REC TEAM DIVISIONS

RULES AND GUIDELINES

Divisions:

- Rec Game Day - Affiliated
- Rec Game Day - Non-Affiliated
- Rec Traditional - Affiliated
- Rec Traditional - Non-Affiliated

Affiliated and non-affiliated divisions (traditional and game day) will never be combined.

Division Size (Traditional and Game Day):

- 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 may choose to combine traditional divisions. *Coed divisions may be available with enough teams registered.*

Age Groups:

- 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 (for non-affiliated programs only)
    - ***Note – The oldest athlete on the team will set your age group.***

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At the beginning of the season an organization must classify if they are Affiliated or Non-Affiliated. Once the organization's status has been declared for the 2026-2027 season, changes will not be allowed. All rec programs are required to complete the OCCA Rec Program Form declaring status and providing *current* insurance certificate. **All teams within a program will be classified the same.** Rec Program Information Form by October 1st, 2026.

In addition, all Rec coaches (including volunteers) must complete the OCCA Rec Coach Certification Form showing proof of completion of all certifications by October 1st, 2026.

Affiliated:

The affiliated divisions will consist of tiny, mini, youth, and junior teams only. Please see above for age ranges.

To compete as an affiliated recreational team in Oregon, teams must meet **one** of the following criteria. Please note rec cheerleaders (regardless of age) are not permitted to cheer for high school-level games per OSAA and NFHS Spirit Rules. Halftime performances do not count as sideline participation.

***Option #1*:** Cheering sideline for school or community-based athletic team games (i.e., Pop Warner, area youth sports teams, middle school teams, etc.) Each team in the program must cheer for a sport during the 2026-2027 cheer season. The program must provide a letter confirming sideline participation. The team is not affiliated with an All Star program and does not compete under All Star divisions outside of Oregon.

Option #2: The program must be affiliated with, report to, and be governed by an organization (all three) such as; YMCA, Boys and Girls Club, City/County Parks and Recreation Program, American Youth Cheer, Pop Warner Association, or other community run program ***not*** associated with an All-Star gym. The program must provide a letter confirming the program's affiliation.

Non-Affiliated:

The Non-Affiliated divisions will consist of tiny, mini, youth, junior, and senior teams. Please see above for age ranges. All programs offering a senior level team will automatically classify as a non-affiliated program. All Non-Affiliated programs will compete in music-only routines in the traditional division.

To compete as an non-affiliated recreational team in Oregon, teams must meet the following criteria:

Option #1: Organization may be independent of town/city organization/clubs. The team does not necessarily cheer for a supported, sports program. The team is **not** affiliated with an All Star program and does not compete under All Star divisions outside of Oregon.

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. See below from OSAA Handbook:

3. **ATTACHED AND UNATTACHED COMPETITION / EXHIBITION** *(OSAA Handbook, Executive Board Policies)* *(Revised August 2012)*

Following is the policy regarding attached and unattached competition:

A. A high school team shall not compete against an unattached team (e.g., club team).

B. Students representing a high school shall not compete against unattached individuals.

C. Students shall not represent a high school and participate in a competition or exhibition as unattached on the same day at the same venue/facility.

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 inviting cheerleaders from multiple programs/locations to form one competitive team.

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. Rec Team Information Form. 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 October 1st, 2026. Any new coaches after this deadline should be completed two weeks prior to competing at an OSAA Sanctioned Event. If certifications are not completed by the Monday of event week, the coach will not be allowed through the team entrance or in team only areas.

Rec Coach Certification Form

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 only 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 2026-27 season.

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

Crossovers:

Crossovers are not allowed at any event, with an exception at the OCCA Cheer Championships with approval from the event director. Crossovers should be used as an alternate situation in case of injury or illness However, athletes are able to participate on both a game day and traditional team as long as they are on the same level of team. *Examples as follows:*

ALLOWED: An athlete competes on game day junior and traditional junior.

NOT ALLOWED: An athlete competes on game day youth and traditional junior.

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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 2026-27 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: Affiliated Teams, Corrinda Craig, arec@occa.net, Non-Affiliated Teams, Leesa Carter, narec@occa.net

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