



2019 - 2020



USA

Youth / Rec

COMPETITIONS



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# PERFORMANCE & TRADITIONAL RECREATIONAL NON-AFFILIATED



## PERFORMANCE-NON-AFFILIATED

### ROUTINE PROCEDURE

Routines must consist of a minimum of an 8-count Chant & Music combination. Additional general safety rules apply. Music must meet music guidelines (varsity.com/music).

### GENERAL SAFETY AND LEVEL RULES

As with all cheer categories, refer to the 2019-20 Varsity

Recreation Cheer Level Rules.

### TOTAL ROUTINE TIME LIMIT

2 1/2 minutes maximum.

## TRADITIONAL NON-AFFILIATED

### ROUTINE PROCEDURE

Routines must consist of Cheer & Music combination. Up to 1:30 (90 seconds) of the routine may be performed to music. Additional general safety rules apply. Music must meet music guidelines (varsity.com/music).

### GENERAL SAFETY AND LEVEL RULES

As with all cheer categories, refer to the 2019-20 Varsity

Recreation Cheer Level Rules.

### TOTAL ROUTINE TIME LIMIT

2 1/2 minutes maximum.

## ALL TEAMS

An official team uniform that is worn for game/sideline cheering or performing must be worn. Costuming is not allowed. If an accessory or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". A deduction of 3 points will be taken if "costuming" is used.

## TRADITIONAL RECREATION - AFFILIATED and NON-AFFILIATED

### Recreation Level 1

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Affiliated-Foam Mat Non-Affiliated-Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
10 & Younger	• Female/Male	• 5 - 36 Members		
8 & Younger	• Female/Male	• 5 - 36 Members		
6 & Younger	• Female/Male	• 5 - 36 Members		

### Recreation Level 2

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Affiliated-Foam Mat Non-Affiliated-Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
10 & Younger	• Female/Male	• 5 - 36 Members		

### Recreation Level 3.1

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Affiliated-Foam Mat Non-Affiliated-Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		

### Recreation Level 3

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Affiliated-Foam Mat Non-Affiliated-Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		

## PERFORMANCE RECREATION - NON-AFFILIATED - This category offered to Non-Affiliated Programs Only

### Recreation Level 1

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including minimum of an 8-count chant	Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
10 & Younger	• Female/Male	• 5 - 36 Members		
8 & Younger	• Female/Male	• 5 - 36 Members		
6 & Younger	• Female/Male	• 5 - 36 Members		

### Recreation Level 2

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including minimum of an 8-count chant	Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
10 & Younger	• Female/Male	• 5 - 36 Members		

### Recreation Level 3.1 (Level 3 Building Skills, Level 1 Tumbling Skills)

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including minimum of an 8-count chant	Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		

### Recreation Level 3

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including minimum of an 8-count chant	Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		

### Recreation Level 4

11-18 Years Old	• Female/Male	• 5 - 36 Members	2:30 max routine: including minimum of an 8-count chant	Spring Floor
8-14 Years Old	• Female/Male	• 5 - 36 Members		

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.

The participant's age as of August 31, 2019 will be used throughout the 2019-20 competition season.

Recreation cheer divisions may be split into Small and Large divisions provided there are at least 2 teams left in each division.

Small	• 5 - 22 Members
Large	• 23 - 36 Members

Split Exception: If an organization has 2 teams competing in the same division, but one team is small and one team is large, a mandatory split will occur. (If an organization has 2 teams competing in the same division, but both teams are the same size, they will compete against each other.)

An event producer may further split a division by squad size, if there are at least 10 or more teams in the division. The event producer must clearly identify the number range for the split, and label the two groups, "A", and "B". This split may not occur unless a minimum of 2 teams are left in group A and B.

For more information on USA recreational divisions, upcoming event dates and more please visit [usa.varsity.com](http://usa.varsity.com).



Join us at our 2020 USA All Star Championships on March 22, 2020 in Anaheim, CA!

There is no pre-qualification to attend USA All Star Championships.

## CHEER - AFFILIATED

### ROUTINE PROCEDURE

Routines must consist of Cheer & Music combination. Up to 1:30 (90 seconds) of the routine may be performed to music. Additional general safety rules apply.

Music must meet music guidelines ([varsity.com/music](http://varsity.com/music)).

### GENERAL SAFETY AND LEVEL RULES

As with all cheer categories, refer to the 2019-20 Varsity Recreation Cheer Level Rules.

### TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum.

## SONG / POM

### ROUTINE PROCEDURE

A song/pom routine consists of visuals effects, synchronization, clean/sharp pom motions and technical skills. Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. All female members must use two pompons for 80% of the routine. Music must meet music guidelines ([varsity.com/music](http://varsity.com/music)).

### SAFETY RULES

Routines in these divisions must also follow all the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules.

### TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

### ALL TEAMS

An official team uniform that is worn for game/sideline cheering or performing must be worn. Costuming is not allowed. If an accessory or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". A deduction of 3 points will be taken if "costuming" is used.



### 2019 - 2020 USA TRADITIONAL RECREATIONAL AFFILIATED DIVISIONS

Recreation Level 1 (TRADITIONAL RECREATION - AFFILIATED)			
18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30
14 & Younger	• Female/Male	• 5 - 36 Members	
12 & Younger	• Female/Male	• 5 - 36 Members	
10 & Younger	• Female/Male	• 5 - 36 Members	
8 & Younger	• Female/Male	• 5 - 36 Members	
6 & Younger	• Female/Male	• 5 - 36 Members	Carpet Bonded Foam Mat
Recreation Level 2 (TRADITIONAL RECREATION - AFFILIATED)			
18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30
14 & Younger	• Female/Male	• 5 - 36 Members	
12 & Younger	• Female/Male	• 5 - 36 Members	
10 & Younger	• Female/Male	• 5 - 36 Members	
8 & Younger	• Female/Male	• 5 - 36 Members	
6 & Younger	• Female/Male	• 5 - 36 Members	Carpet Bonded Foam Mat
Recreation Level 3.1 (TRADITIONAL RECREATION - AFFILIATED)			
18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30
14 & Younger	• Female/Male	• 5 - 36 Members	
12 & Younger	• Female/Male	• 5 - 36 Members	
Recreation Level 3 (TRADITIONAL RECREATION - AFFILIATED)			
18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30
14 & Younger	• Female/Male	• 5 - 36 Members	
12 & Younger	• Female/Male	• 5 - 36 Members	
10 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine
8 & Younger	• Female/Male	• 5 - 23 Members	
6 & Younger	• Female/Male	• 5 - 23 Members	
14 & Younger	• Female/Male	• 5 - 23 Members	
12 & Younger	• Female/Male	• 5 - 23 Members	
10 & Younger	• Female/Male	• 5 - 23 Members	Basketball court, dance floor or similar surface
8 & Younger	• Female/Male	• 5 - 23 Members	
6 & Younger	• Female/Male	• 5 - 23 Members	

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition. The participant's age as of August 31, 2019 will be used throughout the 2019-20 competition season.

See grid below for division splits by team size:

- Small Song/Pom • 5 - 9 Members
- Large Song/Pom • 10 - 23 Members

Song/Pom divisions will be split by size once there are 10 teams in the division.

There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

Recreation cheer divisions may be split into Small and Large divisions provided there are at least 2 teams left in each division.

- Small • 5 - 22 Members
- Large • 23- 36 Members

Split Exception: If an organization has 2 teams competing in the same division, but one team is small and one team is large, a mandatory split will occur. (If an organization has 2 teams competing in the same division, but both teams are the same size, they will compete against each other.)

An event producer may further split a division by squad size, if there are at least 10 or more teams in the division.

The event producer must clearly identify the number range for the split, and label the two groups, "A", and "B". This split may not occur unless a minimum of 2 teams are left in group A and B.



Join us at our  
**2020 USA Jr. Nationals** on  
February 16, 2020 in Anaheim, CA!

Traditional Recreational Affiliated  
teams must qualify at a USA  
Regional, Classic or Open  
to compete at USA  
JR. Nationals.

# 2019 - 2020 RECREATION DATES & LOCATIONS

Visit [usa.varsity.com](http://usa.varsity.com) for the most up to date information



The USA will be offering Recreational Divisions at the following events for **Traditional Affiliated (Cheer/Song)** and **Traditional and Performance Non-Affiliated (Cheer)** divisions this season.

All **USA Traditional Affiliated** events will offer a carpet bonded form mat performance floor. All **USA Traditional and Performance Non-Affiliated** events will offer a spring performance floor.

For the most up to date Rec information, please visit [usa.varsity.com](http://usa.varsity.com)

**Performance Affiliated and Open Recreational Divisions will not be offered at USA events during the 2019-2020 season.**

Select **USA** events will allow **Traditional Affiliated** teams to earn qualification to attend marquee events like **USA Jr. Nationals** and **The Quest!**

**Traditional and Performance Non-Affiliated** teams can also earn qualifications to attend **The Quest** at select **USA** events and all **Non-Affiliated** teams are invited to attend the **USA All Star Championships!**

For more information on **The Quest**, please visit [varsity.com/thequest](http://varsity.com/thequest).



## TRADITIONAL AFFILIATED

\*All listed events are qualifiers for USA Jr. Nationals unless listed otherwise

**October 12**  
**USA/Santa Cruz Boardwalk Spirit Competition**  
Santa Cruz, California

**November 2**  
**USA Rocky Mountain Classic**  
Legacy H.S.  
Broomfield, Colorado

**November 2**  
**USA Spirit Regional**  
Clovis North H.S.  
Fresno, California

**November 9**  
**USA Spirit Regional**  
Merrill West H.S.  
Tracy, California

**November 16**  
**USA Spirit Regional**  
Estrella Foothills H.S.  
Goodyear, Arizona

**November 16**  
**USA Spirit Regional**  
Vista Del Lago H.S.  
Folsom, California

**November 23**  
**USA Spirit Regional**  
Summit H.S.  
Fontana, California

**December 7**  
**USA Spirit Regional**  
Cottonwood H.S.  
Murray, Utah

**December 7**  
**USA Spirit Regional**  
University H.S.  
Irvine, California

**December 7**  
**USA Spirit Regional**  
Deer Valley H.S.  
Glendale, Arizona

**December 14**  
**USA Spirit Regional**  
James Logan H.S.  
Union City, California

**December 14**  
**USA Spirit Regional**  
Brea Olinda H.S.  
Brea Olinda, California

**January 11**  
**USA Vegas Classic**  
Desert Oasis H.S.  
Las Vegas, Nevada

**January 11**  
**USA Spirit Regional**  
Deer Valley HS  
Antioch, California

**January 11**  
**USA Spirit Regional**  
Yorba Linda H.S.  
Yorba Linda, California

**January 18**  
**USA Spirit Regional**  
Agoura H.S.  
Agoura Hills, California

**January 18**  
**USA Spirit Regional**  
Tustin H.S.  
Tustin, California

**January 18**  
**USA Spirit Regional**  
Timpview H.S.  
Roy, Utah

**January 18**  
**USA Spirit Regional**  
Elsinore H.S.  
Wildomar, California

**January 25**  
**USA Arizona Open**  
Chaparral High School  
Scottsdale, AZ  
\*Not a Jr. Nationals Qualifier

**February 8**  
**USA Nevada Open**  
UNLV  
Las Vegas, Nevada  
\*Not a Jr. Nationals Qualifier

**February 16**  
**USA Jr. Nationals**  
\*Qualification Required  
Anaheim Convention Center  
Anaheim, California

**March 13-14**  
**The Quest**  
\*Qualification Required  
Walt Disneyworld Resort  
Orlando, FL

## TRADITIONAL & PERFORMANCE NON-AFFILIATED

**October 12**  
**USA/Santa Cruz Boardwalk Spirit Competition**  
Santa Cruz, California

**November 23**  
**USA Arizona Classic**  
WestWorld  
Scottsdale, Arizona

**December 8**  
**USA So Cal Holiday Classic**  
Anaheim Convention Center  
Anaheim, California

**December 8**  
**USA No Cal Holiday Classic**  
UC Davis  
Davis, California

**January 11**  
**USA Vegas Classic**  
Desert Oasis H.S.  
Las Vegas, Nevada

**January 11**  
**USA Spirit Regional**  
Cottonwood H.S.  
Murray, Utah

**January 12**  
**USA So Cal Winter Classic**  
Viejas Arena, SDSU  
San Diego, California

**January 26**  
**USA California Open**  
UC Davis  
Davis, California

**February 1**  
**USA Utah Classic**  
Mountain America Expo Center  
Sandy, UT

**February 8**  
**USA Nevada Open**  
UNLV  
Las Vegas, Nevada

**March 1**  
**USA Arizona Open**  
Location TBD  
Phoenix, AZ

**March 7**  
**USA Utah Open**  
Legacy Event Center  
Farmington, Utah

**March 22**  
**USA All Star Championships**  
\*No Qualification Required  
Anaheim Convention Center  
Anaheim, California



THE  
**QUEST**

RECREATIONAL CHAMPIONSHIP 

MARCH 13-14, 2020 | WALT DISNEY WORLD® RESORT, FL

**EARN YOUR BID WITH USA AT ONE OF THESE QUALIFYING EVENTS:**

SANTA CRUZ BEACH BOARDWALK | SANTA CRUZ, CA | 10-12-19  
3 AT-LARGE BIDS

ARIZONA CLASSIC | SCOTTSDALE, AZ | 11-23-19  
3 AT-LARGE BIDS

SOUTHERN CAL HOLIDAY CLASSIC | ANAHEIM, CA | 12-8-19  
3 AT-LARGE BIDS

UTAH CLASSIC | SANDY, UT | 2-1-20  
3 AT-LARGE BIDS

NEVADA OPEN | LAS VEGAS, NV | 2-8-20  
3 AT-LARGE BIDS

JR SPIRIT NATIONALS | ANAHEIM, CA | 2-16-20  
3 AT-LARGE BIDS AND 1 PAID BID

[varsity.com/youth-rec/competitions/the-quest](https://varsity.com/youth-rec/competitions/the-quest)