

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 Coed Cheer	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	
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 3rd person may act as spotter ONLY and may not be a coach
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