

Varsity CHEER Divisions

Division Name	Session/Saturday	Participants	Time Limit (Maximum)	Music	Requirements	Costuming/Uniform	Tumbling/Stunting	Misc.
Varsity Show Cheer	Div 3/4 - Session 2 Div 1/2 - Session 4	High School Students - All Girls and/or 1 boy	2 1/2 Minutes	Minimum - 20 seconds Maximum - 1 1/2 minutes	1 Cheer/Chant 1 Dance & 1 Pyramid	School Uniform	Allowed	Signs and Poms allowed
Varsity Show Cheer Coed Small - 2 to 4	Boys Large - 5 or more Boys Divisions 1-4 competes Session 3	High School Students - 2 or more boys	2 1/2 Minutes	Minimum - 20 seconds Maximum - 1 1/2 minutes	1 Cheer/Chant 1 Dance & 1 Pyramid	School Uniform	Allowed	Coed Small - 4 boys or Less Coed Large - 5 or more boys
Varsity All Girl Stunt	Div 3/4 - Session 2 Div 1/2 - Session 4	High School Students - All Girls - Can use 4 or 5 athletes	1 Minute	Can be a combination of Music and Chant/Cheer	Strong Arm Motions Creative Use of Stunting, Level Changes, Jumps and Floor use	School Uniform	Allowed	No Props
Varsity Partner Stunt	Divisions 1-4 competes Session 3	High School Students - Combination of one girl and one guy - 3rd person may act as spotter ONLY and may not be a coach	1 Minute	Can be a combination of Music and Chant/Cheer	Strong Arm Motions Creative Use of Partner Stunting, Level Changes, Jumps and Floor use	School Uniform	Allowed	No Props
Game Day	Div 1-4 competes Session 3	HS Students	3 minutes - Time begins with first beat of band music.	Performances must be in the order of Band Chant, Situational Element/Crowd Leading, Fight Song.	Each section should be highlighted with a clear beginning and ending crowd interaction into the next section	School Uniform	Restricted	Teams are encouraged to use poms, megaphones, flags and signs