



2016-2017 Rec Cheer Divisions

REVISED 8/18/2016



Name	Age	Gender	Members
PERFORMANCE			
Level 4			
Senior Rec	18 years & younger	female/male	5-36 members
Junior Rec	14 years & younger	female/male	5-36 members
Level 3			
Senior Rec	18 years & younger	female/male	5-36 members
Junior Rec	14 years & younger	female/male	5-36 members
Youth Rec	12 years & younger	female/male	5-36 members
Level 3.1			
(Level 3.1 must follow L3 rules for stunts/pyramids/dismounts and tosses and L1 rules for general tumbling/running tumbling/standing tumbling)			
Senior Rec	18 years & younger	female/male	5-36 members
Junior Rec	14 years & younger	female/male	5-36 members
Youth Rec	12 years & younger	female/male	5-36 members
Pee Wee Rec	10 years & younger	female/male	5-36 members
Level 2			
Senior Rec	18 years & younger	female/male	5-36 members
Junior Rec	14 years & younger	female/male	5-36 members
Youth Rec	12 years & younger	female/male	5-36 members
Pee Wee Rec	10 years & younger	female/male	5-36 members
Mini Rec	8 years & younger	female/male	5-36 members
Level 1			
Senior Rec	18 years & younger	female/male	5-36 members
Junior Rec	14 years & younger	female/male	5-36 members
Youth Rec	12 years & younger	female/male	5-36 members
Pee Wee Rec	10 years & younger	female/male	5-36 members
Mini Rec	8 years & younger	female/male	5-36 members
Tiny Rec	6 years & younger	female/male	5-36 members
TRADITIONAL			
Level 3			
Senior Rec	18 years & younger	female/male	5-36 members
Junior Rec	14 years & younger	female/male	5-36 members
Youth Rec	12 years & younger	female/male	5-36 members
Level 3.1			
(Level 3.1 must follow L3 rules for stunts/pyramids/dismounts and tosses and L1 rules for general tumbling/running tumbling/standing tumbling)			
Senior Rec	18 years & younger	female/male	5-36 members
Junior Rec	14 years & younger	female/male	5-36 members
Youth Rec	12 years & younger	female/male	5-36 members
Pee Wee Rec	10 years & younger	female/male	5-36 members
Level 2			
Senior Rec	18 years & younger	female/male	5-36 members
Junior Rec	14 years & younger	female/male	5-36 members
Youth Rec	12 years & younger	female/male	5-36 members
Pee Wee Rec	10 years & younger	female/male	5-36 members
Mini Rec	8 years & younger	female/male	5-36 members
Level 1			
Senior Rec	18 years & younger	female/male	5-36 members
Junior Rec	14 years & younger	female/male	5-36 members
Youth Rec	12 years & younger	female/male	5-36 members
Pee Wee Rec	10 years & younger	female/male	5-36 members
Mini Rec	8 years & younger	female/male	5-36 members
Tiny Rec	6 years & younger	female/male	5-36 members
Special Divisions			
Exhibition	All ages / All levels	female/male	5-36 members
Special Needs Exhibition ***	Any Age / up to Level 2	female/male	Unlimited
Parent Team Exhibition	18 years & older / All levels	female/male	5-36 members

The age of the competitor as of **August 31, 2016** will be the age used for competition purposes throughout the 2015-2016 season for all divisions.

Epic Brands reserves the right to combine or open divisions at any time leading up to each event.

PERFORMANCE REC is defined as a competitive rec division that has level restrictions and will be judged on the Performance Rec Score Sheet. Teams in these divisions often practice more, have competition practices and/or compete on a regular basis.

TRADITIONAL REC is defined as a lower commitment and/or entry level rec division. Teams in this division often practice less, focus on cheering for athletic teams and/or compete very sporadically and will be judged on the Traditional Rec Score Sheet.

In order to maintain the integrity of this division, the following skill caps will be in place for these divisions:

- 1) No basket tosses allowed at any level
- 2) No stunt quantity or coed quantity requirement
- 3) Jumps are capped to the high range
- 4) Stunt difficulty, pyramid difficulty, standing tumbling difficulty and running tumbling difficulty are capped at mid range

Programs must choose one Rec Type (Performance or Traditional) and **ALL** teams within the program must compete in these divisions

Your specific Rec Type (Performance or Traditional) is declared by registering/competing at your 1st event. You may compete up at any point during the season (i.e. move from Traditional to Performance), but **MAY NOT** compete down (i.e. Performance to Traditional).

In order to compete in a Rec Cheer Division, your team must fall into the definition of Rec Cheerleading (**see our Division Guidelines for detailed definition**) as defined as any form of competitive cheerleading that does not represent a School or an All-Star program.

Rec Cheer Teams who do not cheer for a sport, unless they have submitted their waiver, or are affiliated with All-Star programs or Schools, even if it is a half-year or introductory team, will need to register in the All-Star Prep Cheer (must have USASF membership) or School division that best suits their ability level. They are NOT considered Rec Cheer teams and cannot register in the Rec Cheer Divisions listed above.

A Recreational Cheerleading team may do or have the following:

- Have their own practice facility or gym.
- Hold practice and/or attend tumbling classes at gymnastics or all star cheer facilities.
- Represent their individual recreational team or their entire program.
- Combine team members from all teams within a recreational program if the program allows them to do so.
- May have team members who also participate on school or all-star teams.

Epic Brands recognizes that Rec Cheerleading does not have an official governing body to refer to, and that Rec Cheer Teams may have different guidelines to follow within their individual organizations. Please adhere to the guidelines set forth by your organization, and select the division that best fits both the age and abilities of the athletes on the team so that your team will be given the best opportunity for success at Epic Brands.

*** Special Needs teams are limited to Level 2 rules, in addition to no basket tosses permitted

* All divisions/categories may not be offered at US Finals or The ONE. If you receive a bid, you will need to register in the most appropriate division. Contact US Finals or The ONE directly for any questions.