

**USA High School Spirit Nationals Divisions for 2009-2010**

<b>Show Cheer -- Advanced</b>			
Freshman	• 9th Grade	• Female/Male	• 6- 36 Members
Small Junior Varsity	• 9th - 12th Grade	• Female (1 Male)	• 6 - 14 Members
Large Junior Varsity	• 9th - 12th Grade	• Female (1 Male)	• 15 - 36 Members
Co-Ed Junior Varsity	• 9th - 12th Grade	• 2 or More Males	• 6+ Members
Small Varsity	• 9th - 12th Grade	• No Males	• 6 - 12 Members
Medium Varsity	• 9th - 12th Grade	• No Males	• 13 - 16 Members
Large Varsity	• 9th - 12th Grade	• No Males	• 17 - 20 Members
Super Varsity	• 9th - 12th Grade	• No Males	• 21 - 36 Members
Small Co-Ed Varsity	• 9th - 12th Grade	• 1 - 4 Males	• 6- 36 Members
Large Co-Ed Varsity	• 9th - 12th Grade	• 5 or More Males	• 6- 36 Members
<b>Show Cheer -- Intermediate</b>			
Freshman	• 9th Grade	• Female/Male	• 6- 36 Members
Small Junior Varsity	• 9th - 12th Grade	• Female/Male	• 6 - 14 Members
Large Junior Varsity	• 9th - 12th Grade	• Female/Male	• 15 - 36 Members
Small Varsity	• 9th - 12th Grade	• Female (1 Male)	• 6 - 12 Members
Medium Varsity	• 9th - 12th Grade	• Female (1 Male)	• 13 - 16 Members
Large Varsity	• 9th - 12th Grade	• Female (1 Male)	• 17 - 20 Members
Super Varsity	• 9th - 12th Grade	• Female (1 Male)	• 21 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• 2 or More Males	• 6- 36 Members
<b>Show Cheer -- Novice</b>			
Freshman	• 9th Grade	• Female/Male	• 6- 36 Members
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 6- 36 Members
Small Varsity	• 9th - 12th Grade	• Female (1 Male)	• 6 - 12 Members
Medium Varsity	• 9th - 12th Grade	• Female (1 Male)	• 13 - 16 Members
Large Varsity	• 9th - 12th Grade	• Female (1 Male)	• 17 - 20 Members
Super Varsity	• 9th - 12th Grade	• Female (1 Male)	• 21 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• 2 or More Males	• 6- 36 Members
<b>Song/Pom -- Advanced</b>			
Freshman	• 9th Grade	• Female/Male	• 3- 36 Members
Small Junior Varsity	• 9th - 12th Grade	• Female/Male	• 3 - 9 Members
Large Junior Varsity	• 9th - 12th Grade	• Female/Male	• 10- 36 Members
Small Varsity	• 9th - 12th Grade	• Female/Male	• 3 - 7 Members
Medium Varsity	• 9th - 12th Grade	• Female/Male	• 8 - 10 Members
Large Varsity	• 9th - 12th Grade	• Female/Male	• 11- 36 Members
<b>Song/Pom -- Intermediate</b>			
Freshman	• 9th Grade	• Female/Male	• 3- 36 Members
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 3- 36 Members
Small Varsity	• 9th - 12th Grade	• Female/Male	• 3 - 7 Members
Medium Varsity	• 9th - 12th Grade	• Female/Male	• 8 - 10 Members
Large Varsity	• 9th - 12th Grade	• Female/Male	• 11- 36 Members
<b>Song/Pom -- Novice</b>			
Freshman	• 9th Grade	• Female/Male	• 3- 36 Members
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 3- 36 Members
Small Varsity	• 9th - 12th Grade	• Female/Male	• 3 - 10 Members
Large Varsity	• 9th - 12th Grade	• Female/Male	• 11- 36 Members
<b>Mascot</b>			
Mascot	• 9th - 12th Grade	• Female/Male	• 1- 36 Members
<b>Pep Flag</b>			
Pep Flag -- 1 Flag	• 9th - 12th Grade	• Female/Male	• 3- 36 Members
Pep Flag -- 2 Flags	• 9th - 12th Grade	• Female/Male	• 3- 36 Members
<b>Crowdleader Teams</b>			
Crowdleader Teams	• 9th - 12th Grade	• Female/Male	• 6+ Members
<b>Group Stunt</b>			
Group Stunt - Intermediate	• 9th - 12th Grade	• All Female or All Male	• 4-5 Members
Group Stunt - Advanced	• 9th - 12th Grade	• 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.