



OCCA Individual Divisions:

- Rec:
 - Tiny – Kindergarten and under
 - Mini – 3rd grade and under
 - Youth – 6th grade and under
 - Junior – 8th grade and under
 - Senior – 12th grade and under, with a minimum of 5th grade
- High School:
 - Junior Varsity
 - Varsity
 - Male/Mixed Gender

The above high school divisions pertain to individual divisions at local/regional events and do not pertain to OCCA All-State.

OCCA Group Stunt Divisions:

- Rec:
 - Tiny – Kindergarten and under
 - Mini – 3rd grade and under
 - Youth – 6th grade and under
 - Junior – 8th grade and under
 - Senior – 12th grade and under, with a minimum of 5th grade

The oldest team member sets the division. 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 straight ride tosses.

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

- High School:
 - Junior Varsity
 - Varsity
 - Coed
 - Partner Stunt

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

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 the same day at the same event/venue while representing two programs. This rule applies to individual and stunt group divisions.

Safety Deductions and Penalties:

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

Event Qualification:

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

Individual Division Guidelines:

- All individual performances include a cheer and music section and may not exceed one minute in length. Skills and routine sections can be performed in any order.
- Music must be licensed ([CLICK HERE](#)) or a single song may be used without alteration.
- Timing will begin with the first movement, voice, or note of music, whichever comes first.
- OCCA All-State choreography should not be used for individual performances outside of OCCA All-State.
- Individuals will be scored based on the individual rubric and score sheet. [CLICK HERE](#)

Stunt Group/Partner Stunt Division Guidelines:

- All routines must be "Music Only", and performance time may not exceed one minute in length.
- Timing will begin with the first note of music.
- Music must be licensed ([CLICK HERE](#)), or a single song may be used without alteration.
- **Rec Teams:** stunt groups could be made up of athletes from different teams within your program, but the oldest athlete will set your age division. Senior-level teams must be 12th grade and under, with a minimum of 5th grade.
- **High School Teams:** varsity and junior varsity athletes may not compete in the same stunt group.
- Stunt/Coed stunt groups will not exceed 5 participants, and partner stunt groups will not exceed 3 participants (Base, Top, Spotter).
- Participants may not represent more than one stunt group, but are allowed to compete in one stunt group or coed stunt group and one partner stunt.
- You are required to have a spotter throughout your routine. The event will provide spotters.
- All NFHS rules will be followed. The rec exceptions will apply to rec teams.
- 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. [CLICK HERE](#)