

I'm not a bot



5 membersThe minimum size for a team is 5 members. The maximum size for a team is 32 competitors on the floor for the 2015-2016 season, except for level 5 & 6 as noted above.How many kids can be on a cheer team?Minimum number of athletes for all divisions is 16. A penalty may be assessed for taking the floor with fewer than 16 athletes. The maximum numbers of males on a Co-Ed Division team may not exceed 2/3 of the total athletes on the team.How many people is a medium Cheer team?All-Star Team Age DivisionsCLUB LEVEL 1Senior Small Co-ed12-18 yrs old5-20 MembersSenior Medium Co-ed12-18 yrs old5-30 MembersSenior Large Co-ed12-18 yrs old5-36 MembersInternational Open14 yrs & older5-24 MembersCan you cheer at 23?You Can Be A Cheer Athlete At Any Age!What is a 4.2 cheer team?level 4.2- requirements are, Tumbling is the same requirements of a level 2 team, thats where the . 2 comes from and Stunting is the same requirements of level 4 stunting and thats where the 4 comes from!What is a d2 cheer team?Upon conclusion of the season, the official USASF definition of Division II (formerly Small Gym divisions) was released and it is defined as having one physical address for a gym location and having 125 athletes or less registered in a gyms cheer program at the time of competition.What is a 4.2 Cheer team?What do coaches look for in a cheerleader?Many different things go into team placement, so keep an open mind when awaiting results. The coaches consider tumbling skills, stunting positions, past performances on teams, and other intangibles when deciding teams. Are there any teams in all star cheerleading?In all star, there is usually a team for everyone, no matter the skill level. Unlike high school or college tryouts where there are normally only one or two teams for the highest skilled athletes, all star gyms have many teams for all levels and age groups. Are there any statistics for the sport of cheerleading?As cheerleading continues to launch itself as a serious sport, various groups are studying sports injuries and related cheerleading statistics. However, remember that whenever youre reading statistics, those numbers always tell just one part of the story. How often do Cheerleaders go to the emergency room?Approximately 5,300 cheerleaders visit the emergency room during an average football season. Compare that with the 2.5 million football players that visit the emergency room each year during football season. Finally, consider that 98% of all emergency room visits are classified as either treated and released or examined/no treatment necessary. School Cheer GuidelinesAll athletes must be academically eligible students at the school they represent and must be designated by school officials as spirit representatives for participation purposes or have clearance from FCDA.Routinesare up to 2 1/2 minutes. (3 minutes for Game Day)When choosing between "Tumble or Non-Tumble", Tumbling means any foot overhead skill performed (this includes a forward roll).Traditional Cheer vs Performance Cheer: "Traditional" style contains a cheer and is morecrowd-leading/engaging whereas "Performance" is all music.High School and Middle School routines will follow National Federation of State High School Association (NFHS) spirit guidelines.The number of teams registered for each competition will determine if additional divisions will be offered. (e.g. CoEd, novice/ intermediate/advanced, small or large.)Elementary(Grades 6th and under), Elementary Mini(Grades 3rd and under)Tumble or Non-TumblePerform skills for Level 2 (United Scoring Partners) and under. State your level with your registration.Middle/Jr High(9th grade and under)Traditional (routine contains cheer) or Performance (all music)Tumble or Non-TumbleState your level with your registration.Jr Varsity(11th grade and under),Varsityand Co-Ed(12th grade and under)Traditional (routine contains cheer) or Performance (all music)Tumble or Non-TumbleState your level with your registration.Game DayGame Day routines are up to 3 minutes and consist of a band chant, a situational sideline, a cheer, and your school's traditional fight song.NOTE: Game Day focus is leading and energizing the crowd, with limited, more practical use of skills as crowd involvement and leadership is scored higher than the difficulty of skills and/or quantity of skills used. Sample ScoresheetsElementary School 2025 School Cheer/Elementary/TumblingFile Size: 321 kbFile Type: pdfDownload File 2025 School Cheer/Elementary/NonTumbleFile Size: 309 kbFile Type: pdfDownload File Jr High and High School 2025 School Jr High & High/PerformanceCheer/TumbleFile Size: 322 kbFile Type: pdfDownload File 2025 School Jr High & High/PerformanceCheer/NonTumbleFile Size: 309 kbFile Type: pdfDownload File 2025 Florida High School/Cheer/Traditional/TumbleFile Size: 257 kbFile Type: pdfDownload File 2025 Florida High School/Cheer/Traditional/Non TumbleFile Size: 257 kbFile Type: pdfDownload File Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Diving into the cheerleading world can be both exciting and a bit confusing, especially with all the different terms and categories. Whether youre a new cheer parent, an aspiring cheerleader, or just curious, this guide will help you navigate the basics of cheerleading levels, divisions, and how performances are scored. Cheerleading levels indicate the complexity of skills in routines. Heres a quick overview of what to expect at each level: Tumbling: Basic rolls, cartwheels, and round-offs. Stunts: Two-legged stunts at prep level. Baskets: Not allowed in level one. Pyramids: Simple structures at prep level.Tumbling: Handsprings, back walkovers. Stunts: Extended one-legged stunts, simple transitions. Baskets: Toe touch or pike baskets. Pyramids: Extended stunts with basic connections.Tumbling: Multiple handsprings, aerials. Stunts: Single-leg extended stunts, full twist dismounts. Baskets: Single trick tosses like toe touch. Pyramids: More intricate, extended stunts with inversions.Tumbling: Layouts, standing tucks. Stunts: Extended one-legged fums, double twist dismounts. Baskets: Double full twists. Pyramids: High-flying stunts with release moves.Tumbling: Full twisting layouts, standing fulls. Stunts: High difficulty with single-leg extended, double downs. Baskets: Double full twists with variations. Pyramids: Complex structures with multiple release moves and inversions.Tumbling: Full and double full twists, elite passes. Stunts: Advanced with multiple skills combined, double downs. Baskets: Triple twists, kick doubles. Pyramids: Highly complex with multiple release and inverted skills.Tumbling: Most advanced, including double full twisting passes. Stunts: Most complex combinations, elite level. Baskets: Triple full twists, kick triples. Pyramids: Most advanced with high risk and complexity. In addition to the basic levels, the cheerleading world includes specific categories like Novice, Prep, and Elite, each with different commitment levels and routine complexities: Novice: This category is ideal for beginners. It features very restricted rules with routines lasting only 1:30 minutes. Novice is designed to introduce new athletes to cheerleading fundamentals in a less demanding environment. Prep: Serving as an intermediate stage, Prep has fewer restrictions than Novice and features routines that are 2:00 minutes long. This level requires less time, financial, and travel commitments compared to more advanced levels. Its perfect for those looking to step up from Novice without the full commitment of Elite cheer. Elite: Representing the highest level of competitive cheerleading, Elite includes routines that last 2:30 minutes and involve complex skills and choreography. Elite teams often compete at national and international competitions, including exclusive events like The Cheerleading Worlds. Moreover, gyms that focus solely on Prep routines can still achieve remarkable success. Whether a gym is classified as D1 (large gyms with more than 125 athletes) or D2 (smaller gyms with up to 125 athletes), the level of talent can be extraordinary. Divisions categorize teams by age and size, ensuring fair competition. Here are the primary divisions based on age and birth year for the 2024-2025 season: AgeBirth YearTeam SizeTinyAges 6-72017-20195-30MiniAges 7-92015-20185-30YouthAges 8-122012-20175-30JuniorAges 9-132009-20165-30SeniorAges 13-196/10/05-2125-30Senior OpenAges 18+Before 5/31/075-24 Teams can also be classified as Coed (with males) or All-Girl. For more information on divisions and team sizes, refer to the 2023-2024 All Star Rules. D1 (Division 1): Large gyms with over 125 athletes. D2 (Division 2): Smaller gyms with 125 athletes or fewer. Cheerleading competitions use scoresheets to evaluate performances. Here are the key scoring areas: Stunts: Difficulty, execution, and creativity. Tumbling: Complexity and execution. Pyramids: Construction, creativity, and execution. Jumps: Height, form, and synchronization. Dance: Choreography, synchronization, and energy. Overall Performance: Showmanship, transitions, and impact. For more detailed scoring criteria, visit United Scoring Partners, USASF, the Open Championships Series, and the Varsity All Star Scoring pages. When you see terms like J6 or S4, its a mix of age division and skill level. Scoresheets ensure fair judging, covering every aspect of the routine. If youre still feeling lost, dont hesitate to ask fellow cheer enthusiaststheyre always ready to help newcomers! Check out this link for a complete glossary of cheerleading terms. Whether youre just starting out in cheerleading or looking to refine your skills, understanding the levels, divisions, and scoring is crucial in navigating your cheer journey. Each category offers unique challenges and opportunities to shine. Remember, the world of cheer is as diverse as it is vibranttheres a place for everyone, from the spirited novice to the elite competitor.Ready to master the art of cheerleading? Dive deeper into the world of cheer with our comprehensive guides and resources. Dont miss out on becoming an expert follow Cheer Daily here! Tags: BeginnersBest of Cheer DailyCheerleadingResource Game Day InformationTeams may not exceed thirty (30) team members.Teams may add up to 2 (two) mascot in their routine. The mascot(s) must enter the floor with the team and remain on the floor for the entire routine or an out of bounds penalty will be assessed. Mascots should be used to raise crowd energy and participation. The mascot(s) should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed. The mascot will notcount toward the number of participants allowed but may impact the overall impression score. Mascot(s) will only be allowed to use traditional sideline props i.e. signs, pom, megaphones, flags, or rally towels.Teams may add a pep band or drumline into their performance for Game Day LIVE divisions. Pep Bands or Drumlines will not count toward the total number of participants allowed. Pep Bands or Drumlines must be registered with the event as participants.There are NINE Game Day Cheer Divisions:Division IA Coed Cheer Game Day(NCAA I Coed Cheer Game Day(NCAA I FCS & NCAA II)Open Coed Cheer Game Day (NCAA III, Jr College & NAIA)Small Coed Division IA Cheer Game Day (1-5 males, NCAA I FBS)Small Coed Division I Cheer Game Day(1-5 males, NCAA I FCS, NCAA II)Open Small Coed Cheer Game Day (1-5 males, NCAA III, Jr College, & NAIA)All Girl Division IA Cheer Game Day(NCAA Division I FBS)All Girl Division I Cheer Game Day(NCAA Division I FCS & NCAA II)Open All Girl Game Day(NCAA Division III, Jr. Colleges & NAIA)Game Day LIVE DivisionsDivision IA Game Day Live (For Cheer and Band Combined) (NCAA I FCS, NCAA II, NCAA III, Jr. Colleges & NAIA)Spirit Program Game Day DivisionsDivision IA Spirit Program Game Day(For Cheer and Dance Combined) (NCAA Division I FBS)Open Spirit Program Game Day(For Cheer and Dance Combined) (NCAA I FCS, NCAA II, NCAA III, Jr. Colleges & NAIA)Spirit Program Game Day LIVE DivisionsDivision IA Spirit Program Game Day(For Cheer, Dance, & Band Combined) (NCAA Division I FBS)Open Spirit Program Game Day(For Cheer, Dance, & Band Combined) (NCAA I FCS, NCAA II, NCAA III, Jr. Colleges & NAIA)UCAGame DayRoutine CriteriaThe Game Day Divisions, Game Day Live Divisions, and the Spirit Program Divisions showcase what traditional cheerleading is all about leading the crowd! Teams will be evaluated on their ability to lead the crowd, proper game day skill incorporations, execution of skills, motion technique and overall routine.The use of crowd leading tools such as signs, poms, rally towels, flags and/or megaphones is recommended. (All are not required)The order for the College Game Day Championship will be Fight Song, Situations Sideline (offense / defense) and a Game Day Timeout (in this order).The judges will score the criteria listed on the UCA Game Day score sheets. Each team will be evaluated on a 100 point system. For detailed score sheets please visit uca.varsity.com.In the Spirit Program Divisions cheer and dance scores will be averaged together.Fight SongShould represent the traditional Fight Song your school has always done at games.Skills should be minimal and practical.You should start from you sideline formation.Situational SidelineWill be situational for each team performing.With either an offensive or defensive scenario, the squad will determine which sideline to do based on the cues.The teams are encouraged to use spirit raising props such as signs, poms and/or megaphones.Skills should be minimal and practical.Game Day TimeoutSimilar to a 60 second extended band chant that is designed for crowd interaction and involves crowd response.This is the best time to showcase your squads energy, leadership, visual appeal and connection to the crowd.Skills must be practical for Game Day and executed with strong technique while providing a visual effect that influences the crowds participation.The incorporation of skills will be allowed with the following restrictions:Flips into or from partner stunts and pyramids will be prohibited.Twisting stunts and dismounts may not exceed 1 rotation.Flipping tosses are permitted with zero twisting rotations.No twisting tumbling is allowed.Any deductions or violations will be taken off of the final score. For more information on scoring, score sheets and judging criteria, please visit uca.varsity.comTraditional game day uniform is required.Score SheetsThe format for Regionals and Nationals is inspired by what teams do at home and is similar to camp with the addition of Fight Song as a fourth element. Teams are permitted, but not required, to use camp material to demonstrate the game day environment at their school. With all four elements combined, the Game Day performance cannot exceed a 3 minute time limit. All skill restrictions below will be enforced.BAND CHANT:The Band Chant will be consistent with the summer camp format. Teams should demonstrate spirit and enthusiasm while entering the performance floor and before the music begins. A cue willnotbe given to start the Band Chant. Once the music begins, the teams cannot incorporate any skills other than kicks and jumps, just like summer camp. Squads should utilize spirit raising props and focus on creative movements such as level changes or level pyramids, execution of the material and encouraging the crowd to participate.CROWD LEADING: Following the Band Chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive sideline. After the Situational Sideline, teams will move into their cheer which can include one reflective of a timeout, general sideline/spell-out or other cheer material that incites a response and encourages the crowd to yell along. Teams will be evaluated on their ability to lead the crowd, crowd effectiveness, proper use of motions/crowd leading tools and execution of stunts/tumbling relevant to a game day environment. NOTE: It is a requirement to incorporate skills (stunts and/or tumbling, if the division allows) into the Crowd Leading section. Please see skill restrictions below.FIGHT SONG:The final element should reflect your schools traditional Fight Song. Teams should incorporate crowd effective skills (stunts and/or tumbling, if the division allows) and can include spirit raising props to enhance the overall effect. Fight Song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. Counting will begin with the initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count. Building skills must remain be stationary prior to the end of the 3rd 8-count and remain stationary until the end of the routine. (If the Fight Song repeats, the incorporation will only be permitted both times if the skills are repeated exactly the same.) For teams that do not have an official Fight Song, it is recommended to use a second selection of band chant music. Music guidelines are available at varsity.com/music.Game Day Skill Restrictions:Basket and waist level tosses are NOT allowed. Examples of toss skills allowed are quick toss stunts, toss coed skills, and toss toe touches.Inversions are NOT allowed.Twisting Released Dismounts are NOT allowed.Single leg stunts are limited to liberties and liberty hitches.Running Tumbling is NOT allowed.Single standing tumbling is allowed and cannot be connected. A single tumbling skill can only be connected to a single jump. The only standing tumbling skill that is allowed include back handspring, back tuck, forward roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Stunts are not allowed during the teams entry to the floor or any time prior to starting the performance.During the Band Chant, only kicks and jumps are permitted.Score Sheets We are not allowed committed to fair and consistent scoring. Our goal is to evolve and provide the tools needed to all school teams this season for a clear understanding of divisions, rules, and scoring. To achieve this, we will follow the four guiding principles of transparency, fairness, integrity, and safety.Scoring Review Process (See Attached)Click here for the UCA Scoring ReviewLegality Review ProcessAll teams attending any UCA Regional or National events will follow the USA Cheer and NFHS Cheer safety guidelines. Rules are subject to change. For the most recent safety rules and information please visitSafety & Education USA Cheer. To purchase a copy of the NFHS.USA Cheer rules go to usacheer.org. For more division specific information visit uca.varsity.com.A deduction will be given for EACH safety/general competition rule violation. Athlete and building deductions can be found on the UCA scoring pageCompetition Rules & Scoring | Universal Cheerleaders Association (varsity.com)The review process for UCA Regional Events and NHSCC can be found here:UCA Review Process. Each event is a new event and reference to previous events within the season will not be allowed during the review of legality of skills.SAFETY GUIDELINES FOR PARTNER STUNTS, PYRAMIDS AND TOSSESUniversal Cheerleaders Association offers a service to help teams with legality and safety questions. Teams will be able to submit skills throughout the year to receive a legality or safety response. This service will help teams get a response to use in situations where the skill may be in question.To submit a video:1.All reviews must be submitted throughUCA Legality Inquiry Form (joform.com)2.The skill in question must be recorded by the team at practice. We are unable to accept videos of performances, competitions, or of other teams.2.All submissions must include the coach, team, and division.3.The recording will be reviewed as if every person in the video is included in the skill. This would include additional spotters.4.Videos are limited to 30 seconds and must be able to be viewed upright without rotating.6.All videos will receive either a legal or illegal response. If the video receives an illegal response, the entire video will not be reviewed but stopped at the point that the video was illegal. *If the video is inconclusive, you will receive a response as to why we were unable to make a judgement on the video. It is up to you as a coach to resubmit the video to be re-reviewed.7.Please note: Only submitting the skill will make the skill eligible for a warning. UCA can only guarantee this process will be accepted at UCA-branded events. This would not include other Varsity-branded and state association events.8.Videos via text message or facetime will not be reviewed. If you know that your video does not meet all the requirements above, please refilm/resubmit the video. Only videos that meet the above requirements will be reviewed.9.Inquiries need to be submitted 2 weeks before your teams performance to guarantee a response.10.Video submissions will only be accepted by the official coach of the team.If you have any questions or require additional assistance, please emailUCARules@varsity.com. Due to volume, please allow up to 5 business days to get back to you. Include your teams name, your name, division, and a contact phone number. NHSCC rules questions must be submitted byJanuary 24, 2024.If received after the deadline, the video is not guaranteed a response.Please note: Performing the skill at a prior event does not ensure that a skill is legal nor that it would have warranted a legality warning. Only submitting the skill will make the skill eligible for a warning. UCA can only guarantee this process will be accepted at UCA-branded events. This would not include other Varsity-branded and state association events.Click here for a complete list of changes for the USA Cheer RulesCriteria for Selecting JudgesJudges selected for one of our regional events should meet these standardsHave no direct affiliation with any team/gym who will be attending (or potentially will be attending) in a division they will judge. This includes coaching, choreographing, cleaning, etc.Must be available for pre-event training via webinar at a time/date to be determinedMust pass and be trained and educated in one or more of the category scoresheets that are used for judging.Must be of the highest ethical and moral values. Must possess and maintain the highest standards of integrity, ethics and professionalism.Must complete Varsity Spirit Compliance Course to includeBackground CheckCode of ConductUnderstanding, Recognizing and Reporting the Maltreatment of ChildrenAffidavit of Good Moral CharacterMust be well-respected in the cheerleading, dance, band and/or song/pom industry.Judges will be informed that any behavior deemed to be unsupportive of Varsity Spirits mission may be factored into the final selection of judges.In addition to the regional event standards these additional criteria will be used when selecting our National Championship Judges.Preferred to have judged or will judge 2 or more Regional type events during the 2021-2022 season.Preferred to have been a judge or equitable experience for at least 3 years.Judge Selection Example Conflicts of InterestProviding accurate, fair, and unbiased feedback for our customers is one of our top priorities. With that said, our selected panel of judges must have no affiliation with teams in a division they are scheduled to judge.Example of potential Conflicts of Interest:Current Coach and/or ChoreographerFormer Coach and/or ChoreographerCoach and/or AthleteMust be 5 years out from any programMust not have had any contact with a team this seasonDid not go to any practices or performances in the last 5 yearsMarried / Partner / Dating / Related to coachParent of an athlete on a teamFor Nationals/Championship eventsDue to the size of our National Championships, judges with conflicts may be selected. Every effort will be made to ensure that a judge with a potential Conflict of Interest is not scheduled to judge that team or schools divisions.Judges DirectoryComing soon!Interested in Judging?Thank you for your interest in becoming a judge for Varsity Spirit! Applications for the 2025-2026 season will be open from May 1, 2025 until August 1, 2025. To apply clickHERE!USA Cheer has developed a comprehensiveMembershipProgram,which includesa background check, athlete protection training, acknowledgement of concussion training with return to participation guidance, a member code of conduct, and safety training courses on risk management and safety rules.Varsity Spirit will require that all school coaches, choreographers, and personnel wishing to access the warmup area, backstage or coaches box at our competitions have a USA Cheer Coach, STUNT Coach, or Professional Membership. At least one coach must have the USA Cheer Coach Membership that include the USA Cheer Youth Risk Management certification course and must accompany the team at every competition.You must complete your membership requirements before your first competition. Please note that the background check will take 2-10 days to be processed and returned.Coaches without an approved Membership will not be allowed access to the warmup area, backstage or coaches box.When checking in at Varsity Spiritcompetitions, you will now simply provide proof of membership for each coach from your organization who wishes to go into the warmup area, backstage or coaches box. Upon proof of membership, each coach will receive a wristband that will allow them access.The USA Cheer Membership is available on the USA Cheerwebsite. Once your membership is complete, you can print your membership card, or save and display it on your mobile device at event registration along with your photo ID. This seasons membership will be active until May 31, 2024. How can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of EditorsPicks.Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of EditorsPicks.Browse Editors' Favorites

Average high school cheer team size. Varsity cheer team sizes. When are high school cheer tryouts. Number 1 high school cheer team. School cheer. Cheerleading high school 2022.