

CHEER AMERICA CHAMPIONSHIPS

PERFORMANCE REC RULES

2026-2027





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COACH ELIGIBILITY- Cheer America requires all coaches/directors/choreographers/personnel wishing to access the warm up area, backstage, or athlete only areas to have an approved background check, and check in at Coach registration for every event. This applies to all staff members 18 years or older.

GENERAL EXPECTATIONS & RULES - All attendees are expected to follow event policies to ensure a respectable and secure environment. All participants coaches/directors/choreographers/personnel agree to conduct themselves well, displaying good sportsmanship throughout the entirety of the competition. The coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

- Coaches/Personnel credentials must be picked up with valid ID at registration and worn by the individual it was issued to for the duration of the event. Credentials may NOT be shared or transferred for ANY REASON.
- All teams must comply with the rules/regulations and event guidelines. Any violation of event guidelines could result in a penalty, point deduction and/or disqualification.
- At least 1 credentialed coach must be present to supervise their athletes through warm-ups, on deck and while competing. It is recommended that athletes remain with a coach, team representative, or parent throughout the remainder of the event when not competing.
- At events teams may only perform skills on grass, or designated mats. Skills should not be performed on concrete, asphalt, tile or other similar surfaces.
- Athletes cannot be exchanged during the routine. Any athlete who begins the routine must stay within the performance surface boundaries during the routine. A team cannot have one athlete start the routine and replace that athlete with a different athlete part of the way through the routine.

ROUTINE LEGALITY RULES- All legality rules pertaining to each division (athlete eligibility, safety, level skills) must always be followed and complied with. Please refer to the appropriate Guidelines/Rules. Clarifications and updates may be made during the season. It is the coach's responsibility to read and understand the Safety Rules appropriate to your team type. [USASF Rules](#)

MUSIC AND UNIFORM GUIDELINES

- **Music** must be appropriate for family listening. This includes, but is not limited to swearwords, connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body, and/or violent acts or behavior are other examples of inappropriate. Removing improper language or words from a song and replacing them with sound effects or other words may still constitute 'inappropriate.'
- **Uniforms** must be family appropriate and adhere to the USASF athlete performance standards. See USASF rules for details.

PERFORMANCE RECREATIONAL ROUTINE TIMING

Routine Max Time: 2 minutes 30 seconds (No Minimum)

- Timing will begin with the first word, movement, or beat of music, and end with the last word, movement or beat of music.
 - Teams that exceed the allotted time by 1 or more seconds are subject to a deduction.
 - Judges will use a stopwatch/clock to measure the official time. Judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 3 seconds over the allotted time, acknowledging the potential variance caused by human reaction and sound variations.

COMPETITION SURFACE

- The performance surface is defined as the 42' X 54' (9 Panels) competition floor. This will be a spring floor unless otherwise noted. Teams may line up anywhere inside the competition area.
- The competition boundary is defined as the performance surface and any immediate safety border. A deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the boundary. Stepping on the border velcro is not a boundary violation.
- All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary.



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SCORING

- Teams will be scored on the Cheer America Performance Rec score sheet, by a panel of qualified professional judges.
- Each judge will provide their score and submit their final scores and rankings prior to the calculation of final scores. Scores and rankings will be available only to gym owners or coaches at the conclusion of the competition.
- In the event you believe a mistake was made and you wish to challenge a score, scoring officials will only discuss your team's routine and scores. You may NOT challenge scores and/or deductions of another team(s).
- Scoring challenges will be processed online and must be done within 15 minutes of receiving your scoresheets. When you receive your scoresheets via email there will be an option to start a scoring protest. The designated team official will fill in the information and then receive feedback from the judge(s) regarding the outcome. *Please note: when routines are reviewed for a challenge that judges may review the routine in its entirety and additional deductions may be assessed.*

DIVISIONS

Performance Rec is an all music competitive division in recreational cheerleading. Teams will perform dynamic choreographed skill based routines.

- Teams will be scored on the Cheer America Performance Rec score sheet, and are expected to follow USASF rules and skill levels
- Performance Rec teams will compete on a spring floor unless otherwise noted.
- **Affiliated and Non-Affiliated Performance Rec divisions will be combined. Affiliated and Non-Affiliated teams may be split for GRAND Champion awards.**
 - **AFFILIATED** - Teams must have an affiliation with or be governed by an organization such as Pop Warner, City Parks and Recreation Dept., YMCA, Boys and Girls Clubs or other programs that are community based and not affiliated with All Star cheer.
 - **NON AFFILIATED** - Teams are either: **Not affiliated with a community or governing organization OR Part of an All-star gym**

LEVEL	DIVISION
LEVEL 1	Tiny (6U), Mini (8U), Pee Wee (10U), Youth (12U), Junior (14U), Senior (18U)
LEVEL 2.1	Pee Wee (10U), Youth (12U), Junior (14U), Senior (18U)
LEVEL 2	Pee Wee (10U), Youth (12U), Junior (14U), Senior (18U)
LEVEL 3.1	Youth (12U), Junior (14U), Senior (18U)
LEVEL 3.2	Junior (14U), Senior (18U)
LEVEL 3	Youth (12U), Junior (14U), Senior (18U)
LEVEL 4	Junior (14U), Senior (18U)
LEVEL 4.2	Junior (14U), Senior (18U)
LEVEL 5	Senior (18U)