



CHEER AMERICA
RECREATION CHEER
DIVISIONS
2023-2024



This document contains the Recreation cheer divisions offered for the 2023-2024 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 2023-2024 cheer season.
 - Athletes **CANNOT** cross from a Traditional Rec Cheer team to Performance Rec Cheer team.
- **PERFORMANCE:** The program may or may not be community based and is not required to cheer for a sports program.
 - Athletes **CANNOT** cross from a Performance Rec Cheer team to Traditional Rec Cheer team.
- **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 2023-2024 cheer season.
 - Athletes **CANNOT** 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 events will have a spring floor except Rec Finale. The Rec Finale event will have a 'dead floor' (foam mats on gym floor without spring boards).

ROUTINE REQUIREMENTS:

TRADITIONAL REC	PERFORMANCE REC	GAMEDAY REC
Max Routine Length: 2 Minutes 30 Seconds <i>(No minimum)</i>	Max Routine Length: 2 Minutes 30 Seconds <i>(No minimum)</i>	Max Routine Length: 2 Minutes 30 Seconds <i>(No minimum)</i>
Routine performed to Music	Routine performed to Music	Routines are REQUIRED to have a Cheer and may choose to have additional 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



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AGE GRID:

TRADITIONAL REC AGES				
LEVEL	DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1	TINY (6U)	2016 and later	6 years and younger	5-36 members, Female/Male
	MINI (8U)	2014 and later	8 years and younger	5-36 members, Female/Male
	PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1	PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2	PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1	YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3	YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
RECREATION EXHIBITION	EXHIBITION	06/01/04 and later	18 years and younger	Unlimited Members Male/Female
CHEERABILITIES (special athlete)	CHEERABILITIES	Any Age	Any Age	Unlimited Members Male/Female

THE AGE OF THE ATHLETE WILL BE BASED ON BIRTH YEAR FOR THE 2023-2024 SEASON.



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PERFORMANCE REC AGES				
LEVEL	DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1	TINY (6U)	2016 and later	6 years and younger	5-36 members, Female/Male
	MINI (8U)	2014 and later	8 years and younger	5-36 members, Female/Male
	PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1	PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 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)	2010 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1	YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.2	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4.2	SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
CHEERABILITIES (special athlete)	CHEERABILITIES	Any Age	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)	2014 and later	8 years and younger	5-36 members, Female/Male
	PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
	YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
LEVEL 2	JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male

THE AGE OF THE ATHLETE WILL BE BASED ON BIRTH YEAR FOR THE 2023-2024 SEASON.

If you do not see your division listed, please contact Atosha@cacheermail.com

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