

REQUIREMENTS

1. Rec programs must provide proof of insurance annually to be eligible to compete at Oregon sanctioned events.
2. Rec programs are not allowed to cheer at any high school level athletic events per NFHS rule (General, Section 1, Article 2). Rec teams may only perform at half-time, before or after the game. Anyone cheering while ball is in play must be a current member of the High School Spirit Group.
3. All teams in the rec division must compete in the non-sanctioned portion of the competition and must compete on a foam floor.
4. Rec teams are not allowed to perform on a spring-loaded floor.
5. Athletes may compete on only one team. No cross competing is allowed.
6. Rec teams will follow the NFHS rules with the following exceptions:
Basket tosses, sponge tosses, elevator tosses, or similar multi based tosses are not allowed.
7. At least one coach per rec program must be a CURRENT member of OCCA to compete at any OCCA event.
8. Senior Rec athletes who are also on a OSAA high school team, are not allowed to compete at the same event. You may not compete twice in one day, at the same event, representing two programs.
9. All recreational teams must qualify through one of the criteria below:

Criteria #1

Affiliated with and cheering for a school or community based athletic team (ie. Pop Warner, area youth sports teams, middle school teams, etc) **COVID-19 Update:** Teams who are dependent on criteria #1 will be granted an exception for the 2020-21 season if the school or community based sports season is not able to resume due to COVID-19 restrictions.

OR

Criteria #2

Affiliated with a community recreational program and practicing in a community recreational facility such as YMCA or Boys and Girls Clubs and program is non-profit.

OR

Criteria #3

A registered non-profit community program such as a 501(c).

OR

Criteria #4

Team members attend school in the same district **AND** the school directly feeds into the high school the recreational team is affiliated with.

If you do not meet any of the above OCCA rec criteria, you will be considered an all-star program and should refer to USASF guidelines.

Mini Teams are teams that have members who are in the 2nd grade and under
Youth Teams are teams that have members who are in the 5th grade and under
Junior Teams are teams that have members who are in the 8th grade and under
Senior Teams are teams that have members who are in the 12th grade and under