

USA Recreation Divisions for 2022-2023

CHEER DIVISIONS

TRADITIONAL RECREATIONAL - AFFILIATED and NON-AFFILIATED

DIVISION	BIRTH YEARS	GENDER	# of PARTICIPANTS	ROUTINE STRUCTURE	COMPETATIVE SURFACE
RECREATIONAL LEVEL 1					
14 & Younger	2007 or Later	F/M	5 - 36 Members	2:30 minute maximum with 1:30 max music.	All Divisions: Foam Floor
10 & Younger	2011 or Later	F/M	5 - 36 Members		
6 & Younger	2015 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 2.1 (Level 2 Building Skills, Level 1 Tumbling Skills)					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum with 1:30 max music.	All Divisions: Foam Floor
12 & Younger	2009 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 2					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum with 1:30 max music.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		
10 & Younger	2011 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 3.1 (Level 3 Building Skills, Level 1 Tumbling Skills)					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum with 1:30 max music.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 3					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum with 1:30 max music.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		

PERFORMANCE RECREATIONAL - AFFILIATED and NON-AFFILIATED

DIVISION	BIRTH YEARS	GENDER	# of PARTICIPANTS	ROUTINE STRUCTURE	COMPETATIVE SURFACE
RECREATIONAL LEVEL 1					
14 & Younger	2007 or Later	F/M	5 - 36 Members	2:30 minute maximum routine time.	All Divisions: Foam Floor
10 & Younger	2011 or Later	F/M	5 - 36 Members		
6 & Younger	2015 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 2.1 (Level 2 Building Skills, Level 1 Tumbling Skills)					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum routine time.	All Divisions: Foam Floor
12 & Younger	2009 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 2					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum routine time.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		
10 & Younger	2011 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 3.1 (Level 3 Building Skills, Level 1 Tumbling Skills)					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum routine time.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 3					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum routine time.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		

All Divisions - Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required in order to attend Jr. Nationals in any division. Bids to Nationals are awarded to teams receiving 80% of total possible points for all cheer divisions, regardless of any penalties received.

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.

The age of the athlete will be determined by birth year for the competition season.

USA will follow the Varsity Recreation cheer divisions split guidelines.

<https://www.varsity.com/youth-rec/competitions/divisions-and-scoring/>

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