



2025 STATE CHEER AND DANCE COMPETITION DIVISIONS

**TSSAA reserves the right to add and/or combine divisions based on actual registration.*

**Divisions with less than 3 teams competing for 3 consecutive years will be combined or eliminated the following year.*

CHEER

MIDDLE SCHOOL TRADITIONAL PERFORMANCE DIVISIONS

Small Middle	5-16 members
Large Middle	17-30 members
Non-Tumbling	5-30 members

MIDDLE SCHOOL GAME DAY DIVISIONS

Small Middle	5-16 members
Large Middle	17-30 members

VARSITY TRADITIONAL PERFORMANCE DIVISIONS

Small Varsity Non-Tumbling	5-15 female members
Large Varsity Non-Tumbling	16-30 female members
Small Varsity	5-19 female members
Large Varsity	20-30 female members
Small Coed Varsity	5-20 members (only 1-4 males)
Large Coed Varsity	21-30 members (5 or more males)

VARSITY GAME DAY DIVISIONS

Small Varsity Game Day	5-15 members
Medium Varsity Game Day	16-19 members
Large Varsity Game Day	20-23 members
Super Varsity Game Day	24-30 members
Non-Tumbling Varsity Game Day	5-30 members

Cheer teams may only compete in ONE division (Game Day OR Performance) at the TSSAA Competition.

Unified Cheer Game Day Performance

Middle School	4-20 total members
Varsity	4-20 total members

*Special Olympics Unified Sports is an inclusive sports program that combines an approximately equal number of Special Olympics Athletes (individuals with intellectual disabilities) and Partners (individuals without ID) on a team for training and competition.

*The team must have a 1:1 ratio of Special Olympics Athletes to Unified Partners. If there is an odd number of participants, there may be one additional Special Olympics Athlete on the team.

*Contact Colby Coulter (ccoulter@tssaa.org) for more information about participating in Unified Cheerleading.



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DANCE

Performance Divisions

Middle School (Jazz, Pom, Hip Hop)	5-40 members
Small Varsity (Jazz, Pom, Hip Hop)	5-14 members
Large Varsity (Jazz, Pom, Hip Hop)	15-40 members
Varsity Kick	5-40 members

Game Day Divisions

Middle School	5-40 members
Small Varsity Game Day	5-14 members
Large Varsity Game Day	15-40 members

Dance teams may compete in two divisions at the TSSAA Competition.

SPIRIT PROGRAM

Middle School	10-75 total members
Varsity	10-75 total members

*Required: Minimum of 5 participants from both Cheer and Dance

*Teams may participate in Spirit Program in addition to their allowed cheer and dance divisions.