



2025-2026

USA HIGH SCHOOL SPIRIT & GAME DAY DIVISIONS

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 & MASCOT 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 (No Males)	• 5 - 36 Members
Co-Ed Junior Varsity	• 9th - 12th Grade	• Female (1+ Males)	• 5 - 36 Members
Varsity	• 9th - 12th Grade	• Female (No Males)	• 5 - 36 Members
Co-Ed Varsity Small	• 9th - 12th Grade	• Female (1 - 4 Males)	• 5 - 36 Members
Co-Ed Varsity Large	• 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 (No Males)	• 5 - 36 Members
Co-Ed Junior Varsity	• 9th - 12th Grade	• Female (1+ Males)	• 5 - 36 Members
Varsity	• 9th - 12th Grade	• Female (No Males)	• 5 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• Female (1+ 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 (No Males)	• 5 - 36 Members
Co-Ed Junior Varsity	• 9th - 12th Grade	• Female (1+ Males)	• 5 - 36 Members
Varsity	• 9th - 12th Grade	• Female (No Males)	• 5 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• Female (1+ Males)	• 5 - 36 Members

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

Routine Length: 2:30 Minutes

Junior Varsity	• 9th - 12th Grade	• Female (No Males)	• 5 - 36 Members
Co-Ed Junior Varsity	• 9th - 12th Grade	• Female (1+ Males)	• 5 - 36 Members
Varsity	• 9th - 12th Grade	• Female (No Males)	• 5 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• Female (1+ Males)	• 5 - 36 Members

Show Cheer Non-Tumbling -- Intermediate (Building Skills)

Routine Length: 2:30 Minutes

Junior Varsity	• 9th - 12th Grade	• Female (No Males)	• 5 - 36 Members
Co-Ed Junior Varsity	• 9th - 12th Grade	• Female (1+ Males)	• 5 - 36 Members
Varsity	• 9th - 12th Grade	• Female (No Males)	• 5 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• Female (1+ Males)	• 5 - 36 Members

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

Routine Length: 2:30 Minutes

Junior Varsity	• 9th - 12th Grade	• Female (No Males)	• 5 - 36 Members
Co-Ed Junior Varsity	• 9th - 12th Grade	• Female (1+ Males)	• 5 - 36 Members
Varsity	• 9th - 12th Grade	• Female (No Males)	• 5 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• Female (1+ 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
Game Day Band Chant			
Routine Length: 1 Minute			
High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
Game Day Situational Sideline/Cheer			
Routine Length: 1 Minute			
High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
Game Day Fight Song			
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: 3:30 Minutes			
High School	• 9th - 12th Grade	• Female/Male	• 5+ Members

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

VARSITY SHOW CHEER DIVISION SPLITS

Varsity Show Cheer 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 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 DIVISION SPLITS

Step 1 - JV Show Cheer 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 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/co-ed.

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/1+ cheer males

Split guidelines may not apply to virtual competitions.



SONG/POM & PEP FLAG DIVISIONS

Song/Pom -- Advanced			
Routine Length: 2:30 Minutes			
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Song/Pom -- Intermediate			
Routine Length: 2:30 Minutes			
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Song/Pom -- Novice			
Routine Length: 2:30 Minutes			
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Song/Pom			
Routine Length: 2:30 Minutes			
Freshman	• 9th Grade	• Female/Male	• 5 - 23 Members
Song/Jazz -- Advanced			
Routine Length: 2:30 Minutes			
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Song/Jazz -- Intermediate			
Routine Length: 2:30 Minutes			
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Pep Flag			
Routine Length: 2:30 Minutes			
Pep Flag -- 2 Flags	• 9th - 12th Grade	• Female/Male	• 4 - 23 Members
Game Day All In One Performance			
Routine Length: 3 Minutes			
High School	• 9th - 12th Grade	• Female/Male	• 5-23 Members

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)/4 teams (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

JV 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)/4 teams (Nationals) in each division once a split occurs to keep the division separated by size.

See grid below for JV 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

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 Game Day Song/Pom division splits by type:

Junior Varsity - Song/Pom	• 5-23 Members
Small Varsity Song/Pom	• 5 - 7 Members
Medium Varsity Song/Pom	• 8 - 11 Members
Large Varsity Song/Pom	• 5-23 Members

Split guidelines may not apply to virtual competitions.

Rev. 3/26/25