



What is Competitive Rec?

2024 - 2025 REC DIVISIONS

Competitive Rec teams are those teams or programs that are affiliated with a non-profit organization, such as YMCA, Boys & Girls Club, Pop Warner/AYF youth sports program, or YCADA youth cheerleading program. They cannot use the same program name as those teams affiliated with an Allstar Novice, Prep, or Elite team. The coaching staff of Competitive Rec teams cannot be coaches for an Allstar team. Competitive Rec will consist of Music Rec and Cheer Rec, both of which can be in consideration for Competitive Rec Grand Champion.

Music Rec:

- Music Rec will have a 2:30 time limit for an all music routine

Cheer Rec:

- Cheer Rec will consist of a 2:30 time limit with a maximum of 1:30 of music, the remaining 1:00 consisting of a cheer.
- Competitive Rec will not be offered at ASWC, but will be offered at Prep and Rec Grand Nationals.
- Athletes that are on Competitive Rec teams can not also be on Allstar Rec teams at the same event
- Athletes that are on Competitive Rec teams can not be on Allstar Prep, Allstar Elite, or Allstar International teams at the same event.
- Teams that are not part of an allstar program can enter in either Competitive Rec or Allstar Rec Divisions.
- An event producer can combine Competitive Music Rec and Competitive Cheer Rec together for a Competitive Rec Grand Champion. However, there will be a Competitive Rec and Allstar Rec Grand Champion.