



2026 TSSAA Cheer and Dance Championships

Event Timeline

TUESDAY, AUGUST 18, 2026

TSSAA Cheer and Dance Championships REGISTRATION OPENS at 12PM Central time.

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

Join the BAND using the QR Code



FRIDAY, SEPTEMBER 18, 2026

Event REGISTRATION CLOSES.

MONDAY, SEPTEMBER 21, 2026

Division Review: An email will be sent to registered coaches to confirm divisions. All changes must be made by Friday, September 25th, 2026.

No changes will be made after Friday, September 25th

MONDAY, SEPTEMBER 28, 2026

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 12, 2026

Order of Performances will be posted on the TSSAA website.

THURSDAY & FRIDAY, NOVEMBER 12-13, 2026

2026 TSSAA Cheer and Dance Championships

Location: Knoxville Convention Center

701 Henley St, Knoxville, TN 37902

Thursday, November 12 – **CHEER**

Friday, November 13 - Morning **SPIRIT PROGRAM**

Friday, November 13 – **DANCE**



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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	5-19 female members
Large Varsity non-tumbling	20-30 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 Small Varsity Game Day	5-15 members
Non-Tumbling Medium Varsity Game Day	16-19 members
Non-Tumbling Large Varsity Game Day	20-23 members
Non-Tumbling Super Varsity Game Day	24-30 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)	5-12 members
Large Varsity (Jazz, Pom, Hip Hop)	13-40 members

Game Day Divisions

Middle School	5-40 members
Small Varsity Game Day	5-12 members
Large Varsity Game Day	13-40 member

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.