



# CHEER AMERICA

## RECREATION CHEER

### DIVISIONS

2025-2026



This document contains the Recreation cheer divisions offered for the 2025-2026 season. The age grid provides a list of divisions that may be offered by Cheer America. Cheer America may not offer every division at all events.

### Cheer America offers two types of Rec Routines: **PERFORMANCE REC, & GAME DAY REC.**

- **PERFORMANCE REC:** Skill based performance routine that may or may not include a cheer. This division will follow TheOne Scoring and USASF Cheer rules.
  - Teams will be split into Affiliated and Non-Affiliated divisions.
- **GAME DAY REC:** Traditional crowd leading routine, that includes a band chant, chant, cheer and traditional fight song dance. This division will utilize UIL/NFHS Scoring and Rules.

<b>AFFILIATED PERFORMANCE REC</b>	<b>NON-AFFILIATED PERFORMANCE REC</b>	<b>GAME DAY REC</b>
<b>Max Routine Length:</b> 2 Minutes 30 Seconds <i>(No minimum)</i>	<b>Max Routine Length:</b> 2 Minutes 30 Seconds <i>(No minimum)</i>	<b>Max Routine Length:</b> 3 Minutes <i>(No minimum)</i>
<b>Routine may be all music or a combo of music &amp; cheer.</b>	<b>Routine may be all music or a combo of music &amp; cheer.</b>	<b>Routine is composed of a band chant, offense or defense chant, crowd involvement cheer, and fight song.</b>
<b>Teams must have an affiliation with or be governed by an organization</b> 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. <ul style="list-style-type: none"><li>○ Team(s) must cheer for a sport during the 2025-2026 cheer season.</li></ul>	<b>Teams are part of an all-star gym.</b>	Teams 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. <ul style="list-style-type: none"><li>○ Team(s) must cheer for a sport during the 2025-2026 cheer season.</li></ul>
<b>TOSSES ALLOWED</b>	<b>TOSSES ALLOWED</b>	<b>NO TOSSES ALLOWED</b>
<b>Will follow THEONE &amp; USASF All Star Elite Cheer Rules</b> <i>*Exception – Level 4 – Fulls are allowed in running tumbling only and will be counted toward the running tumbling difficulty and technique scores.*</i>	<b>Will follow THEONE &amp; USASF All Star Elite Cheer Rules</b> <i>*Exception – Level 4 – Fulls are allowed in running tumbling only and will be counted toward the running tumbling difficulty and technique scores.*</i>	<b>Will follow UIL &amp; NFHS Scoring and Rules</b>

If you do not see your division listed below, please contact [Atosha@cacheemail.com](mailto:Atosha@cacheemail.com)

*\*\*If you are looking for a Junior High Club Crowd Leading Division please see school divisions.*

# REC CHEER AGE GRID

THE AGE OF THE ATHLETE WILL BE BASED ON BIRTH YEAR.

PERFORMANCE REC AGES				
LEVEL	DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1	TINY (6U)	2018 and later	6 years and younger	5-36 members, Female/Male
	MINI (8U)	2016 and later	8 years and younger	5-36 members, Female/Male
	PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1	PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2	PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1	YOUTH (12U)	2012 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.2	JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3	JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4	JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4.2	JUNIOR (14U)	2010 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
LEVEL 5	SENIOR (18U)	06/01/06 and later	18 years and younger	5-36 members, Female/Male
CHEERABILITYE (special athlete)	CHEERABILITIES	Any Age	Any Age	Unlimited Members Male/Female

GAMEDAY REC AGES			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
MINI (8U)	2015 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2013 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2011 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male

UPDATED: 5/28/25