



2024-2025

USA HIGH SCHOOL SPIRIT & GAME DAY DIVISIONS

Red indicates a change/update from the 2023-24 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
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Game Day Band Chant

Routine Length: 1 Minute

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
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Game Day Situational Sideline/Cheer

Routine Length: 1 Minute

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
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Game Day Fight Song

Routine Length: 1 Minute

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

Routine Length: 3:30 Minutes

High School	• 9th - 12th Grade	• Female/Male	• 5+ Members
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2025 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 2025 USA Spirit Nationals in cheer divisions must have completed the summer camp 2024 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.

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.

Crowleader™ 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 - Crowleader™ Teams	• 5 - 19 Members
Lg GAME DAY - Crowleader™ Teams	• 20+ Members
Co-Ed GAME DAY - Crowleader™ Teams	• 5+ Members/ 1+ cheer males

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			
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

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.

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
Varsity - Song/Pom	● 5-23 Members