

2022-2023 RECREATION CHEER DIVISIONS

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

▪ TRADITIONAL

- o Intermediate or Advanced options following USA Cheer/AACCA Safety Guidelines and get scored using the USA Cheer Scoring System for Intermediate and Advanced School divisions

▪ PERFORMANCE

- o Varsity Spirit Rec Cheer Rules
 - Exception – Spirit Extreme will not recognize Affiliated vs. Non-Affiliated

TRADITIONAL RECREATION –DIVISIONS for 2022-2023

Division	Age	Gender	# of Participants
Intermediate			
Senior	18 & Younger	Female/Male	5-36
Junior	14 & Younger	Female/Male	5-36
Youth	12 & Younger	Female/Male	5-36
Pee Wee	10 & Younger	Female/Male	5-36
Mini	8 & Younger	Female/Male	5-36
Tiny	6 & Younger	Female/Male	5-36
Advanced			
Senior	18 & Younger	Female/Male	5-36
Junior	14 & Younger	Female/Male	5-36
Youth	12 & Younger	Female/Male	5-36
Pee Wee	10 & Younger	Female/Male	5-36
Mini	8 & Younger	Female/Male	5-36
Tiny	6 & Younger	Female/Male	5-36

The age of the athlete will be determined on August 31, 2022 for the 2022-2023 competitive season.