



2026-2027

SCHOOL & RECREATIONAL DIVISIONS

Please visit [UCA Event Rules & Regulations](#) for information on how to qualify for NHSCC, team eligibility and division restrictions.

PERFORMANCE DIVISIONS

Divisions	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	
Junior Varsity	7th grade - 12th grade	Female	5 - 30 Members	*Small (5-16) and Large (17-30) MAY split at NHSCC.
Junior Varsity Coed	7th grade - 12th grade	Female/1+ Male	5 - 30 Members	
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	

NON BUILDING PERFORMANCE DIVISIONS

Varsity Non Building	8th - 12th grade	Female/Male	5 - 30 Members	No partner stunts, pyramids or tosses allowed
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NON TUMBLING PERFORMANCE 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.

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 - 30 Members	*Large (20-23) and Super (24-30) MAY split at NHSCC.
Varsity Coed Non Tumbling	8 th grade - 12 th grade	Female/1+ Males	5 - 30 Members	

INTERMEDIATE PERFORMANCE DIVISIONS

Divisions	Grade	Female/Male	Team Members	Notes
Junior High Intermediate	9th grade and below	Female/Male	5 - 30 Members	
Junior High Non Tumbling Intermediate	9th grade and below	Female/Male	5 - 30 Members	
Junior Varsity Intermediate	7th grade - 12th grade	Female/Male	5 - 30 Members	
Junior Varsity Non Tumbling Intermediate	7th grade - 12th grade	Female/Male	5 - 30 Members	
Small Varsity Intermediate	8th - 12th grade	Female	5 - 16 Members	
Large Varsity Intermediate	8th - 12th grade	Female	17 - 30 Members	
Varsity Coed Intermediate	8th - 12th grade	Female/1+ Males	5 - 30 Members	
Varsity Non Tumbling Intermediate	8th - 12th grade	Female/Male	5 - 30 Members	

RECREATIONAL DIVISIONS

Intermediate Traditional Rec	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Rec - 6Y - Intermediate (Exhibition Only)	2020 and Later	Female/Male	5 - 36 Members	Not offered at NHSCC
Traditional Rec - 8Y - Intermediate	2018 and Later	Female/Male	5 - 36 Members	Not offered at NHSCC
Traditional Rec - 10Y - Intermediate	2016 and Later	Female/Male	5 - 36 Members	
Advanced Traditional Rec	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Recreational divisions will follow additional restrictions for Junior High School teams.				
Traditional Rec - 12Y	2014 and Later	Female/Male	5 - 36 Members	
Traditional Rec - 14Y	2012 and Later	Female/Male	5 - 36 Members	
Traditional Rec - 12-18 Years Old	6/1/2008-2014	Female/Male	5 - 36 Members	Note: Athletes must be enrolled in a JH or HS

PERFORMANCE DIVISION SPLIT GUIDELINES

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/type division. Division I (1400+ school enrollment) & Division II (1399 or less school enrollment). Divisions are subject to change based on participation.

- *1st split would be by Division I & Division II at regionals. 1st split for Rec would be by affiliated/non affiliated at regionals.
- Large Varsity Non Tumbling MAY be split to Large (20-23) and Super (24-30) if the division has 11 or more teams registered.
- Junior Varsity MAY be split into Small (5-16) and Large (17-30) if the division has 11 or more teams registered.
- *These teams must compete within the same size category from regionals to nationals.



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SCHOOL & RECREATIONAL DIVISIONS

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

GAME DAY DIVISIONS

Divisions	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	
Junior Varsity Game Day	7th - 12th grade	Female/Male	5 - 30 Members	*Small (5-16) and Large (17-30) MAY split at NHSCC.
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	

NON BUILDING GAME DAY DIVISIONS

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

Varsity Non Building Game Day	8th - 12th grade	Female/Male	5 - 30 Members	
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NON TUMBLING GAME DAY DIVISIONS

Non Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed.

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

RECREATIONAL GAME DAY DIVISIONS

Traditional Recreational divisions will follow additional restrictions for Junior High School teams.

Recreational Game Day	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Rec - 14Y Affiliated Game Day	2012 and Later	Female/Male	5 - 36 Members	Non Affiliated teams not eligible
Traditional Rec - 12-18 Years Affiliated Game Day	6/1/2008-2014	Female/Male	5 - 36 Members	Non Affiliated teams not eligible. Note: Athletes must be enrolled in a JH or HS

SPIRIT PROGRAM GAME DAY DIVISIONS (Only offered at select events)

Spirit Program	Grade	Female/Male	Members	Notes
Junior High Spirit Program Game Day	JH team	Female/Male	5 - 75 Members	Cheer and Dance
Junior High Spirit Program Game Day Live	JH team	Female/Male	5 - 75 Members	Cheer and Band
Junior High Spirit Program Game Day Live	JH team	Female/Male	5 - 75 Members	Cheer, Dance and Band
Varsity Spirit Program Game Day	8th - 12th grade	Female/Male	5 - 75 Members	Cheer and Dance
Varsity Spirit Program Game Day Live	8th - 12th grade	Female/Male	5 - 75 Members	Cheer and Band
Varsity Spirit Program Game Day Live	8th - 12th grade	Female/Male	5 - 75 Members	Cheer, Dance and Band

GAME DAY DIVISION SPLIT GUIDELINES

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/type division. Division I (1400+ school enrollment) & Division II (1399 or less school enrollment). Divisions are subject to change based on participation.

*1st split would be by Division I & Division II at regionals.

Junior Varsity Game Day MAY be split into Small (5-16) and Large (17-30) if the division has 11 or more teams registered.

*These teams must compete within the same size category from regionals to nationals.

SPIRIT PROGRAM GAME DAY DIVISION GUIDELINES (Only offered at select events)

Spirit Program Game Day Divisions will be offered at select regional events and both NSSC weekends.

* Junior High and Varsity divisions will be split.

* Junior Varsity teams can combine with their Varsity for Spirit Program Game Day/LIVE Divisions.

* Any team member MUST be registered as the same athlete/performer type throughout the event or event weekend. Example - a cheer athlete can only compete as a cheer athlete any any given regional event or at an NSSC weekend.

* A minimum of 5 athletes must represent each performance group. (cheer, dance, and band).

* Maximum of 75 athletes are allowed to represent the spirit program.

* Up to 2 Mascots are allowed and are not included in the total participant number.

NOTE: UCA and UDA 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.

Spirit Program Game Day size division splits for NSSC - subject to change based on registrations:

* DII Small Spirit Program up to 34 athletes; DII Large Spirit Program 35-75 athletes.

* DI Small Spirit Program up to 39 athletes; DI Large Spirit Program 40-75 athletes.

3/17/2026



2026-2027

DIVISION UPDATES OVERVIEW

2026-2027 UCA DIVISION UPDATES OVERVIEW

UPDATED DIVISIONS

- Junior Varsity and Junior Varsity Game Day divisions updated to 5-30 athletes for UCA Regional events. NHSCC will split into Small (5-16) and Large (17-30) if there are 11 or more teams registered for the division. Teams must compete as the same size (small 5-16 or large 17-30) from regionals to nationals. First splits at regional events will be DI/DII for these divisions.
- Large Varsity Non Tumbling performance has been updated to 20-30 athletes for UCA Regional events. NHSCC will split into Large (20-23) and Super (24-30) if there are 11 or more teams registered for the division. Teams must compete as the same size (large 20-23 or large 24-30) from regionals to nationals. First splits at regional events will be DI/DII for this division.
- Varsity Coed Non Tumbling Performance and Game Day divisions have been updated to 5-30 athletes with 1+ male.

NEW INTERMEDIATE DIVISIONS

- Junior High Non Tumbling Intermediate and Junior Varsity Non Tumbling Intermediate
- Small Varsity Intermediate (5-16) and Large Varsity Intermediate (17-30)

ENROLLMENT

Single gender schools must provide a letter from administration outlining how athletes from co-operative schools are eligible for athletics representing one school. Enrollment must be submitted for all schools from which student athletes are represented on the team. DI/DII classification outline will be finalized in UCA Rules & Scoring updates that will be released in late spring.

ELIGIBILITY

No athlete may compete on another team except for the following circumstances:

- If a school has both Junior Varsity and Varsity Performance teams, those athletes may combine to compete in ONE Varsity Game Day division. If combined, no separate Junior Varsity Game Day team may compete from that school. All athletes must meet Varsity age requirements.
- If an affiliated rec program has a 14Y Performance routine and a 12Y and/or 10Y Performance routine, the athletes from those teams may combine for one 14Y Game Day routine.
- * 12-18 Performance athletes may only compete a second performance in 12-18 Game Day.

ADDITIONAL ELIGIBILITY CLARIFICATION

If a team competes in both a Performance and a Game Day division, the team must compete in the same or larger division size for the Game Day routine. For example, a team cannot compete in a Large Performance division and a Medium or Small Game Day division.

TRADITIONAL REC

Traditional Rec teams must declare AFF or NON before the competition season begins. Updates to verbiage and clarification on DI/DII Championship division offerings and splits will be coming in the Rules & Scoring updates in late spring.

NHSCC QUALIFICATION

Teams MUST compete in the same division at NHSCC in which they receive their bid at a regional event. Extenuating circumstances must be sent to NHSCC@varsity.com for review. No division changes will be approved without clear outline of the situation from school administration affecting the administration's decision to remove athletes from a team. No division changes will be reviewed, regardless of circumstances, for a team to change to a larger division.