

# USA HIGH SCHOOL SPIRIT & GAME DAY DIVISIONS for 2023-2024

Blue indicates a change/update from the 2022-23 competition season.

For detailed division limitations for Novice, Intermediate and Advanced please visit the USA website at:

<https://www.varsity.com/usa/school/competitions/rulesandscoreing/>

## CHEER & MASCOT DIVISIONS

<b>Show Cheer -- Advanced (Building &amp; Tumbling Skills)</b>			
<b>Routine Length: 2:30 Minutes</b>			
Freshman	● 9th Grade	● Female/Male	● 5 - 36 Members
Junior Varsity	● 9th - 12th Grade	● Female (0-1 Male)	● 5 - 36 Members
Co-Ed Junior Varsity	● 9th - 12th Grade	● Female (2+ Males)	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female (No Males)	● 5 - 36 Members
Small Co-Ed Varsity	● 9th - 12th Grade	● Female (1 - 4 Males)	● 5 - 36 Members
Large Co-Ed Varsity	● 9th - 12th Grade	● Female (5+ Males)	● 5 - 36 Members
<b>Show Cheer -- Intermediate (Building &amp; Tumbling Skills)</b>			
<b>Routine Length: 2:30 Minutes</b>			
Freshman	● 9th Grade	● Female/Male	● 5 - 36 Members
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female (0-1 Male)	● 5 - 36 Members
Co-Ed Varsity	● 9th - 12th Grade	● Female (2+ Males)	● 5 - 36 Members
<b>Show Cheer -- Novice (Building &amp; Tumbling Skills)</b>			
<b>Routine Length: 2:30 Minutes</b>			
Freshman	● 9th Grade	● Female/Male	● 5 - 36 Members
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female (0-1 Male)	● 5 - 36 Members
Co-Ed Varsity	● 9th - 12th Grade	● Female (2+ Males)	● 5 - 36 Members
<b>Show Cheer Non-Tumbling -- Advanced (Building Skills)</b>			
<b>Routine Length: 2:30 Minutes</b>			
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female (0-1 Male)	● 5 - 36 Members
Co-Ed Varsity	● 9th - 12th Grade	● Female (2+ Males)	● 5 - 36 Members
<b>Show Cheer Non-Tumbling -- Novice (Building Skills)</b>			
<b>Routine Length: 2:30 Minutes</b>			
Junior Varsity	● 9th - 12th Grade	● Female/Male	● 5 - 36 Members
Varsity	● 9th - 12th Grade	● Female (0-1 Male)	● 5 - 36 Members
Co-Ed Varsity	● 9th - 12th Grade	● Female (2+ Males)	● 5 - 36 Members
<b>Group Stunt</b>			
<b>Routine Length: 1 Minute</b>			
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
<b>Mascot</b>			
<b>Routine Length: 2 Minutes</b>			
Mascot	● 9th - 12th Grade	● Female/Male	● 1 - 10 Members
<b>Game Day Band Chant - Cheer</b>			
<b>Routine Length: 1 Minute</b>			
High School	● 9th - 12th Grade	● Female/Male	● 5+ Members
<b>Game Day Situational Sideline/Cheer - Cheer</b>			
<b>Routine Length: 1 Minute</b>			
High School	● 9th - 12th Grade	● Female/Male	● 5+ Members

## Game Day Fight Song - Cheer

Routine Length: 1 Minute

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
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## Crowdleader™ Teams (Combined Band Chant, Fight Song, Situational Sideline/Cheer)

Routine Length: 4 Minutes

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
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**2024 Spirit Nationals** - Show Cheer, Show Cheer Non-Tumbling, Group Stunt and Game Day (Cheer) Divisions: It is required that at least 75% of the cheer members competing at 2024 USA Spirit Nationals in cheer divisions must have completed the summer camp 2023 Varsity Spirit/NFHS Squad Credentialing Program.

**All Divisions, including Game Day** - Prior qualification through a USA Regional competition or other sanctioned event/process is required in order to attend Spirit Nationals in any division. Bids to Nationals are awarded to teams receiving 80% of total possible points for all cheer, group stunt and game day cheer divisions and 75% of total possible points for all song, pep flag, mascot, and game day song divisions, regardless of any penalties received.

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

All male teams will compete in the appropriate co-ed division, if registered.

### 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.

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/2+ cheer males

## SONG/POM & PEP FLAG DIVISIONS

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

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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

**Junior Varsity 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 Junior Varsity 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
Varsity - Song/Pom	• 5-23 Members