EPIC
B R A N D S

TYPES OF RECREATION CHEERLEADING PROGRAMS

EACH RECREATION ORGANIZATION MUST PICK <u>ONLY ONE.</u>

TRADITIONAL

-Must be affiliated with, report to, and be governed by an organization (YMCA, Boys & Girls Club, City/Community Youth Organization, Pop Warner Association, other community run program not associated with school or All Star)

-Team must be able to prove their relationship and affiliation with said organization. Team's organization President or higher seated authority must submit a Rec verification form allowing Varsity to confirm approval of participation.

-Team must provide a roster with birthdate. Roster must be updated for each event and provided at check in for event. Team must readily produce roster and copies of each athlete's birth certificates at each event. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2018

-Team must submit schedule and length of sport season.

-Every athlete must cheer at all games.

-Team should be wearing uniforms with color or logo that supports that teams they are cheering for.

-Organization is completely independent from All Star. All Star organizations are not permitted to register a Recreation team in competition. A Performance Recreation team may not have any All Star athletes on its team.

-To compete in competition, all team members are required to fill out a medical form/waiver. Teams must also agree to adhere to all event producer rules and regulations, as well as music guidelines.

CLUB

-Team does not necessarily cheer for a supported, sports program. The team performs at random events throughout the season. A list of events, or games in which they cheer for other teams outside their organization and why they are Rec, will need to be submitted for approval of participation. Teams must submit a verification form allowing Varsity to confirm approval of participation.

-Organization may be independent of town/city organization/clubs.

-Team must provide a roster with birthdates. Roster must be updated for each event and provided at check in for event. Team must readily produce roster and copies of each athlete's birth certificates at each event. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2018

-Organization is completely independent from All Star. All Star organizations are not permitted to have a Recreation Club team in competition. A Performance Recreation team may not have any All Star athletes on its team.

-To compete in competition, all team members are required to fill out a medical form/waiver. Teams must also agree to adhere to all event producer rules and regulations, as well as music guidelines.

CHEELEADING RECREATION DIVISIONS – SEASON COMPARISON

LAST SEASON

RECREATION

TRADITIONAL   PERFORMANCE

EPIC 2018-2019

PERFORMANCE REC

TRADITIONAL   CLUB

-All Star athletes are NOT permitted to be on a Performance Rec team.

-Routines may consist of all Music or Cheer/Music combination.
Routine Max: 2:30 minutes

-Routine may be performed on a spring floor.

PERFORMANCE REC COMPETITIVE LEVELS, AGE DIVISIONS & RULES

	PERFORMANCE REC TRADITIONAL	PERFORMANCE REC CLUB
COMPETITIVE LEVELS	1	1
	2	2
	3.1	3.1
	3	3
		4
RULES	USASF	USASF
	Tosses are not allowed.	

PERFORMANCE REC - CLUB					
LEVEL 4					
Senior	18 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Junior	14 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
PERFORMANCE REC - TRADITIONAL & CLUB					
LEVEL 3					
Senior	18 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Junior	14 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Youth	12 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
LEVEL 3.1					
Senior	18 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Junior	14 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Youth	12 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Pee Wee	10 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
LEVEL 2					
Senior	18 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Junior	14 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Youth	12 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Pee Wee	10 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Mini	8 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
LEVEL 1					
Senior	18 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Junior	14 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Youth	12 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Pee Wee	10 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Mini	8 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor
Tiny	6 years & younger	Female/Male	5 - 36 members	2:30 total routine	Spring Floor

SPECIAL DIVISIONS					
Exhibition	All Ages	Female/Male	Unlimited members	2:30 total routine	Spring or Foam Floor
CheerAbilities Exhibition	All Ages	Female/Male	Unlimited members	2:30 total routine	Spring or Foam Floor

TRADITIONAL

CLUB

STUNT DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed to not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate

STUNT DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed to not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

STUNT QUANTITY CHART	
# of ATHLETES	MOST
5 - 11	1
12 - 15	2
16 - 19	3
20 - 23	4
24 - 27	5
28 - 30	6
31 - 36	7

STUNT/TOSS QUANTITY CHART		
# of ATHLETES	MAJORITY	MOST
5 - 11		1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 36	5	7

STUNT QUANTITY

TRADITIONAL Teams will not receive a Stunt Quantity Score.

STUNT QUANTITY

	BASED ON A TRADITIONAL GROUP OF 4, RIPPLED OR SYNCHRONIZED IN THE SAME SECTION
4.0	Less than a Majority of the team performs a level appropriate building skill
4.2	Majority of the team performs a level appropriate building skill
4.4	Most of the team performs a level appropriate building skill
4.6	Less than a Majority of the team performs the same ELITE level appropriate building skill
4.8	Majority of the team performs the same Elite level appropriate building skill
5.0	Most of the team performs the same Elite level appropriate building skill

* All Girl and Coed Club teams will receive a Stunt Quantity score.

TOSS DIFFICULTY

TRADITIONAL Teams are not allowed to perform tosses. Teams that perform a toss will receive a deduction.

TOSS DIFFICULTY

4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

* All Level 1 and Mini 2 teams are not allowed to perform tosses. If performed, the team will receive a deduction.

TRADITIONAL

PYRAMID DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills, 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills, 2 structures performed by Most of the team

BUILDING TECHNIQUE

3.5 - 5.0	A team's ability to execute Stunts and Pyramids with excellent precision and form.

STUNT/PYRAMID DRIVERS

Top Person

Bases/Spotters

Transitions/Dismounts

Obvious Mistakes

Synchronization

Teams will receive a separate score for Stunts and Pyramids.

STUNT/PYRAMID CREATIVITY

2.0 - 2.5	Skills incorporate visual, unique, or innovative ideas. This includes level and non-level appropriate skills.

Teams will receive a separate score for stunt creativity and pyramid creativity.

STANDING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed to not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs the same level appropriate pass which must be synchronized from initiation of the pass

RUNNING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed to not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs a level appropriate pass

CLUB

PYRAMID DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills, 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills, 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills, 2 structures performed by Most of the team

BUILDING TECHNIQUE

3.5 - 5.0	A team's ability to execute Stunts, Pyramids, and Tosses with excellent precision and form.

STUNT/PYRAMID DRIVERS	**TOSS DRIVERS**
Top Person	Top Person
Bases/Spotters	Bases/Spotters
Transitions/Dismounts	Height
Obvious Mistakes	Cradle
Synchronization	Synchronization/Timing

Teams will receive a separate score for Stunts, Pyramids, and Tosses.

STUNT/PYRAMID CREATIVITY

2.0 - 2.5	Skills incorporate visual, unique, or innovative ideas. This includes level and non-level appropriate skills.

Teams will receive a separate score for stunt creativity and pyramid creativity.

STANDING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed to not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs the same level appropriate pass which must be synchronized from initiation of the pass
4.5 - 5.0	HIGH	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional level appropriate pass

RUNNING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed to not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs a level appropriate pass

TRADITIONAL

JUMP DIFFICULTY	
3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 advanced jumps

Advanced Jumps: Toe Touch, Right/Left Hurdler (Side or Front), Pike

CLUB

JUMP DIFFICULTY	
3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Senior/Junior/Youth/Pee Wee: Most of the team performs 2 connected advanced jumps. Must be synchronized and must include a variety. Mini/Tiny: Most of the team performs 2 advanced jumps. Must be synchronized but does not need to be connected or include variety.
5.0	Senior/Junior/Youth/Pee Wee: Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and must include a variety. Mini/Tiny: Most of the team performs 3 advanced jumps. Must be synchronized but does not need to be connected or include a variety.

Advanced Jumps: Toe Touch, Right/Left Hurdler (Side or Front), Pike

TRADITIONAL

TUMBLING/JUMP QUANTITY CHART		
# of ATHLETES	MAJORITY	MOST
5 - 7	2	3
8 - 9	4	5
10 - 11	5	6
12 - 14	6	7
15 - 16	7	9
17 - 19	8	10
20 - 22	10	12
23 - 25	11	13
26 - 27	13	15
28 - 30	14	16
31 - 36	15	18

CLUB

TUMBLING/JUMP QUANTITY CHART		
# of ATHLETES	MAJORITY	MOST
5 - 7	2	3
8 - 9	4	5
10 - 11	5	6
12 - 14	6	7
15 - 16	7	9
17 - 19	8	10
20 - 22	10	12
23 - 25	11	13
26 - 27	13	15
28 - 30	14	16
31 - 36	15	18

TRADITIONAL

TUMBLING & JUMP TECHNIQUE	
3.5 - 5.0	A team's ability to execute Standing Tumbling, Running Tumbling, and Jumps with excellent precision and form.

TUMBLING DRIVERS	JUMP DRIVERS
Approach	Arm Placement
Speed	Leg Placement
Body Control	Hyperextension/Height
Landings	Landings
Synchronization	Synchronization

CLUB

TUMBLING & JUMP TECHNIQUE	
3.5 - 5.0	A team's ability to execute Standing Tumbling, Running Tumbling, and Jumps with excellent precision and form.

TUMBLING DRIVERS	JUMP DRIVERS
Approach	Arm Placement
Speed	Leg Placement
Body Control	Hyperextension/Height
Landings	Landings
Synchronization	Synchronization

TRADITIONAL

DANCE	
9.0 - 10.0	A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floorwork. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

PERFORMANCE	
9.0 - 10.0	A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

ROUTINE COMPOSITION	
9.0 - 10.0	A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance overall appeal.

CLUB

DANCE	
9.0 - 10.0	A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floorwork. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

PERFORMANCE	
9.0 - 10.0	A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

ROUTINE COMPOSITION	
9.0 - 10.0	A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance overall appeal.

ADDITIONAL QUESTIONS:

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7.11.2018