



2026-2027

USA SPIRIT & GAME DAY DIVISIONS

Red indicates a change/update from the 2025-26 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			
Traditional Rec 12Y*	• 2014 and Later	• Female/Male	• 5 - 36 Members
Traditional Rec 14Y*	• 2012 and Later	• Female/Male	• 5 - 36 Members
Traditional Rec 12-18Y*	• 6/1/2008-2014	• 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
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			
Traditional Rec 12Y*	• 2014 and Later	• Female/Male	• 5 - 36 Members
Traditional Rec 14Y*	• 2012 and Later	• Female/Male	• 5 - 36 Members
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
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			
Traditional Rec 10Y*	• 2016 and Later	• Female/Male	• 5 - 36 Members
Traditional Rec 12Y*	• 2014 and Later	• Female/Male	• 5 - 36 Members
Traditional Rec 14Y*	• 2012 and Later	• Female/Male	• 5 - 36 Members
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
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

Jr. High	● 9th Grade and Younger	● 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 -- Intermediate (Building Skills)

Routine Length: 2:30 Minutes

Jr. High	● 9th Grade and Younger	● 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 -- Novice (Building Skills)

Routine Length: 2:30 Minutes

Jr. High	● 9th Grade and Younger	● 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

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
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
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Game Day Band Chant

Routine Length: 1 Minute

Traditional Rec 12-18Y*	● 6/1/2008-2014	● Female/Male	● 5 - 36 Members
Jr. High	● 9th Grade and Younger	● Female/Male	● 5 - 36 Members
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members

Game Day Situational Sideline/Cheer

Routine Length: 1 Minute

Traditional Rec 12-18Y*	● 6/1/2008-2014	● Female/Male	● 5 - 36 Members
Jr. High	● 9th Grade and Younger	● Female/Male	● 5 - 36 Members
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members

Game Day Fight Song

Routine Length: 1 Minute

Traditional Rec 12-18Y*	● 6/1/2008-2014	● Female/Male	● 5 - 36 Members
Jr. High	● 9th Grade and Younger	● Female/Male	● 5 - 36 Members
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members

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

Routine Length: 3:30 Minutes

Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female (No Males)	● 5 - 36 Members
Co-Ed High School	● 9th - 12th Grade	● Female (1+ Males)	● 5 - 36 Members

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

Split guidelines may not apply to virtual competitions.

DIVISION SPLITS

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 in each division once a split occurs to keep the division separated by size.**

See grid below for High School division splits by team size, including Game Day and Crowdleader™ Teams.

Small	● 5 - 15 Members
Medium	● 16 - 19 Members
Large	● 20 - 23 Members
Super	● 24 - 36 Members

See grid below for Junior High and Rec show cheer division splits by team size:

Small Show Cheer	● 5 - 19 Members
Large Show Cheer	● 20 - 36 Members

*Traditional Recreational Affiliated Divisions

- The program must be affiliated with, report to, and be governed by an organization such as; YMCA, Boys and Girls Club, City/County Parks and Recreational Program, American Youth Cheer, Pop Warner Association, or other community run program not associated with All Star Cheer.
- Each team must cheer for a sport during the 2026-2027 cheer season.
- All Affiliated Recreational programs will need to provide the Recreational Cheer Verification Form and Roster that proves legitimacy of the organization for each event competing.
- Traditional Recreational Affiliated divisions will follow the USA school-based division rules, guidelines and scoring system.
- The age of the athlete will be determined by birth year for the competition season.



**2026-2027
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			
Elementary	• 6th Grade and Younger	• Female/Male	• 5 - 23 Members
Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 23 Members
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			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5-23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5-23 Members

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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 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 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

Jr High 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 Jr High 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 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 Game Day Song/Pom division splits by type:

Jr High - Song/Pom	• 5 - 23 Members
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	• 12 - 23 Members

Split guidelines may not apply to virtual competitions.

2026 – 2027 USA Division Updates Overview

General Updates

All division information for all age levels has been merged into one document.

Updated Divisions

- **NEW** – Stand-alone Game Day divisions now include Traditional Rec 12-18Y.
- **NEW** – Show Cheer Intermediate will be available for Traditional Rec 12Y and 14Y.
- **NEW** – Game Day All In One (Song/Pom) will include Junior Varsity.
- The Division listing for Crowleader Teams™ has been updated to include Junior Varsity, Varsity and Coed (this information was previously listed separately in the size grid).

Size/Division Grid Updates

- The grid for High School divisions now includes Game Day and Crowleader Teams™.
- All divisions will have a maximum of 36 members.
- Verbiage has been removed that requires 4 teams to remain in a division to maintain a size split at Nationals.