



2025 TSSAA Cheer and Dance Championships

Event Timeline

TUESDAY, AUGUST 12, 2025

TSSAA Cheer and Dance Championships REGISTRATION OPENS.

Go to www.tssaa.org to access the link to register your team!

WEDNESDAY, SEPTEMBER 17, 2025

Event REGISTRATION CLOSES.

THURSDAY, SEPTEMBER 18, 2025

Division Review: An email will be sent to registered coaches to confirm divisions. All changes must be made by Tuesday, September 23rd, 2025.

No changes will be made after September 23rd.

TUESDAY, SEPTEMBER 23, 2025

PAYMENT is due for all teams registered for the event.

Remit payment to **Varsity Spirit** (Address also located on your team invoice).

****Participant fee will be retained for cancellations after this date****

****Unpaid teams will not be included on the Order of Performance****

MONDAY, OCTOBER 6, 2025

Order of Performances will be posted on the TSSAA website.

THURSDAY & FRIDAY, NOVEMBER 6-7, 2025

2025 TSSAA Cheer and Dance Championships

Location: Knoxville Convention Center

701 Henley St, Knoxville, TN 37902

Thursday, November 6 – **CHEER**

Friday, November 7 - Morning: **SPIRIT PROGRAM**

Friday, November 7 – **DANCE** (following conclusion of Spirit Program)



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Additional Information

PARTICIPATING TEAM FEES:

- \$25 per Cheer and Dance Routine participant
- \$25 per Spirit Program participant that is NOT rostered with any other routine
- \$10 per Spirit Program participant that is rostered with another routine (both cheer and dance)

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

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 are an odd number of participants, there may be one additional Special Olympics Athlete on the team*

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

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

****TSSAA reserves the right to add, modify, 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. *****

MUSIC:

- Coaches will be required to provide proof of permission or proof of licensing at registration. Documentation may include:
 - * Written permission signed by your administrator granting use of school-owned music.
 - * Receipt of legal purchase from approved source or provider.
 - * Proof of purchase of compulsory license granting use of music recorded by your marching band.