

SPIRIT EXTREME

Traditional Rec Cheer Divisions

Level 3	
Senior Rec	18 years & younger
Junior Rec	14 years & younger
Youth Rec	12 years & younger
Level 3.1	
Senior Rec	18 years & younger
Junior Rec	14 years & younger
Youth Rec	12 years & younger
Pee Wee Rec	10 years & younger
Level 2	
Senior Rec	18 years & younger
Junior Rec	14 years & younger
Youth Rec	12 years & younger
Pee Wee Rec	10 years & younger
Mini Rec	8 years & younger
Level 1	
Senior Rec	12 years & younger
Junior Rec	12 years & younger
Youth Rec	12 years & younger
Pee Wee Rec	10 years & younger
Mini Rec	8 years & younger
Tiny Rec	6 years & younger

The age of the competitor as of August 31, 2017 will be the age used for Competition Purposes throughout the 2017-2018 season for all divisions.

Performance Rec is defined as a competitive rec division that has level restrictions and will be judged on Spirit Extreme Performance Rec Score Sheet. Teams in these divisions often practice more, have competition practices and/or compete on a regular basis.

Traditional Rec is defined as a lower commitment and/or entry level competitive rec division. Teams in this division often practice less, focus on cheering for athletic teams and/or compete very sporadically and will be judged on Spirit Extreme Traditional Rec Score Sheet. In order to maintain the integrity of this division, the following skill caps will be in place for these divisions:

- 1) No basket tosses allowed at any level
- 2) No stunt quantity or coed quantity requirement
- 3) Jumps are capped to the high range
- 4) Stunt difficulty, pyramid difficulty, standing tumbling difficulty and running tumbling difficulty are capped at mid range

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

Recreational Cheerleading – “Rec Cheer”

Spirit Extreme recognizes 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. For the purpose of competing at Spirit Extreme events, 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 or affiliated 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.
 - a. If the organization the team is representing or associated with does not offer cheering for a sport (i.e. basketball or football), this rule may be waived only if the president or higher seated official writes a letter to the event producer informing them 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 you will be allowed to compete in the “rec” division.
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, 2017. 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 Cheerleading team 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 cheer facilities.
4. Can combine team members from other teams within the organization.

If a team does not meet all of the above criteria they will be disqualified.

Rec Cheer Teams who do not cheer for a sport, unless they receive permission, 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 cheer or school division that best suits their ability level.