

School Divisions and Age Grid

School Defined: Team affiliated with a school organization. All members must be enrolled in the school they are representing. Team is governed by school administration

Traditional : Up to 1:30 music plus non music cheer/crowdlead/word section for a total of 2:30 (No Minimum) Includes both stunts and tumble.

All Music: Up to 2:30 of music (No Minimum). Cheer/words are allowed as long as the music contains a back beat and the track is continuous. Includes both stunts and tumble

Non Building: No stunts or building where an individual is lifted or supported off the ground by another individual. Non Building Divisions include: Non Building Traditional, All Music and Game Day.

Non Tumble: No tumbling skills incorporated into the routine. Exceptions: Seat rolls and forward rolls used as transitions and movement in the routine. Non Tumble Divisions include: Non Tumble Traditional, All Music and Game Day

Game Day: Game Day and side line cheer material performed to engage the crowd to demonstrate spirit and enthusiasm. Based on execution Not Difficulty, should be crowd engaging.

Total Time 2:30 (no minimum) Criteria include:

Sideline Chant: Game day sideline material to engage crowd with short/sharp words that are easy to follow. Poms, signs, megaphones and flags can be incorporated

Band Dance/Cheer: Band dance with recorded version of a band. Dance and movements should encourage fan involvement. May or may not incorporate cheer or words. Poms signs, megaphones and flags can be incorporated.

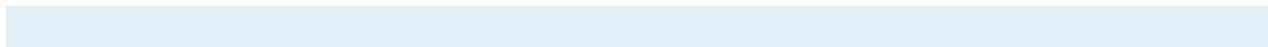
Crowdleading Cheer: Crowdleading with skills and props incorporated to lead a crowd during a game. Poms, signs, megaphones, and flags are encouraged.

Fight Song: Traditional fight song with recorded version of a band. Motion placement and technique, spirit, engaging crowd and enthusiasm to simulate a true game day scenerio Poms, signs, megaphones, flags are encouraged.

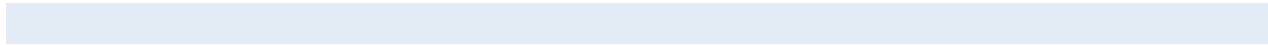
School Rules: NFHS/USA Cheer Rules

Elementary and Middle School Teams ARE NOT PERMITTED to execute basket or sponge multi base tosses

Level	Divisions	Athletes	Grade
Elementary	Traditional	Female/Male 5-36	6 Grade - Below
	Non Building Trad		
	Non Tumble Trad		
	All Music		
	Non Building AM		
	Non Tumble AM		
	Game Day		
	Game Day NB		
	Game Day NT		
Middle School	Traditional	Female/Male 5-36	8 Grade - Below
	Non Building Trad		
	Non Tumble Trad		
	All Music		
	Non Building AM		
	Non Tumble AM		
	Game Day		
	Game Day NB		
	Game Day NT		



Junior Varsity	Traditional	Female/Male 5-36	12 Grade - Below
	Non Building Trad		
	Non Tumble Trad		
	All Music		
	Non Building AM		
	Non Tumble AM		
	Game Day		
	Game Day NB		
	Game Day NT		



Varsity	Traditional	Female/Male 5-36	12 Grade - Below
	Non Building Trad		
	Non Tumble Trad		
	All Music		
	Non Building AM		
	Non Tumble AM		
	Game Day		
	Game Day NB		
	Game Day NT		

