



2018 - 2019 PERFORMANCE RECREATION

RECREATION DIVISION - PERFORMANCE RECREATION

- Routines may consist of all music or Cheer/Music combination.
 - Routine Max: 2:30 minutes
- Routine may be performed on a spring floor.
- All Star athletes are NOT permitted to be on a Performance Rec team.

Brands may not offer all divisions.

RECREATION TEAM TYPES - Recreation programs must classify their organization as one of the following

| TRADITIONAL | CLUB |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • 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 birthdates as well as copies of athlete's birth certificates. Roster must be updated for each event and provided at check in. 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 sports season. • Every athlete must cheer at all games. • Team should be wearing uniforms with color or logo that supports the team(s) they are cheering for. • Organization is completely independent from All Star. All Star organizations are not permitted to register a traditional recreation team 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. | <ul style="list-style-type: none"> • Team may not primarily cheer for a supported sports program. The team performs at various events throughout the season. A list of events, or games in which they cheer for teams outside of their organization, will need to be submitted for approval. • Organization may be independent of town/city organization/clubs. • Team must provide a roster with birthdates as well as copies of athlete's birth certificates. Roster must be updated for each event and provided at check in. 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 register a club recreation team 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. |

RECREATION CHEERLEADING COMPETITIVE LEVELS, AGE DIVISIONS, RULES & SCORING SYSTEM

| | PERFORMANCE RECREATION TRADITIONAL | PERFORMANCE RECREATION CLUB |
|---------------------------|---------------------------------------|--------------------------------|
| COMPETITIVE LEVELS | 1 2 3.1 3 | 1 2 3.1 3 4 |
| RULES | USASF | USASF |
| SCORING SYSTEM | Mirrors All Star Prep | Mirrors All Star Elite |



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CLUB - PERFORMANCE

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 |

TRADITIONAL & CLUB - PERFORMANCE RECREATION

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 Floor or Foam Floor |
| Cheer Abilities Exhibition | All Ages | Female/Male | Unlimited members | 2:30 total routine | Spring Floor or Foam Floor |