

# Recreation Divisions 2022-2023 Rules Book

## TRADITIONAL REC DIVISION: BUILDING & NON BUILDING

[Americheerfamilyofbrands.com](http://Americheerfamilyofbrands.com)

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# General :Definition, Eligibility, Types

**Recreation Definition:** To be considered a Rec program you must report to, be affiliated with and/or must be governed by an organization such as the following:

- ▶ Boys and Girls club
- ▶ City, county parks and rec program
- ▶ Community Youth Organization
- ▶ Pop Warner Association
- ▶ YMCA
- ▶ Any other community program that is not affiliated with a secondary school and/or all star program.

## **General Routine: Traditional Rec**

Traditional Rec routines are performed with a combination of up to 1:30 music and 1:00 crowd leading section. During the crowd leading segment music is not allowed including but no limited to a back beat.

- ▶ Follows the NFHS Spirit Safety Rules
- ▶ Timing will begin with first note of music or organized movement.
- ▶ Scoring will go in conjunction with rubrics and drivers provided.

# Levels :Traditional Rec

## **Levels: Traditional Rec**

(see Division chart for Age ranges)

- ▶ Level 1 Building/ Non Building
- ▶ Level 2.1 Building (Level 2 Building/ Level 1 Tumbling)
- ▶ Level 2 Building/Non Building
- ▶ Level 3.1 Building (Level 3 Building/ Level 1 Tumbling)
- ▶ Level 3 Building/Non Building
- ▶ Level 4 Open Building/Non Building (Level 4 Building and up to Level 4 tumbling)

# TRADITIONAL REC AGE GRID

Tiny Traditional Rec Level 1 Building	Female/Male	5-36 Members	2015 & later	6 years & Under
Tiny Traditional Rec Level 1 Non Building	Female/Male	5-36 Members	2015 & later	6 years & Under
Mini Traditional Rec Level 1 Building	Female/Male	5-36 Members	2013 & later	8 years & Under
Mini Traditional Rec Level 1 Non Building	Female/Male	5-36 Members	2013 & later	8 years & Under
Mini Traditional Rec Level 2.1 Building	Female/Male	5-36 Members	2013 & later	8 years & Under
Mini Traditional Rec Level 2 Building	Female/Male	5-36 Members	2013 & later	8 years & Under
Mini Traditional Rec Level 2 Non Building	Female/Male	5-36 Members	2013 & later	8 years & Under
Pewee Traditional Rec Level 1 Building	Female/Male	5-36 Members	2011 & later	10 years & Under
Pewee Traditional Rec Level 1 Non Building	Female/Male	5-36 Members	2011 & later	10 years & Under
Pewee Traditional Rec Level 2.1 Building	Female/Male	5-36 Members	2011 & later	10 years & Under
Pewee Traditional Rec Level 2 Building	Female/Male	5-36 Members	2011 & later	10 years & Under
Pewee Traditional Rec Level 2 Non Building	Female/Male	5-36 Members	2011 & later	10 years & Under
Pewee Traditional Rec Level 3.1 Building	Female/Male	5-36 Members	2011 & later	10 years & Under
Pewee Traditional Rec Level 3 Building	Female/Male	5-36 Members	2011 & later	10 years & Under
Pewee Traditional Rec Level 3 Non Building	Female/Male	5-36 Members	2011 & later	10 years & Under
Youth Traditional Rec Level 1 Building	Female/Male	5-36 Members	2009 & later	12 years & Under
Youth Traditional Rec Level 1 Non Building	Female/Male	5-36 Members	2009 & later	12 years & Under
Youth Traditional Rec Level 2.1 Building	Female/Male	5-36 Members	2009 & later	12 years & Under
Youth Traditional Rec Level 2 Mount	Female/Male	5-36 Members	2009 & later	12 years & Under
Youth Traditional Rec Level 2 Non Building	Female/Male	5-36 Members	2009 & later	12 years & Under
Youth Traditional Rec Level 3.1 Building	Female/Male	5-36 Members	2009 & later	12 years & Under
Youth Traditional Rec Level 3 Building	Female/Male	5-36 Members	2009 & later	12 years & Under
Youth Traditional Rec Level 3 Non Building	Female/Male	5-36 Members	2009 & later	12 years & Under
Youth Traditional Rec Level 4 Open Building	Female/Male	5-36 Members	2009 & later	12 years & Under
Youth Traditional Rec Level 4 Open Non Building	Female/Male	5-36 Members	2009 & later	12 years & Under

# TRADITIONAL REC AGE GRID

Junior Traditional Rec Level 1 Building	Female/Male	5-36 Members	2007 & later	14 years & Under
Junior Traditional Rec Level 1 Non Building	Female/Male	5-36 Members	2007 & later	14 years & Under
Junior Traditional Rec Level 2.1 Building	Female/Male	5-36 Members	2007 & later	14 years & Under
Junior Traditional Rec Level 2 Building	Female/Male	5-36 Members	2007 & later	14 years & Under
Junior Traditional Rec Level 2 Non Building	Female/Male	5-36 Members	2007 & later	14 years & Under
Junior Traditional Rec Level 3.1 Building	Female/Male	5-36 Members	2007 & later	14 years & Under
Junior Traditional Rec Level 3 Building	Female/Male	5-36 Members	2007 & later	14 years & Under
Junior Traditional Rec Level 3 Non Building	Female/Male	5-36 Members	2007 & later	14 years & Under
Junior Traditional Rec Level 4 Open Building	Female/Male	5-36 Members	2007 & later	14 years & Under
Junior Traditional Rec Level 4 Open Non Building	Female/Male	5-36 Members	2007 & later	14 years & Under
Senior Traditional Rec Level 1 Building	Female/Male	5-36 Members	2003 & later	18 years & Under
Senior Traditional Rec Level 1 Non Building	Female/Male	5-36 Members	2003 & later	18 years & Under
Senior Traditional Rec Level 2.1 Building	Female/Male	5-36 Members	2003 & later	18 years & Under
Senior Traditional Rec Level 2 Building	Female/Male	5-36 Members	2003 & later	18 years & Under
Senior Traditional Rec Level 2 Non Building	Female/Male	5-36 Members	2003 & later	18 years & Under
Senior Traditional Rec Level 3.1 Building	Female/Male	5-36 Members	2003 & later	18 years & Under
Senior Traditional Rec Level 3 Building	Female/Male	5-36 Members	2003 & later	18 years & Under
Senior Traditional Rec Level 3 Non Building	Female/Male	5-36 Members	2003 & later	18 years & Under
Senior Traditional Rec Level 4 Open Building	Female/Male	5-36 Members	2003 & later	18 years & Under
Senior Traditional Rec Level 4 Open Non Building	Female/Male	5-36 Members	2003 & later	18 years & Under

# Deductions

TRADITIONAL REC TEAMS WILL FOLLOW THE NFHS SPIRIT SAFETY RULES

PERFORMANCE REC TEAMS WILL FOLLOW THE USASF SAFETY AND LEVEL RESTRICTIONS. LEVELS 1,2,3,1,3 AND 4

**LEGALITY VERIFICATION** - FOR QUESTIONS REGARDING THE LEGALITY OF A SPECIFIC SKILL(S), ETC. YOU MUST ADHERE TO THE FOLLOWING GUIDELINES:

- PROVIDE A LINK OF VIDEO OF THE SPECIFIC SKILL(S), ETC. IN QUESTION.
- INCLUDE WITH THE LINK OF VIDEO THE TEAM NAME, TEAM DIVISION, COACH NAME, CELL PHONE NUMBER, EMAIL, NAME AND DATE OF THE COMPETITION TO BE ATTENDED.
- PLEASE SUBMIT LINK OF VIDEO AT LEAST TWO WEEKS IN ADVANCE OF THE COMPETITION TO BE ATTENDED.
- EMAIL LINK OF VIDEO TO [HWILLIAMS@AMERICHEER.COM](mailto:HWILLIAMS@AMERICHEER.COM) BECAUSE OF DIFFERENCES IN TERMINOLOGY AND INTERPRETATION, WE RESERVE THE RIGHT TO NOT ADMINISTER PHONE VERIFICATIONS.

# Traditional Rec

JUMPS, STUNTS, PYRAMIDS : **MOST** 75% OF THE TEAM

TUMBLING: **MAJORITY** 51% OF THE TEAM

- SKILLS PERFORMED BY LESS THAN **MOST** AND **MAJORITY** WILL ENABLE THE SCORE TO BE MOVED INTO A LOWER RANGE.
- ADDITIONAL SKILLS PERFORMED BUT DO NOT MEET THE MOST OR MAJORITY RANGE MAY BE CONSIDERED A SCORE **DRIVER** AT THE DISCRETION OF THE JUDGE(S).

ALL TRADITIONAL REC DIVISIONS **ARE NOT PERMITTED** TO EXECUTE BASKET TOSSES, ELEVATOR TOSSES AND SIMILAR MULTI-BASED TOSSES IN ANY AGE DIVISION.

ALL TRADITIONAL REC DIVISIONS FOLLOW NFHS RULES.

**SEE SKILLS CHART FOR LEVELED SKILLS.**

## TRADITIONAL: Additional Scoring

### **JUMP EXECUTION: (3.0 - 5.0)**

### **JUMP DIFFICULTY: (3.0 - 5.0)**

3.0 – Single jumps

3.5 – Double jump combinations no variety

4.0 – Double jump combinations with variety

4.5 – Triple jump combinations OR double jump combinations and a single jump, with no variety

5.0 – Triple jump combinations OR double jump combinations and a single jump, must include variety

**Jump Combination** = Jumps connected with continuous movement.

**Jump Variety**= two or more different jumps.

### **CROWDLEADING SECTION:**

**CHEER WORDS**- Crowd leading words are practical, easy to follow, solicit crowd participation/yell backs. (3.0 - 5.0)

**VOICE/VOLUME**- Voice inflection and volume is loud, clear and well projected. (3.0 - 5.0)

**MOTIONS & SKILLS**- Motions are strong, visual, easy to follow for crowd leading. (3.0 - 5.0)

**PROPS & VISUALS**- Signs, poms, megaphones etc. are effectively incorporated to enhance crowd leading. (3.0 - 5.0)

**PERFECTION**- Degree at which crowd leading section is executed. (3.0 - 5.0)

### **TUMBLING SECTION:**

**STANDING TUMBLING: DIFFICULTY** (3.0 - 5.0)

**STANDING TUMBLING: EXECUTION** (3.0 - 5.0)

**RUNNING TUMBLING: DIFFICULTY** (3.0 - 5.0)

**RUNNING TUMBLING: EXECUTION** (3.0 - 5.0)

### **BUILDING SECTION:**

**GROUP/COED STUNTS: DIFFICULTY** (3.0 - 5.0) (3 LEVELED SKILLS)

**GROUP/COED STUNTS : EXECUTION** (3.0 - 5.0)

**PYRAMID: DIFFICULTY** (3.0 - 5.0) (3 LEVELED SKILLS)

**PYRAMID: EXECUTION** (3.0 - 5.0)

### **OVERALL COMPONENTS:**

**REPRESENTATION**- Image, sportsmanship, performance integrity, sportsmanship, lack of arrogance (3.0 - 5.0)

**ROUTINE COMPOSITION/FLOW** -Choreography, creativity, innovation, variety, seamless, fluidity (3.0 - 5.0)

**SHOWMANSHIP/PRESENTATION**- Enthusiasm, excitement, energy, confidence, eye contact (3.0 - 5.0)

**OVERALL PERFECTION**- perfection, lack of errors, polished/well-rehearsed look. (3.0 - 5.0)

**OVERALL IMPRESSION**- Age appropriate, appealing, engaging, perception (3.0 - 5.0)

**TIMING:** Synchronization and Timing

Jumps/Dance (3.0-5.0)

Tumbling (3.0-5.0)

**Dance Difficulty (3.0 - 5.0)**

**Dance Execution (3.0 - 5.0)**