

SHOULD YOUR PROGRAM REGISTER AS A RECREATION TEAM?

For the purpose of competing, Recreational Cheerleading is defined below. All teams competing in these divisions must meet these criteria in order to compete in these divisions:

1. Must be affiliated with, report to, and be governed by an organization such as the following:
 - a. YMCA
 - b. Boys and Girls Club
 - c. City/County Parks and Recreation Program
 - d. Community Youth Organization
 - e. Pop Warner Association
 - f. Any other community run program not associated with a school or all-star program
2. A team must be able to prove their relationship and affiliation with their said organization if requested. Their organization's President or higher seated authority must submit a formal letter stating their endorsement.
3. 50% of the team must have cheered for a sport (i.e. football or basketball) with that association or organization within that cheer season. Proof must be provided upon request.
4. A team may not have more than 25% all-star athletes on its teams. Proof must be provided upon request.
5. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2016. Proof must be provided upon request.
6. Participants may not represent more than one recreational program in a season. Proof must be provided upon request.

A Recreational/Organizational teams may do or have the following:

1. Can hold tryouts.
2. Can have their own practice facility or gym.
3. Can practice and/or attend tumbling classes at gymnastics or All Star facilities.
4. Can combine team members from other teams within the organization.

If a team does not meet all of the above criteria they may be disqualified.

Rec Teams who do not cheer for a sport (exception Dance teams), unless they submit their non-cheer waiver/letter, 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 (must be a USASF member) or School division that best suits their ability level. They are NOT considered a Rec team and cannot register in the Rec Divisions listed.

WHICH DIVISION SHOULD I REGISTER FOR?

EACH RECREATION ORGANIZATION MUST PICK ONLY ONE

PERFORMANCE

Teams in these divisions often practice more, have competition practices and/or compete on a regular basis.

TRADITIONAL

This is a lower commitment or entry level rec division. Teams in these divisions often practice less, focus on cheering for athletic teams, and/or compete very sporadically.

HOW ARE THE SCORING REQUIREMENTS DIFFERENT?

PERFORMANCE RECREATION SCORING

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

STUNT QUANTITY	
(BASED ON A TRADITIONAL GROUP OF 4, RIPPLE OR SYNCHRONIZED)	
2.5	Skills performed that do not meet the 4.0 requirement
4.0	Most of the team performs a level appropriate building skill
4.2	Full team performs a level appropriate building skill
4.4	Less than a Majority of the team performs the <u>same</u> ELITE building skill
4.6	Majority of the team performs the <u>same</u> ELITE building skill
4.8	Most of the team performs the <u>same</u> ELITE building skill
5.0	Full team performs the <u>same</u> ELITE building skill

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

TRADITIONAL RECREATION SCORING

STUNT DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by most of team

THERE IS NO STUNT REQUIREMENT.

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

PERFORMANCE RECREATION SCORING

TOSS DIFFICULTY	
4.0	Tosses are thrown, but none are level appropriate
4.2	Less than a majority performs a level appropriate toss
4.4	Majority performs a level appropriate toss
4.6	Majority performs a level appropriate toss, plus 1 additional toss
4.8	Squad (with or without front spots) performs a level appropriate toss
5.0	Squad (with or without front spots) performs a level appropriate toss, plus 1 additional toss

STANDING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of team performs a level appropriate pass
4.0 - 4.5	MID	Majority of team performs 2 different level appropriate passes, 1 of which must be synchronized from initiation of the pass
4.5 - 5.0	HIGH (Levels 1 - 2)	Most of team performs 2 different level appropriate passes, 1 of which must be synchronized from initiation of the pass
4.5 - 5.0	HIGH (Levels 3 - 4)	Most of team performs 2 different level appropriate passes, 1 of which must be a synchronized advanced jump-tumble combination at initiation of the jump

RUNNING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than 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

JUMP DIFFICULTY	
4.0	Less than a majority of the team performs 1 advanced jump
4.2	Majority of the team performs 1 advanced jump
4.4	Most of the team performs 1 synchronized advanced jump
4.6	Most of the team performs 2 connected, synchronized advanced jumps
4.8	Most of the team performs 3 connected, synchronized advanced jumps
5.0	Most of the team performs 4 connected, synchronized advanced jumps or 3 connected, synchronized advanced jumps plus 1 additional advanced jump. Sequence must include a variety of jumps.

TRADITIONAL RECREATION SCORING

THERE IS NO TOSS REQUIREMENT.

STANDING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of team performs a level appropriate pass

RUNNING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than majority of the team performs a level appropriate pass

JUMP DIFFICULTY	
4.0	Less than a majority of the team performs 1 advanced jump
4.2	Majority of the team performs 1 advanced jump
4.4	Most of the team performs 1 synchronized advanced jump
4.6	Most of the team performs 2 connected, synchronized advanced jumps
4.8	Most of the team performs 3 connected, synchronized advanced jumps

HOW ARE THE SCORING REQUIREMENTS SIMILAR?

The routine time limit for the performance and traditional recreation division is 2:30.

STUNT/PYRAMID CREATIVITY	
4.0 - 4.2	Minimal skills incorporate creativity
4.2 - 4.4	Less than a majority of the skills incorporate creativity
4.4 - 4.7	Majority of the skills incorporate creativity
4.7 - 5.0	Most to all skills incorporate creativity

TECHNIQUE	
3.0 - 3.5	Minimal athletes execute excellent precision, form and synchronization
3.5 - 4.0	Less than a majority of the athletes execute excellent precision, form and synchronization
4.0 - 4.5	Majority of athletes execute excellent precision, form and synchronization
4.5 - 5.0	Most to all athletes execute excellent precision, form and synchronization

DANCE DIFFICULTY		DANCE TECHNIQUE	
4.0 - 4.5	Dance incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork, floor work, pace and intricacy of dance moves.	0.1 - 0.5	A team's ability to demonstrate proper placement and execution, synchronization, and appropriate timing of dance moves performed.

PERFORMANCE	
9.0 - 10.0	A team's ability to demonstrate high levels of energy and excitement while maintaining consistent uniformity, 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 and seamless patterns of movement performed throughout the routine. This includes innovative, visual, and intricate ideas; as well as any additional skills performed to enhance the overall appeal.

WHAT DIVISIONS WILL BE OFFERED FOR PERFORMANCE AND TRADITIONAL?

PERFORMANCE RECREATION TEAMS can register for any division below.

TRADITIONAL RECREATION TEAMS can register for any division below, **except level 4.**

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

I HAVE A QUESTION ABOUT IF A SKILL IS LEVEL APPROPRIATE OR LEGAL. WHO DO I CONTACT?

Director of Scoring for The EPIC Brands – Randie Orr

randie@theepicbrands.com

In your e-mail, please include:

- Program/Organization name & Coaches name
- Division/Age/Level
- Video of skill in question (performed at normal speed)