

# 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:

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

**AND/OR**

**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.

**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.

**Overall:** Overall execution of elements, perfection of routine. Creative choreography with seamless formations, fluid movements and spacing.

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