

Junior Varsity/Freshman Divisions

Division/Session	Participants	Time Limit (Maximum)	Music	Requirements	Costuming/Uniform	Tumbling/Stunting	Misc.
Junior Varsity/Freshman							
Junior Varsity Show Cheer Div 3/4 - Session 2 Div 1/2 - Session 4	9th-11th grade 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
Junior Varsity/Freshman All Girl Stunt Div 1-4 - Session 3	9th - 11th grade Students - All Girls - Can use 4 or 5 girls	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
Junior Varsity /Freshman Pom Div 1-4 - Session 3	9th-11th grade students - Girls and/or boys	2 1/2 Minutes	All Music	Poms must be used at least 50% of routine if used 2 Roll Offs 1 Kick Line 3 Formation Changes	School Uniform or appropriate costuming allowed	Lifts and Aerobatics Allowed	Poms are only props allowed if used