



RECREATION CHEER:
TRADITIONAL & PERFORMANCE
 2022-2023 SEASON



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. These teams engage in cheering for sport(s) as well.
- **PERFORMANCE:** The program may or may not be community based and is not required to cheer for a sports program.

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.

The age of the athlete will be based on birth year for the 2022-2023 season.

ROUTINE REQUIREMENTS:

TRADITIONAL REC	PERFORMANCE REC
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
NO TOSSES ALLOWED	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>