

2018-2019 Cheer & Dance Extreme Recreation Rules/Restrictions

Programs must choose one style (Performance or Traditional) and all teams within the program must compete in these divisions.

Cheer & Dance Extreme events recognize that Recreational Cheerleading does not have an official governing body to refer to, and that Rec Cheer Teams may have different guidelines to follow within their individual organizations. Please adhere to the guidelines set forth by your organization, and select the division that best fits both the age and abilities of the athletes on the team so that your team will be given the best opportunity for success at Cheer & Dance Extreme events.

All teams competing in these divisions must meet these criteria in order to compete in these divisions:

- I. Must be affiliated with, report to, and be governed by an organization such as the following:
 - YMCA
 - Boys & Girls Club
 - City/County Parks and Rec Program
 - Community Youth Organization
 - Pop Warner Association
 - Any other community run program not associated with a school or all-star program
- II. 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 affiliation.
- III. 50% of the team must have cheered for a sport (i.e. football, basketball) with that association or organization within the current cheer season. Proof must be provided in a timely fashion upon request. If the organization the team is representing or associated with does not offer cheering for a sport, this rule may be waived only if the president or higher seated official writes a letter to the event producer informing them that this option is not available. This is the only reason a team should not be allowed to cheer for a sport. This also does not guarantee that you will be allowed to compete in a rec division.
- IV. A team may not have more than 25% all star athletes on its teams. Proof must be provided upon request.
- V. Participants may not represent more than one recreational program in a season. Proof must be provided upon request.
- VI. A Recreational/Organizational Cheerleading team may do or have the following:
 - Can hold tryouts
 - Can have their own practice facility or gym
 - Can practice and/or attend tumbling classes at gymnastics or all star facilities
 - Can combine team members from other teams within the organization
- VII. If a team does not meet all of the above criteria they may be disqualified.
- VIII. Rec Cheer Teams who do not cheer for a sport, 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 or school division that best suits their ability level at Cheer & Dance Extreme events.

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All Recreational Teams will follow the **USASF Rules and Regulations** for the levels in which they are competing. To view those rules, please visit www.usasfrules.com.

Scoring Grids and **Level Appropriate Skills** documents can be found at www.cheeranddanceextreme.com/scoring.

Performance Recreation

Performance Rec is defined as a competitive rec division that has level restrictions and will be judged on the Varsity All Star Score Sheet, which can be found by going to www.cheeranddanceextreme.com/scoring and clicking on the All Star Scoring System link. Performance Rec will follow the level guidelines for All Star cheer set forth by USASF. Teams in Performance Rec divisions often practice more, have competition practices and/or compete on a regular basis.

Performance Rec teams will follow USASF Rules and Regulations and Varsity All Star Scoring Grids without any additional restrictions.

Traditional Recreation

Traditional Rec is defined as a lower commitment and/or entry-level competitive rec division that has level restrictions and will be judged on the **Cheer and Dance Extreme All Star Prep Score Sheet** which can be found by going to www.cheeranddanceextreme.com/scoring and clicking on the link for the All Star Prep Scoring system. Traditional Rec will follow the level guidelines for All Star cheer set forth by USASF.

Teams in Traditional Rec divisions typically practice less than Performance Rec teams, focus on cheering for their organization's athletic teams and/or compete very sporadically.

In order to maintain the integrity of these Traditional Rec divisions, the following skill caps will be in place:

- **No basket tosses** allowed at any level
- **No stunt quantity** or coed quantity requirement
- Jumps are capped to the 4.8 range
- Stunt difficulty, pyramid difficulty, standing tumbling difficulty and running tumbling difficulty are capped at the LOW range.

For questions regarding Rec Divisions and Registration:

Tara Jones

(410)609-1212

tara@cheeranddanceextreme.com

For questions regarding Rec Rules, Scoring, Restrictions, and Legalities:

Heather O'Brien

(410)609-1212

scoring@cheeranddanceextreme.com

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LEGALITY VERIFICATION

As a coach, it is important to be current on the Cheer & Dance Extreme & USASF Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure that you receive a timely and accurate response to your questions.

- All questions must be in written-email form.
- Due to the differences in interpretation and terminology; no phone calls will be accepted.
- Do not rely on prior rulings from other competitions.
- A separate video must be submitted for each competition to ensure legality.
- For all Legality questions, you must send a video that contains the skill in question.
- Video must include the following:
 1. Front, side and back view of skill.
 2. Name of the competition where you will be performing skill and the Division you will be performing in.
 3. Include your name, team name, email and phone number with your video.
 4. Do not send the entire routine, only video clips of the SKILL(S) in question.

VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE VIEWED. VIDEOS MUST BE RECEIVED IN THE CHEER & DANCE EXTREME OFFICE at least TWO WEEKS PRIOR to the event date. Videos not received in the Cheer & Dance Extreme office two weeks prior to the event date will NOT be reviewed. You must email your videos to:

scoring@cheeranddanceextreme.com Note: Emailed videos may not exceed 10MB and should be in either Windows Media Player or Quicktime formats.

DO NOT DEPEND ON YOUR CHOREOGRAPHER TO DETERMINE IF SOMETHING IS LEGAL. IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE CHEER & DANCE EXTREME OFFICE.

USASF rules regarding safety can be found at:

www.usasfrules.com

Any general scoring questions can be directed to Heather O'Brien at

scoring@cheeranddanceextreme.com.

2018-2019 Cheer & Dance Extreme Recreation

| Performance Recreation Cheer Divisions | | | |
|---|----------------------|---------------|---------------------------|
| Name | Age* | Gender | Number of Athletes |
| Level 4 | | | |
| Senior Rec | 18 years and younger | Female/Male | 5-36 athletes |
| Junior Rec | 14 years and younger | Female/Male | 5-36 athletes |
| Level 3.1 | | | |
| Senior Rec | 18 years and younger | Female/Male | 5-36 athletes |
| Junior Rec | 14 years and younger | Female/Male | 5-36 athletes |
| Youth Rec | 12 years and younger | Female/Male | 5-36 athletes |
| Pee Wee Rec | 10 years and younger | Female/Male | 5-36 athletes |
| Level 3 | | | |
| Senior Rec | 18 years and younger | Female/Male | 5-36 athletes |
| Junior Rec | 14 years and younger | Female/Male | 5-36 athletes |
| Youth Rec | 12 years and younger | Female/Male | 5-36 athletes |
| Level 2 | | | |
| Senior Rec | 18 years and younger | Female/Male | 5-36 athletes |
| Junior Rec | 14 years and younger | Female/Male | 5-36 athletes |
| Youth Rec | 12 years and younger | Female/Male | 5-36 athletes |
| Pee Wee Rec | 10 years and younger | Female/Male | 5-36 athletes |
| Mini Rec | 8 years and younger | Female/Male | 5-36 athletes |
| Level 1 | | | |
| Senior Rec | 18 years and younger | Female/Male | 5-36 athletes |
| Junior Rec | 14 years and younger | Female/Male | 5-36 athletes |
| Youth Rec | 12 years and younger | Female/Male | 5-36 athletes |
| Pee Wee Rec | 10 years and younger | Female/Male | 5-36 athletes |
| Mini Rec | 8 years and younger | Female/Male | 5-36 athletes |
| Tiny Rec | 6 years and younger | Female/Male | 5-36 athletes |

* The age of the athlete as of August 31, 2018 will be used to determine if they are eligible for that division.

2018-2019 Cheer & Dance Extreme Recreation

| Traditional Recreation Cheer Divisions | | | |
|---|----------------------|---------------|---------------------------|
| Name | Age | Gender | Number of Athletes |
| Level 3.1 | | | |
| Senior Rec | 18 years and younger | Female/Male | 5-36 athletes |
| Junior Rec | 14 years and younger | Female/Male | 5-36 athletes |
| Youth Rec | 12 years and younger | Female/Male | 5-36 athletes |
| Pee Wee Rec | 10 years and younger | Female/Male | 5-36 athletes |
| Level 3 | | | |
| Senior Rec | 18 years and younger | Female/Male | 5-36 athletes |
| Junior Rec | 14 years and younger | Female/Male | 5-36 athletes |
| Youth Rec | 12 years and younger | Female/Male | 5-36 athletes |
| Level 2 | | | |
| Senior Rec | 18 years and younger | Female/Male | 5-36 athletes |
| Junior Rec | 14 years and younger | Female/Male | 5-36 athletes |
| Youth Rec | 12 years and younger | Female/Male | 5-36 athletes |
| Pee Wee Rec | 10 years and younger | Female/Male | 5-36 athletes |
| Mini Rec | 8 years and younger | Female/Male | 5-36 athletes |
| Level 1 | | | |
| Senior Rec | 18 years and younger | Female/Male | 5-36 athletes |
| Junior Rec | 14 years and younger | Female/Male | 5-36 athletes |
| Youth Rec | 12 years and younger | Female/Male | 5-36 athletes |
| Pee Wee Rec | 10 years and younger | Female/Male | 5-36 athletes |
| Mini Rec | 8 years and younger | Female/Male | 5-36 athletes |
| Tiny Rec | 6 years and younger | Female/Male | 5-36 athletes |

* The age of the athlete as of August 31, 2018 will be used to determine if they are eligible for that division.