



FAQS

2025 - 2026 REC DIVISIONS

Frequently Asked Questions

- Will Allstar Rec compete against Competitive Rec for Grand Champions?
 - No, there will be an Allstar Rec Grand Champion and a Competitive Rec Grand Champion.
- What does it mean when it says, “ These teams can be combined into overall Rec Grand Champion Divisions”?
 - An event producer can combine the Allstar Music Rec and Allstar Cheer Rec divisions for an Allstar Rec Grand Champion. They may also combine Competitive Music Rec and Competitive Cheer Rec together for a Competitive Rec Grand Champion.
- Is Allstar Rec offered at ASWC?
 - No, however it will be offered at our Prep and Rec Grand Nationals event.
- Can a gym have Allstar Rec and Allstar Novice, Prep, and Elite teams?
 - Yes! This 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.
- Can an athlete crossover from Allstar Rec to an Allstar Prep or Elite team?
 - No, athletes on Allstar Rec teams can only crossover to other Allstar Rec teams or Allstar Novice teams
- What happens if a team is found to be in the wrong Rec Division?
 - We will have policies in place for teams that compete in divisions they are not eligible to compete in for a variety of reasons. (Not following the age grid, too many or too few athletes on the team, etc.) Those policies apply to teams in all Rec divisions also.
- Can athletes crossover between Allstar Rec and Competitive Rec teams?
 - No, athletes that are on Allstar Rec teams can not also be on Competitive Rec teams at the same event.
- What is the difference between Music Rec and Cheer Rec?
 - Music Rec is a routine that is done entirely to Music with a Maximum time limit of 2:30
 - Cheer Rec is a routine that has a maximum time limit of 2:30 but only 1:30 can use Music. The additional time is used to cheer.
- Can teams that are not part of an allstar program enter the Allstar Rec Divisions?
 - Yes, they can enter either Competitive Rec or Allstar Rec Divisions.
- If my allstar gym has novice, prep, or elite teams, can I enter the Competitive Rec Division?
 - No, you must enter the Allstar Rec Division if your program also has Novice, Prep, or Elite teams.