



What is Competitive Rec?

2025 - 2026 REC DIVISIONS

Competitive Rec teams are those teams or programs that are affiliated with a non-profit organization, such as YMCA, Boys & Girls Club, Pop Warner/AYF youth sports program, or YCADA youth cheerleading program. They cannot use the same program name as those teams affiliated with an Allstar Novice, Prep, or Elite team. The coaching staff of Competitive Rec teams cannot be coaches for an Allstar team. Competitive Rec will consist of Music Rec and Cheer Rec, both of which can be in consideration for Competitive Rec Grand Champion.

Music Rec:

- Music Rec will have a 2:30 time limit for an all music routine

Cheer Rec:

- Cheer Rec will consist of a 2:30 time limit with a maximum of 1:30 of music, the remaining 1:00 consisting of a cheer.
- Competitive Rec will not be offered at ASWC, but will be offered at Prep and Rec Grand Nationals.
- Athletes that are on Competitive Rec teams can not also be on Allstar Rec teams at the same event
- Athletes that are on Competitive Rec teams can not be on Allstar Prep, Allstar Elite, or Allstar International teams at the same event.
- Teams that are not part of an allstar program can enter in either Competitive Rec or Allstar Rec Divisions.
- An event producer can combine Competitive Music Rec, Competitive Cheer Rec, Allstar Music Rec, and Allstar Cheer Rec together for a Rec Grand Champion.
- When bids are given to Prep and Rec Grand Nationals, the bid declaration policy will be followed, which includes giving the bid to the team with the highest score regardless of division.



What is Allstar Rec?

2025 - 2026 REC DIVISIONS

Allstar Rec teams can be teams or programs that are affiliated with an Allstar program or are stand alone programs that are NOT AFFILIATED with a non profit program, such as YMCA, Boys & Girls Club, Pop Warner/AYF youth sports program, or YCADA youth cheerleading program. They can use the same program name as those teams affiliated with an Allstar Novice, Prep, or Elite team. The coaching staff of Allstar Rec teams can be coaches for an Allstar team. Allstar Rec will consist of Music Rec and Cheer Rec, both of which can be in consideration for Allstar Rec Grand Champion. Allstar Rec is another avenue for gyms to field teams that are not in the Novice, Prep, or Elite divisions. It can be used as half year teams or full year teams. The intent is to offer a lower cost point and lower entry point into our sport of cheerleading.

Music Rec:

- Music Rec will have a 2:30 time limit for an all music routine

Cheer Rec:

- Cheer Rec will consist of a 2:30 time limit with a maximum of 1:30 of music, the remaining 1:00 consisting of a cheer.
- Allstar Rec will not be offered at ASWC, but will be offered at Prep and Rec Grand Nationals.
- Athletes on Allstar Rec teams can only crossover to other Allstar Rec teams or Allstar Novice teams.
- Athletes that are on Allstar Rec teams can not also be on Competitive Rec teams at the same event.
- Allstar gyms that have Novice, Prep, or Elite teams, cannot enter the Competitive Rec Division. They must enter the Allstar Rec Division if their program also has Novice, Prep, or Elite teams even if those teams are not competing at the same event.
- An event producer can combine Competitive Music Rec, Competitive Cheer Rec, Allstar Music Rec, and Allstar Cheer Rec together for a Rec Grand Champion.
- When bids are given to Prep and Rec Grand Nationals, the bid declaration policy will be followed, which includes giving the bid to the team with the highest score regardless of division.