



RECREATION CHEER: 2022-2023 SEASON



This document contains the Recreation cheer divisions offered for the 2022-2023 season. The age grid provides a list of divisions that may be offered by Cheer America. Cheer America does not have to offer every division at all events.

All programs will be classified as Traditional or Performance Recreation as defined below:

- **TRADITIONAL:** The program must have an affiliation with or be governed by an organization such as Pop Warner, City Parks and Recreation Dept., YMCA, Boys and Girls Clubs or other programs that are community based and not affiliated with All Star cheer.
 - Team(s) must cheer for a sport during the 2022-2023 cheer season.
- **PERFORMANCE:** The program may or may not be community based and is not required to cheer for a sports program.
- **GAMEDAY:** The program must have an affiliation with or be governed by an organization such as Pop Warner, City Parks and Recreation Dept., YMCA, Boys and Girls Clubs or other programs that are community based and not affiliated with All Star cheer.
 - Team(s) must cheer for a sport during the 2022-2023 cheer season.
 - May not crossover OR have a team in a Performance Division.

A Program will be classified as Traditional or Performance at the first registration of the season.

- A Performance program can NOT move to Traditional.
- A Traditional program can move to Performance during the season (*bids won as Traditional will not transfer*) but will not be allowed to return to Traditional for the remainder of the season.

All Rec Routines will be performed on a spring floor unless indicated otherwise on the Cheer America website event page.

ROUTINE REQUIREMENTS:

TRADITIONAL REC	PERFORMANCE REC	GAMEDAY REC
Max Routine Length: 2:30 Minutes	Max Routine Length: 2:30 Minutes	Max Routine Length: 2:30 Minutes
Routines may be Cheer and Music combination	Routines may be Cheer and Music combination	Routines must include a Cheer and may have Music
NO TOSSES ALLOWED	TOSSES ALLOWED	NO TOSSES ALLOWED
Will follow USASF All Star Prep Cheer Rules	Will follow USASF All Star Elite Cheer Rules <i>*Exception – Level 4 – Fulls are allowed in running tumbling only and will be counted toward the running tumbling difficulty and technique scores.*</i>	Will follow USASF All Star Prep Cheer Rules



RECREATION CHEER:
TRADITIONAL & PERFORMANCE
 2022-2023 SEASON



AGE GRID:

TRADITIONAL REC AGES				
LEVEL	DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1	TINY (6U)	2015 and later	6 years and younger	5-36 members, Female/Male
	MINI (8U)	2013 and later	8 years and younger	5-36 members, Female/Male
	PEE WEE (10U)	2011 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1	PEE WEE (10U)	2011 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2	PEE WEE (10U)	2011 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1	YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3	YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
RECREATION EXHIBITION	EXHIBITION	2003 and later	18 years and younger	Unlimited Members Male/Female
CHEERABILITIES (special athlete) EXHIBITION	CHEERABILITIES	2003 and later	Any Age	Unlimited Members Male/Female

THE AGE OF THE ATHLETE WILL BE BASED ON BIRTH YEAR FOR THE 2022-2023 SEASON.



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PERFORMANCE REC AGES				
LEVEL	DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1	TINY (6U)	2015 and later	6 years and younger	5-36 members, Female/Male
	MINI (8U)	2013 and later	8 years and younger	5-36 members, Female/Male
	PEE WEE (10U)	2011 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1	PEE WEE (10U)	2011 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2	PEE WEE (10U)	2011 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1	YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.2	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4.2	SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
RECREATION EXHIBITION	EXHIBITION	2003 and later	18 years and younger	Unlimited Members Male/Female
CHEERABILITIES (special athlete) EXHIBITION	CHEERABILITIES	2003 and later	Any Age	Unlimited Members Male/Female

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GAMEDAY REC AGES				
LEVEL	DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1	MINI (8U)	2013 and later	8 years and younger	5-36 members, Female/Male
	PEE WEE (10U)	2011 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
LEVEL 2	JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male

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