



# US Spirit Championships

## 2011-12 DIVISIONS

## 2012 All-Star Cheer Team Divisions

The age of the competitor as of August 31, 2011 will be used for competition purposes throughout the 2011-12 season for all divisions. Divisions may be divided into small and large based on actual entries. For USASF level guidelines, visit [www.usasf.net](http://www.usasf.net).

Division & USASF	Level	Number on Squad	Age	Female/Male
<b>TINY CHEER</b>				
Tiny	1	5 - 32 Members	5 yrs & Younger	Female/Male
<b>MINI CHEER</b> ( <i>Divisions will be split into small and large if there will be at least 2 teams in each division.</i> )				
Mini	1	5 - 32 Members	8 yrs & Younger	Female/Male
Mini	2	5 - 32 Members	8 yrs & Younger	Female/Male
Mini	3	5 - 32 Members	8 yrs & Younger	Female/Male
<b>YOUTH CHEER</b>				
Youth Small	1	5 - 20 Members	11 yrs & Younger	Female/Male
Youth Large	1	21 - 32 Members	11 yrs & Younger	Female/Male
Youth Small	2	5 - 20 Members	11 yrs & Younger	Female/Male
Youth Large	2	21 - 32 Members	11 yrs & Younger	Female/Male
Youth Small	3	5 - 20 Members	11 yrs & Younger	Female/Male
Youth Large	3	21 - 32 Members	11 yrs & Younger	Female/Male
Youth Small	4	5 - 20 Members	11 yrs & Younger	Female/Male
Youth Large	4	21 - 32 Members	11 yrs & Younger	Female/Male
Youth Small	5	5 - 20 Members	11 yrs & Younger	Female/Male
Youth Large	5	21 - 36 Members	11 yrs & Younger	Female/Male
Youth Restricted	5	21 - 36 Members	11 yrs & Younger	Female/Male
<b>JUNIOR CHEER</b>				
Junior Small	1	5 - 20 Members	14 yrs & Younger	Female/Male
Junior Large	1	21 - 32 Members	14 yrs & Younger	Female/Male
Junior Small	2	5 - 20 Members	14 yrs & Younger	Female/Male
Junior Large	2	21 - 32 Members	14 yrs & Younger	Female/Male
Junior Small	3	5 - 20 Members	14 yrs & Younger	No Males
Junior Large	3	21 - 32 Members	14 yrs & Younger	No Males
Junior Small	4	5 - 20 Members	14 yrs & Younger	No Males
Junior Large	4	21 - 32 Members	14 yrs & Younger	No Males
Junior Small	5	5 - 20 Members	14 yrs & Younger	No Males
Junior Large	5	21 - 36 Members	14 yrs & Younger	No Males
Junior Co-Ed	3	5 - 32 Members	14 yrs & Younger	1 or more Males
Junior Co-Ed	4	5 - 32 Members	14 yrs & Younger	1 or more Males
Junior Co-Ed	5	5 - 36 Members	14 yrs & Younger	1 or more Males
<b>SENIOR CHEER</b> ( <i>Divisions will be split into small and large if there will be at least 2 teams in each division.</i> )				
Senior Restricted	5	5 - 36 Members	18 yrs & Younger	0-4 Males
Senior	1	5 - 32 Members	18 yrs & Younger	Female/Male
Senior	2	5 - 32 Members	18 yrs & Younger	Female/Male
Senior	3	5 - 32 Members	18 yrs & Younger	No Males
Senior	4	5 - 32 Members	18 yrs & Younger	No Males
Senior	4.2	5 - 32 Members	18 yrs & Younger	Female/Male
Senior Small	5	5 - 20 Members	12 yrs - 18 yrs	No Males
Senior Medium	5	21 - 30 Members	12 yrs - 18 yrs	No Males
Senior Large	5	31 - 36 Members	12 yrs - 18 yrs	No Males
Senior Co-Ed	3	5 - 32 Members	18 yrs & Younger	1 or more Males
Senior Co-Ed	4	5 - 32 Members	18 yrs & Younger	1 or more Males
Senior Small Co-Ed	5	5 - 20 Members	12 yrs - 18 yrs	1-4 more Males
Senior Medium Co-Ed	5	5 - 36 Members	12 yrs - 18 yrs	1-6 Males
Senior Large Co-Ed	5	5 - 36 Members	12 yrs - 18 yrs	1-18 Males
<b>INTERNATIONAL OPEN</b>				
International Open	5	5 - 24 Members	14 yrs & Older	No Males
International Open Co-Ed	5	5 - 24 Members	14 yrs & Older	1-12 Males
International Open	6	5 - 24 Members	17 yrs & Older	No Males
International Open Co-Ed	6	5 - 24 Members	17 yrs & Older	1-15 Males
<b>SPECIAL NEEDS</b>				
Special Needs	3**	Unlimited	Any Age	Female/Male

\*\* No Basket Tosses permitted

## 2012 School & Rec Cheer Team Divisions

### High School Divisions

School teams will follow the **National Federation of State High School Associations (NFHS)** Spirit Safety Rules.

Division	Level	Members	Female/Male
Varsity Coed <b>Small</b>	NFHS	5 - 40 Members	2 - 4 Males
Varsity Coed <b>Large</b>	NFHS	5 - 40 Members	5 or more Males
Varsity Small <b>Mount</b>	NFHS	5 - 12 Members	1 Male Permitted
Varsity Medium <b>Mount</b>	NFHS	13 - 20 Members	1 Male Permitted
Varsity Large <b>Mount</b>	NFHS	21 plus Members	1 Male Permitted
Varsity <b>Small Non-Mount</b>	NFHS	5 - 20 Members	1 Male Permitted
Varsity <b>Large Non-Mount</b>	NFHS	21 plus Members	1 Male Permitted
Varsity <b>Non-Tumbling</b>	NFHS	5 - 40 Members	1 Male Permitted
Varsity <b>Non-Tumbling / Non-Mount</b>	NFHS	5 - 40 Members	1 Male Permitted
Junior Varsity <b>Mount</b>	NFHS	5 - 40 Members	Female/Male
Junior Varsity <b>Non-Mount</b>	NFHS	5 - 40 Members	Female/Male
Freshman <b>Mount</b>	NFHS	5 - 40 Members	Female/Male
Freshman <b>Non-Mount</b>	NFHS	5 - 40 Members	Female/Male

### Junior High / Middle School

School teams will follow the **National Federation of State High School Associations (NFHS)** Spirit Safety Rules.

Division	Level	Members	Female/Male
Junior High / Middle School <b>Small</b>	NFHS	5 - 14 Members	Female/Male
Junior High / Middle School <b>Large</b>	NFHS	15 - 40 Members	Female/Male
Junior High / Middle School <b>Non-Mount</b>	NFHS	5 - 40 Members	Female/Male

### Elementary School

School teams will follow the **USASF or NFHS** guidelines.

Division	Level	Members	Female/Male
Elementary School	USASF or NFHS	5 - 40 Members	Female/Male

### Rec Team Divisions **Rec Teams may choose to enter all-star divisions.**

Rec division teams are non-school related teams that **cheer** for an organized sport through a youth sports association. **Rec Teams may choose to enter all-star divisions.** Rec teams will follow their choice of USASF OR NFHS levels, rules & guidelines. US Spirit reserves the right to change, delete, add or combine divisions based on actual entries. **The age of the competitor as of August 31, 2010 will be used for competition purposes throughout the 2010-11 season for all divisions.** Divisions may be divided into small and large based on actual entries and may be combined with the appropriate matching all star division and level. For USASF level guidelines, visit [www.usasf.net](http://www.usasf.net).

Division	Level / Rules	Members	Age	Female/Male
Youth Rec	USASF or NFHS	5 - 36 Members	11 yrs & Younger	Males Permitted
Junior Rec	USASF or NFHS	5 - 36 Members	14 yrs & Younger	Males Permitted
Senior Rec	USASF or NFHS	5 - 36 Members	11 - 18 yrs	Males Permitted

## 2012 Dance Team Divisions

The age of the competitor as of August 31, 2011 will be used for competition purposes throughout the 2011-12 season for all divisions. Divisions may be divided into small and large based on actual entries. **For USASF complete rules and guidelines, please visit [www.usasf.net](http://www.usasf.net).**

Division	Members	Age	Males	Dance Style / Categories
Tiny Open	5 or more	5 yrs & Younger	Males Permitted	HIP HOP, JAZZ, POM
Mini Open	5 or more	8 yrs & Younger	Males Permitted	HIP HOP, JAZZ, POM
Youth Open	5 or more	11 yrs & Younger	Males Permitted	HIP HOP, JAZZ, POM
Junior Open	5 or more	14 yrs & Younger	Males Permitted	HIP HOP, JAZZ, POM
Senior Jazz	5 or more	18 yrs & Younger	Males Permitted	
Senior Pom	5 or more	18 yrs & Younger	Males Permitted	
Senior Hip Hop	5 or more	18 yrs & Younger	Males Permitted	
Open	5 or more	14 yrs and Older	Males Permitted	HIP HOP, JAZZ, POM
Open Coed	5 or more	14 yrs and Older	Males Permitted	HIP HOP, JAZZ, POM

### DANCE CATEGORIES

#### JAZZ

A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

#### POM:

Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, etc.

#### HIP HOP

Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

#### LYRICAL

Contemporary or modern dance routines which emphasize the fusion of jazz and ballet. Requires excellent technique and will be scored on difficulty and precision. Also important are facial expressions which properly match the music and mood of the dance piece.

#### OPEN

An Open category will be offered only when separate dance categories are not offered in an age division. A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings. All styles will be judged against each other in this category. Emphasis is placed on choreography, proper technical execution, visual effect, creativity, staging and team uniformity. **NOTE: Score sheets used in open divisions will be dance style specific; ( i.e., jazz routines will be scored on jazz score sheets, hip hop on hip hop score sheets, etc.) ensuring that teams are scored on appropriate elements in each routine. See the US Spirit web site for score sheet examples.**