

2007 Arnold Championships School & Rec Cheer Team Divisions

School Divisions

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

Division	Level	Members	Males
HS Varsity Small	NFHS	14 or less	1 male permitted
HS Varsity Medium	NFHS	15-20	1 male permitted
HS Varsity Large	NFHS	21 or more	1 male permitted
HS Varsity Coed SM	NFHS	Unlimited	2 - 3 males
HS Varsity Coed LG	NFHS	Unlimited	4 or more males
HS Junior Varsity Large	NFHS	17 or more	males permitted
HS Junior Varsity Small	NFHS	16 or less	males permitted
Junior High Large	NFHS	16 or more	males permitted
Junior High Small	NFHS	15 or less	males permitted
Elementary School	NFHS	Unlimited	males permitted

School Divisions Non-Building

HS Varsity Large	NFHS	21 or more	1 male permitted
HS Varsity Medium	NFHS	15-20 members	1 male permitted
HS Varsity Small	NFHS	14 or less	1 male permitted
HS Junior Varsity Large	NFHS	17 or more	males permitted
HS Junior Varsity Small	NFHS	16 or less	males permitted
Junior High Large	NFHS	16 or more	males permitted
Junior High Small	NFHS	15 or less	males permitted
Elementary School	NFHS	Unlimited	males permitted

School Divisions Limited / Non-Tumbling

HS Varsity No Tumbling		Unlimited	1 male permitted
HS JV No Tumbling		Unlimited	1 male permitted

Rec League Divisions

Rec teams are non-school related teams that cheer for an organized sport. Rec teams may also enter all star divisions.

Division	Level	Members	Age	Males
Senior Rec	5	unlimited	18 yrs & younger	permitted
Junior Rec	3	unlimited	14 yrs & younger	permitted
Youth Rec	3	unlimited	11 yrs & younger	permitted
Mini Rec	2	unlimited	8 yrs & younger	permitted
Tiny Rec	1	unlimited	5 yrs & younger	permitted

2007 Arnold Championships Dance Team Divisions

All Star, Rec, International & Studio Dance Team Divisions

Division	Members	Age	Males
Senior Jazz	unlimited	18 yrs & younger	males permitted
Senior Pom	unlimited	18 yrs & younger	males permitted
Senior Hip Hop	unlimited	18 yrs & younger	males permitted
Junior Jazz	unlimited	14 yrs & younger	males permitted
Junior Hip Hop	unlimited	14 yrs & younger	males permitted
Junior Pom	unlimited	14 yrs & younger	males permitted
Youth Hip Hop	unlimited	11 yrs & younger	males permitted
Youth Jazz	unlimited	11 yrs & younger	males permitted
Mini Hip Hop	unlimited	8 yrs & younger	males permitted
Tiny Hip Hop	unlimited	5 yrs & younger	males permitted

High School Dance Team Divisions

Division	Members	Age	Males
HS Varsity Jazz	unlimited	NA	males permitted
HS Varsity Pom	unlimited	NA	males permitted
HS Var Hip Hop	unlimited	NA	males permitted

Dance Divisions

Jazz: Combination of dance movements with an emphasis on technical execution and use of formation changes. Hand held props are allowed in this category.

Pom: Emphasis on uniformity and utilization of strong pom motions for strong visual effect. 75% of the routine must be executed with poms. No props (except for poms) allowed.

Hip Hop: Creative use of the latest street-style moves with an emphasis on uniformity. No props allowed. Tumbling is permitted.

2007 Arnold Championships All-Star Cheer Team Divisions

2007 ALL STAR DIVISIONS

Division & Level	Number on Squad	Age	Female/Male
Senior Cheer			
Senior Coed 6	5 or more members	18 yrs & younger	1 or more males
Senior Coed 5	5 or more members	18 yrs & younger	5 or more males
Senior Coed 5	5 or more members	18 yrs & younger	1-4 more males
Senior Coed 4	5 or more members	18 yrs & younger	5 or more males
Senior Coed 4	5 or more members	18 yrs & younger	1-4 more males
Senior Coed 3	5 or more members	18 yrs & younger	5 or more males
Senior Coed 3	5 or more members	18 yrs & younger	1-4 males
Senior 6	5 or more members	18 yrs & younger	No males
Senior Large 5	21 or more members	18 yrs & younger	No males
Senior Small 5	5 - 20 members	18 yrs & younger	No males
Senior Large 4	21 or more members	18 yrs & younger	No males
Senior Small 4	5 - 20 members	18 yrs & younger	No males
Senior Large 3	21 or more members	18 yrs & younger	No males
Senior Small 3	5 - 20 members	18 yrs & younger	No males
Senior Large 2	21 or more members	18 yrs & younger	males permitted
Senior Small 2	5 - 20 members	18 yrs & younger	males permitted
Senior 1	5 or more members	18 yrs & younger	males permitted
Junior Cheer			
Junior Coed 5	5 or more members	14 yrs & younger	1 or more males
Junior Coed 4	5 or more members	14 yrs & younger	1 or more males
Junior Coed 3	5 or more members	14 yrs & younger	1 or more males
Junior Large 5	21 or more members	14 yrs & younger	No males
Junior Small 5	5 - 20 members	14 yrs & younger	No males
Junior Large 4	21 or more members	14 yrs & younger	No males
Junior Small 4	5 - 20 members	14 yrs & younger	No males
Junior Large 3	21 or more members	14 yrs & younger	No males
Junior Small 3	5 - 20 members	14 yrs & younger	No males
Junior Large 2	21 or more members	14 yrs & younger	males permitted
Junior Small 2	5 - 20 members	14 yrs & younger	males permitted
Junior 1	5 or more members	14 yrs & younger	males permitted
Youth Cheer			
Youth Small 5	5-20 members	11 yrs & younger	males permitted
Youth Large 5	21 or more members	11 yrs & younger	males permitted
Youth Small 4	5-20 members	11 yrs & younger	males permitted
Youth Large 4	21 or more members	11 yrs & younger	males permitted
Youth Large 3	21 or more members	11 yrs & younger	males permitted
Youth Small 3	5 - 20 members	11 yrs & younger	males permitted
Youth Large 2	21 or more members	11 yrs & younger	males permitted
Youth Small 2	5 - 20 members	11 yrs & younger	males permitted
Youth 1	5 or more members	11 yrs & younger	males permitted
Mini Cheer			
Mini 5	5 or more members	8 yrs & younger	males permitted
Mini 4	5 or more members	8 yrs & younger	males permitted
Mini 3	5 or more members	8 yrs & younger	males permitted
Mini 2	5 or more members	8 yrs & younger	males permitted
Mini 1	5 or more members	8 yrs & younger	males permitted
Tiny Cheer			
Tiny 1	5 or more members	5 yrs & younger	males permitted

2007 Arnold Championships College Divisions

Open Divisions	Level	Members	Age	Males
Open Coed	6	unlimited	18 yrs & older	1 or more males
Open All-Girl	6	unlimited	18 yrs & older	No males
Open Dance	NA	unlimited	All ages	males permitted

College Cheer Divisions	Level	Members	Males
All-Girl Cheer	6	5 or more members	No males allowed
Small Coed Cheer	6	5 or more members	1-4 males
Coed Cheer Division IA	6	5 or more members	5 or more males
Coed Cheer Division I	6	5 or more members	5 or more males
Coed Cheer Division II	6	5 or more members	5 or more males
Coed Cheer Junior College	6	5 or more members	5 or more males

College Dance Divisions	Members	Males
Division IA	5 or more members	Males Allowed
Division I	5 or more members	Males Allowed
Division II / Jr College	5 or more members	Males Allowed

2007 Arnold Championships Individual & Stunt Team Divisions

Individual Cheerleader Divisions

Senior Individual: 10-12th grade
Junior Individual: 7-9th grade
Youth Individual: 5-6th grade
Mini Individual: 4th grade & below
Tiny Individual: 2nd grade & below

Individual Spiritleader Divisions - Non Tumbling

Senior Individual: 10-12th grade
Junior Individual: 7-9th grade
Youth Individual: 5-6th grade
Mini Individual: 4th grade & below
Tiny Individual: 2nd grade & below

Individual Dancer Divisions

Senior Individual: 10-12th grade
Junior Individual: 7-9th grade
Youth Individual: 5-6th grade
Mini Individual: 4th grade & below

4 or 5 Member Stunt Team Divisions

Open: 18 yrs & older No males
Senior: 12th grade & below No males
Junior: 9th grade & below No males
Youth: 6th grade & below 1 male permitted

Duo-Trio Cheer Divisions

Senior: 12th grade & below
Junior: 9th grade & below
Youth: 6th grade & below

Duo-Trio Cheer Divisions Non-Tumbling

Senior: 12th grade & below
Junior: 9th grade & below
Youth: 6th grade & below

Due-Trio Dancer Divisions

Senior: 12th grade & below
Junior: 9th grade & below
Youth: 6th grade & below

Co-ed Partner Stunt Divisions

Senior: 12th grade & below
Junior: 9th grade & below
Youth: 6th grade & below