



## USA JR HIGH SPIRIT & GAME DAY DIVISIONS for 2024-2025

Red indicates a change/update from the 2023-24 competition season.

For detailed division limitations for Novice, Intermediate and Advanced please visit the USA website at:  
[Divisions, Rules & Scoring](#)

### 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 (No Males)	• 5 - 36 Members
Co-Ed Jr. High	• 9th Grade and Younger	• Female (1+ Males)	• 5 - 36 Members

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

Routine Length: 2:30 Minutes

Jr. High	• 9th Grade and Younger	• Female (No Males)	• 5 - 36 Members
Co-Ed Jr. High	• 9th Grade and Younger	• Female (1+ 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 (No Males)	• 5 - 36 Members
Co-Ed Jr. High	• 9th Grade and Younger	• Female (1+ Males)	• 5 - 36 Members

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

Routine Length: 2:30 Minutes

Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 36 Members
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#### Show Cheer Non-Tumbling -- Novice (Building Skills)

Routine Length: 2:30 Minutes

Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 36 Members
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#### 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

Routine Length: 1 Minute

Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members
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#### Game Day Situational Sideline/Cheer

Routine Length: 1 Minute

Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members
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#### Game Day Fight Song

Routine Length: 1 Minute

Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members
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**All Divisions, including Game Day** - Prior qualification through a USA Regional 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.

**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 - 19 Members
Large 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.

## SONG/POM DIVISIONS

<b>Song/Pom</b>			
<b>Routine Length: 2:30 Minutes</b>			
Elementary	• 6th Grade and Younger	• Female/Male	• 5 - 23 Members
Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 23 Members
<b>Game Day All In One Performance</b>			
<b>Routine Length: 3 Minutes</b>			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members

**All Divisions, including Game Day** - Prior qualification through a USA Regional 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.