

# 2009-2010 UPA CHEER Divisions

## ALL STAR DIVISIONS

All Star divisions are determined by age. The age of the competitor as of August 31st 2009 will be the age used for competition purposes throughout the 2009-2010 season for all divisions (Exception: the cut-off date for the maximum age of the Senior teams (18) will remain May 31st 2009 for the 2009-2010 season. For the 2010-2011 competition season it will change to August 31st 2010. UPA follows the USASF Level Guidelines and Rules. All teams must also adhere to UPA Rules.

Div #	Type	C/D	Level	Division	Age	Male Factor	Specifics
<b>Tiny Cheer</b>							
20071	AllStar	Cheer	Level 1	Tiny Cheer	05 yrs & Younger	Female/Male	5-36 Members
<b>Mini Cheer</b>							
20073	AllStar	Cheer	Level 1	Mini Cheer	08 yrs & Younger	Female/Male	5-36 Members
20074	AllStar	Cheer	Level 2	Mini Cheer	08 yrs & Younger	Female/Male	5-36 Members
20075	AllStar	Cheer	Level 3	Mini Cheer	08 yrs & Younger	Female/Male	5-36 Members
<b>Youth Cheer - Small &amp; Large will be combined if less than 2 teams registered for Small &amp; Large in level.</b>							
38001	AllStar	Cheer	Level 1	Small Youth Cheer	11 yrs & Younger	Female/Male	5-20 Members
20077	AllStar	Cheer	Level 1	Large Youth Cheer	11 yrs & Younger	Female/Male	21-36 Members
38003	AllStar	Cheer	Level 2	Small Youth Cheer	11 yrs & Younger	Female/Male	5-20 Members
20078	AllStar	Cheer	Level 2	Large Youth Cheer	11 yrs & Younger	Female/Male	21-36 Members
38008	AllStar	Cheer	Level 3	Small Youth Cheer	11 yrs & Younger	Female/Male	5-20 Members
20079	AllStar	Cheer	Level 3	Large Youth Cheer	11 yrs & Younger	Female/Male	21-36 Members
20080	AllStar	Cheer	Level 4	Small Youth Cheer	11 yrs & Younger	Female/Male	5-20 Members
38014	AllStar	Cheer	Level 4	Large Youth Cheer	11 yrs & Younger	Female/Male	21-36 Members
38024	AllStar	Cheer	Level 5	Youth Cheer	11 yrs & Younger	Female/Male	5-36 Members
<b>Junior Cheer - Small &amp; Large will be combined if less than 2 teams registered for Small &amp; Large in level.</b>							
38002	AllStar	Cheer	Level 1	Small Junior Cheer	14 yrs & Younger	Female/Male	5-20 Members
20081	AllStar	Cheer	Level 1	Large Junior Cheer	14 yrs & Younger	Female/Male	21-36 Members
38004	AllStar	Cheer	Level 2	Small Junior Cheer	14 yrs & Younger	Female/Male	5-20 Members
20082	AllStar	Cheer	Level 2	Large Junior Cheer	14 yrs & Younger	Female/Male	21-36 Members
38009	AllStar	Cheer	Level 3	Small Junior Cheer	14 yrs & Younger	No Males	5-20 Members
20083	AllStar	Cheer	Level 3	Large Junior Cheer	14 yrs & Younger	No Males	21-36 Members
38010	AllStar	Cheer	Level 3	Junior Coed Cheer	14 yrs & Younger	1 + Males	5-36 Members
38015	AllStar	Cheer	Level 4	Small Junior Cheer	14 yrs & Younger	No Males	5-20 Members
20084	AllStar	Cheer	Level 4	Large Junior Cheer	14 yrs & Younger	No Males	21-36 Members
20087	AllStar	Cheer	Level 4	Junior Coed Cheer	14 yrs & Younger	1 + Males	5-36 Members
20105	AllStar	Cheer	Level 5	Small Junior Cheer	14 yrs & Younger	No Males	5-20 Members
20085	AllStar	Cheer	Level 5	Large Junior Cheer	14 yrs & Younger	No Males	21-36 Members
20088	AllStar	Cheer	Level 5	Junior Coed Cheer	14 yrs & Younger	1 + Males	5-36 Members

**Senior Cheer - Small & Large will be combined if less than 2 teams registered for Small & Large in level.**

20089	AllStar	Cheer	Level 1	Senior Cheer	18 yrs & Younger	Female/Male	5-36 Members
38006	AllStar	Cheer	Level 2	Small Senior Cheer	18 yrs & Younger	Female/Male	5-20 Members
20090	AllStar	Cheer	Level 2	Large Senior Cheer	18 yrs & Younger	Female/Male	21-36 Members
38011	AllStar	Cheer	Level 3	Small Senior All-Girl Cheer	18 yrs & Younger	No Males	5-20 Members
38012	AllStar	Cheer	Level 3	Large Senior All-Girl Cheer	18 yrs & Younger	No Males	21-36 Members
20094	AllStar	Cheer	Level 3	Senior Coed Cheer	18 yrs & Younger	1 + Males	5-36 Members
38017	AllStar	Cheer	Level 4	Small Senior All-Girl Cheer	18 yrs & Younger	No Males	5-20 Members
20092	AllStar	Cheer	Level 4	Large Senior All-Girl Cheer	18 yrs & Younger	No Males	21-36 Members
20095	AllStar	Cheer	Level 4	Senior Coed Cheer	18 yrs & Younger	1 + Males	5-36 Members
38033	AllStar	Cheer	Level 4.2	Senior Cheer 4.2	18 yrs & Younger	Female/Male	5-36 Members
20093	AllStar	Cheer	Level 5	Small Senior All-Girl Cheer	12-18 yrs old	No Males	5-20 Members
38018	AllStar	Cheer	Level 5	Large Senior All-Girl Cheer	12-18 yrs old	No Males	21-36 Members
20096	AllStar	Cheer	Level 5	Small Senior Limited Coed Cheer	12-18 yrs old	1-4 Males	5-20 Members
38019	AllStar	Cheer	Level 5	Large Senior Limited Coed Cheer	12-18 yrs old	1-4 Males	21-36 Members
38020	AllStar	Cheer	Level 5	Senior Semi-Limited Coed Cheer	12-18 yrs old	5-12 Males	5-36 Members
38021	AllStar	Cheer	Level 5	Senior Unlimited Coed Cheer	12-18 yrs old	13 + Males	5-36 Members
38005	AllStar	Cheer	Level 5	Senior Open* (See Specials Tumbling Restrictions Below)	18 yrs & Younger	0-4 Males	5-36 Members

**International Cheer**

20097	AllStar	Cheer	Level 5	International Open All-Girl Cheer	14 yrs & Older	No Males	5-24 Members
38022	AllStar	Cheer	Level 5	International Open Coed Cheer	14 yrs & Older	1-12 Males	5-24 Members

**Open Cheer**

20100	AllStar	Cheer	Level 6	International Open All-Girl Cheer	17 yrs & Older	No Males	5-24 Members
20099	AllStar	Cheer	Level 6	International Open Cheer Coed	17 yrs & Older	1-12 Males	5-24 Members

**SCHOOL DIVISIONS**

Team members either attend the same school or affiliate schools (i.e. Elementary/Middle School/Jr. High/High School). For High School Varsity teams, school enrollment includes 10th, 11th & 12th grades only. School divisions follow National Federation Guidelines. Divisions determined by the average grade of squad. Collegiate participants must be official students of the school they are representing. Athletes may not represent more than one school. All collegiate teams will compete in divisions according to their NCAA Football classification. Schools that do not have a football program will compete in divisions according to their NCAA Basketball program classification. All teams must also adhere to UPA Rules.

Div #	Type	C/D	Level	Division	Age	Male Factor	Specifics
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**Elementary Cheer**

3000	School	Cheer		Elementary Non Mount / Sideline	4th Grade & Under	Female/Male	No Stunting
3008	School	Cheer		Elementary Non Tumbling / Sideline	4th Grade & Under	Female/Male	No Tumbling
3012	School	Cheer		Elementary Cheer	4th Grade & Under	Female/Male	

**Middle School Cheer**

3100	School	Cheer		Middle School Non Mount / Sideline	5th - 8th Grade	Female/Male	No Stunting
3108	School	Cheer		Middle School Non Tumbling / Sideline	5th - 8th Grade	Female/Male	No Tumbling
3112	School	Cheer		Middle School Cheer	5th - 8th Grade	Female/Male	

High School JUNIOR VARSITY Cheer									
3200	School	Cheer		Junior Varsity Non Mount / Sideline		9th - 12th Grade		Female/Male	Not On Varsity / No Stunting
3208	School	Cheer		Junior Varsity Non Tumbling / Sideline		9th - 12th Grade		Female/Male	Not On Varsity / No Tumbling
3212	School	Cheer		Junior Varsity Cheer		9th - 12th Grade		Female/Male	Not On Varsity

High School VARSITY Cheer									
3300	School	Cheer		Varsity Non Mount / Sideline		9th - 12th Grade		Female/Male	No Stunting
3308	School	Cheer		Varsity Non Tumbling / Sideline		9th - 12th Grade		Female/Male	No Tumbling
3412	School	Cheer		Varsity 3 Cheer		9th - 12th Grade		Up To 1 Male Allowed	499 Or Less School Enrollment
3512	School	Cheer		Varsity 2 Cheer		9th - 12th Grade		Up To 1 Male Allowed	500 - 999 School Enrollment
3612	School	Cheer		Varsity I Cheer		9th - 12th Grade		Up To 1 Male Allowed	1,000+ School Enrollment
3712	School	Cheer		Varsity Co-Ed Cheer		9th - 12th Grade		2+ Males	

Collegiate Cheer									
20199	School	Cheer	Level 6	Div. 1A/Div. 1 - Collegiate All Girl Cheer		17 yrs & Older		No Males	
20110	School	Cheer	Level 6	Div. 2/Jr. College - Collegiate All Girl Cheer		17 yrs & Older		No Males	
20299	School	Cheer	Level 6	Div. 1A/Div. 1 - Collegiate Coed Cheer		17 yrs & Older		1 + Males	
20111	School	Cheer	Level 6	Div. 2/Jr. College - Collegiate Coed Cheer		17 yrs & Older		1 + Males	

## REC DIVISIONS

Squad members represent a community and do not support an organized sport. Division determined by the average grade of squad. School divisions follow the National Federation Guidelines. All teams must also adhere to UPA Rules.

Div #	Type	C/D	Level	Division	Age	Male Factor	Specifics	
<b>Rec Cheer</b>								
4012	Rec	Cheer		Mite Cheer	2nd Grade & Under	Female/Male		
4112	Rec	Cheer		Squirt Cheer	3rd - 4th Grade	Female/Male		
4212	Rec	Cheer		Pee Wee Cheer	5th - 6th Grade	Female/Male		
4312	Rec	Cheer		Teen Cheer	7th - 8th Grade	Female/Male		

## SPECIAL NEEDS DIVISIONS

Special Needs teams compete for FREE. Each team receives a participation trophy & UPA memorabilia. Squads receive feedback from all judges without scores. They will not be ranked with other teams. All teams must also adhere to UPA Rules.

Div #	Type	C/D	Level	Division	W Age	Male Factor	Specifics
3812	Special	Cheer		Special Needs Cheer	Any Age	Female/Male	Unlimited

## PARENT DIVISIONS

Squad members must be a parent or guardian of a registered participant. Parent teams compete for HALF THE COST OF A PARTICIPANT PACKAGE (Red, White or Blue), receive a participation trophy & UPA memorabilia. Parent teams may not perform skills exceeding Level 5 of the USASF guidelines. All teams must also adhere to UPA Rules. Parent Division includes admission to team competition.

<b>Div #</b>	<b>Type</b>	<b>C/D</b>	<b>Level</b>	<b>Division</b>	<b>W</b>	<b>Age</b>	<b>Male Factor</b>	<b>Specifics</b>
9012	Parent	Cheer		Parent Cheer		Parent or Guardian	Female/Male	

UPA HAS THE RIGHT TO SPLIT OR COMBINE DIVISIONS IF NECESSARY.

\*The following skill restrictions apply for Senior Open Level 5: In tumbling, only single twisting skills are allowed. During a full-twisting tumbling skill, no trick other than the twist is allowed (i.e. including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts, etc) and both feet must land and finish on the performing surface. (i.e. no full twisting tumbling to seat, prone body landings or similar).