



2023 – 2024

SCHOOL DIVISIONS

UPDATED 8.19.23

Teams must compete in the same Performance Routine and Game Day Routine i.e., Non-Tumbling or Non-Building must be the same for both. Example: Teams will not be allowed to compete in a Varsity Tumbling Category and a Non-Tumbling Game Day Category or vice versa.

2023 - 2024 Season: All members of the cheerleading squad must be current members of the official school spirit squad.

Non-Building Divisions: No partner stunts, pyramids or tosses allowed.

Non-Tumbling Divisions will prohibit any and all tumbling with hip-over-head rotation i.e., rolls and walkovers not allowed. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division. NFHS definition of tumbling: Gymnastics skills that begin and end on the performing surface including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. Exception: jumps, leaps and side rolls are not considered tumbling.

JUNIOR VARSITY PERFORMANCE DIVISIONS

- Junior Varsity Divisions WILL be allowed 7th grade participants if they attend a school that is under the administrative supervision of the same school board as the high school that they are representing. Teams will only be allowed to compete in the Junior Varsity Division if they are the official Junior Varsity team. If there is only one team from that school, that team will be required to compete in the Varsity divisions. If you have team members that cheer varsity sports, you must compete as a varsity team.
- Schools will compete as their high school is listed with the NCHSAA (1A – 4A), but split into two divisions:
 - D1 = 3A and 4A schools D2 = 1A and 2A schools

Division	Grade	Female / Male	# Athletes	Notes
Small Junior Varsity	9 th – 12 th grade	Female	5 – 16 athletes	
Large Junior Varsity	9 th – 12 th grade	Female	17 – 30 athletes	
Junior Varsity Coed	9 th – 12 th grade	Female / Male	5 – 30 athletes	1+ Male
Junior Varsity Non-Tumbling	9 th – 12 th grade	Female / Male	5 – 30 athletes	Males Allowed
Junior Varsity Non-Building	9 th – 12 th grade	Female / Male	5 – 30 athletes	Males Allowed

JUNIOR VARSITY GAME DAY DIVISIONS

Division	Grade	Female / Male	# Athletes	Notes
Small Junior Varsity	9 th – 12 th grade	Female / Male	5 – 16 athletes	Males Allowed
Large Junior Varsity	9 th – 12 th grade	Female / Male	17 – 30 athletes	Males Allowed
Junior Varsity Non-Tumbling	9 th – 12 th grade	Female / Male	5 – 30 athletes	Males Allowed
Junior Varsity Non-Building	9 th – 12 th grade	Female / Male	5 – 30 athletes	Males Allowed



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SCHOOL DIVISIONS

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VARSITY PERFORMANCE DIVISIONS

- If there is only one team from a school, that team will be required to compete in the Varsity division and meet the Varsity Division grade restrictions. Teams that have members that cheer varsity sports must compete as a varsity team.
- Schools will compete as their high school is listed with the NCHSAA (1A – 4A), but split into two divisions:
 - D1 = 3A and 4A schools D2 = 1A and 2A schools

Division	Grade	Female / Male	# Athletes	Notes
Small Varsity	9 th – 12 th grade	Female	5 – 15 athletes	
Medium Varsity	9 th – 12 th grade	Female	16 – 19 athletes	
Large Varsity	9 th – 12 th grade	Female	20 – 23 athletes	
Super Varsity	9 th – 12 th grade	Female	24 – 30 athletes	
Small Varsity Coed	9 th – 12 th grade	Female / Male	5 – 20 athletes	1+ Male
Medium Varsity Coed	9 th – 12 th grade	Female / Male	21 – 25 athletes	1+ Male
Large Varsity Coed	9 th – 12 th grade	Female / Male	21 – 30 athletes	1+ Male
Small Varsity Non-Tumbling	9 th – 12 th grade	Female	5 – 15 athletes	
Medium Varsity Non-Tumbling	9 th – 12 th grade	Female	16 – 19 athletes	
Large Varsity Non-Tumbling	9 th – 12 th grade	Female	20 – 23 athletes	
Super Varsity Non-Tumbling	9 th – 12 th grade	Female	24 – 30 athletes	
Coed Varsity Non-Tumbling	9 th – 12 th grade	Female / Male	5 – 30 athletes	1+ Male
Varsity Non-Building	9 th – 12 th grade	Female / Male	5 – 30 athletes	Males Allowed

VARSITY GAME DAY DIVISIONS

Division	Grade	Female / Male	# Athletes	Notes
Small Varsity	9 th – 12 th grade	Female	5 – 20 athletes	
Medium Varsity	9 th – 12 th grade	Female	21 – 25 athletes	
Large Varsity	9 th – 12 th grade	Female	26 – 30 athletes	
Small Varsity Coed	9 th – 12 th grade	Female / Male	5 – 20 athletes	1+ Male
Medium Varsity Coed	9 th – 12 th grade	Female / Male	21 – 25 athletes	1+ Male
Large Varsity Coed	9 th – 12 th grade	Female / Male	26 – 30 athletes	1+ Male
Varsity Non-Tumbling	9 th – 12 th grade	Female / Male	5 – 30 athletes	Males Allowed
Varsity Non-Building	9 th – 12 th grade	Female / Male	5 – 30 athletes	Males Allowed

See full competition rules and scoring information at alldaycheerleading.com