2026-2027

SCHOOL & RECREATIONAL DIVISIONS

REGIONAL RECREATIONAL PERFORMANCE DIVISIONS AND CATEGORIES

Rec Divisions	Age of Eligibility	Female/Male	Team Members	Category
Traditional Rec - 12Y	2014 and Later	• Female/Male	5+ members	Pom, Jazz, Hip Hop
Traditional Rec - 14Y	2012 and Later	• Female/Male	5+ members	Pom, Jazz, Hip Hop
Traditional Rec - 12-18 Years Old	6/1/2008 - 2014	• Female/Male	5+ members	Pom, Jazz, Hip Hop

Note: Recreational Divisions will not be offered at the NDTC Championship

REGIONAL SCHOOL PERFORMANCE DIVISIONS AND CATEGORIES

Divisions	Grade	Female/Male	Team Members	Category
Junior High	9th grade and below	• Female/Male	5+ members	Pom, Jazz, Hip Hop, High Kick
Junior Varsity	7th grade - 12th grade	• Female/Male	5+ members	Pom, Jazz, Hip Hop, High Kick
Varsity Intermediate	8th grade - 12th grade	• Female/Male	5+ members	Pom, Jazz, Hip Hop
Varsity	8th grade - 12th grade	• Female/Male	5+ members	Pom, Jazz, Hip Hop, High Kick

REGIONAL SCHOOL GAME DAY DIVISIONS

Divisions	Grade	Female/Male	Team Members	Category
Junior High Game Day	9th grade and below	• Female/Male	5+ members	Game Day (DA)
Junior Varsity Game Day	7th grade - 12th grade	• Female/Male	5+ members	Game Day (DA)
Varsity Game Day	8th grade - 12th grade	• Female/Male	5+ members	Game Day (DA)

Junior Varsity and Varsity teams may combine to compete in the Varsity Dance Game Day division only. Teams that combine to compete in Varsity Dance Game Day may not also compete separately in their respective Junior Varsity or Varsity Game Day divisions at the same event. All athletes must meet Varsity age requirements (8th–12th grade).

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

Divisions	Grade	Female/Male	Team Members	Athletes
Junior High Spirit Program Game Day	9th grade and below	• Female/Male	5 - 75 members	Dance and Cheer
Junior High Spirit Program Dance Live	9th grade and below	• Female/Male	5 - 75 members	Dance and Band
Junior High Spirit Program Game Day Live	9th grade and below	• Female/Male	5 - 75 members	Dance, Cheer and Band
Varsity Spirit Program Game Day	8th grade - 12th grade	• Female/Male	5 - 75 members	Dance and Cheer
Varsity Spirit Program Dance Live	8th grade - 12th grade	• Female/Male	5 - 75 members	Dance and Band
Varsity Spirit Program Game Day Live	8th grade - 12th grade	• Female/Male	5 - 75 members	Dance, Cheer and Band

REGIONAL DIVISION SPLITTING GUIDELINES

Varsity Divisions will only be split at regional competitions if there are 11 or more teams in a category. Junior High and Junior Varsity divisions will not be split at any event.

1. Divisions will first be split into DI (1400+ school enrollment) & DII (1399 or less school enrollment)
2. If there are 11 or more teams in the DI or DII split, there will be an additional split into size.

Performance Categories

- Varsity DI: Small (5-12 members), Medium (13-16 members), or Large (17+ members)
  - Exception: High Kick will only be split Small (5-14 members) and Large (15+ members). Pom, Jazz, and Hip Hop will split Small, Medium, and Large.
- Varsity DII: Small (5-12 members) or Large (13+ members)

Standalone Dance Game Day Categories

- Small (5-12 members), Medium (13-16 members), or Large (17+ members)

NOTE: This is not applicable to Spirit Program Game Day Divisions

Recreational Division will only be split at regional competitions by age and category. No Rec Divisions will be split by size.

NDTC - DII PERFORMANCE DIVISIONS AND CATEGORIES

Divisions	Grade	Female/Male	Team Members	Category
Junior High	9th grade and below	• Female/Male	5+ members	Pom, Jazz, Hip Hop, High Kick
Junior Varsity Division II	7th grade - 12th grade	• Female/Male	5+ members	Pom, Jazz, Hip Hop, High Kick
Varsity Intermediate Division II (1399 or less school enrollment)	8th grade - 12th grade	• Female/Male	5+ members	Pom, Jazz, Hip Hop
Small Varsity Division II (1399 or less school enrollment)	8th grade - 12th grade	• Female/Male	5 - 12 members	Pom, Jazz, Hip Hop, High Kick
Large Varsity Division II (1399 or less school enrollment)	8th grade - 12th grade	• Female/Male	13+ members	Pom, Jazz, Hip Hop, High Kick

NDTC - DII GAME DAY DIVISIONS

Divisions	Grade	Female/Male	Team Members	Category
Junior High Game Day	9th grade and below	• Female/Male	5+ members	Game Day (DA)
Junior Varsity Division II Game Day	7th grade - 12th grade	• Female/Male	5+ members	Game Day (DA)
Small Varsity Division II Game Day (1399 or less school enrollment)	8th grade - 12th grade	• Female/Male	5 - 12 members	Game Day (DA)
Medium Varsity Division II Game Day (1399 or less school enrollment)	8th grade - 12th grade	• Female/Male	13 - 16 members	Game Day (DA)
Large Varsity Division II Game Day (1399 or less school enrollment)	8th grade - 12th grade	• Female/Male	17+ members	Game Day (DA)

Junior Varsity and Varsity teams may combine to compete in the Varsity Dance Game Day division only. Teams that combine to compete in Varsity Dance Game Day may not also compete separately in their respective Junior Varsity or Varsity Game Day divisions at the same event. All athletes must meet Varsity age requirements (8th–12th grade).

NDTC - DII SPIRIT PROGRAM GAME DAY DIVISIONS

Divisions	Grade	Female/Male	Team Members	Athletes
Junior High Spirit Program Game Day	9th grade and below	• Female/Male	5 - 75 members	Dance and Cheer
Junior High Spirit Program Dance Live	9th grade and below	• Female/Male	5 - 75 members	Dance and Band
Junior High Spirit Program Game Day Live	9th grade and below	• Female/Male	5 - 75 members	Dance, Cheer and Band
Small Varsity Spirit Program Division II Game Day (1399 or less school enrollment)	8th grade - 12th grade	• Female/Male	5 - 34 members	Dance and Cheer
Large Varsity Spirit Program Division II Game Day (1399 or less school enrollment)	8th grade - 12th grade	• Female/Male	35 - 75 members	Dance and Cheer
Varsity Spirit Program Division II Dance Live (1399 or less school enrollment)	8th grade - 12th grade	• Female/Male	5 - 75 members	Dance and Band
Varsity Spirit Program Division II Game Day Live (1399 or less school enrollment)	8th grade - 12th grade	• Female/Male	5 - 75 members	Dance, Cheer, and Band

NDTC - DI PERFORMANCE DIVISIONS AND CATEGORIES

Divisions	Grade	Female/Male	Team Members	Category
Junior High	9th grade and below	• Female/Male	5+ members	Pom, Jazz, Hip Hop, High Kick
Junior Varsity Division I	7th grade - 12th grade	• Female/Male	5+ members	Pom, Jazz, Hip Hop, High Kick
Varsity Intermediate Division I (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	5+ members	Pom, Jazz, Hip Hop
Small Varsity Division I (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	5 - 12 members	Pom, Jazz, Hip Hop
Medium Varsity Division I (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	13 - 16 members	Pom, Jazz, Hip Hop
Large Varsity Division I (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	17+ members	Pom, Jazz, Hip Hop
Small Varsity Division I High Kick (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	5 - 14 members	High Kick
Large Varsity Division I High Kick (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	15+ members	High Kick

NDTC - DI GAME DAY DIVISIONS

Divisions	Grade	Female/Male	Team Members	Category
Junior High Game Day	9th grade and below	• Female/Male	5+ members	Game Day (DA)
Junior Varsity Division I Game Day	7th grade - 12th grade	• Female/Male	5+ members	Game Day (DA)
Small Varsity Division I Game Day (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	5 - 12 members	Game Day (DA)
Medium Varsity Division I Game Day (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	13 - 16 members	Game Day (DA)
Large Varsity Division I Game Day (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	17+ members	Game Day (DA)

Junior Varsity and Varsity teams may combine to compete in the Varsity Dance Game Day division only. Teams that combine to compete in Varsity Dance Game Day may not also compete separately in their respective Junior Varsity or Varsity Game Day divisions at the same event. All athletes must meet Varsity age requirements (8th–12th grade).

NDTC - DI SPIRIT PROGRAM GAME DAY DIVISIONS

Divisions	Grade	Female/Male	Team Members	Athletes
Junior High Spirit Program Game Day	9th grade and below	• Female/Male	5 - 75 members	Dance and Cheer
Junior High Spirit Program Dance Live	9th grade and below	• Female/Male	5 - 75 members	Dance and Band
Junior High Spirit Program Game Day Live	9th grade and below	• Female/Male	5 - 75 members	Dance, Cheer and Band
Small Varsity Spirit Program Division I Game Day (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	5 - 39 members	Dance and Cheer
Large Varsity Spirit Program Division I Game Day (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	40 - 75 members	Dance and Cheer
Varsity Spirit Program Division I Dance Live (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	5 - 75 members	Dance and Band
Varsity Spirit Program Division I Game Day Live (1400+ school enrollment)	8th grade - 12th grade	• Female/Male	5 - 75 members	Dance, Cheer and Band

2026-2027 SCHOOL TEAM PARTICIPATION GUIDELINES

All teams in the Varsity, Junior Varsity or Junior High divisions must be an official school dance team. The Junior Varsity Division is any official school dance team that is recognized by their school as the Junior Varsity or "B" Team. Individuals are NOT permitted to compete in two divisions within the same school. Exception: Dance Game Day

Junior Varsity and Varsity teams may combine to compete in the Varsity Dance Game Day division only. Teams that combine to compete in Varsity Dance Game Day may not also compete separately in their respective Junior Varsity or Varsity Game Day divisions at the same event. All athletes must meet Varsity age requirements (8th–12th grade).

Varsity Intermediate Divisions will be offered with skill restrictions. If you choose to compete in Intermediate you must stay in Intermediate for all categories with the exception of Game Day and Kick. See the full Rules and Regulations for details.

Teams who compete in DI High Kick and one other performance category (Pom, Jazz, or Hip Hop) will base their second performance on the size division chosen for DI High Kick. Teams will be permitted to compete in their second performance category (Pom, Jazz, or Hip Hop) in one division smaller or one division larger than their Kick division.

- Example 1: Team A chooses DI Large Kick with 15 participants, allowing them the option to compete DI Medium or DI Large Pom.
- Example 2: Team B chooses DI Small Kick with 14 participants, allowing them the option to compete DI Small or DI Medium Jazz.

Teams who choose to compete in DI High Kick, one other performance category, and game day will not be able to compete game day with less athletes than the performance category with the highest number of athletes.

Because DII division sizes are consistent, teams who compete in DII High Kick and one other performance category (Pom, Jazz, or Hip Hop) must stay within their division size.

Trade out Athletes:

- Teams competing in multiple performance categories (Pom, Jazz, and Hip Hop) must stay in the same division size, but can have different number of athletes in each routine. Reminders: Teams are only allowed to compete in two performance categories (Pom, Jazz, Hip Hop, and High Kick) for NDTC. High Kick is only split into Small and Large. See above for High Kick Trade Out rules.
- Junior High, Junior Varsity and Varsity Intermediate teams may trade out, remove, or add athletes between their categories, but must follow the Varsity division size rules.
- Teams competing in Game Day will not be able to compete with less athletes than the performance category with the highest number of athletes.

2026 - 2027 SPIRIT PROGRAM GAME DAY DIVISION GUIDELINES

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 and Varsity teams may combine to compete in one of the SPGD divisions.
- Any team member MUST be registered as the same athlete/performer type throughout the event or event weekend. Example - a dancer can only compete as a dancer at any given regional event or at an NSSC weekend.
- A minimum of 5 athletes must represent each performance group. (cheer, dance, and band)
- A maximum of 75 athletes are allowed in SPGD divisions.
- 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.

Please Note: Divisions will be evaluated for changes as needed and updates may be made.