

2011 - 2012 ALL-STAR REC LEVELS

ALL STAR REC LEVEL 1	ALL STAR REC LEVEL 2	ALL STAR REC LEVEL 3
<p><i>REC-1 Teams will follow USASF Level 1 Rules and General Safety Rules. www.usasf.com Maximum Time Limit: 2:30. (Routine may be partial or all music).</i></p>	<p><i>REC-2 Teams will follow USASF Level 2 Rules and General Safety Rules. www.usasf.net Maximum Time Limit: 2:30. (Routine may be partial or all music).</i></p>	<p><i>REC-3 Teams will follow USASF Level 3 Rules and General Safety Rules. www.usasf.net Maximum Time Limit: 2:30. (Routine may be partial or all music).</i></p>
<p>Tumbling (Standing/Running): No additional Skill Restrictions apply other than those listed in the USASF Level 1 Rules and General Safety Guidelines</p>	<p>Tumbling (Standing/Running): No additional Skill Restrictions apply other than those listed in the USASF Level 2 Rules and General Safety Guidelines</p>	<p>Tumbling (Standing/Running): No additional Skill Restrictions apply other than those listed in the USASF Level 3 Rules and General Safety Guidelines</p>
<p>Stunts: No additional Skill Restrictions apply other than those listed in the USASF Level 1 Rules and General Safety Guidelines.</p>	<p>Stunts: No additional Skill Restrictions apply other than those listed in the USASF Level 2 Rules and General Safety Guidelines.</p>	<p>Stunts: No additional Skill Restrictions apply other than those listed in the USASF Level 3 Rules and General Safety Guidelines.</p>
<p>Pyramids: No additional Skill Restrictions apply other than those listed in the USASF Level 1 Rules and General Safety Guidelines.</p>	<p>Pyramids: No additional Skill Restrictions apply other than those listed in the USASF Level 2 Rules and General Safety Guidelines.</p>	<p>Pyramids: No additional Skill Restrictions apply other than those listed in the USASF Level 3 Rules and General Safety Guidelines.</p>
<p>Dismounts: No additional Skill Restrictions apply other than those listed in the USASF Level 1 Rules and General Safety Guidelines.</p>	<p>Dismounts: No additional Skill Restrictions apply other than those listed in the USASF Level 2 Rules and General Safety Guidelines.</p>	<p>Dismounts: No additional Skill Restrictions apply other than those listed in the USASF Level 3 Rules and General Safety Guidelines.</p>
<p>Tosses: No additional Skill Restrictions apply other than those listed in the USASF Level 1 Rules and General Safety Guidelines. <i>(No Tosses Allowed)</i></p>	<p>Tosses: No additional Skill Restrictions apply other than those listed in the USASF Level 2 Rules and General Safety Guidelines.</p>	<p>Tosses: No additional Skill Restrictions apply other than those listed in the USASF Level 3 Rules and General Safety Guidelines.</p>