

# Cheer America Performance & Traditional Recreation Information & Divisions

## Rec Program:

A Team/Program may be affiliated with and be governed or report to an organization that is independent from USASF All Star. Examples of such organizations are but not limited to; Boys & Girls Clubs, Community Youth Organizations, YMCA, and City Parks & Rec Programs.

Organizations are not permitted to have athletes that crossover to All-Star cheer.

A team/program may be independent of organizations above but cannot be affiliated with an USASF All Star program.

## PERFORMANCE REC Routine Requirements

Max Time: 2.5 min

The routine performed to music should consist of:

Cheer motions/jumps, tumbling, stunts/pyramids, dance

Routine can consist of all music

Performance Rec will be performed on a spring floor unless otherwise indicated

Performance Rec will compete both days of a 2-day National

Performance Rec will mirror the All Star Elite score sheet and rubric

Performance Rec will follow the USASF Safety Rules

## TRADITIONAL REC Routine Requirements

Max Time: 2.5 min

The routine performed to music should consist of:

Cheer motions/jumps, tumbling, stunts/pyramids, dance

Routine must consist of music and cheer combination

Traditional Rec will be performed on a spring floor unless otherwise indicated

Traditional Rec will compete both days of a 2-day National

Traditional Rec will mirror the School score sheet and rubric

Traditional Rec will follow the AACCA Safety Rules

## Performance and Traditional Rec Divisions:

Level	Division	Age	Athlete	Athlete Count
Level 1	Mini	8 years and below	Female/Male	5-36 athletes
	Youth	12 years and below	Female/Male	5-36 athletes
	Junior	14 years and below	Female/Male	5-36 athletes
	Senior	18 years and below	Female/Male	5-36 athletes
Level 2	Mini	8 years and below	Female/Male	5-36 athletes
	Youth	12 years and below	Female/Male	5-36 athletes
	Junior	14 years and below	Female/Male	5-36 athletes
	Senior	18 years and below	Female/Male	5-36 athletes
Level 3	Youth	12 years and below	Female/Male	5-36 athletes
	Junior	14 years and below	Female/Male	5-36 athletes
	Senior	18 years and below	Female/Male	5-36 athletes
Level 4	Junior	14 years and below	Female/Male	5-36 athletes
	Senior	18 years and below	Female/Male	5-36 athletes

\*Ages are determined by the athlete age as of August 31, 2021