

USA Jr. Nationals Divisions for 2018-2019			
Show Cheer -- Advanced			
Independent Teams (Club Rec Cheer)			
Junior	• 14 Years Old and Younger	• Female/Male	• 5 - 36 Members
Senior	• 18 Years Old and Younger	• Female/Male	• 5 - 36 Members
Youth Sports Teams (Traditional Rec Cheer)			
Junior	• 14 Years Old and Younger	• Female/Male	• 5 - 36 Members
Senior	• 18 Years Old and Younger	• Female/Male	• 5 - 36 Members
School-Based Teams			
Elementary	• 6th Grade and Younger	• Female/Male	• 6 - 36 Members
Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 6 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 6 - 36 Members
Show Cheer -- Non-Tumbling			
Jr. High	• 9th Grade and Younger	• Female/Male	• 6 - 36 Members
Show Cheer -- Intermediate			
Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 6 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 6 - 36 Members
Show Cheer -- Novice			
Independent Teams (Club Rec Cheer)			
Junior	• 14 Years Old and Younger	• Female/Male	• 5 - 36 Members
Senior	• 18 Years Old and Younger	• Female/Male	• 5 - 36 Members
Youth Sports Teams (Traditional Rec Cheer)			
Tiny	• 6 Years Old and Younger	• Female/Male	• 5 - 36 Members
Mini	• 8 Years Old and Younger	• Female/Male	• 5 - 36 Members
Pee Wee	• 10 Years Old and Younger	• Female/Male	• 5 - 36 Members
Youth	• 12 Years Old and Younger	• Female/Male	• 5 - 36 Members
Junior	• 14 Years Old and Younger	• Female/Male	• 5 - 36 Members
Senior	• 18 Years Old and Younger	• Female/Male	• 5 - 36 Members
School-Based Teams			
Elementary	• 6th Grade and Younger	• Female/Male	• 6 - 36 Members
Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 6 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 6 - 36 Members
Songleader/Pom			
Independent Teams (Club Rec Cheer)			
Junior	• 14 Years Old and Younger	• Female/Male	• 4 - 24 Members
Senior	• 18 Years Old and Younger	• Female/Male	• 4 - 24 Members
Youth Sports Teams (Traditional Rec Cheer)			
Tiny	• 6 Years Old and Younger	• Female/Male	• 4 - 24 Members
Mini	• 8 Years Old and Younger	• Female/Male	• 4 - 24 Members
Pee Wee	• 10 Years Old and Younger	• Female/Male	• 4 - 24 Members
Youth	• 12 Years Old and Younger	• Female/Male	• 4 - 24 Members
Junior	• 14 Years Old and Younger	• Female/Male	• 4 - 24 Members
Senior	• 18 Years Old and Younger	• Female/Male	• 4 - 24 Members
School-Based Teams			
Elementary	• 6th Grade and Younger	• Female/Male	• 4 - 24 Members
Jr. High	• 9th Grade and Younger	• Female/Male	• 4 - 24 Members
Group Stunt			
Jr. High - Novice	• 9th Grade and Younger	• All Female or All Male	• 4 - 5 Members
Jr. High - Advanced	• 9th Grade and Younger	• All Female or All Male	• 4 - 5 Members

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.

Youth Teams (Rec Teams) - The participant's age as of **August 31, 2018** will be used throughout the 2018-19 competition season. See competition information for definition of Independent (Club Rec) vs. Youth Sports (Traditional Rec) teams.

All male teams would compete under the "Co-Ed" division if offered.

See grid below for division splits by team size:

Small Show Cheer	• 6 - 16 Members
Medium Show Cheer	• 17 - 20 Members
Large Show Cheer	• 21 - 36 Members

Show Cheer divisions will be split by size once there are 10 teams (Non-Nationals)/(Nationals) in the division. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

See grid below for division splits by team size:

Small Song/Pom	• 4 - 10 Members
Large Song/Pom	• 11 - 24 Members

Song/Pom divisions will be split by size once there are 10 teams (Non-Nationals)/(Nationals) in the division. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

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