



2022–2023 RECREATIONAL CHEER DIVISIONS



ALL RECREATIONAL TEAMS MUST CLASSIFY AS ONE OF THE FOLLOWING:

• TRADITIONAL

- The program must be affiliated with, report to, and be governed by an organization such as; YMCA, Boys and Girls Club, City/County Parks and Recreational Program, American Youth Cheer, Pop Warner Association, or other community run program not associated with All Star. Each team must cheer for a sport during the 2022-2023 cheer season.

• PERFORMANCE

- Organization may be independent of town/city organization/clubs. Team does not necessarily cheer for a supported, sports program.

CLASSIFICATIONS

At the beginning of the season a team must classify if they are Traditional or Performance. This must be verified before the competition season. Once the team division has been declared:

- A Performance Team cannot move to a Traditional division.
- A Traditional organization can move to the Performance division; however, any bids they have earned as a Traditional organization during the competitive season will be forfeited. The organization will not be eligible to return to the Traditional division during the remainder of that competitive season.

TRADITIONAL RECREATION AND PERFORMANCE CHEER CHEERLEADING ORGANIZATIONS CAN REGISTER TEAMS IN TRADITIONAL AND/OR PERFORMANCE DIVISIONS

• TRADITIONAL

- Routines may be a Cheer & Music combination.
 - Routine Max: 2:30 minutes
- No tosses allowed.
- Will follow USASF All Star Prep Cheer Rules

• PERFORMANCE

- Routines may be a Cheer & Music combination.
 - Routine Max: 2:30 minutes
- Will follow USASF All Star Elite Cheer Rules
 - Exception: Level 4 - Fulls are allowed in running tumbling only and will be counted toward the running tumbling difficulty and technique scores.



PERFORMANCE RECREATIONAL

PERFORMANCE RECREATIONAL DIVISIONS FOR 2022-2023					
DIVISION	BIRTH YEARS	GENDER	# OF PARTICIPANTS	ROUTINE STRUCTURE	COMPETITIVE SURFACE
RECREATIONAL LEVEL 1					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME	SPRING OR FOAM FLOOR
JUNIOR 14U	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
YOUTH 12U	2009 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
PEE WEE 10U	2011 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
MINI8U	2013 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
TINY 6U	2015 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
RECREATIONAL LEVEL 2.1 (LEVEL 2 BUILDING SKILLS, LEVEL 1 TUMBLING SKILLS)					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME	SPRING OR FOAM FLOOR
JUNIOR 14U	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
YOUTH 12U	2009 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
PEE WEE 10U	2011 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
RECREATIONAL LEVEL 2					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME	SPRING OR FOAM FLOOR
JUNIOR 14U	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
YOUTH 12U	2009 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
PEE WEE 10U	2011 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
RECREATIONAL LEVEL 3.1 (LEVEL 3 BUILDING SKILLS, LEVEL 1 TUMBLING SKILLS)					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME	SPRING OR FOAM FLOOR
JUNIOR 14U	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
YOUTH 12U	2009 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
RECREATIONAL LEVEL 3.2 (LEVEL 3 BUILDING SKILLS, LEVEL 2 TUMBLING SKILLS)					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME	SPRING OR FOAM FLOOR
JUNIOR 14U	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
RECREATIONAL LEVEL 3					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME	SPRING OR FOAM FLOOR
JUNIOR 14U	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
RECREATIONAL LEVEL 4.2 (LEVEL 4 BUILDING SKILLS, LEVEL 2 TUMBLING SKILLS)					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME	SPRING OR FOAM FLOOR
RECREATIONAL LEVEL 4					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME	SPRING OR FOAM FLOOR
JUNIOR 14U	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR

The age of the athlete will be **determined by the birth year** for the competitive season.



TRADITIONAL RECREATIONAL

TRADITIONAL RECREATIONAL DIVISIONS FOR 2022-2023					
DIVISION	BIRTH YEARS	GENDER	# OF PARTICIPANTS	ROUTINE STRUCTURE	COMPETITIVE SURFACE
RECREATIONAL LEVEL 1					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME WITH 1:30 MAX MUSIC	SPRING OR FOAM FLOOR
JUNIOR 14Y	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
YOUTH 12Y	2009 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
PEE WEE 10Y	2011 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
MINI 8Y	2013 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
TINY 6Y	2015 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
RECREATIONAL LEVEL 2.1 (LEVEL 2 BUILDING SKILLS, LEVEL 1 TUMBLING SKILLS)					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME WITH 1:30 MAX MUSIC	SPRING OR FOAM FLOOR
JUNIOR 14Y	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
YOUTH 12Y	2009 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
PEE WEE 10Y	2011 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
RECREATIONAL LEVEL 2					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME WITH 1:30 MAX MUSIC	SPRING OR FOAM FLOOR
JUNIOR 14Y	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
YOUTH 12Y	2009 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
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RECREATIONAL LEVEL 3.1 (LEVEL 3 BUILDING SKILLS, LEVEL 1 TUMBLING SKILLS)					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME WITH 1:30 MAX MUSIC	SPRING OR FOAM FLOOR
JUNIOR 14Y	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
YOUTH 12Y	2009 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
RECREATIONAL LEVEL 3					
SENIOR 18U	2003 AND LATER	F/M	5-36 MEMBERS	2:30 MINUTE MAXIMUM ROUTINE TIME WITH 1:30 MAX MUSIC	SPRING OR FOAM FLOOR
JUNIOR 14Y	2007 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
YOUTH 12Y	2009 AND LATER	F/M	5-36 MEMBERS		SPRING OR FOAM FLOOR
CHEERABILITIES (SPECIAL ATHLETE) EXHIBITION					
CHEERABILITIES	ANY AGE	F/M	UNLIMITED	2:30 MINUTE MAXIMUM ROUTINE	SPRING OR FOAM FLOOR

The age of the athlete will be **determined by the birth year** for the competitive season.

AFFILIATED AND NON AFFILIATED RECREATIONAL DIVISIONS

2022-2023 AGE GRID							
BIRTH YEAR	DIVISIONS						
	6Y	8Y	10Y	12Y	14Y	8-14Y	8-18Y
2015 and later	X	X	X	X	X		
2014		X	X	X	X	X	X
2013		X	X	X	X	X	X
2012			X	X	X	X	X
2011			X	X	X	X	X
2010				X	X	X	X
2009				X	X	X	X
2008					X	X	X
2007					X	X	X
2006						X	X
2005						X	X
2004							X
2003							X