

**JUNIOR VARSITY Divisions**

<b>Division Name</b>	<b>Session/Saturday</b>	<b>Participants</b>	<b>Time Limit (Maximum)</b>	<b>Music</b>	<b>Requirements</b>	<b>Costuming/ Uniform</b>	<b>Tumbling/ Stunting</b>	<b>Misc.</b>
<b>JV Show Cheer</b>	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
<b>JV Pom</b>	Div 3/4 - Session 2 Div 1/2 - Session 4	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