

# 2023-2024 Traditional and Performance Recreational Cheer Divisions

This document contains the competitive recreational cheer division offerings for the 2023-2024 season. The age grid provides a list of divisions that may be offered by 9 Panel Cheer. 9 Panel Cheer does not have to offer every division listed at each event.

**Recreational cheerleading organizations can register teams in Traditional or Performance divisions.**

- **TRADITIONAL**

- The program MAY 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 MAY cheer for a sport during the 2023-2024 cheer season.
- Routines must consist of Cheer & Music combination.
  - Routine Max: 2:30 minutes
- No tosses allowed.
- Will follow USASF safety and legality level rules.
- Will follow United Scoring All Star Prep Cheer Scoring

- **TRADITIONAL GAME DAY (\*\*NEW\*\* 23-24 season)**

- 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 2023-2024 cheer season.
- Routines include a combination of a band dance, situational cheer, crowd response chant or cheer, and a fight song or band dance style.
  - Routine Max: 2:30 minutes
- No tosses allowed.
- Routines in this division encourage a crowd response as if you were leading the fans at an actual game! Teams can use all sideline appropriate props such as signs, poms and megaphones in their routines.
- Will follow Traditional Game Day scoring rubric.

- **PERFORMANCE**

- Organization may be independent of town/city organization/clubs. Team does not necessarily cheer for a supported, sports program.
- Athletes **MAY NOT** cross from a Performance Rec Cheer team to a Traditional Rec Cheer team.
- Routines may be a cheer and music combination.
  - Routine max: 2:30 minutes
- Will follow USASF safety and legality level rules.
  - Exception: Level 4 - Fulls are allowed in running tumbling only and will be counted toward the running tumbling difficulty and technique scores.
- Will follow United Scoring Allstar Elite Cheer Scoring

Traditional Recreation Cheer and Performance Recreation Cheer routines may be performed on a spring or foam floor. Check with 9 Panel Cheer to determine what type of floor will be used at the competition.

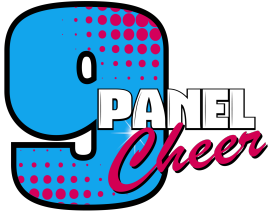
The age of the athlete will be based on BIRTH YEAR for the 2023-2024 competitive season.



# 2023-2024 Recreational Cheer Divisions

<b>Performance Recreation Divisions 2023-2024</b>			
<b>Division</b>	<b>Ages</b>	<b>Birth Year</b>	<b># of Participants/Gender</b>
<b>Level 4</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
<b>Level 4.2 (level 4 building skills, level 2 tumbling skills)</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
<b>Level 3</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
<b>Level 3.1 (level 3 building skills, level 1 tumbling skills)</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
Pee Wee Rec (10U)	10 years and younger	2012 and later	5-36 athletes, Female/Male
<b>Level 2.1 (level 2 building skills, level 1 tumbling skills)</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
Pee Wee Rec (10U)	10 years and younger	2012 and later	5-36 athletes, Female/Male
<b>Level 2</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
Pee Wee Rec (10U)	10 years and younger	2012 and later	5-36 athletes, Female/Male
Mini Rec (8U)	8 years and younger	2014 and later	5-36 athletes, Female/Male
<b>Level 1</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
Pee Wee Rec (10U)	10 years and younger	2012 and later	5-36 athletes, Female/Male
Mini Rec (8U)	8 years and younger	2014 and later	5-36 athletes, Female/Male
Tiny Rec (6U)	6 years and younger	2016 and later	5-36 athletes, Female/Male

The age of the athlete will be based on BIRTH YEAR for the 2023-2024 competitive season.



# 2023-2024 Recreational Cheer Divisions

<b>Traditional Recreation Cheer Divisions</b>			
Division	Ages	Birth Year	# of Participants/Gender
<b>Level 3</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
<b>Level 3.1 (level 3 building skills, level 1 tumbling skills)</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
Pee Wee Rec (10U)	10 years and younger	2012 and later	5-36 athletes, Female/Male
<b>Level 2.1 (level 2 building skills, level 1 tumbling skills)</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
Pee Wee Rec (10U)	10 years and younger	2012 and later	5-36 athletes, Female/Male
<b>Level 2</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
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Pee Wee Rec (10U)	10 years and younger	2012 and later	5-36 athletes, Female/Male
Mini Rec (8U)	8 years and younger	2014 and later	5-36 athletes, Female/Male
Tiny Rec (6U)	6 years and younger	2016 and later	5-36 athletes, Female/Male

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## 2023-2024 Recreational Cheer Divisions

<b>Traditional Gameday Recreation Cheer Divisions</b>			
Division	Ages	Birth Year	# of Participants/Gender
<b>Level 3</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
<b>Level 2</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
Pee Wee Rec (10U)	10 years and younger	2012 and later	5-36 athletes, Female/Male
Mini Rec (8U)	8 years and younger	2014 and later	5-36 athletes, Female/Male
<b>Level 1</b>			
Senior Rec (18U)	18 years and younger	2004 and later	5-36 athletes, Female/Male
Junior Rec (14U)	14 years and younger	2008 and later	5-36 athletes, Female/Male
Youth Rec (12U)	12 years and younger	2010 and later	5-36 athletes, Female/Male
Pee Wee Rec (10U)	10 years and younger	2012 and later	5-36 athletes, Female/Male
Mini Rec (8U)	8 years and younger	2014 and later	5-36 athletes, Female/Male
Tiny Rec (6U)	6 years and younger	2016 and later	5-36 athletes, Female/Male

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