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

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.