

REC TEAM DIVISIONS



RULES AND GUIDELINES

Divisions:

- Rec Game Day
 - Tiny – Kindergarten and under
 - Mini – 2nd grade and under
 - Youth – 6th grade and under
 - Junior – 8th grade and under
 - Senior – 12th grade and under with a minimum of 5th grade
- Rec Traditional Division
 - Tiny – Kindergarten and under
 - Mini – 2nd grade and under
 - Youth – 6th grade and under
 - Junior – 8th grade and under
 - Senior – 12th grade and under with a minimum of 5th grade
 - Rec Traditional divisions will be split based on the following:
 - Small: up to 12
 - Medium: 13-16
 - Large: 17+
 - Local event hosts will be advised to not combine divisions. In the event of low registration, local hosts will be advised to combine medium and large traditional divisions if they choose.
 - Coed divisions may be available with enough teams registered.
- Note – The oldest athlete on the team will set your division.

Optional Divisions:

- Rec Stunt Group Division*
- Rec Individual Division*

** Divisions offered depend on the regional competition event host. All regional Oregon events will list divisions offered. The divisions will NOT be offered at any OCCA Championship event. Divisions may also be combined.*

Rec Team Criteria:

To compete as a recreational team in Oregon, teams must **either** meet Criteria #1 **OR** **two** of the listed criteria below. Rec teams should not be operated under an all-star gym.

Criteria #1: Affiliated with and cheering sideline for school or community-based athletic team games (i.e., Pop Warner, area youth sports teams, middle school teams, etc.) Please note rec cheerleaders (regardless of age) are not allowed to cheer for high school-level games per OSAA and NFHS Spirit Rules. Halftime performances do not count as sideline participation.

Criteria #2: Affiliated with an official community recreational program and practicing in a community recreational facility such as YMCA, bona fide parks and recreation program, Boys and Girls Clubs. Teams competing under criteria #2 must also meet the requirements of one additional listed criteria 1-4.

Criteria #3: Team members attend school in the same district AND the school directly feeds into a high school in the same district. Teams competing under criteria #3 must also meet the requirements of one additional listed criteria 1-4.

Criteria #4: A registered non-profit program such as a 501 (c)(3). Programs will be required to provide the EIN (Employer Identification Number) and be an active non-profit with the State of Oregon. Teams competing under criteria #4 must also meet the requirements of one additional listed criteria 1-4.

Satellite Teams, i.e., teams operating under one name but with multiple locations or sub-teams under the main program with a different name, will not qualify under the rec criteria and must register in the all-star division. Rec teams should not be forming for the sole purpose of competition and inviting cheerleaders from multiple locations to form one competitive team.

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

Rec Team Information Form/OCCA Membership:

Competing rec teams (in all divisions) must complete the “Rec Team Information Form” and provide proof of insurance annually, prior to competing or participating in OCCA events. [CLICK HERE](#). At least one coach per program must be a current OCCA Member to participate in OCCA sponsored events (OCCA Game Day Championships and OCCA Cheer Championships)

Coach Certifications:

Rec coaches (paid and volunteer) must complete the required certifications by September 30th or prior to competing at an OCCA sponsored event [CLICK HERE](#)

Senior Rec Teams:

Senior Rec athletes who are also on an OSAA high school team, are not allowed to compete at the same event or venue. Athletes may **not** compete twice in one day, at the same event/venue, while representing two programs.

Sideline Participation at High School Level:

Per NFHS and OSAA rules, any rec cheerleader representing a rec cheerleading program, regardless of age or team level, may not participate during any high school level game. Rec cheerleaders may participate or perform before the game, during halftime, or after the game's end.

Safety Rules:

Rec teams will follow the NFHS Spirit Rules across all divisions with the following exceptions:

Junior and Senior level teams only: Basket tosses, sponge tosses, elevator tosses, or similar multi based tosses are limited to a straight ride toss for the 2023-24 season.

Tiny, Mini, and Youth level teams, basket tosses, sponge tosses, elevator tosses, or similar multi based tosses are not allowed.

Crossovers:

Rec athletes are allowed to crossover up to twice each school year. Athletes may not compete and crossover outside of their age range. Example: An 8th grader may not fill in for a youth team member. An athlete may only represent one program at a competition. Teams found using athletes more than twice in a season on multiple teams could forfeit any placings and not be allowed to continue to compete.

Safety Deductions and Penalties:

For information regarding safety deductions and penalties, [CLICK HERE](#)

Event Qualification:

For information regarding specific event qualification, [CLICK HERE](#)

Rec Game Day Division:

For information regarding Rec Game Day division, [CLICK HERE](#)

Traditional Division:

For information regarding the Traditional Building division, [CLICK HERE](#)

Rec Stunt Group Division*:

- All routines must be “Music Only”, and performance time may not exceed one minute in length.
- Music must be licensed ([Music Providers](#)) or a single song may be used without alteration.
- Stunt groups could be made up of athletes from different teams within your program, but the oldest athlete will set your age division. For any senior level group stunt, athletes must be between 12th grade and 5th grade.
- Stunt/Coed stunt groups should not exceed 5 participants and partner stunt groups should not exceed 3 participants. For any senior level group stunt, athletes must be between 12th grade and 5th grade.
- Participants may not represent more than one stunt group but are allowed to compete in one stunt group and one partner stunt.
- Timing will begin with the first movement, voice, or note of music, whichever comes first.
- You are required to have a spotter throughout your routine. Spotters will be provided at the event.
- All NFHS rules should be followed. Basket tosses, sponge tosses, elevator tosses, or similar multi based tosses are limited to a straight ride toss for the 2023-24 season.
- If teams choose to wear a group outfit that is not a traditional uniform, NFHS apparel rules still apply.
- All groups will be scored following the group stunt/partner stunt rubric and score sheet.

Rec Individual Division*:

- All individual performances include a cheer and music section and may not exceed one minute in length.
- Timing begins when the athlete takes the mat; this includes any tumbling or spiriting onto the performance floor. Timing will begin with the first movement, voice, or note of music, whichever comes first.
- Music must be licensed ([Music Providers](#)) or a single song may be used without alteration.
- OCCA All-State choreography should not be used for rec individual performances.
- Individuals will be scored based on the individual rubric and score sheet.

Questions:

For questions regarding rec teams and competition season, please email Christy Freeman, OCCA Rec Liaison at recliaison@occa.net.