



# 2018 - 2019 SCHOOL, REC & CLUB DIVISIONS

Revised 8/8/2018

*All teams must attend a Varsity Spirit camp and participate in the Squad Credentialing program in order to be eligible to compete and receive a bid at a 2018 Fall qualifying tournament for the 2019 NHSCC.*

## JUNIOR HIGH / JUNIOR VARSITY DIVISIONS

2018 - 2019 Season: All members of the cheerleading squad must be current members of the official school spirit squad.

- Junior Varsity Divisions WILL be allowed 7th grade participants if they attend a school that is under the administrative supervision of the same school board as the high school that they are representing. Teams will only be allowed to compete in the Junior Varsity Division if they are the official Junior Varsity team. If there is only one team from that school, that team will be required to compete in the Varsity divisions. **If you have team members that cheer varsity sports year round, you must compete as a varsity team.**
- Junior High Divisions WILL be allowed 9th grade participants if (1) they attend a school that is under the administrative supervision of the same school board as the junior high school that they are representing AND (2) a minority of the team are 9th graders.
- Junior High teams with a majority of 9th grade participants must compete as a Junior Varsity team.

Division	Grade	Female/Male	Squad Members	Notes
Small Junior High	9th grade and below	Female/Male	5 - 16 Members	
Large Junior High	9th grade and below	Female/Male	17 - 25 Members	
Small Junior Varsity	7th grade - 12th grade	Female	5 - 16 Members	Official JV team or a JH team with a majority of 9th grade team members.
Large Junior Varsity	7th grade - 12th grade	Female	17 - 25 Members	Official JV team or a JH team with a majority of 9th grade team members.
Junior Varsity Coed	7th grade - 12th grade	Female/1+ Male	5 - 25 Members	Official JV team or a JH team with a majority of 9th grade team members. 1 or more Males allowed.

## VARSITY DIVISIONS

2018 - 2019 Season: All members of the cheerleading squad must be current members of the official school spirit squad.

- 7th grade **and below** participants will NOT be allowed on a Varsity team; however 8th grade participants will be allowed to participate on a Varsity team if the school they attend is under the direct administrative supervision of the same school board as the Varsity team they are representing. If there is only one team from a school, that team will be required to compete in the Varsity divisions.

Division	Grade	Female/Male	Squad Members	Notes
Small Varsity	8th – 12th grade	Female	5 - 12 Members	
Medium Varsity	8th - 12th grade	Female	13 - 16 Members	
Large Varsity	8th – 12th grade	Female	17 - 20 Members	
Super Varsity	8th - 12th grade	Female	21 - 30 Members	
Small Varsity Coed	8th – 12th grade	Female/1-4 Males	5 - 20 Members	Only 1 to 4 Males allowed
Medium Varsity Coed	8th - 12th grade	Female/4-7 Males	21 - 25 Members	Only 4 to 7 Males allowed
Large Varsity Coed	8th – 12th grade	Female/8+ Males	21 - 30 Members	8 or more Males allowed

## NON BUILDING DIVISIONS

Non Building Divisions: No partner stunts, pyramids or tosses allowed.

Division	Grade	Female/Male	Squad Members
Junior Non Building	JH or JV team	Female/Male	5 - 30 Members
Small Varsity Non Building	8th - 12th grade	Female/Male	5 - 15 Members
Large Varsity Non Building	8th - 12th grade	Female/Male	16 - 30 Members



## NON TUMBLING DIVISIONS

- The Non Tumbling Divisions will prohibit all tumbling with feet over head rotation.
- Legal inversions into or from stunts will not be considered tumbling and are allowed in this division.
- Junior High Non Tumbling and Junior Varsity Non Tumbling Grade Guidelines: Must follow same grade restrictions as JH and JV Divisions listed on page 1.

Division	Grade	Female/Male	Squad Members	Notes
Junior High Non Tumbling	9th grade and below	Female/Male	5 - 25 Members	
Junior Varsity Non Tumbling	7th grade - 12th grade	Female/Male	5 - 25 Members	
Small Varsity Non Tumbling	8th grade - 12th grade	Female/0-2 Males	5 - 12 Members	Up to 2 Males allowed
Medium Varsity Non Tumbling	8th grade - 12th grade	Female/0-2 Males	13 - 16 Members	Up to 2 Males allowed
Large Varsity Non Tumbling	8th grade - 12th grade	Female/0-2 Males	17 - 20 Members	Up to 2 Males allowed
Super Varsity Non Tumbling	8th grade - 12th grade	Female/0-2 Males	21 - 30 Members	Up to 2 Males allowed

## RECREATIONAL DIVISIONS

### Recreational Division Policies:

1. The Recreational Divisions exist for teams with the main purpose of cheering for and supporting a recreational team (i.e. youth football, pee wee sports, community sports teams, etc.)
  2. All Recreational teams will need to provide a notarized letter from the City Director of Youth Leagues (Elementary School administration, AYC, Pop Warner, YMCA, Upward Bound, etc.) that proves legitimacy of the organization. The letter must include how many teams are associated with the recreational program and approximate time or season(s) they cheer.
  3. Teams with a school affiliation may compete in the recreational division, only if at least half of the participants are in 6th grade **and meet the age requirements** or younger.
  4. Recreational divisions will follow same routine format and rules and regulations (including additional restrictions for Elementary teams, Middle and Junior High School teams) along with all other teams competing at any UCA event and the NHSCC.
- The age of the competitor as of Aug. 31, 2018 will be the age used for the competition purposes throughout the 2018-2019 season for all Rec Divisions.

Division	Grade	Female/Male	Squad Members	Notes
Pee Wee Rec	5 - 8 years of age	Female/Male	5 - 36 Members	No Bid to NHSCC
Youth Rec	10 years and younger	Female/Male	5 - 36 Members	
Junior Rec	12 years and younger	Female/Male	5 - 36 Members	
Senior Rec	14 years and younger	Female/Male	5 - 36 Members	

## CLUB DIVISIONS

- Club Divisions exist for teams who will follow the same 2 and 1/2 minute routine format with cheer/ sideline and music and all other rules and regulations (including additional restrictions for Elementary teams, Middle and Junior High School teams) along with all other teams competing at any UCA event and the NHSCC.
- The age of the competitor as of Aug. 31, 2018 will be the age used for the competition purposes throughout the 2018-2019 season for all Club Divisions.

Division	Grade	Female/Male	Squad Members
Junior Club	12 years and younger	Female/Male	5 - 36 Members
Senior Club	14 years and younger	Female/Male	5 - 36 Members

