

Spirit Extreme 2022-2023 SCHOOL CHEER DIVISIONS

Level	Divisions	Grade	Gender	Number on Team
Advanced	Varsity (High School)	9th - 12th grade	Female only	5 - 30 members
Intermediate	Varsity (High School)	9th - 12th grade	Female/Male	5 - 30 members
Advanced	Varsity – Non-Building	9 th – 12 th grade	Female/Male	5 - 30 members
Intermediate	Varsity – Non-Building	9 th – 12 th grade	Female/Male	5 - 30 members
Advanced	JV/Freshman	9th - 12th grade	Female/Male	5 - 30 members
Intermediate	JV/Freshman	9th - 12th grade	Female/Male	5 - 30 members
Advanced	JV/Freshman - Non-Building	9th - 12th grade	Female/Male	5 - 30 members
Intermediate	JV/Freshman - Non-Building	9th - 12th grade	Female/Male	5 - 30 members
Advanced	Junior High	9th grade and below	Female/Male	5 - 30 members
Intermediate	Junior High	9th grade and below	Female/Male	5 - 30 members
Advanced	Junior High – Non-Building	9th grade and below	Female/Male	5 - 30 members
Intermediate	Junior High – Non-Building	9th grade and below	Female/Male	5 - 30 members
Intermediate	Elementary	6th grade and below	Female/Male	5 - 30 members
Intermediate	Elementary – Non-Building	6th grade and below	Female/Male	5 - 30 members

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

Every member of a team representing a school must be enrolled at that school during the date of the competition, and must be on a team officially representing the school. Divisions are determined by the grade of participants at the time of the competition, regardless of the participant's current age. The competitor has to be in the grade for the appropriate division for the 2022-2023 school year. Members must be officially recognized by the competing school's administration as a member of the competing team's cheerleading squad.

The lowest official grade level for all athletes participating in a Varsity High School performance division is listed as 9th grade. The competitor must be an official member of the team for the school they are representing. * If a school district allows for athletes below 9th grade to compete at the high school level, then the athlete is eligible providing the schools administration provides a letter stating the current school policy surrounding eligibility of athlete. Proof is required.