

## USA HIGH SCHOOL SPIRIT & GAME DAY DIVISIONS

Blue indicates a change/update from the 2020-21 competition season.

For detailed division limitations for Novice, Intermediate and Advanced please visit the USA website at:

<https://www.varsity.com/usa/school/competitions/rulesandscoreing/>

### CHEER DIVISIONS

#### Show Cheer -- Advanced (Building & Tumbling Skills)

Routine Length: 2:30 Minutes

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

#### Show Cheer -- Intermediate (Building & Tumbling Skills)

Routine Length: 2:30 Minutes

Freshman	● 9th Grade	● Female/Male	● 5 - 36 Members
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female (0-1 Male)	● 5 - 36 Members
Co-Ed Varsity	● 9th - 12th Grade	● Female (2+ Males)	● 5 - 36 Members

#### Show Cheer -- Novice (Building & Tumbling Skills)

Routine Length: 2:30 Minutes

Freshman	● 9th Grade	● Female/Male	● 5 - 36 Members
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female (0-1 Male)	● 5 - 36 Members
Co-Ed Varsity	● 9th - 12th Grade	● Female (2+ Males)	● 5 - 36 Members

#### Show Cheer Non-Building -- Advanced (Tumbling Skills)

Routine Length: 2:30 Minutes

Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members

#### Show Cheer Non-Building -- Novice (Tumbling Skills)

Routine Length: 2:30 Minutes

Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members

#### Show Cheer Non-Tumbling -- Advanced (Building Skills)

Routine Length: 2:30 Minutes

Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female (0-1 Male)	● 5 - 36 Members
Co-Ed Varsity	● 9th - 12th Grade	● Female (2+ Males)	● 5 - 36 Members

#### Show Cheer Non-Tumbling -- Novice (Building Skills)

Routine Length: 2:30 Minutes

Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female (0-1 Male)	● 5 - 36 Members
Co-Ed Varsity	● 9th - 12th Grade	● Female (2+ Males)	● 5 - 36 Members

#### Group Stunt

Routine Length: 1 Minute

Group Stunt - Intermediate	● 9th - 12th Grade	● All Female or All Male	● 4 - 5 Members
Group Stunt - Advanced	● 9th - 12th Grade	● All Female or All Male	● 4 - 5 Members

#### Mascot

Routine Length: 2 Minutes

Mascot	● 9th - 12th Grade	● Female/Male	● 1 - 10 Members
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## USA HIGH SCHOOL SPIRIT & GAME DAY DIVISIONS

### Game Day Band Chant - Cheer

Routine Length: 1 Minute

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
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### Game Day Situational Sideline/Cheer - Cheer

Routine Length: 1 Minute

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
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### Game Day Fight Song - Cheer

Routine Length: 1 Minute

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
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### Game Day - Crowdleader™ Teams (Combined Band Chant, Fight Song, Situational Sideline/Cheer)

Routine Length: 4 Minutes

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
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**New - 2022 Spirit Nationals** - Show Cheer, Show Cheer Non-Tumbling, Show Cheer Non-Building, Group Stunt and Game Day (Cheer) Divisions: It is required that 75% of the cheer members competing at 2022 USA Spirit Nationals in cheer divisions must have completed the summer **2021** Varsity Spirit/NFHS Squad Credentialing Program.

**New - All Game Day Divisions (High School & Jr High)** - Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required in order to attend Spirit and Jr. Nationals in any Game Day division.

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 registered.

#### Varsity Show Cheer (Building & Tumbling) Division Splits

Varsity Show Cheer (Building & Tumbling) 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 (Non-Nationals)/4 teams (Nationals) in each division once a split occurs to keep the division separated by size.

See grid below for Varsity Show Cheer (Building & Tumbling) division splits by team size:

Small Varsity Show Cheer	• 5 - 15 Members
Medium Varsity Show Cheer	• 16 - 19 Members
Large Varsity Show Cheer	• 20 - 23 Members
Super Varsity Show Cheer	• 24 - 36 Members

#### JV Show Cheer, Varsity & JV Non-Tumbling and Varsity & JV Non-Building Division Splits

Step 1 - JV Show Cheer, Varsity & JV Show Cheer Non-Tumbling and Varsity & JV Show Cheer Non-Building divisions will be split by size into Sm/Lg once there are 10 teams (Non-Nationals)/20 teams (Nationals) in the division. There must be at least 3 teams (Non-Nationals)/ 4 teams (Nationals) in each division once a split occurs.

Step 2 - The division will be split again into Sm/Med and/or Lg/Super if there are still 15 teams in the small or large division after the initial split occurred. There must be at least 3 teams (Non-Nationals)/ 4 teams (Nationals) in each division once a split occurs to keep the division separated by size.

See grid below for JV Show Cheer, Varsity & JV Non-Tumbling and Varsity & JV Non-Building division splits by team size:

Small Junior Varsity Show Cheer	• 5 - 19 Members
Large Junior Varsity Show Cheer	• 20 - 36 Members

#### Game Day (Cheer) Division Splits

Divisions will be split by size once there are 10 teams (Non-Nationals/Nationals) in the division. There must be at least 4 teams in each division once a split occurs to keep the divisions separated by size.

Crowdleader™ Teams will first be split by size then by All-Girl and Co-Ed.

See grid below for Game Day cheer division splits by team type and/or size:

Junior Varsity - Cheer	• 5+ Members
Small Varsity - Cheer	• 5 - 19 Members
Large Varsity - Cheer	• 20+ Members
Sm GAME DAY - Crowdleader™ Teams	• 5 - 19 Members
Lg GAME DAY - Crowdleader™ Teams	• 20+ Members
Co-Ed GAME DAY - Crowdleader™ Teams	• 5+ Members/2+ cheer males

## USA HIGH SCHOOL SPIRIT & GAME DAY DIVISIONS

### SONG/POM & PEP FLAG DIVISIONS

<b>Song/Pom -- Advanced</b>			
Routine Length: 2:30 Minutes			
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 23 Members
Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 23 Members
<b>Song/Pom -- Intermediate</b>			
Routine Length: 2:30 Minutes			
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 23 Members
Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 23 Members
<b>Song/Pom -- Novice</b>			
Routine Length: 2:30 Minutes			
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 23 Members
Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 23 Members
<b>Song/Pom</b>			
Routine Length: 2:30 Minutes			
Freshman	● 9th Grade	● Female/Male	● 5 - 23 Members
<b>Song/Jazz**</b>			
Routine Length: 2:30 Minutes			
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 23 Members
Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 23 Members
<b>Pep Flag</b>			
Routine Length: 2:30 Minutes			
Pep Flag -- 1 Flag	● 9th - 12th Grade	● Female/Male	● 4 - 23 Members
Pep Flag -- 2 Flags	● 9th - 12th Grade	● Female/Male	● 4 - 23 Members
<b>Pep Flag -- Novice</b>			
Routine Length: 2:30 Minutes			
Pep Flag -- 2 Flags	● 9th - 12th Grade	● Female/Male	● 4 - 23 Members
<b>Game Day Band Chant - Song/Pom</b>			
Routine Length: 1 Minute			
High School	● 9th - 12th Grade	● Female/Male	● 5-23 Members
<b>Game Day Fight Song - Song/Pom</b>			
Routine Length: 1 Minute			
High School	● 9th - 12th Grade	● Female/Male	● 5-23 Members
<b>Game Day Performance Routine - Song/Pom</b>			
Routine Length: 1 Minute			
High School	● 9th - 12th Grade	● Female/Male	● 5-23 Members
<b>Game Day All In One Performance - Song/Pom</b>			
Routine Length: 3 Minutes			
High School	● 9th - 12th Grade	● Female/Male	● 5-23 Members

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#### Varsity Song/Pom and Song/Jazz Division Splits

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 (Non-Nationals and Nationals) in each division once a split occurs to keep the division separated by size.

See grid below for Varsity Song/Pom and Song/Jazz division splits by team size:

Small Varsity Song/Pom	● 5 - 7 Members
Medium Varsity Song/Pom	● 8 - 11 Members
Large Varsity Song/Pom	● 12 - 23 Members
Small Varsity Song/Jazz	● 5 - 7 Members
Medium Varsity Song/Jazz	● 8 - 11 Members
Large Varsity Song/Jazz	● 12 - 23 Members

**USA HIGH SCHOOL SPIRIT  
& GAME DAY DIVISIONS****Junior Varsity Song/Pom and Song/Jazz Division Splits**

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 (Non-Nationals and Nationals) in each division once a split occurs to keep the division separated by size.

See grid below for Junior Varsity Song/Pom and Song/Jazz division splits by team size:

Small Junior Varsity Song/Pom	• 5 - 9 Members
Large Junior Varsity Song/Pom	• 10 - 23 Members
Small Junior Varsity Song/Jazz	• 5 - 9 Members
Large Junior Varsity Song/Jazz	• 10 - 23 Members

\*\*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.

**Game Day (Song) Division Splits**

Divisions will be split by size once there are 10 teams (Non-Nationals/Nationals) in the division. There must be at least 4 teams in each division once a split occurs to keep the divisions separated by size.

See grid below for Song/Pom division splits by type:

Junior Varsity - Song/Pom	• 5-23 Members
Varsity - Song/Pom	• 5-23 Members

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