grade	Female	16 - 19 Members	1-1399 Students
Large Varsity Division I	8th - 12th grade	Female	20 - 23 Members	1400+ Students
Large Varsity Division II	8th - 12th grade	Female	20 - 23 Members	1-1399 Students
Super Varsity Division I	8th - 12th grade	Female	24 - 30 Members	1400+ Students
Super Varsity Division II	8th - 12th grade	Female	24 - 30 Members	1-1399 Students
Small Varsity Coed Division I	8th - 12th grade	Female/1-4 Males	5 - 20 Members	1400+ Students
Small Varsity Coed Division II	8th - 12th grade	Female/1-4 Males	5 - 20 Members	1-1399 Students
Large Varsity Coed Division I	8th - 12th grade	Female/5+ Males	21 - 30 Members	1400+ Students
Large Varsity Coed Division II	8th - 12th grade	Female/5+ Males	21 - 30 Members	1-1399 Students

NHSCC NON BUILDING PERFORMANCE ROUTINE DIVISIONS

Non Building	Grade	Female/Male	Team Members	Notes
Non Building Divisions: No partner stunts, pyramids or tosses allowed.				
Varsity Non Building Division I	8th - 12th grade	Female/Male	5 - 30 Members	1400+ Students
Varsity Non Building Division II	8th - 12th grade	Female/Male	5 - 30 Members	1-1399 Students

NHSCC NON TUMBLING PERFORMANCE ROUTINE DIVISIONS

Non Tumbling	Grade	Female/Male	Team Members	Notes
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.				
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Junior Varsity Non Tumbling Division I	7th grade - 12th grade	Female/Male	5 - 30 Members	1400+ Students
Junior Varsity Non Tumbling Division II	7th grade - 12th grade	Female/Male	5 - 30 Members	1-1399 Students
Small Varsity Non Tumbling Division I	8th grade - 12th grade	Female	5 - 15 Members	1400+ Students
Small Varsity Non Tumbling Division II	8th grade - 12th grade	Female	5 - 15 Members	1-1399 Students
Medium Varsity Non Tumbling Division I	8th grade - 12th grade	Female	16 - 19 Members	1400+ Students
Medium Varsity Non Tumbling Division II	8th grade - 12th grade	Female	16 - 19 Members	1-1399 Students
Large Varsity Non Tumbling Division I	8th grade - 12th grade	Female	20 - 23 Members	1400+ Students
Large Varsity Non Tumbling Division II	8th grade - 12th grade	Female	20 - 23 Members	1-1399 Students
Super Varsity Non Tumbling Division I	8th grade - 12th grade	Female	24 - 30 Members	1400+ Students
Super Varsity Non Tumbling Division II	8th grade - 12th grade	Female	24 - 30 Members	1-1399 Students
Varsity Coed Non Tumbling Division I	8th grade - 12th grade	Female/1-4 Males	5 - 30 Members	1400+ Students
Varsity Coed Non Tumbling Division II	8th grade - 12th grade	Female/1-4 Males	5 - 30 Members	1-1399 Students



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Traditional Rec Affiliated 12 & Younger	2011 and Later	Female/Male	5 - 36 Members	
Traditional Rec Affiliated 14 & Younger	2009 and Later	Female/Male	5 - 36 Members	
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Large Varsity Division I Game Day	8th - 12th grade	Female	20 - 23 Members	1400+ Students
Large Varsity Division II Game Day	8th - 12th grade	Female	20 - 23 Members	1-1399 Students
Super Varsity Division I Game Day	8th - 12th grade	Female	24 - 30 Members	1400+ Students
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Small Varsity Coed Division I Game Day	8th - 12th grade	Female/1-4 Males	5 - 20 Members	1400+ Students
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Junior Varsity Non Tumbling Division II Game Day	7th - 12th grade	Female/Male	5 - 30 Members	1-1399 Students
Small Varsity Non Tumbling Division I Game Day	8th - 12th grade	Female	5 - 15 Members	1400+ Students
Small Varsity Non Tumbling Division II Game Day	8th - 12th grade	Female	5 - 15 Members	1-1399 Students
Medium Varsity Non Tumbling Division I Game Day	8th - 12th grade	Female	16 - 19 Members	1400+ Students
Medium Varsity Non Tumbling Division II Game Day	8th - 12th grade	Female	16 - 19 Members	1-1399 Students
Large Varsity Non Tumbling Division I Game Day	8th - 12th grade	Female	20 - 23 Members	1400+ Students
Large Varsity Non Tumbling Division II Game Day	8th - 12th grade	Female	20 - 23 Members	1-1399 Students
Super Varsity Non Tumbling Division I Game Day	8th - 12th grade	Female	24 - 30 Members	1400+ Students
Super Varsity Non Tumbling Division II Game Day	8th - 12th grade	Female	24 - 30 Members	1-1399 Students
Varsity Coed Non Tumbling Division I Game Day	8th - 12th grade	Female/1-4 Males	5 - 30 Members	1400+ Students
Varsity Coed Non Tumbling Division II Game Day	8th - 12th grade	Female/1-4 Males	5 - 30 Members	1-1399 Students



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Recreational Game Day Division	Age of Eligibility	Female/Male	Team Members	Notes
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NHSCC GAME DAY LIVE DIVISIONS

Game Day LIVE Division (Cheer & Band)	Grade	Female/Male	Cheer Members	Band Members
Junior Game Day Live	JH or JV team	Female/Male	5 - 30 Members	5 - 40 Members
Varsity Game Day Live	8th - 12th grade	Female/Male	5 - 30 Members	5 - 40 Members

Divisions subject to change based on participation