



# CHEER AMERICA

## SCHOOL CHEER DIVISIONS

2025-2026



### Cheer America offers three types of School Cheer Routines: **CROWD LEADING, PERFORMANCE, & GAME DAY.**

- **CROWD LEADING:** Crowd Leading divisions focus on leading the crowd with effective material. Routines will include transitional stunts/pyramids, but are required to have a cheer section encouraging a crowd response similar to leading the fans on game day!
- **PERFORMANCE:** Performance divisions showcase the athletes skills and focus on visual elements. Routines will consist of transitional stunts, pyramids and a cheer. In the Performance divisions it is not required that the cheer encourages crowd participation.
- **GAME DAY:** Game day routines will focus on traditional crowd leading skills, and must include band chant, situational chant, cheer and traditional fight song dance. Routines should include (but not limited to) signs, poms, flags and megaphones. **\*\*\*NEW THIS YEAR: This division will utilize UIL & NFHS Scoring and Rules. Additionally, the announcer will call out an offense or defense prompt after the band chant.**

CROWD LEADING	PERFORMANCE	GAME DAY
<b>Max Routine Length:</b> 2 Minutes 30 Seconds <i>(No minimum)</i>	<b>Max Routine Length:</b> 2 Minutes 30 Seconds <i>(No minimum)</i>	<b>Max Routine Length:</b> 3 Minutes <i>(No minimum)</i>
Routine may be all music or a combo of music & cheer.	Routine may be all music or a combo of music & cheer.	Routine is composed of a band chant, offense or defense chant, crowd involvement cheer, and fight song.
Cheer America scoring & NFHS Rules <i>(same as 24-25 season)</i>	Cheer America scoring & NFHS Rules <i>(same as 24-25 season)</i>	UIL style scoring & NFHS Rules <i>(NEW)</i>

### DIVISION DETAILS

- Divisions will be determined by the grade of the participants' at the time of the competition, regardless of the participants' ages.
- All **High School** divisions are for 9th-12th grade athletes. Athletes younger than 9th grade will be allowed to participate **ONLY** if they are enrolled in the school they are representing, are recognized as full time cheerleaders for that school, and receive permission from Cheer America prior to competition.
- **FLAG RUNNERS- members that are strictly used for flags & props**
  - Flag runners do count towards the overall number of athletes on the floor
  - Flag runners, if males, are **not** considered in coed determination and **may not participate in any stunts or additional skills.**

If you do not see your division listed below, please contact [Atosha@cacheermail.com](mailto:Atosha@cacheermail.com)



# CHEER AMERICA

## SCHOOL CHEER DIVISIONS

2025-2026



### CROWD LEADING DIVISIONS ROUTINE LENGTH: 2 Minutes 30 seconds

Focus on leading the crowd with effective material. Routines include transitional skills but are must have a cheer encouraging crowd response

#### NOVICE DIVISIONS

MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
JV/FRESHMEN	5-30 Members	11th Grade & Below	Female & Male
VARSITY	5-30 Members	9th-12th Grade	Female & Male
NON-BUILDING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
NON-TUMBLING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
NON-BUILDING VARSITY	5-30 Members	9th-12th Grade	Female & Male
* NOVICE JUNIOR CLUB	5-30 Members	14 Years & younger *	Female & Male

#### INTERMEDIATE DIVISIONS

MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
JV/FRESHMEN	5-30 Members	11th Grade & Below	Female & Male
VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)
NON-BUILDING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
NON-TUMBLING MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
NON-TUMBLING JV/FRESHMEN	5-30 Members	11th Grade & Below	Female & Male
NON-TUMBLING VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
NON-BUILDING VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
NON-TUMBLING COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)

#### ADVANCED DIVISIONS

MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
JV/FRESHMEN	5-30 Members	11th Grade & Below	Female & Male
VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)
NON-BUILDING VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
NON-TUMBLING VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
NON-TUMBLING COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)

### PERFORMANCE DIVISIONS ROUTINE LENGTH: 2 Minutes 30 seconds

Showcase athletes skills and focus on visual elements. Routines have transitional skills and cheer. Cheer is not required to encourage crowd response.

#### NOVICE DIVISIONS

MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
JV/FRESHMEN	5-30 Members	11th Grade & Below	Female & Male
VARSITY	5-30 Members	9th-12th Grade	Female & Male

#### INTERMEDIATE DIVISIONS

MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
JV/FRESHMEN	5-30 Members	11th Grade & Below	Female & Male
VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)

#### ADVANCED DIVISIONS

MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
JV/FRESHMEN	5-30 Members	11th Grade & Below	Female & Male
VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)



# CHEER AMERICA SCHOOL CHEER DIVISIONS 2025-2026



## GAME DAY DIVISIONS ROUTINE LENGTH: 3:00 Minutes

Focus on traditional crowd leading skills. Routine must include band chant, situational chant, cheer and traditional fight song dance.

**\*NEW:** This division will utilize UIL & NFHS Scoring, and the announcer will call out an offense or defense prompt after the band chant.

MIDDLE SCHOOL	5-30 Members	9th Grade & Below	Female & Male
JV/FRESHMEN	5-30 Members	11th Grade & Below	Female & Male
VARSITY	5-30 Members	9th-12th Grade	Female & Male (up to 2)
COED VARSITY	5-30 Members	9th-12th Grade	Female & Male (3+)
** GAME DAY RALLY	5-36 Members	9th-12th Grade	Female & Male

## DIVISION DETAILS

- Cheer America strongly recommends all teams have alternate(s), not currently competing with another team, who is prepared to substitute in the event of injury, probation, etc.
- Every member representing a school must be officially recognized by the competing school's administration as a member of the competing school's cheer team.
- Must consist exclusively of members that have not graduated from high school.
- Divisions will be determined by the grade of the participants' at the time of the competition, regardless of the participants' ages.
- Athletes may only represent 1 school. Athletes may compete in any 1 game day division and also compete in any 1 performance or crowd leading division. Athletes can NOT compete in 2 different game day divisions or both performance and crowd leading division.
- All **varsity** level divisions are for 9th-12th grade athletes. Athletes younger than 9th grade will be allowed to participate only if they are enrolled in the school they are representing, are recognized as full time cheerleaders for that school, and receive written permission from Cheer America prior to competition.
- **Flag runners- members that are strictly used for flags & props**
  - flag runners do count towards the overall number of athletes on the floor
  - flag runners, if males, are **not** considered in coed determination.
  - *may **not** participate in any stunts or additional skills.*
  - *if you have flag runners on your team, contact cheer america when registering [atosha@cacheermail.com](mailto:atosha@cacheermail.com)*
- IF ENROLLMENT ALLOWS DIVISIONS MAY BE FURTHER SPLIT INTO SMALL, MEDIUM AND LARGE DIVISIONS.

**FIND THE FULL LIST OF RULES AND MORE DETAILED MORE INFORMATION IN THE SCHOOL RULE BOOK!**

**UPDATED: 5/29/25**