



2025-2026

SCHOOL & RECREATIONAL DIVISIONS

Please visit [UCA Event Guidelines](#) for information on how to qualify for NHSCC, team eligibility and division restrictions.

REGIONAL PERFORMANCE DIVISIONS

Divisions	Grade	Female/Male	Team Members	Notes
Small Junior High	9th grade and below	Female/Male	5 - 16 Members	
Large Junior High	9th grade and below	Female/Male	17 - 30 Members	
Small Junior Varsity	7th grade - 12th grade	Female	5 - 16 Members	
Large Junior Varsity	7th grade - 12th grade	Female	17 - 30 Members	
Junior Varsity Coed	7th grade - 12th grade	Female/1+ Male	5 - 30 Members	
Small Varsity	8th - 12th grade	Female	5 - 15 Members	
Medium Varsity	8th - 12th grade	Female	16 - 19 Members	
Large Varsity	8th - 12th grade	Female	20 - 23 Members	
Super Varsity	8th - 12th grade	Female	24 - 30 Members	
Small Varsity Coed	8th - 12th grade	Female/1-4 Males	5 - 20 Members	
Large Varsity Coed	8th - 12th grade	Female/5+ Males	21 - 30 Members	

REGIONAL NON BUILDING PERFORMANCE DIVISIONS

Varsity Non Building	8th - 12th grade	Female/Male	5 - 30 Members	No partner stunts, pyramids or tosses allowed
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REGIONAL NON TUMBLING PERFORMANCE DIVISIONS

Non Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division. Exception: a back handspring entry into stunts / pyramids will not be allowed.

Junior High Non Tumbling	9 th grade and below	Female/Male	5 – 30 Members	
Junior Varsity Non Tumbling	7 th grade – 12 th grade	Female/Male	5 – 30 Members	
Small Varsity Non Tumbling	8 th grade – 12 th grade	Female	5 – 15 Members	
Medium Varsity Non Tumbling	8 th grade – 12 th grade	Female	16 – 19 Members	
Large Varsity Non Tumbling	8 th grade – 12 th grade	Female	20 – 23 Members	
Super Varsity Non Tumbling	8 th grade – 12 th grade	Female	24 – 30 Members	
Varsity Coed Non Tumbling	8 th grade – 12 th grade	Female/1-4 Males	5 – 30 Members	

NEW REGIONAL INTERMEDIATE PERFORMANCE DIVISIONS

Divisions	Grade	Female/Male	Team Members	Notes
NEW - Intermediate Division Guidelines. Go to uca.varsity.com for skill restrictions and guidelines.				
Junior High Intermediate	9th grade and below	Female/Male	5 - 30 Members	
Junior Varsity Intermediate	7th grade - 12th grade	Female/Male	5 - 30 Members	
Varsity Intermediate	8th - 12th grade	Female	5 - 30 Members	
Varsity Coed Intermediate	8th - 12th grade	Female/1+ Males	5 - 30 Members	
Varsity Non Tumbling Intermediate	8th - 12th grade	Female/Male	5 - 30 Members	

REGIONAL RECREATIONAL DIVISIONS

Intermediate Traditional Rec	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Rec - 6Y - Intermediate (Exhibition Only)	2019 and Later	Female/Male	5 - 36 Members	Not offered at NHSCC
Traditional Rec - 8Y - Intermediate	2017 and Later	Female/Male	5 - 36 Members	Not offered at NHSCC
Traditional Rec - 10Y - Intermediate	2015 and Later	Female/Male	5 - 36 Members	
Advanced Traditional Rec	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Recreational divisions will follow additional restrictions for Junior High School teams.				
Traditional Rec - 12Y (Update to Advanced 3/3)	2013 and Later	Female/Male	5 - 36 Members	
Traditional Rec - 14Y	2011 and Later	Female/Male	5 - 36 Members	
Traditional Rec - 11-18 Years Old*	6/1/2007-2014	Female/Male	5 - 36 Members	Note: Athletes must be enrolled in a JH or HS

REGIONAL PERFORMANCE DIVISION SPLIT GUIDELINES

Universal Cheerleaders Association will SPLIT divisions in the best interest of providing a competitive environment. When/If a division has 11 or more teams, additional splits may be offered. When/if a division has less than 3 teams, they may be combined into the same age/size division.

Division I (1400+ school enrollment) & Division II (1399 or less school enrollment).

•1st split would be by Division I & Division II at regionals. 1st split for Open Rec would be by affiliated/non affiliated at regionals.

•2nd split in the intermediate divisions would be by size - Small (5-15) and Large (16+)

Rec Update: *Athletes ages 11-18 are allowed for the 25-26 season ONLY. In the 26-27 season, the 12-18 age range will be fully enforced.



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SCHOOL & RECREATIONAL DIVISIONS

Please visit [UCA Event Guidelines](#) for information on how to qualify for NHSCC, team eligibility and division restrictions.

REGIONAL GAME DAY DIVISIONS

Divisions	Grade	Female/Male	Team Members	Notes
Small Junior High Game Day	9 th grade and below	Female/Male	5 - 16 Members	
Large Junior High Game Day	9 th grade and below	Female/Male	17 - 30 Members	
Small Junior Varsity Game Day	7 th - 12 th grade	Female/Male	5 - 16 Members	
Large Junior Varsity Game Day	7 th - 12 th grade	Female/Male	17 - 30 Members	
Small Varsity Game Day	8 th - 12 th grade	Female	5 - 15 Members	
Medium Varsity Game Day	8 th - 12 th grade	Female	16 - 19 Members	
Large Varsity Game Day	8 th - 12 th grade	Female	20 - 23 Members	
Super Varsity Game Day	8 th - 12 th grade	Female	24 - 30 Members	
Small Varsity Coed Game Day	8 th - 12 th grade	Female/1-4 Males	5 - 20 Members	
Large Varsity Coed Game Day	8 th - 12 th grade	Female/5+ Males	21 - 30 Members	

REGIONAL NON BUILDING GAME DAY DIVISIONS

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

Varsity Non Building Game Day	8 th - 12 th grade	Female/Male	5 - 30 Members	
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REGIONAL NON TUMBLING GAME DAY DIVISIONS

Non Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed.

Junior High Non Tumbling Game Day	9 th grade and below	Female/Male	5 - 30 Members	
Junior Varsity Non Tumbling Game Day	7 th grade - 12 th grade	Female/Male	5 - 30 Members	
Small Varsity Non Tumbling Game Day	8 th grade - 12 th grade	Female	5 - 15 Members	
Medium Varsity Non Tumbling Game Day	8 th grade - 12 th grade	Female	16 - 19 Members	
Large Varsity Non Tumbling Game Day	8 th grade - 12 th grade	Female	20 - 23 Members	
Super Varsity Non Tumbling Game Day	8 th grade - 12 th grade	Female	24 - 30 Members	
Varsity Coed Non Tumbling Game Day	8 th grade - 12 th grade	Female/1-4 Males	5 - 30 Members	

REGIONAL RECREATIONAL GAME DAY DIVISIONS

Traditional Recreational divisions will follow additional restrictions for Junior High School teams.

Recreational Game Day	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Rec - 14Y Affiliated Game Day	2011 and Later	Female/Male	5 - 36 Members	Non Affiliated teams not eligible.
Traditional Rec - 11-18 Years* Affiliated Game Day	6/1/2007-2014	Female/Male	5 - 36 Members	Note: Athletes must be enrolled in a JH or HS

REGIONAL SPIRIT PROGRAM GAME DAY DIVISIONS (Only offered at select events)

Spirit Program	Grade	Female/Male	Members	Notes
Junior High Spirit Program Game Day	JH team	Female/Male	5 - 75 Members	Cheer and Dance
Junior High Spirit Program Game Day Live	JH team	Female/Male	5 - 75 Members	Cheer and Band
Junior High Spirit Program Game Day Live	JH team	Female/Male	5 - 75 Members	Cheer, Dance and Band
Varsity Spirit Program Game Day	8 th - 12 th grade	Female/Male	5 - 75 Members	Cheer and Dance
Varsity Spirit Program Game Day Live	8 th - 12 th grade	Female/Male	5 - 75 Members	Cheer and Band
Varsity Spirit Program Game Day Live	8 th - 12 th grade	Female/Male	5 - 75 Members	Cheer, Dance and Band

REGIONAL SPIRIT PROGRAM GAME DAY DIVISION GUIDELINES (Only offered at select events)

Spirit Program Game Day Divisions will be offered at select regional events.

* Junior High and Varsity divisions will be split.

* Junior Varsity teams can combine with their Varsity for Spirit Program Game Day/LIVE Divisions.

* A minimum of 5 athletes must represent each performance group. (cheer, dance, and band)

* Maximum of 75 athletes are allowed to represent the spirit program.

* Up to 2 Mascots are allowed and are not included in the total participant number.

NOTE: UCA and UDA will split divisions in the best interest of providing a competitive environment. When/if a division has 11 or more teams additional splits may be offered. When/if a division has less than 3 teams, they may be combined into the same age/size division.

REGIONAL GAME DAY DIVISION SPLIT GUIDELINES

Universal Cheerleaders Association will SPLIT divisions in the best interest of providing a competitive environment. When/if a division has 11 or more teams, additional splits may be offered. When/if a division has less than 3 teams, they may be combined into the same age/size division.

Division I (1400+ school enrollment) & Division II (1399 or less school enrollment).



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SCHOOL & RECREATIONAL DIVISIONS

Please visit [UCA Event Guidelines](#) for information on how to qualify for NHSCC, team eligibility and division restrictions.

NHSCC DII - PERFORMANCE DIVISIONS

Divisions	Grade	Female/Male	Team Members	Notes
Small Junior High	9th grade and below	Female/Male	5 - 16 Members	
Large Junior High	9th grade and below	Female/Male	17 - 30 Members	
Junior Varsity Division II	7th grade - 12th grade	Female	5 - 30 Members	1-1399 Students
Junior Varsity Coed Division II	7th grade - 12th grade	Female/1+ Males	5 - 30 Members	1-1399 Students
Small Varsity Division II	8th - 12th grade	Female	5 - 15 Members	1-1399 Students
Medium Varsity Division II	8th - 12th grade	Female	16 - 19 Members	1-1399 Students
Large Varsity Division II	8th - 12th grade	Female	20 - 23 Members	1-1399 Students
Super Varsity Division II	8th - 12th grade	Female	24 - 30 Members	1-1399 Students
Small Varsity Coed Division II	8th - 12th grade	Female/1-4 Males	5 - 20 Members	1-1399 Students
Large Varsity Coed Division II	8th - 12th grade	Female/5+ Males	21 - 30 Members	1-1399 Students

NHSCC DII - NON BUILDING PERFORMANCE DIVISIONS

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

Varsity Non Building Division II	8th - 12th grade	Female/Male	5 - 30 Members	1-1399 Students
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NHSCC DII - NON TUMBLING PERFORMANCE DIVISIONS

Non Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division. Exception: a back handspring entry into stunts / pyramids will not be allowed.

Junior High Non Tumbling	9th grade and below	Female/Male	5 - 30 Members	
Junior Varsity Non Tumbling Division II	7th grade - 12th grade	Female/Male	5 - 30 Members	1-1399 Students
Small Varsity Non Tumbling Division II	8th grade - 12th grade	Female	5 - 15 Members	1-1399 Students
Medium Varsity Non Tumbling Division II	8th grade - 12th grade	Female	16 - 19 Members	1-1399 Students
Large Varsity Non Tumbling Division II	8th grade - 12th grade	Female	20 - 23 Members	1-1399 Students
Super Varsity Non Tumbling Division II	8th grade - 12th grade	Female	24 - 30 Members	1-1399 Students
Varsity Coed Non Tumbling Division II	8th grade - 12th grade	Female/1-4 Males	5 - 30 Members	1-1399 Students

NEW NHSCC DII - INTERMEDIATE PERFORMANCE DIVISIONS

Divisions	Grade	Female/Male	Team Members	Notes
NEW - Intermediate Division Guidelines. Go to uca.varsity.com for skill restrictions and guidelines.				

Junior High Intermediate	9th grade and below	Female/Male	5 - 30 Members	
Junior Varsity Division II Intermediate	7th grade - 12th grade	Female/Male	5 - 30 Members	
Varsity Division II Intermediate	8th - 12th grade	Female	5 - 30 Members	
Varsity Coed Division II Intermediate	8th - 12th grade	Female/1+ Males	5 - 30 Members	
Varsity Non Tumbling Division II Intermediate	8th - 12th grade	Female/Male	5 - 30 Members	

NHSCC DII - RECREATIONAL DIVISIONS

Intermediate Traditional Rec	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Rec - 10Y - Intermediate	2015 and Later	Female/Male	5 - 36 Members	
Advanced Traditional Rec	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Recreational divisions will follow additional restrictions for Junior High School teams.				
Traditional Rec - 12Y (Update to Advanced 3/3)	2013 and Later	Female/Male	5 - 36 Members	
Traditional Rec - 14Y	2011 and Later	Female/Male	5 - 36 Members	
Traditional Rec - 11-18 Years Old*	6/1/2007-2014	Female/Male	5 - 36 Members	Note: Athletes must be enrolled in a JH or HS

NEW NHSCC DII - INTERMEDIATE DIVISION SPLIT GUIDELINES

Universal Cheerleaders Association will split Intermediate divisions in the best interest of providing a competitive environment. When/if a division has 11 or more teams, additional splits may be offered.

•1st split for Traditional Rec would be by affiliated/non affiliated 1st split for intermediate would be by size - Small (5-15) and Large (16+)



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SCHOOL & RECREATIONAL DIVISIONS

Please visit [UCA Event Guidelines](#) for information on how to qualify for NHSCC, team eligibility and division restrictions.

NHSCC DI - PERFORMANCE DIVISIONS

Divisions	Grade	Female/Male	Team Members	Notes
Small Junior High	9th grade and below	Female/Male	5 - 16 Members	
Large Junior High	9th grade and below	Female/Male	17 - 30 Members	
Small Junior Varsity Division I	7th grade - 12th grade	Female	5 - 16 Members	1400+ Students
Large Junior Varsity Division I	7th grade - 12th grade	Female	17 - 30 Members	1400+ Students
Junior Varsity Coed Division I	7th grade - 12th grade	Female/1+ Males	5 - 30 Members	1400+ Students
Small Varsity Division I	8th - 12th grade	Female	5 - 15 Members	1400+ Students
Medium Varsity Division I	8th - 12th grade	Female	16 - 19 Members	1400+ Students
Large Varsity Division I	8th - 12th grade	Female	20 - 23 Members	1400+ Students
Super Varsity Division I	8th - 12th grade	Female	24 - 30 Members	1400+ Students
Small Varsity Coed Division I	8th - 12th grade	Female/1-4 Males	5 - 20 Members	1400+ Students
Large Varsity Coed Division I	8th - 12th grade	Female/5+ Males	21 - 30 Members	1400+ Students

NHSCC DI - NON BUILDING PERFORMANCE DIVISIONS

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

Varsity Non Building Division I	8th - 12th grade	Female/Male	5 - 30 Members	1400+ Students
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NHSCC DI - NON TUMBLING PERFORMANCE DIVISIONS

Non Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division. Exception: a back handspring entry into stunts / pyramids will not be allowed.

Junior High Non Tumbling	9th grade and below	Female/Male	5 - 30 Members	
Junior Varsity Non Tumbling Division I	7th grade - 12th grade	Female/Male	5 - 30 Members	1400+ Students
Small Varsity Non Tumbling Division I	8th grade - 12th grade	Female	5 - 15 Members	1400+ Students
Medium Varsity Non Tumbling Division I	8th grade - 12th grade	Female	16 - 19 Members	1400+ Students
Large Varsity Non Tumbling Division I	8th grade - 12th grade	Female	20 - 23 Members	1400+ Students
Super Varsity Non Tumbling Division I	8th grade - 12th grade	Female	24 - 30 Members	1400+ Students
Varsity Coed Non Tumbling Division I	8th grade - 12th grade	Female/1-4 Males	5 - 30 Members	1400+ Students

NHSCC DI - RECREATIONAL DIVISIONS

Traditional Recreational divisions will follow additional restrictions for Junior High School teams.

Intermediate Traditional Rec	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Rec - 10Y - Intermediate	2015 and Later	Female/Male	5 - 36 Members	
Advanced Traditional Rec	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Rec - 12Y (Update to Advanced 3/3)	2013 and Later	Female/Male	5 - 36 Members	
Traditional Rec - 14Y	2011 and Later	Female/Male	5 - 36 Members	
Traditional Rec - 11-18 Years Old*	6/1/2007-2014	Female/Male	5 - 36 Members	Note: Athletes must be enrolled in a JH or HS

NEW NHSCC DI - INTERMEDIATE PERFORMANCE DIVISIONS

Divisions	Grade	Female/Male	Team Members	Notes
NEW - Intermediate Division Guidelines. Go to uca.varsity.com for skill restrictions and guidelines.				
Junior High Intermediate	9th grade and below	Female/Male	5 - 30 Members	
Junior Varsity Division I Intermediate	7th grade - 12th grade	Female/Male	5 - 30 Members	
Varsity Division I Intermediate	8th - 12th grade	Female	5 - 30 Members	
Varsity Coed Division I Intermediate	8th - 12th grade	Female/1+ Males	5 - 30 Members	
Varsity Non Tumbling Division I Intermediate	8th - 12th grade	Female/Male	5 - 30 Members	

NEW NHSCC DI - INTERMEDIATE DIVISION SPLIT GUIDELINES

Universal Cheerleaders Association will split Intermediate divisions in the best interest of providing a competitive environment. When/if a division has 11 or more teams, additional splits may be offered.

*1st split for Open Rec would be by affiliated/non affiliated 1st split for intermediate would be by size - Small (5-15) and Large (16+)



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SCHOOL & RECREATIONAL DIVISIONS

Please visit UCA Event Guidelines for information on how to qualify for NHSCC, team eligibility and division restrictions.

NHSCC DII - GAME DAY DIVISIONS

Divisions	Grade	Female/Male	Team Members	Notes
Small Junior High Game Day	9th grade and below	Female/Male	5 - 16 Members	
Large Junior High Game Day	9th grade and below	Female/Male	17 - 30 Members	
Junior Varsity Division II Game Day	7th - 12th grade	Female/Male	5 - 30 Members	1-1399 Students
Small Varsity Division II Game Day	8th - 12th grade	Female	5 - 15 Members	1-1399 Students
Medium Varsity Division II Game Day	8th - 12th grade	Female	16 - 19 Members	1-1399 Students
Large Varsity Division II Game Day	8th - 12th grade	Female	20 - 23 Members	1-1399 Students
Super Varsity Division II Game Day	8th - 12th grade	Female	24 - 30 Members	1-1399 Students
Small Varsity Coed Division II Game Day	8th - 12th grade	Female/1-4 Males	5 - 20 Members	1-1399 Students
Large Varsity Coed Division II Game Day	8th - 12th grade	Female/5+ Males	21 - 30 Members	1-1399 Students

NHSCC DII - NON BUILDING GAME DAY DIVISIONS

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

Varsity Non Building Division II Game Day	8th - 12th grade	Female/Male	5 - 30 Members	1-1399 Students
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NHSCC DII - NON TUMBLING GAME DAY DIVISIONS

Non Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed.

Junior High Non Tumbling Game Day	9th grade and below	Female/Male	5 - 30 Members	
Junior Varsity Non Tumbling Division II Game Day	7th - 12th grade	Female/Male	5 - 30 Members	1-1399 Students
Small Varsity Non Tumbling Division II Game Day	8th - 12th grade	Female	5 - 15 Members	1-1399 Students
Medium Varsity Non Tumbling Division II Game Day	8th - 12th grade	Female	16 - 19 Members	1-1399 Students
Large Varsity Non Tumbling Division II Game Day	8th - 12th grade	Female	20 - 23 Members	1-1399 Students
Super Varsity Non Tumbling Division II Game Day	8th - 12th grade	Female	24 - 30 Members	1-1399 Students
Varsity Coed Non Tumbling Division II Game Day	8th - 12th grade	Female/1-4 Males	5 - 30 Members	1-1399 Students

NHSCC DII - RECREATIONAL GAME DAY DIVISIONS

Recreational Game Day Division	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Recreational divisions will follow additional restrictions for Junior High School teams.				
Traditional Rec - 14Y Affiliated Game Day	2011 and Later	Female/Male	5 - 36 Members	Non Affiliated teams not eligible
Traditional Rec - 11-18 Years* Affiliated Game Day	6/1/2007-2014	Female/Male	5 - 36 Members	Non Affiliated teams not eligible. Note: Athletes must be enrolled in a JH or HS

NHSCC DII - SPIRIT PROGRAM GAME DAY DIVISIONS

Spirit Program	Grade	Female/Male	Members	Notes
Junior High Spirit Program Game Day	JH team	Female/Male	5 - 75 Members	Cheer and Dance
Junior High Spirit Program Game Day Live	JH team	Female/Male	5 - 75 Members	Cheer and Band
Junior High Spirit Program Game Day Live	JH team	Female/Male	5 - 75 Members	Cheer, Dance and Band
Varsity Spirit Program Division II Game Day	8th - 12th grade	Female/Male	5 - 75 Members	Cheer and Dance
Varsity Spirit Program Division II Game Day Live	8th - 12th grade	Female/Male	5 - 75 Members	Cheer and Band
Varsity Spirit Program Division II Game Day Live	8th - 12th grade	Female/Male	5 - 75 Members	Cheer, Dance and Band

NHSCC DII - SPIRIT PROGRAM GAME DAY DIVISION GUIDELINES

Spirit Program Game Day Divisions will be offered at select regional events.

* Junior High and Varsity divisions will be split.

* Junior Varsity teams can combine with their Varsity for Spirit Program Game Day/LIVE Divisions.

* A minimum of 5 athletes must represent each performance group. (cheer, dance, and band)

* Maximum of 75 athletes are allowed to represent the spirit program.

* Up to 2 Mascots are allowed and are not included in the total participant number.

NOTE: UCA and UDA will split divisions in the best interest of providing a competitive environment. When/if a division has 11 or more teams additional splits may be offered. When/if a division has less than 3 teams, they may be combined into the same age/size division.



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NHSCC DI - GAME DAY DIVISIONS

Division	Grade	Female/Male	Team Members	Notes
Small Junior High Game Day	9th grade and below	Female/Male	5 - 16 Members	
Large Junior High Game Day	9th grade and below	Female/Male	17 - 30 Members	
Small Junior Varsity Division I Game Day	7th - 12th grade	Female/Male	5 - 16 Members	1400+ Students
Large Junior Varsity Division I Game Day	7th - 12th grade	Female/Male	17 - 30 Members	1400+ Students
Small Varsity Division I Game Day	8th - 12th grade	Female	5 - 15 Members	1400+ Students
Medium Varsity Division I Game Day	8th - 12th grade	Female	16 - 19 Members	1400+ Students
Large Varsity Division I Game Day	8th - 12th grade	Female	20 - 23 Members	1400+ Students
Super Varsity Division I Game Day	8th - 12th grade	Female	24 - 30 Members	1400+ Students
Small Varsity Coed Division I Game Day	8th - 12th grade	Female/1-4 Males	5 - 20 Members	1400+ Students
Large Varsity Coed Division I Game Day	8th - 12th grade	Female/5+ Males	21 - 30 Members	1400+ Students

NHSCC DI - NON BUILDING GAME DAY DIVISIONS

Non Building Divisions: No partner stunts, pyramids or tosses allowed.				
Varsity Non Building Division I Game Day	8th - 12th grade	Female/Male	5 - 30 Members	1400+ Students

NHSCC DI - NON TUMBLING GAME DAY DIVISIONS

Non Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed.				
Junior High Non Tumbling Game Day	9th grade and below	Female/Male	5 - 30 Members	
Junior Varsity Non Tumbling Division I Game Day	7th - 12th grade	Female/Male	5 - 30 Members	1400+ Students
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Large Varsity Non Tumbling Division I Game Day	8th - 12th grade	Female	20 - 23 Members	1400+ Students
Super Varsity Non Tumbling Division I Game Day	8th - 12th grade	Female	24 - 30 Members	1400+ Students
Varsity Coed Non Tumbling Division I Game Day	8th - 12th grade	Female/1-4 Males	5 - 30 Members	1400+ Students

NHSCC DI - RECREATIONAL GAME DAY DIVISIONS

Recreational Game Day Division	Age of Eligibility	Female/Male	Team Members	Notes
Traditional Recreational divisions will follow additional restrictions for Junior High School teams.				
Traditional Rec - 14Y Affiliated Game Day	2011 and Later	Female/Male	5 - 36 Members	Non Affiliated teams not eligible
Traditional Rec - 11-18 Years* Affiliated Game Day	6/1/2007-2014	Female/Male	5 - 36 Members	Non Affiliated teams not eligible. Note: Athletes must be enrolled in a JH or HS

NHSCC DI - SPIRIT PROGRAM GAME DAY DIVISIONS

Spirit Program	Grade	Female/Male	Members	Notes
Junior High Spirit Program Game Day	JH team	Female/Male	5 - 75 Members	Cheer and Dance
Junior High Spirit Program Game Day Live	JH team	Female/Male	5 - 75 Members	Cheer and Band
Junior High Spirit Program Game Day Live	JH team	Female/Male	5 - 75 Members	Cheer, Dance and Band
Varsity Spirit Program Division I Game Day	8th - 12th grade	Female/Male	5 - 75 Members	Cheer and Dance
Varsity Spirit Program Division I Game Day Live	8th - 12th grade	Female/Male	5 - 75 Members	Cheer and Band
Varsity Spirit Program Division I Game Day Live	8th - 12th grade	Female/Male	5 - 75 Members	Cheer, Dance and Band

NHSCC DI - SPIRIT PROGRAM GAME DAY DIVISION GUIDELINES

Spirit Program Game Day Divisions will be offered at select regional events.				
* Junior High and Varsity divisions will be split.				
* Junior Varsity teams can combine with their Varsity for Spirit Program Game Day/LIVE Divisions.				
* A minimum of 5 athletes must represent each performance group. (cheer, dance, and band)				
* Maximum of 75 athletes are allowed to represent the spirit program.				
* Up to 2 Mascots are allowed and are not included in the total participant number.				
NOTE: UCA and UDA will split divisions in the best interest of providing a competitive environment. When/if a division has 11 or more teams additional splits may be offered. When/if a division has less than 3 teams, they may be combined into the same age/size division.				

Divisions subject to change based on participation