



## 2024-2025 Recreation Cheer Division Grid

This document contains the competitive traditional recreation cheer divisions and performance cheer divisions offered for the 2024-2025 season. The age grid provides a list of divisions that may be offered by The ONE Cheer & Dance Finals. The ONE Cheer & Dance Finals 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 2024-2025 cheer season.

- **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 2024-2025 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 – [SCORING RUBRIC](#)**

- 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 2024-2025 competitive season.



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- **PERFORMANCE CHEER – [SCORING RUBRIC](#)**
  - 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 – [SCORING RUBRIC](#)**
  - 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 The ONE Cheer & Dance Finals to determine what type of floor will be used at the competition.

GAMEDAY RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
<b>LEVEL 1</b>			
8U	2015 and later	8 years and younger	5-36 members, Female/Male
10U	2013 and later	10 years and younger	5-36 members, Female/Male
12U	2011 and later	12 years and younger	5-36 members, Female/Male
14U	2009 and later	14 years and younger	5-36 members, Female/Male
18U	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 2</b>			
12U	2011 and later	12 years and younger	5-36 members, Female/Male
14U	2009 and later	14 years and younger	5-36 members, Female/Male
18U	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 3</b>			
14U	2009 and later	14 years and younger	5-36 members, Female/Male
18U	06/01/05 and later	18 years and younger	5-36 members, Female/Male

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TRADITIONAL RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
<b>LEVEL 1</b>			
TINY (6U)	2017 and later	6 years and younger	5-36 members, Female/Male
MINI (8U)	2015 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2013 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2011 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 2.1</b>			
PEE WEE (10U)	2013 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2011 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 2</b>			
PEE WEE (10U)	2013 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2011 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 3.1</b>			
YOUTH (12U)	2011 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 3</b>			
YOUTH (12U)	2011 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>RECREATION EXHIBITION</b>			
EXHIBITION	06/01/05 and later	18 years and younger	Unlimited members, Female/Male
<b>CHEERABILITIES (SPECIAL ATHLETE) EXHIBITION</b>			
CHEERABILITIES	Any Age	Any Age	Unlimited members, Female/Male

If you do not see your division listed, contact [registration@theonefinals.com](mailto:registration@theonefinals.com)

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## 2024-2025 Recreation Cheer Division Grid

PERFORMANCE RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
<b>LEVEL 1</b>			
TINY (6U)	2017 and later	6 years and younger	5-36 members, Female/Male
MINI (8U)	2015 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2013 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2011 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 2.1</b>			
PEE WEE (10U)	2013 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2011 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 2</b>			
PEE WEE (10U)	2015 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2011 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 3.1</b>			
YOUTH (12U)	2011 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 3.2</b>			
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 3</b>			
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 4</b>			
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 4.2</b>			
JUNIOR (14U)	2009 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male
<b>LEVEL 5</b>			
SENIOR (18U)	06/01/05 and later	18 years and younger	5-36 members, Female/Male

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## 2024-2025 Recreation Cheer Division Grid

TRADITIONAL & PERFORMANCE RECREATION CHEER			
CHEERABILITIES (SPECIAL ATHLETE) EXHIBITION			
CHEERABILITIES	Any Age	Any Age	Unlimited members, Female/Male

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