

USA JR HIGH SPIRIT & GAME DAY DIVISIONS for 2022-2023

Blue indicates a change/update from the 2021-22 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			
Elementary	• 6th Grade and Younger	• Female/Male	• 5 - 36 Members
Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 5 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 5 - 36 Members
Show Cheer -- Intermediate (Building & Tumbling Skills)			
Routine Length: 2:30 Minutes			
Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 5 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 5 - 36 Members
Show Cheer -- Novice (Building & Tumbling Skills)			
Routine Length: 2:30 Minutes			
Elementary	• 6th Grade and Younger	• Female/Male	• 5 - 36 Members
Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 5 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 5 - 36 Members
Show Cheer -- Non-Tumbling (Building Skills)			
Routine Length: 2:30 Minutes			
Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 36 Members
Group Stunt			
Routine Length: 1 Minute			
Jr. High - Novice	• 9th Grade and Younger	• All Female or All Male	• 4 - 5 Members
Jr. High - Advanced	• 9th Grade and Younger	• All Female or All Male	• 4 - 5 Members
Game Day Band Chant - Cheer			
Routine Length: 1 Minute			
Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members
Game Day Situational Sideline/Cheer - Cheer			
Routine Length: 1 Minute			
Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members
Game Day Fight Song - Cheer			
Routine Length: 1 Minute			
Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members

All Divisions, including Game Day - Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required in order to attend Jr. Nationals in any division. Bids to Nationals are awarded to teams receiving 80% of total possible points for all cheer, group stunt and game day cheer divisions and 75% of total possible points for all song and game day song divisions, regardless of any penalties received.

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 under the "Co-Ed" division if registered.

Show Cheer Division Splits

Show Cheer 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.

See grid below for show cheer division splits by team size:

Small Show Cheer	• 5 - 15 Members
Medium Show Cheer	• 16 - 19 Members
Large Show Cheer	• 20 - 36 Members

SONG/POM DIVISIONS

Song/Pom Routine Length: 2:30 Minutes			
Elementary	• 6th Grade and Younger	• Female/Male	• 5 - 23 Members
Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 23 Members
Game Day Spirit Raising (Band Chant) - Song/Pom Routine Length: 1 Minute			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members
Game Day Fight Song - Song/Pom Routine Length: 1 Minute			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members
Game Day Performance Routine - Song/Pom Routine Length: 1 Minute			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members
Game Day All In One Performance - Song/Pom Routine Length: 3 Minutes			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members

All Divisions, including Game Day - Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required in order to attend Jr. Nationals in any division. Bids to Nationals are awarded to teams receiving 80% of total possible points for all cheer, group stunt and game day cheer divisions and 75% of total possible points for all song and game day song divisions, regardless of any penalties received.

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.

Song/Pom Division Splits

Song/Pom 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.

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

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

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.