



2009 - 2010 School and Youth / Rec NHSCC Divisions Only



JUNIOR HIGH / JUNIOR VARSITY DIVISIONS

* Small Junior High	• 9th grade and below	• Female/Male	• 5 - 16 Members	
* Large Junior High	• 9th grade and below	• Female/Male	• 17 - 25 Members	
Small Junior Varsity	• 12th grade and below	• Female	• 5 - 16 Members	Note: Official Junior Varsity Team or a JH team with a majority of Freshman team members.
Large Junior Varsity	• 12th grade and below	• Female	• 17 - 25 Members	Note: Official Junior Varsity Team or a JH team with a majority of Freshman team members.
Junior Varsity Coed (New)	• 12th grade and below	• Female/Male	• 5 - 25 Members	Note: Official Junior Varsity Team or a JH team with a majority of Freshman team members.

* Junior High Division Guidelines: 9th grade participants are only allowed if the 9th grade class is housed in the school you are representing and only a minority of the team are 9th graders. If a majority of the team are 9th graders then the team should compete in the Junior Varsity division.

VARSITY DIVISIONS

To create a Championship that gives equal opportunity for schools of similar student composition, UCA will sub-divide the below listed divisions at the NHSCC based on school enrollments in the 9th - 12th grades as of October 1, 2009. Check out www.uca.varsity.com for more details.

Small Varsity Division I	• 12th grade and below	• Female	• 5 - 12 Members	1300 and above
Small Varsity Division II	• 12th grade and below	• Female	• 5 - 12 Members	1-1299 Students
Medium Varsity Division I	• 12th grade and below	• Female	• 13 - 16 Members	1300 and above
Medium Varsity Division II	• 12th grade and below	• Female	• 13 - 16 Members	1-1299 Students
Large Varsity Division I	• 12th grade and below	• Female	• 17 - 20 Members	1800 and above
Large Varsity Division II	• 12th grade and below	• Female	• 17 - 20 Members	1-1799 Students
Super Varsity Division I	• 12th grade and below	• Female	• 21 - 30 Members	1800 and above
Super Varsity Division II	• 12th grade and below	• Female	• 21 - 30 Members	1-1799 Students
Small Varsity Coed	• 12th grade and below	• Female/Male	• 5 - 20 Members	Note: Only 1 to 4 males allowed.
Large Varsity Coed	• 12th grade and below	• Female/Male	• 5 - 20 Members	Note: 5 or more males allowed.

Non Building Divisions

Junior Non Building	• JR or JV team	• Female/Male	• 5 - 30 Members	Note: No partner stunts, pyramids, or tosses allowed.
Small Varsity Non Building	• 12th grade and below	• Female/Male	• 5 - 15 Members	Note: No partner stunts, pyramids, or tosses allowed.
Large Varsity Non Building	• 12th grade and below	• Female/Male	• 16 - 30 Members	Note: No partner stunts, pyramids, or tosses allowed.

Non Tumbling Divisions

The Non Tumbling division will prohibit all tumbling, except for inversions into load in positions, stunts, and pyramids. Tumbling is defined as any skill with feet over head rotation. More information including detailed rules and regulations will be available on www.uca.varsity.com

Junior Non Tumbling	• JR or JV team	• Female/Male	• 5 - 25 Members	Note: No tumbling skills allowed. Junior High or Junior Varsity Teams
Small Varsity Non Tumbling	• 12th grade and below	• Female	• 5 - 12 Members	Note: No tumbling skills allowed.
Medium Varsity Non Tumbling	• 12th grade and below	• Female	• 13 - 20 Members	Note: No tumbling skills allowed.
Large Varsity Non Tumbling	• 12th grade and below	• Female	• 21 - 30 Members	Note: No tumbling skills allowed.

YOUTH / RECREATIONAL DIVISIONS

**The following divisions will follow standard safety guidelines*
These divisions were created for teams whose main purpose is cheering and supporting a recreational team (i.e. youth football, pee wee sports, community sports teams etc.) Competitive Only youth programs would follow the All Star Rules and Regulations.

Pee Wee Rec	• 7 yrs and younger	• Female/Male	• 5 - 35 Members
Youth Rec	• 9 yrs and younger	• Female/Male	• 5 - 35 Members
Junior Rec	• 12 yrs and younger	• Female/Male	• 5 - 35 Members
Senior Rec	• 14 yrs and younger	• Female/Male	• 5 - 35 Members

Note: The age of the competitor as of August 1, 2009 will be the age used for the competition purposes throughout the 2009-2010 season for all Youth / Rec Divisions.