



A VARSITY BRAND

2009-2010 School and Youth / Rec Competition Divisions



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JUNIOR HIGH / JUNIOR VARSITY DIVISIONS

* **Small Junior High** • 9th grade and below • Female/Male • 5 - 16 Members

* **Large Junior High** • 9th grade and below • Female/Male • 17 - 25 Members

Junior Varsity • 12th grade and below • Female • 5 - 25 Members

Junior Varsity Coed (New) • 12th grade and below • Female/Male • 5 - 25 Members

** Junior High Division Guidelines: 9th grade participants are only allowed if the 9th grade class is housed in the school you are representing and only a minority of the team are 9th graders. If a majority of the team are 9th graders then the team should compete in the JV division.*

VARSITY DIVISIONS

Small Varsity • 12th grade and below • Female • 5 - 12 Members

Medium Varsity • 12th grade and below • Female • 13 - 16 Members

Large Varsity • 12th grade and below • Female • 17 - 20 Members

Super Varsity • 12th grade and below • Female • 21 - 30 Members

Small Varsity Coed • 12th grade and below • Female/Male • 5 - 20 Members *Note: Only 1 to 4 males allowed.*

Large Varsity Coed • 12th grade and below • Female/Male • 5 - 20 Members *Note: 5 or more males allowed.*

NON BUILDING DIVISIONS

The Non Building Divisions will prohibit partner stunts, pyramids, or tosses

Junior Non Building • JR or JV team • Female/Male • 5 - 30 Members

Small Varsity Non Building • 12th grade and below • Female/Male • 5 - 15 Members

Large Varsity Non Building • 12th grade and below • Female/Male • 16 - 30 Members

NON TUMBLING DIVISIONS

The Non Tumbling division will prohibit all tumbling, except for inversions into load in positions, stunts, and pyramids. Tumbling is defined as any skill with feet over head rotation.

Junior Non Tumbling • JR or JV team • Female/Male • 5 - 25 Members

Small Varsity Non Tumbling • 12th grade and below • Female • 5 - 12 Members

Medium Varsity Non Tumbling • 12th grade and below • Female • 13 - 20 Members

Large Varsity Non Tumbling • 12th grade and below • Female • 21 - 30 Members

YOUTH / RECREATIONAL DIVISIONS

**The following divisions will follow standard safety guidelines*

These divisions were created for teams whose main purpose is cheering and supporting a recreational team (i.e. youth football, pee wee sports, community sports teams etc.) Competitive Only youth programs would follow the All Star Rules and Regulations.

Pee Wee Rec • 7 yrs and younger • Female/Male • 5 - 35 Members

Youth Rec • 9 yrs and younger • Female/Male • 5 - 35 Members

Junior Rec • 12 yrs and younger • Female/Male • 5 - 35 Members

Senior Rec • 14 yrs and younger • Female/Male • 5 - 35 Members

Note: The age of the competitor as of August 1, 2009 will be the age used for the competition purposes throughout the 2009-2010 season for all Youth/Rec Divisions

Competition Divisions