

# AGE GRID

USA High School Spirit Divisions for 2019-2020.  
See end of grid for information regarding  
division splits by team size.



## Show Cheer - Advanced

Freshman	• 9th Grade	• Female/Male	• 6 - 36 Members
Junior Varsity	• 9th - 12th Grade	• Female (0-1 Male)	• 6 - 36 Members
Co-Ed Junior Varsity	• 9th - 12th Grade	• Female (2+ Males)	• 6 - 36 Members
Varsity	• 9th - 12th Grade	• Female (No Males)	• 6 - 36 Members
Small Co-Ed Varsity	• 9th - 12th Grade	• Female (1 - 4 Males)	• 6 - 36 Members
Large Co-Ed Varsity	• 9th - 12th Grade	• Female (5+ Males)	• 6 - 36 Members

## Show Cheer Non-Tumbling - Advanced and Novice

Junior Varsity	• 9th - 12th Grade	• Female/Male	• 6 - 36 Members
Varsity	• 9th - 12th Grade	• Female (0-1 Male)	• 6 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• Female (2+ Males)	• 6 - 36 Members

## Show Cheer - Intermediate

Freshman	• 9th Grade	• Female/Male	• 6 - 36 Members
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 6 - 36 Members
Varsity	• 9th - 12th Grade	• Female (0-1 Male)	• 6 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• Female (2+ Males)	• 6 - 36 Members

## Show Cheer - Novice

Freshman	• 9th Grade	• Female/Male	• 6 - 36 Members
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 6 - 36 Members
Varsity	• 9th - 12th Grade	• Female (0-1 Male)	• 6 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• Female (2+ Males)	• 6 - 36 Members

## Song/Pom - Advanced

Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members

## Song/Pom - Intermediate

Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
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- The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.
- All male teams will compete in the appropriate co-ed division, if offered.
- Show Cheer divisions will be split by size once there are 10 teams (Non-Nationals)/20 teams (Nationals) in the division. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.
- JV Song divisions will be split by size once there are 10 teams (Non-Nationals and Nationals) in the division. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.
- Varsity Song divisions will be split by size once there are 10 teams (Non-Nationals)/ 15 teams (Nationals) in the division. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

\*\*To compete in the Varsity Song/Jazz division, the school must compete at the same competition in the Varsity Song/Pom division.

\*\*To compete in the JV Song/Jazz division, the school must compete at the same competition in the JV Song/Pom division.

## Song/Pom - Novice

Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members

## Song/Pom

Freshman	• 9th Grade	• Female/Male	• 5 - 23 Members
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## Song/Jazz\*\*

Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members

## Mascot

Mascot	• 9th - 12th Grade	• Female/Male	• 1-10 Members
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## Pep Flag

Pep Flag - 1 Flag	• 9th - 12th Grade	• Female/Male	• 4 - 23 Members
Pep Flag - 2 Flags	• 9th - 12th Grade	• Female/Male	• 4 - 23 Members

## Pep Flag - Novice

Pep Flag - 2 Flags	• 9th - 12th Grade	• Female/Male	• 4 - 23 Members
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## Crowdleader® Teams

Crowdleader Teams	• 9th - 12th Grade	• Female/Male	• 6+ Members
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## Group Stunt

Intermediate	• 9th - 12th Grade	• All Female or All Male	• 4-5 Members
Advanced	• 9th - 12th Grade	• All Female or All Male	• 4-5 Members

See grid below for division splits by team size:

Small Junior Varsity Show Cheer	• 6 - 16 Members
Large Junior Varsity Show Cheer	• 17 - 36 Members
Small Varsity Show Cheer	• 6 - 12 Members
Medium Varsity Show Cheer	• 13 - 16 Members
Large Varsity Show Cheer	• 17 - 20 Members
Super Varsity Show Cheer	• 21 - 36 Members

Small Junior Varsity Song/Pom	• 5 - 9 Members
Large Junior Varsity Song/Pom	• 10 - 23 Members
Small Varsity Song/Pom	• 5 - 7 Members
Medium Varsity Song/Pom	• 8 - 11 Members
Large Varsity Song/Pom	• 12 - 23 Members

Small Junior Varsity Song/Jazz	• 5 - 9 Members
Large Junior Varsity Song/Jazz	• 10 - 23 Members
Small Varsity Song/Jazz	• 5 - 7 Members
Medium Varsity Song/Jazz	• 8 - 11 Members
Large Varsity Song/Jazz	• 12 - 23 Members

Visit [Varsity.com/USA](http://Varsity.com/USA) for Dance, Junior/Rec, College and All Star competition and division information