



2022-2023 Recreation Cheer Division Grid

This document contains the competitive traditional recreation cheer divisions and performance cheer divisions offered for the 2022-2023 season. The age grid provides a list of divisions that may be offered by Cheer & Dance Extreme. Cheer & Dance Extreme does not have to offer every division listed at each event.

All teams must classify as one of the following:

- **GAME DAY**
 - 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.
 - May not crossover to a Performance Division.
 - May not have a team in Performance Recreation.
- **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.

DIVISION SPLITS

Recreation Divisions will be split small and large when there are at least 2 teams left in each division.

- Small = 5-19 members
- Large = 20-36 members

Traditional Recreation and Performance Cheer cheerleading organizations can register teams in Traditional and/or Performance divisions.

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



The age of the athlete will be based on BIRTH YEAR
for the 2022-2023 competitive season.





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- **PERFORMANCE CHEER**
 - 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.
- **GAME DAY RECREATION**
 - Routines must include a Cheer.
Routine Max: 2:30 minutes
 - No tosses allowed.
 - Will follow USASF All Star Prep Cheer Rules

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

GAMEDAY RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1			
MINI (8U)	2013 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2011 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
LEVEL 2			
JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male



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TRADITIONAL RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1			
TINY (6U)	2015 and later	6 years and younger	5-36 members, Female/Male
MINI (8U)	2013 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2011 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1			
PEE WEE (10U)	2011 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2			
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JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1			
YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3			
YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
RECREATION EXHIBITION			
EXHIBITION	2003 and later	18 years and younger	Unlimited members, Female/Male
CHEERABILITIES (SPECIAL ATHLETE) EXHIBITION			
CHEERABILITIES	Any Age	Any Age	Unlimited members, Female/Male

If you do not see your division listed, contact tara@cheeranddanceextreme.com



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PERFORMANCE RECREATION DIVISIONS			
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YOUTH (12U)	2009 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.2			
JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3			
JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4			
JUNIOR (14U)	2007 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4.2			
SENIOR (18U)	2003 and later	18 years and younger	5-36 members, Female/Male

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TRADITIONAL & PERFORMANCE RECREATION CHEER			
RECREATION EXHIBITION			
EXHIBITION	2003 and later	18 years and younger	Unlimited members, Female/Male
CHEERABILITIES (SPECIAL ATHLETE) EXHIBITION			
CHEERABILITIES	Any Age	Any Age	Unlimited members, Female/Male



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