

RECREATION DIVISIONS

There are 2 Team Types:

1. Rec Cheer

- Routines must consist of Cheer & Music combination.
Routine Max: 2:30 minutes
Music Max: 1:30 minutes
- Routines will be performed on a foam floor.
- May have athletes that cross over from School/All Star on their Rec Cheer team.

2. Performance Rec

- Routines may consist of all music or Cheer/Music combination.
Routine Max: 2:30 minutes
- Routine may be performed on a spring floor.
- All Star athletes are NOT permitted to be on a Performance Rec team.

***Brands may not offer all divisions.**

RECREATION TEAM TYPES

Recreation programs must classify their organization as one of the following:

- Traditional
- Club

TRADITIONAL

-Must be affiliated with, report to, and be governed by an organization (YMCA, Boys & Girls Club, City/Community Youth Organization, Pop Warner Association, other community run program not associated with school or All Star).

-Team must be able to prove their relationship and affiliation with said organization. Team's organization President or higher seated authority must submit a Rec verification form allowing Varsity to confirm approval of participation.

-Team must provide a roster with birthdates as well as copies of athlete's birth certificates. Roster must be updated for each event and provided at check in. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2018.

-Team must submit schedule and length of sports season.

-Every athlete must cheer at all games.

-Team should be wearing uniforms with color or logo that supports the team(s) they are cheering for.

-Organization is completely independent from All Star. All Star organizations are not permitted to register a traditional recreation team in competition.

- All team members are required to fill out a medical form/waiver. Teams must also agree to adhere to all event producer rules and regulations, as well as music guidelines.

CLUB

-Team does not primarily cheer for a supported sports program. The team performs at various events throughout the season. A list of events, or games in which they cheer for teams outside of their organization, will need to be submitted for approval.

-Organization may be independent of town/city organization/clubs.

-Team must provide a roster with birthdates as well as copies of athlete's birth certificates. Roster must be updated for each event and provided at check in. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2018.

-Organization is completely independent from All Star. All Star organizations are not permitted to register a club recreation team in competition.

- All team members are required to fill out a medical form/waiver. Teams must also agree to adhere to all event producer rules and regulations, as well as music guidelines.

RECREATION CHEERLEADING COMPETITIVE LEVELS, AGE DIVISIONS, RULES & SCORING SYSTEM

	REC CHEER TRADITIONAL	REC CHEER CLUB	PERFORMANCE REC TRADITIONAL	PERFORMANCE REC CLUB
COMPETITIVE LEVELS	Novice Intermediate Advanced	Novice Intermediate Advanced	1 2 3.1 3	1 2 3.1 3 4
RULES	AACCA/USA Cheer	AACCA/USA Cheer	USASF	USASF
SCORING RULES	<i>Mirrors</i> School	<i>Mirrors</i> School	<i>Mirrors</i> All Star Prep	<i>Mirrors</i> All Star Elite

**The age grid provides a list of divisions that may be offered by an individual brand. Each brand does not have to offer every division listed.*

TRADITIONAL & CLUB - REC CHEER					
ADVANCED					
Senior	18 years & younger	Female/Male	5 – 36 members	1:30 max music/2:30 total routine	Foam Floor
Junior	14 years & younger	Female/Male	5 – 36 members	1:30 max music/2:30 total routine	Foam Floor
INTERMEDIATE					
Senior	18 years & younger	Female/Male	5 – 36 members	1:30 max music/2:30 total routine	Foam Floor
Junior	14 years & younger	Female/Male	5 - 36 members	1:30 max music/2:30 total routine	Foam Floor
Youth	12 years & younger	Female/Male	5 - 36 members	1:30 max music/2:30 total routine	Foam Floor
Pee Wee	10 years & younger	Female/Male	5 - 36 members	1:30 max music/2:30 total routine	Foam Floor
NOVICE					
Senior	18 years & younger	Female/Male	5 – 36 members	1:30 max music/2:30 total routine	Foam Floor
Junior	14 years & younger	Female/Male	5 - 36 members	1:30 max music/2:30 total routine	Foam Floor
Youth	12 years & younger	Female/Male	5 - 36 members	1:30 max music/2:30 total routine	Foam Floor
Pee Wee	10 years & younger	Female/Male	5 - 36 members	1:30 max music/2:30 total routine	Foam Floor
Mini	8 years & younger	Female/Male	5 - 36 members	1:30 max music/2:30 total routine	Foam Floor
Tiny	6 years & younger	Female/Male	5 - 36 members	1:30 max music/2:30 total routine	Foam Floor

CLUB - PERFORMANCE REC					
LEVEL 4					
Senior	18 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Junior	14 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
TRADITIONAL & CLUB - PERFORMANCE RECREATION					
LEVEL 3					
Senior	18 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Junior	14 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Youth	12 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
LEVEL 3.1					
Senior	18 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Junior	14 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Youth	12 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Pee Wee	10 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
LEVEL 2					
Senior	18 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Junior	14 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Youth	12 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Pee Wee	10 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Mini	8 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
LEVEL 1					
Senior	18 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Junior	14 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Youth	12 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Pee Wee	10 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Mini	8 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Tiny	6 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor

SPECIAL DIVISIONS

Exhibition	All Ages	Female/Male	Unlimited members	2:30 total routine	Spring or Foam Floor
CheerAbilities Exhibition	All Ages	Female/Male	Unlimited members	2:30 total routine	Spring or Foam Floor

****We encourage all Rec teams to compete on the same surface that your teams practice on***