

# USA HIGH SCHOOL 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 & MASCOT DIVISIONS

<b>Show Cheer -- Advanced (Building &amp; Tumbling Skills)</b>			
<b>Routine Length: 2:30 Minutes</b>			
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
<b>Show Cheer -- Intermediate (Building &amp; Tumbling Skills)</b>			
<b>Routine Length: 2:30 Minutes</b>			
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
<b>Show Cheer -- Novice (Building &amp; Tumbling Skills)</b>			
<b>Routine Length: 2:30 Minutes</b>			
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
<b>Show Cheer Non-Tumbling -- Advanced (Building Skills)</b>			
<b>Routine Length: 2:30 Minutes</b>			
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
<b>Show Cheer Non-Tumbling -- Novice (Building Skills)</b>			
<b>Routine Length: 2:30 Minutes</b>			
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
<b>Group Stunt</b>			
<b>Routine Length: 1 Minute</b>			
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
<b>Mascot</b>			
<b>Routine Length: 2 Minutes</b>			
Mascot	● 9th - 12th Grade	● Female/Male	● 1 - 10 Members
<b>Game Day Band Chant - Cheer</b>			
<b>Routine Length: 1 Minute</b>			
High School	● 9th - 12th Grade	● Female/Male	● 5+ Members
<b>Game Day Situational Sideline/Cheer - Cheer</b>			
<b>Routine Length: 1 Minute</b>			
High School	● 9th - 12th Grade	● Female/Male	● 5+ Members

## Game Day Fight Song - Cheer

Routine Length: 1 Minute

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
-------------	--------------------	---------------	--------------

## Crowdleader™ Teams (Combined Band Chant, Fight Song, Situational Sideline/Cheer)

Routine Length: 4 Minutes

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
-------------	--------------------	---------------	--------------

**2023 Spirit Nationals** - Show Cheer, Show Cheer Non-Tumbling, Group Stunt and Game Day (Cheer) Divisions: It is required that at least 75% of the cheer members competing at 2023 USA Spirit Nationals in cheer divisions must have completed the summer 2022 Varsity Spirit/NFHS Squad Credentialing Program.

**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 Spirit 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, pep flag, mascot, 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 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 and Varsity & JV Non-Tumbling Division Splits

Step 1 - JV Show Cheer and Varsity & JV Show Cheer Non-Tumbling 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 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

## 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 Spirit Raising (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

*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 Spirit 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, pep flag, mascot, 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.

### **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:**

<b>Small Varsity Song/Pom</b>	<b>• 5 - 7 Members</b>
<b>Medium Varsity Song/Pom</b>	<b>• 8 - 11 Members</b>
<b>Large Varsity Song/Pom</b>	<b>• 12 - 23 Members</b>
<b>Small Varsity Song/Jazz</b>	<b>• 5 - 7 Members</b>
<b>Medium Varsity Song/Jazz</b>	<b>• 8 - 11 Members</b>
<b>Large Varsity Song/Jazz</b>	<b>• 12 - 23 Members</b>

**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:**

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

**\*\*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:**

<b>Junior Varsity - Song/Pom</b>	<b>• 5-23 Members</b>
<b>Varsity - Song/Pom</b>	<b>• 5-23 Members</b>