

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

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, RIPPLED OR SYNCHRONIZED)	
3.5	Skills performed that do not meet the 4.0 requirement
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 <u>same</u> ELITE building skill
4.8	Majority of the team performs the <u>same</u> ELITE building skill
5.0	Most of the team performs the <u>same</u> ELITE building skill

PYRAMID DIFFICULTY		
2.5	Skills in which the top person is only connected to a bracer standing on the ground	
A team is eligible for the ranges below if their pyramid consists of 2 or more directly connected top persons.		
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

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

STUNT QUANTITY

THERE IS NO STUNT QUANTITY REQUIREMENT.
Teams can still perform elite skills, but are not required to.

PYRAMID DIFFICULTY		
2.5	Skills in which the top person is only connected to a bracer standing on the ground	
A team is eligible for the ranges below if their pyramid consists of 2 or more directly connected top persons.		
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

TOSS DIFFICULTY	
3.5	Tosses are thrown, but none are level appropriate
4.0	Less than a majority performs a level appropriate toss
4.5	Majority performs a level appropriate toss (cumulative throughout routine)
5.0	Majority performs a level appropriate toss (synchronized or rippled in the same section)

(N/A) * Tosses cannot be performed in level 1, mini level 2, or Special Athlete divisions.

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

TRADITIONAL RECREATION

TOSS DIFFICULTY

TOSSES ARE NOT ALLOWED.

STANDING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Majority 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

PERFORMANCE RECREATION

JUMP DIFFICULTY	
3.5	Skills performed do not meet the 4.0 requirement
4.0	Most of team performs 1 advanced jump
4.5	Most of team performs 2 connected* advanced jumps, which must be synchronized and include variety.
5.0	Most of team performs 3 connected* advanced jumps, or 2 connected advanced jumps plus 1 additional advanced jump. All jumps must be synchronized and the sequence should include two types of variety.
* Tiny and Mini teams do not have to connect jumps. Pee Wee, Youth, Junior, and Senior teams must use a whip approach to be considered connected.	
<u>BASIC JUMPS:</u> Spread Eagle, Tuck Jump <u>ADVANCED JUMPS:</u> Pike, Front or Side Hurdlers, Toe Touch, Double Nine	

TRADITIONAL RECREATION

JUMP DIFFICULTY	
3.5	Skills performed do not meet the 4.0 requirement
4.0	Most of team performs 1 advanced jump
4.5	Most of team performs 2 connected* advanced jumps, which must be synchronized and include variety.
* Tiny and Mini teams do not have to connect jumps. Pee Wee, Youth, Junior, and Senior teams must use a whip approach to be considered connected.	
<u>BASIC JUMPS:</u> Spread Eagle, Tuck Jump <u>ADVANCED JUMPS:</u> Pike, Front or Side Hurdlers, Toe Touch, Double Nine	

HOW ARE THE SCORING REQUIREMENTS THE SAME?

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

STUNT/PYRAMID CREATIVITY	
2.0 - 2.3	Less than 50% of the skills incorporate visual, unique, or innovative ideas. This includes level and non-level appropriate skills.
2.3 - 2.5	50% of the stunt skills incorporate visual, unique, or innovative ideas. This includes level and non-level appropriate skills.

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 floor work. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

STUNT/PYRAMID TECHNIQUE	
3.5 - 4.0	Most skills performed with below average execution, stability, uniformity, body position, and synchronization.
4.0 - 4.5	Most skills performed with average execution, stability, uniformity, body position, and synchronization.
4.5 - 5.0	Most skills performed with above average execution, stability, uniformity, body position, and synchronization.

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.

TUMBLING/JUMP TECHNIQUE	
3.5 - 4.0	Most skills performed with below average execution, uniformity, body position, synchronization, and power.
4.0 - 4.5	Most skills performed with average execution, uniformity, body position, synchronization, and power.
4.5 - 5.0	Most skills performed with above average execution, uniformity, body position, synchronization, and power.

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)