



USA JR HIGH SPIRIT & GAME DAY DIVISIONS for 2025-2026

Red indicates a change/update from the 2024-25 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			
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			
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 -- 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
Show Cheer Non-Tumbling -- Intermediate (Building Skills)			
Routine Length: 2:30 Minutes			
Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 36 Members
Show Cheer Non-Tumbling -- Novice (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 - Intermediate	• 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
Game Day Situational Sideline/Cheer			
Routine Length: 1 Minute			
Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members
Game Day Fight Song			
Routine Length: 1 Minute			
Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members

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

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 All In One Performance			
Routine Length: 3 Minutes			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members

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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.