



**INFORMATION PACK**  
**2022**



Welcome!

Everything you need to know about entering an Aussie Gold Cheer & Dance event is included within this Information Pack. Changes from our 2021 Info Pack have been highlighted in red.

Aussie Gold Cheer & Dance offers the following categories for Novice, All Star, Primary, Secondary & University:

Cheer	Dance
<ul style="list-style-type: none"><li>- Cheer</li><li>- Group Stunt</li><li>- Partner Stunt</li><li>- CheerAbility</li><li>- CheerStars</li></ul>	<ul style="list-style-type: none"><li>- Pom</li><li>- Jazz</li><li>- Hip Hop</li><li>- Contemporary/Lyrical</li><li>- Kick</li><li>- Dance Doubles</li><li>- DanceAbility</li><li>- DanceStars</li></ul>

Please refer to the "Age Grids" located in this Info Pack for the age divisions offered in each category.

You can count on our friendly staff to help you every step of the way, so if you require further information, please don't hesitate to contact us.

We look forward to welcoming your team to an Aussie Gold experience!

Nerine Cooper  
**Director**

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## DATES & LOCATIONS

QLD Showoffs	Sat 18 <sup>th</sup> & Sun 19 <sup>th</sup> June	Mackay Basketball Centre, Mackay (QLD)
VIC State Championships	Sat 30 <sup>th</sup> & Sun 31 <sup>st</sup> July	State Basketball Centre, Wantirna South (VIC)
WA State Championships	Sat 6 <sup>th</sup> & Sun 7 <sup>th</sup> Aug	HBF Stadium, Mt Claremont (WA)
SA State Championships	Fri 19 <sup>th</sup> - Sun 21 <sup>st</sup> Aug	Adelaide Entertainment Centre, Adelaide (SA)
QLD State Championships	Sat 17 <sup>th</sup> & Sun 18 <sup>th</sup> Sept	TBC (QLD)
QLD Showcase	Sat 24 <sup>th</sup> & Sun 25 <sup>th</sup> Sept	Townsville Stadium (QLD)
VIC Showcase	Sat 8 <sup>th</sup> & Sun 9 <sup>th</sup> Oct	State Basketball Centre, Wantirna South (VIC)
WA Showcase	Sat 15 <sup>th</sup> & Sun 16 <sup>th</sup> Oct	HBF Stadium, Mt Claremont (WA)
Internationals	Fri 21 <sup>st</sup> – Sun 23 <sup>rd</sup> Oct	Adelaide Entertainment Centre, Adelaide (SA)
Worldwide Virtual Edition	Sat 3 <sup>rd</sup> & Sun 4 <sup>th</sup> Dec	VIRTUAL

## ENTRY FEES & TIMELINES

**GYM OWNERS, please contact Aussie Gold for Pricing.**

Entries are due 8 weeks prior to the event.

<b>SHOWOFFS - Mackay</b>
Entries Due Wed 20 <sup>th</sup> April
<b>STATE CHAMPIONSHIPS - QLD / SA / VIC / WA</b>
VIC Entries Due Wed 1st June WA Entries Due Wed 8th June SA Entries Due Wed 22nd June QLD Entries due Wed 20th July
<b>SHOWCASE - QLD (Townsville) / VIC / WA</b>
Townsville Entries Due Wed 27th July VIC Entries due Wed 10th August WA Entries due Wed 17th August
<b>INTERNATIONALS</b>
Entries Due Wednesday 24th August
<b>WORLDWIDE VIRTUAL EDITION</b>
Entries Due Wednesday 26th October

At each event, all athletes will receive:

- Participation Medal
- FREE Professional Photos
- FREE Professional Videos

Athletes will also receive a gift at the Aussie Gold Internationals.

## REGISTRATION & PAYMENT

Payment must be made with entries on the due date. **Teams with an outstanding balance will not be allowed to perform.**

Registration and payment is via our online portal. Click here to register: <https://www.hitzero.org/>

Please refer to the Hit Zero instructions for assistance when registering, or feel free to email us with any questions.

If you are seeking a refund, please refer to our Refund Policy below.

## REFUND POLICY

### Individual Withdrawal

A refund minus a 25% administration fee will be given to individual withdrawals supported by a medical certificate.

### Team Cancellation

A refund minus a 20% administration fee will be given to team cancellations on or before the event closing date.

Team cancellations received after the event closing date will result in a full forfeiture of all monies paid, unless under special circumstances at the discretion of Aussie Gold.

All withdrawals and cancellations must be in writing to Aussie Gold Cheer & Dance.

## CROSSOVERS

Each team can only compete once per category.

An athlete is limited to competing on 2 group stunt routines and 1 partner stunt routine. Multiple group/partner stunt entry fees apply.

An athlete is limited to crossing over to 2 additional teams from their gym. Therefore, an athlete may compete on one team and crossover to two more teams from the same gym during the competition. Additional routine fees apply.

An individual is not permitted to crossover from one cheer program to another cheer program within the same event (Exception: An athlete from one gym without a Level 6 team may crossover to one additional gym's Level 6 team provided (s)he meets the age requirement for a Level 6 team.

Athletes are permitted to compete for one cheer program and a different dance program. Two entry fees apply.

Athletes are permitted to compete on both a school team and an All Star team. Two entry fees apply.

Aussie Gold staff will do our best to ensure teams with crossovers do not have overlapping performances. Whilst we make every effort to ensure there are no clashes based on entries, it is the responsibility of each entering program to double check the draft workorder and inform Aussie Gold if there are any clashes before the advised cutoff date. Should the program fail to do so, Aussie Gold cannot guarantee that changes will be made to the work order either on the day or after the cutoff date.

## ELIGIBILITY REQUIREMENTS

Any team who violates the age ability requirements, submits inaccurate rosters, or violates a crossover rule will be subject to disqualification and forfeit the right to any prizes or awards presented by the competition

Pending investigations and due process may occur after the competition is over (within 48 hours).

## UNPLANNED ATHLETE REPLACEMENT (SUBSTITUTION)

In the event of a missing/absent member of a team, a gym may replace that athlete with another performer from that gym. A replacement is defined as an individual who was not on the team's registration, taking the place of another athlete at an event. This usually occurs as a result of illness/injury.

If the replacement athlete does not meet the age requirements for that particular division (this includes a coach), then the team is permitted to perform in "exhibition" only. Performing competitively for a team with a replacement member who does not meet division age requirements is not permitted. All appropriate general safety rules and level rules must be followed for the team regardless of the age of performers on the team.

## GENERAL COMPETITION RULES

The Aussie Gold Cheer & Dance Championships Series will follow:

- Aussie Gold General Competition Rules (this Information Pack)
- 2021-2023 IASF Cheer Rules
- 2021-2022 IASF Dance Rules
- CheerStars (an exciting new low cost, non-competitive program which assists in the sustainability of programs)
- ACSA University, Novice, CheerABILITY & DanceABILITY Rules

Please refer to [www.aussiegoldchamps.com.au](http://www.aussiegoldchamps.com.au) for details.

For IASF rule clarifications, please email:

Cheer: [cheer.rules@iasfworlds.com](mailto:cheer.rules@iasfworlds.com)

Dance: [dance.rules@iasfworlds.com](mailto:dance.rules@iasfworlds.com)

Please ensure you email a copy of your reply to [info@aussiegoldchamps.com.au](mailto:info@aussiegoldchamps.com.au) to avoid any issues at events.

**Please ensure coaches read these General Competition Rules and the IASF Rules to ensure teams do not incur any violations.**

## DEDUCTIONS AND DISQUALIFICATION

Any team in violation of these General Competition Rules, or the IASF Cheer and Dance Rules will incur a deduction for each violation. Any team that does not adhere to these terms may be disqualified from the competition and automatically forfeit the right to any prizes or awards presented by the competition.

## SCORE SHEETS & JUDGING INFORMATION

Aussie Gold score sheets & judging information is available to download from [www.aussiegoldchamps.com.au](http://www.aussiegoldchamps.com.au)

## TIEBREAKER RULES

In the case of a tie, the ranking will be determined by the following criteria:

1. The team with the lowest amount of deductions on the Safety Scoresheet will be placed above the team they tied with.
2. If the tie still stands, the judges will be polled by the Head Judge as to where the team should fall in the rankings. The judges' decision is final.

## AWARDS

Awards will be presented to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placed teams at each event. Awards will be presented to 4<sup>th</sup> & 5<sup>th</sup> placed dance teams when there is 7 or more teams in a division that cannot be split into petite/small/large (due to less than 3 teams in a split – see page 22).

The **Highest Scoring Team** will be awarded in each Cheer level (1, 2, 3, 4, 4.2, 5, 6 & 7) and Dance Category (Pom, Hip Hop, Jazz, Contemporary/Lyrical & Kick). Novice, Non Tumble & CheerStars divisions are not eligible for Highest Scoring Team Awards. At least two teams must be entered in the Cheer Level/Dance Category to be eligible for Highest Scoring Team Awards.

**Grand Champion** will be awarded to the highest scoring team in Cheer (any level) and Dance (any category - Pom, Hip Hop, Jazz, Contemporary, Lyrical & Kick). Novice, Non Tumble & CheerStars divisions are not eligible for Grand Champion Awards.

## BIDS

Aussie Gold Cheer & Dance will be awarding the following bids in 2022:

Event	Bid To:
Aussie Gold Showoffs (Mackay)	Aussie Gold QLD State Championships
Aussie Gold VIC, WA, SA, QLD Championships	Aussie Gold Internationals
Aussie Gold Internationals	The Cheerleading & Dance Worlds
Aussie Gold Showcase	Aussie Gold Showoffs (Mackay)

Bids must be taken in the following year of competition. Bids cannot be carried over to the following year.

## RESULTS

Results will be available to Coaches in the Hit Zero registration portal at the conclusion of the day.

## SAFETY

All athletes must be supervised during all official functions by a director/coach. Cheer coaches must be certified at the Level of their team/s entered.

Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill level with regard to proper performance level placement.

All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.

Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in performance or practice.

Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions during practice or a performance.

An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in his/her mouth during practice and/or performance.

## INSURANCE

It is a condition of entry to submit proof of personal accident insurance for each athlete upon registration. If proof is not provided, an insurance fee will be applied to each athlete's entry fee.

## PARENT/ATHLETE AGREEMENT

All athletes must fill out the Aussie Gold Parent/Athlete Agreement and sign by a parent or guardian (or self if over 18).

Parent/Athlete Agreements are completed online in our Hit Zero registration portal and must be submitted prior to the event to be eligible to participate.

One form covers all Aussie Gold Cheer & Dance competitions, camps and workshops for the year.

## SPORTSMANSHIP

Sportsmanship is a very important aspect for everyone involved at our event. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The Coach/Manager of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification and will be determined by the Competition Director at the time of the incident.

Any complaint about a program regarding their sportsmanship should be brought to the attention of the Competition Director for proper handling.

## HOW TO HANDLE PROCEDURAL QUESTIONS

### Rules and Procedures:

Any questions concerning the rules or procedures of the competition must be handled exclusively by the Coach or Team Manager and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

### Performance:

Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance or following the outcome of the competition.

### Safety Score Review:

Coaches will have the opportunity to have their safety deductions immediately following their performance.

Your Safety Deduction scoresheets will be sent to your Hit Zero registration portal. A 20 minute time limit will commence once the Point Deduction scoresheet has been sent.

If the coach would like a deduction reviewed, they may submit a "Challenge" through the Hit Zero registration portal within the 20 minute time limit.

A Safety Judge will review the points being contested as per the information provided in the Challenge.

You will receive an email with the outcome being either "approved" and the deducted points will be removed, or "denied" and the deduction will remain and an explanation will be provided.

### Difficulty Range Review – Cheer only:

After each performance, Aussie Gold will send the difficulty range your team has been awarded for the following areas to your Hit Zero registration portal:

- Stunt Difficulty (Below / Low / Mid / High range only)
- Pyramid Difficulty (Below / Low / Mid / High range only)
- Stunt/Coed Quantity (Score will be provided)
- Toss Difficulty (Score will be provided)
- Running Tumbling Difficulty (Below / Low / Mid / High range only)
- Standing Tumbling Difficulty (Below / Low / Mid / High range only)
- Jump Difficulty (Score will be provided)

A 20 minute time limit will commence once the Difficulty Ranges have been sent.

If the Coach would like a difficulty range reviewed, they may submit a “Challenge” through the Hit Zero registration portal within the 20 minute time limit.

The Head Judge will review the points being contested as per the information provided in the Challenge.

You will receive an email with the outcome being either “approved” and range adjusted, or “denied” and the range will remain and an explanation will be provided.

### **Interpretations & Rulings**

Any interpretation of any aspect of these competition rules or any decision involving any other aspect of the championships will be rendered by Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the championship proceeds in a manner consistent with the general spirit and goals of these championships.

The Rules Committee will consist of the Competition Director and/or Head Judge, and a designated competition official.

### **Finality of Decisions**

By participating in these championships, each team agrees that the decisions by the judges will be final and results may only be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

## **ATTIRE**

### **Hair**

Hairstyles must be suitable for safe practices and performances. Hairclips must close flat to the head.

### **Cover Up Guidelines**

Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, travelling as a group directly to or from the warm up area, or on the performance stage.

### **Appropriate Choreography**

All facets of a performance/routine, including both choreography and music selection/**sound selection**, should be appropriate and suitable for family viewing and listening.

Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behaviour, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behaviour are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute ‘inappropriate.’

Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the Coach to be inappropriate and removed **to avoid the associated deduction listed in the ACSA Cheer Deduction System.**

## **COACHES & TEAM OFFICIALS**

Coaches may place TINY, CheerABILITY & DanceABILITY athletes onto the performance floor and guide from the side of the floor.

For all other divisions, Coaches may sit in the designated Coaches Area and may not give performance cues to teams. Disruptive/distracting behavior to the judging panel may result in a deduction.

### **Coaches**

Up to two Coaches per team entered will be issued a complimentary event accreditation.

### **Team Officials**

One Team Official per Club/School/Studio will be issued a complimentary event accreditation. Additional accreditations may be requested in writing, based on medical requirements.

## ENTRANCE & EXIT

Teams are encouraged to move on and off the floor as quickly as possible.

Excessive organised entrances (introductions, spell-outs etc) are considered part of the routine and are timed as part of the performance. There should not be any excessive organised exits or other activities after the official ending of the routine.

Tumbling when entering or exiting the performance area is not allowed.

## MUSIC

Coaches are required to play their own music. You will move to the music desk with your team as they are marshalled for their performance.

- All audio to be provided on device (ipod/ipad etc). If you are using a phone, ensure it is switched to flight mode
- Fully charged
- Volume on 100%
- Separate playlist
- Team representative to push 'play' on device from the audio control point & remain at the sound desk for the duration of the routine
- Back up on USB stick
- No CDs accepted

We will provide the cable to the mixer and our audio operator will control levels. Having the Coach/Team Rep push the play button will give you control of your own device so you can push play when you know your team is ready. The music representative for each team must stay at the music desk for the duration of the performance.

## INTERRUPTION OF PERFORMANCE

### Unforeseen Circumstances

If a team's routine is interrupted because of failure of the competition equipment, or the teams own equipment, the team may STOP the routine. Refer to "Team Performance" guidelines below.

If the team choose to continue their routine without music, the judges will continue evaluating the performance and the team will not be able to perform their routine again.

### Injury

The only individuals that may stop a routine for injury are:

1. Competition Officials
  2. Gym Owner/Coach from the team performing
  3. Injured Individual
  4. IASF Certified Safety Judge
- An injured athlete may create a potential safety hazard because of the inability to hold, support, spot or catch. For the safety of all athletes competing, a routine may be interrupted if:
    1. An athlete is clearly injured.
    2. An athlete is questionably injured and does not resume their role in the routine within 5 seconds of questionable injury.
    3. An athlete leaves the competition floor during a routine.
  - In the event that a routine is interrupted due to injury, it will be at the Competition Officials' discretion whether or not that team will be allowed to perform again at a later time.

### Athlete Returning to Competition

An Injured Participant may not return to the competition floor unless the competition officials receive clearance from all of the representatives listed below:

1. Event Medical Personnel attending to that participant
2. Parent/Guardian (if present)
3. Head Coach/Gym Owner of competing team

- In the event of a suspected head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries.

### Team Performance

The Coach or Club Official has 5 minutes to establish if the team would like to perform again and must report to the Judging Panel to confirm their intention.

In the event that a team is allowed to perform again following a routine interruption, the new performance time will be at the sole discretion of the Competition Official. The team must (pending the injury's impact on the routine) perform the routine again in its entirety, but judging will resume from the point at which the injury/interruption occurred as determined by the judges. All skills must be performed full-out from the beginning of the routine. All point deductions accumulated to that point (if any) will carry over.

If a team is permitted to perform again, but fails to perform the routine in its entirety (example: throwing back tucks instead of the full twist thrown in the original performance), the team will be judged from the point the lower levels skills are performed.

## WARM-UP PROCEDURE

Each team must present to the warm-up hall at their allocated check-in time. Teams are not permitted in the warm-up area prior to their allocated time. Refusal to adhere to directions from staff may result in an unsportsmanlike deduction to the team.

#### CHEER WARM-UP EXAMPLE:

Station	Equipment	Duration
1	2 mats	4 minutes
2	2 mats	4 minutes
3	Sprung tumble strip (Exception: QLD Showoffs)	4 minutes
4	9 mats (non-sprung)	4 minutes

#### DANCE WARM-UP EXAMPLE:

Station	Equipment	Duration
1	General stretch area	4 minutes
2	Marked area 12m x 12m	4 minutes
3	Black harlequin dance floor, 8 strips 12m x 12m	4 minutes

Teams will marshal to the Competition area approximately 10 minutes before they will compete.

## VIDEO & PHOTOGRAPHY POLICY

Parents/Guardians are permitted to take video/photographs of their children only. No flash photography.

Aussie Gold Cheer & Dance reserves the right to use any photos or video footage from the Aussie Gold Championships Series in publications and promotions.

Team Managers should notify the Event Producer in writing if there are any individuals who do not wish to have their images used in publications and promotions.



# 2022 AUSSIE GOLD AGE GRID

V1 release date 29/11/2021. Changes to the 2021 age grid are in red below.



**Due to COVID-19, athletes can be one year younger or one year older than this Age Grid in 2022.**  
**Exceptions: University & Scholastic divisions, IASF Cheer Divisions.**  
**The Tiny Novice bottom age will not be lowered.**

## CHEER AGE GRID NOTES:

- Age cut off is **December 31<sup>st</sup>, 2022** for cheer divisions. i.e Youth Age 6-12 yrs, athlete must turn 5 by 31<sup>st</sup> December in the year of competition being **2022 (with one year below allowance)**. Exceptions:
  - IASF Worlds Bid, IASF Divisions, where the athlete must be of eligible age at any time during the year **2023**, meaning they are eligible to compete at the **2023** Cheerleading Worlds or International Summit. For consistency this will also apply to Open level 5, 6, 6NT & 6 Global Club (for teams with less than **10** athletes).
    - EXAMPLE FOR IASF DIVISIONS ONLY: If a 13-year-old athlete is participating in a division where the minimum age is **15**; that athlete is legal for the division if the athlete turns **15** on or before December 31<sup>st</sup>, **2023**.
    - EXAMPLE FOR IASF DIVISIONS ONLY: If a 19-year-old athlete is participating in a division where the maximum age is 18; that athlete would be legal for the division if the athlete was 18 years old at any time in **2023**.
    - Senior Level 6 may change further if the USASF announce changes to their age requirements. Bids may be offered to the Senior level 6 divisions at USASF Worlds. It is up to teams that compete for these bids to ensure their teams comply with any updated USASF guidelines.
- Any teams seeking to compete Internationally need to ensure their athletes adhere to the age and division requirements of the competition they are attending. This includes having a minimum of 10 athletes for IASF divisions at Worlds.
- All levels are as defined by the IASF rules. Exception: University Elite & Premier are as defined by the UWCC university rules.
- Minimum and maximum number of team members are displayed in the grid below. Where applicable, divisions will be split by the following team sizes:
  - Extra Small = 6 to 15 members
  - Small = 16 to 24 members
  - Large = 25 to 30 members
  - Extra Large = 31 to 38 members

CHEER DIVISIONS	AGE	GENDER	NO. IN SQUAD	LEVEL
Tiny Novice	3-6 yrs	Female/Male	6-38 members	NOVICE
Tiny	5-6 yrs	Female/Male	6-38 members	1
Mini Novice	4-8 yrs	Female/Male	6-38 members	NOVICE
Mini	5-8 yrs	Female/Male	6-38 members	1, 2
Youth Novice	5-12 yrs	Female/Male	6-38 members	NOVICE
Youth	6-12 yrs	Female/Male	6-38 members	1, 2, 3, 4
Junior Novice	7-15 yrs	Female/Male	6-38 members	NOVICE
Junior	8-15 yrs	Female/Male	6-38 members	1, 2, 3, 4
Junior	9-15yrs	Female/Male	6-38 members	5, 6
Senior Novice	10-18 yrs	Female/Male	6-38 members	NOVICE
Senior	11-18 yrs	Female/Male	6-38 members	1, 2, 4.2
Senior AG	11-18 yrs	All Girl	6-38 members	3, 4, 5
Senior Coed	11-18 yrs	1 or more males	6-38 members	3, 4, 5
<b>L6 SENIOR CHEER &amp; L6 SENIOR WORLDS BID DIVISIONS –The extra year of eligibility applies to this division, however any teams seeking a world's bid must conform to the 2022-2023 USASF Age Grid.</b>				
Senior AG	13-18 yrs	All Girl	6-38 members	6
Senior Small Coed	13-18 yrs	1-5 males	6-22 members	6
Senior Medium Coed	13-18 yrs	1-8 males	6-30 members	6
Senior Large Coed	13-18 yrs	1-19 males	6-38 members	6
CHEER DIVISIONS	AGE	GENDER	NO. IN SQUAD	LEVEL
Open	14 yrs & older	Female/Male	6-38 members	2, 4.2, 1NT, 2NT
Open AG	14 yrs & older	All Girl	6-38 members	3, 4, 3NT, <b>4NT</b>
Open Coed	14 yrs & older	1 or more males	6-38 members	3, 4, 3NT, <b>4NT</b>
Adult Non-Tumble	18 yrs & older	Female/Male	6-38 members	1NT
Scholastic: Primary School	Year 6 & below	Female/Male	6-38 members	<b>Novice</b> , 1, 1NT, 2, 2NT
Scholastic: High School	Year 7 to 12	Female/Male	6-38 members	<b>Novice</b> , 1, 1NT, 2, 2NT
Scholastic: High School AG	Year 7 to 12	All Girl	6-38 members	3
Scholastic: High School Coed	Year 7 to 12	1 or more males	6-38 members	3
<b>CheerAbility (Independent)</b>	Any Age	Female/Male	Unlimited	1, 2*, 3*, 4* (no baskets) *Refer to ACSA CheerAbility document
<b>CheerAbility (Unified)</b>	Any Age	Female/Male	Unlimited	1, 2*, 3*, 4* (no baskets) *Refer to ACSA CheerAbility document



# 2022 AUSSIE GOLD AGE GRID

V1 release date 29/11/2021. Changes to the 2021 age grid are in red below.



IASF CHEER DIVISIONS – Must be age eligible at some point during 2023.				
IASF Junior (U16)	12-16 yrs (2006 – 2011)	Female/Male	10-24 members	1, 2, 3, 4
IASF Senior (U18)	14-18 yrs (2004 – 2009)	Female/Male	10-24 members	1, 2
IASF Senior AG (U18)	14-18 yrs (2004 – 2009)	All Girl	10-24 members	3, 4
IASF Senior Coed (U18)	14-18 yrs (2004 – 2009)	1 or more males	10-24 members	3, 4
IASF Open	15+ (2008 or earlier)	All Girl	10-24 members	4
IASF Open Coed	15+ (2008 or earlier)	1 or more males	10-24 members	4
IASF CHEER WORLDS BID DIVISIONS & OPEN LEVEL 5, 6, 6NT & 6 Global Club – Must be age eligible at some point during 2023.				
*Please note, teams with less than 10 athletes can enter Open level 5, 6, 6NT or 6 Global Club divisions, however, IASF Cheer Worlds Bids Divisions are only offered to teams with 10 or more athletes as per IASF requirements.				
IASF Open AG	15+ (born 2008 or earlier)	All Girl	6-24 members*	5, 6
IASF Open Small Coed	15+ (born 2008 or earlier)	1-4 males	6-24 members*	5, 6
IASF Open Large Coed	15+ (born 2008 or earlier)	5-16 males	6-24 members*	5, 6
IASF Open AG Non-Tumble	15+ (born 2008 or earlier)	All Girl	6-30 members*	6NT
IASF Open Coed Non-Tumble	15+ (born 2008 or earlier)	1-20 males	6-30 members*	6NT
IASF Open AG	17+ (born 2006 or earlier)	All Girl	10-24 members	7
IASF Open Small Coed	17+ (born 2006 or earlier)	1-4 males	10-24 members	7
IASF Open Large Coed	17+ (born 2006 or earlier)	5-16 males	10-24 members	7
IASF Open AG Non-Tumble	17+ (born 2006 or earlier)	All Girl	10-30 members	7NT
IASF Open Coed Non-Tumble	17+ (born 2006 or earlier)	1-20 males	10-30 members	7NT
IASF Global Club AG	15+ (born 2008 or earlier)	All Girl	6-24 members*	6
IASF Global Club Coed	15+ (born 2008 or earlier)	1-16 males	6-24 members*	6
UNIVERSITY CHEER DIVISIONS – Divisions below may have adjustments made by UniSport at the end of the 2021 season. Uni athletes must be from the same institution.				
University	Registered Uni student	Female/Male	6-38 members	1 NT* (Open All Star Division)
University	Registered Uni student	All Girl	6-38 members	1/2 NT*
University Coed	Registered Uni student	1 or more males	6-38 members	1/2 NT*
University	Registered Uni student	All Girl	6-24 members	3/4
University Coed	Registered Uni student	1 or more males	6-24 members	3/4
University Elite	Registered Uni student	All Girl	6-20 members	Elite
University Elite Small Coed	Registered Uni student	1-4 males	6-16 members	Elite
University Elite Large Coed	Registered Uni student	5-9 males	6-16 members	Elite
University Elite Super Coed	Registered Uni student	Up to 13 males	6-24 members	Elite
University Premier	Registered Uni student	All Girl	6-20 members	Premier
University Premier Small Coed	Registered Uni student	1-4 males	6-16 members	Premier
University Premier Large Coed	Registered Uni student	5-9 males	6-16 members	Premier
University Premier Super Coed	Registered Uni student	Up to 13 males	6-24 members	Premier
* Level 1 & 1/2 divisions will not be separated at the University Games i.e. Level 1/2 NT (Non-Tumble) will be offered				
FISU DIVISIONS				
Elite All Girl	Registered Uni student	All Girl	16-20 members	5
Elite Small Coed	Registered Uni student	1-4 males	16-20 members	5
Elite Large Coed	Registered Uni student	5-12 males	16-20 members	5
Premier All Girl	Registered Uni student	All Girl	16-20 members	6
Premier Small Coed	Registered Uni student	1-4 males	16-20 members	6
Premier Large Coed	Registered Uni student	5-12 males	16-20 members	6

Aussie Gold Cheer & Dance recognises the concern with fielding teams of a broad age range and highly recommends that individual gyms/programs be vigilant in monitoring participants of various ages on the same team and that, whenever possible, a team's composition is made up of participants of similar ages.

### Scholastic Teams

The age for School participants is based on the current school year level of the student.

### Group Stunt

Note: Ages have been adjusted as per 2022 Age Grid COVID-19 allowance.

Division	Age	Level
CheerAbility	Any age	1, 2 (no baskets)
Junior	7-16 years	1, 2, 3, 4
Junior	8-16 yrs	5, 6
Senior AG	10-19 yrs	1, 2, 3, 4, 5
Senior Coed	10-19 yrs	1, 2, 3, 4, 5
Senior AG	12-19 yrs	6
Senior Coed	12-19 yrs	6
Open AG	13 yrs & older	1, 2, 3, 4
Open AG	14 yrs & older	5, 6
Open Coed	13 yrs & older	1, 2, 3, 4
Open Coed	14 yrs & older	5, 6
Open	16 yrs & older	7

### Partner Stunt

Note: Ages have been adjusted as per 2022 Age Grid COVID-19 allowance.

Division	Age	Level
CheerAbility	Any age	1, 2 (no baskets)
Senior	10-19 yrs	1, 2, 3, 4, 5
Senior	12-19 yrs	6
Open	13 yrs & older	1, 2, 3, 4
Open	14 yrs & older	5, 6
Open	16 yrs & older	7

### Assisted Partner Stunt

Note: Ages have been adjusted as per 2022 Age Grid COVID-19 allowance.

Division	Age	Level
Senior	10-19 yrs	1, 2, 3, 4, 5
Senior	12-19 yrs	6
Open	13 yrs & older	1, 2, 3, 4
Open	14 yrs & older	5, 6
Open	16 yrs & older	7

## ADDING, DELETING OR COMBINING CHEER DIVISIONS

In an effort to maintain a competitive atmosphere, Aussie Gold Cheer & Dance reserves the right to add, delete or combine divisions based on registrations.

### Splitting a Division

Once a division reaches 7 teams, it will be split into extra small/small/medium/large as per the age grid, as long as there are at least 3 teams in each split.

## Split Exceptions

Divisions will not be combined if a club has an “Extra Small”, “Small” “Medium” or “Large” team competing in the same category, so as to avoid having a club compete against itself. (e.g. Small Junior Level 2 and Large Junior Level 2). A mandatory split in the division would occur in this situation, even it means that a division is left with only one team performing. This exception is to be applied only to teams from the same physical gym location.

Programs with more than one physical gym location will be required to compete against their own teams if these teams are from different physical gym locations and are registered in the same division.

## CHEER ROUTINE TIME LIMITS

All Star Cheer:	2 minutes 30 seconds
Novice Cheer:	2 minutes 30 seconds
Non-Tumbling:	2 minutes
Group Stunt:	1 minute
Partner Stunt:	1 minute

There is no minimum music time requirement.

Timing will begin with the first movement, voice or note of music, whichever comes first. Timing will end with the last movement, last voice or note of the music, whichever comes last.

If a team exceeds the time limit, a deduction will be incurred.

## GROUP/PARTNER/ASSISTED PARTNER STUNT ROUTINE REQUIREMENTS

Group Stunt:	Minimum of 4 primary athletes, with an optional 5 <sup>th</sup> . Spotter is an additional team member who may take the floor with the team.
Partner Stunt:	2 primary athletes. Spotter is an additional team member who MUST take the floor with the team.
Assisted Partner Stunt:	3 primary athletes. Spotter is an additional team member who may take the floor with the team.

- The aim of the routine is to safely demonstrate as many stunts as possible in 60 seconds. Stunts can be found in the Building section of the ACSA Skills List.
- The routine must be performed to music, however the routine does not have to be choreographed directly to the music.
- There should be no other skills performed (eg. dance, jumps, tumbling, pyramids) unless it is directly related to the entry/transition/or exit from a stunt. Exception: Choreographed/stylized movements from athletes in between skills.
- Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
- Only one flyer at a time is permitted.
- Tosses (Level 2-7) are permitted and are considered a Level Appropriate Skill.

### Safety Spotter Requirements:

- Should be wearing a colour that is easy to differentiate from the performing athletes (this is generally black).
- May not coach the performing athletes during the routine.
- May not assist any mount, transition or dismount. Exception:
  - Spotter in Partner Stunt MUST have at least one hand/arm supporting the head & shoulder area through all cradles from stunts at prep level or above. Clarification: Spotter may not assist with the initiation of a dismount (ie assist in the pop for a cradle).
- Spotter for Partner Stunt must ensure they are in the correct spotter positions as per IASF glossary “Spotter”.

## CHEER COMPETITION AREA

Cheer teams will compete on a 9 strip sprung floor, 14m (length) x 16m (width).

Cheer Floor Boundary:

- The competition boundary is defined as the sprung floor and the carpet bonded foam panels that connect to the sprung floor.
- Teams may line up anywhere inside the competition boundary.
- All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary. Anytime a participant unintentionally steps outside the competition boundary, they must return immediately.
- Excessive out of bounds is not allowed and will result in a deduction for each occurrence. Excessive out of bounds includes stepping, with both feet, completely off of the performance mat and its borders.

## CHEER SAFETY RULES

1. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
2. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
3. Jewellery of any kind is prohibited (e.g. navel jewellery, tongue jewellery, earrings, necklaces, pins on uniforms etc) and must be removed. Rhinestones may not be adhered to the skin. Medical bracelets are allowed provided they are taped to the body.
4. Any height increasing apparatus used to propel an athlete is not allowed. Exception: sprung floor.
5. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive preapproval from the IASF, prior to use, to ensure the safety of the athletes. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Once a uniform piece is purposefully used for visual effect it will be considered a prop.
6. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
7. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level. If a skill is not allowed in a particular level, it is also not allowed in the preceding level(s).
8. Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.
9. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushunovas are allowed. Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
10. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of the base(s) if the base(s) hands are resting on the performing surface.
11. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.

## CHEER ROUTINE SPOTTERS

Routine spotters are individuals that are voluntarily provided by the performing program as a safety precaution for the routine. Aussie Gold Cheer & Dance will NOT be providing routine spotters.

Aussie Gold Cheer & Dance is allowing teams to provide up to 4 of their own routine spotters for each of their competition performances. It will be up to the discretion of the Coach how many routine spotters, if any, they choose to use.

### Guidelines on the use of Routine Spotters

Routine spotters:

- Should be trained to know proper spotting technique.
- Should be at least 18 years old and familiar with spotting the skills of the performing team.
- May only be used for stunts, pyramids and/or basket tosses. They must remain at the back of the performance area at all other times and must not act in a manner that distracts from the athletes and their performance.
- Are there to help 'catch' falls and/or mistakes to the competition floor.
- Should not touch, assist, or save skills being performed. Any touch, assist, or saved skill will be given a fall deduction.
- Spotting of tumbling is prohibited.
- Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes. Rules governing jewellery, clothing and shoes should also be adhered to by the spotters.
- Must not verbally coach during the routine.
- Must not engage in excessive behaviour before, during or after the performance.

Remember, touching the skill WILL result in a point deduction. It is best to be present for safety reasons, but, unless there is a fall, do not do anything that will appear to help or assist with the stunt.

Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

## APPROPRIATE CHEER UNIFORM GUIDELINES

### Make-up

Makeup should be uniform and appropriate for both the performance and the age of the athletes.

Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewellery.

Glitter hairspray, make-up and face decals are permitted. We ask that you please be considerate of others and to the venue when applying glitter.

### Hair Accessories

Bows should not be excessive in size (acceptable bows are generally no more than 8cm in width)

Hair accessories (including hair pieces and bows) should not be a distraction to the performance, should be worn in a manner to minimise risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

Hair accessories should not be made of or contain metal or other materials that may cause injury.

### General Uniform Guidelines

No risqué, sexually provocative or lingerie looking or inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn.

In addition to the below specific guidelines, athletes must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. ALL garments must properly cover the athlete and the athlete's undergarments during the routine.

### **Uniform Skirt/Shorts Guidelines**

When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.

### **Uniform Top Guidelines**

Uniform tops may not include an exposed midriff (crop top) except when worn by athletes competing in Senior & Open divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).

**As of the season commencing in 2023, senior and open divisions will not longer be provided an exception to ruling.**

Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows etc. do not meet the standards of 'appropriate' as described in this policy.

## **NOVICE CHEER CATEGORY**

Novice Cheer is a modified version of Level 1 and is offered to all ages except Open & Adult.

Novice division is for beginner All Star Cheer teams. This may include brand new teams or beginner teams within an established program. The purpose of Novice Cheer is for the athletes to perfect the basic skills before attempting harder skills.

Novice teams follow the ACSA Novice Rules and IASF. Please also refer to the ACSA Skill List for skills that can be performed by Novice Teams.

The time limit for Novice Cheer routines is 2:30 minutes.

Tosses have been removed from the score sheet and the Difficulty Score for Stunts, Stunt Quantity, Standing Tumbling, Running Tumbling & Pyramids is capped. The total possible score is out of 87.5 points.

- The difficulty score for Stunts is capped at 4.0 (due to NO elite skills being allowed in Novice)
- The difficulty score for Standing Tumbling, Running Tumbling & Pyramids is capped at 4.7 (this is reflective of the skills allowed in Novice)
- The Stunt Quantity score is capped at 4.4 (due to NO elite skills being allowed in Novice)

Novice team athletes are permitted to cross over into a Level 1 team, however they are not permitted to compete in any other cheer team Level 2 or above.

Novice Cheer is not compulsory for new teams, it is an option.

To maintain the spirit of the division, Novice teams will receive warnings for athlete falls or where a rule violation was the result of a performance error. In other instances the team may receive a deduction.

The teams in the NOVICE Cheer sections will not be included in any Highest Scoring or Grand Champion awards.

## **RULES FOR CHEERABILITY TEAMS**

CheerAbility provides an opportunity for all athletes, regardless of their ability, to compete in All-Star Cheer and Dance in Australia. The provision of both unified and independent teams allows programs to promote and grow their program at their own pace.

Independent: 100% of athletes are adaptive ability

Unified: Combination of adaptive and non-adaptive ability athletes. No more than 75% of the team can be made up of non-adaptive athletes.

Assistants are allowed in all categories and must wear a 3-inch arm band on both arms (located between upper bicep and wrist) in a distinctive and identifiable colour.

Please refer to the 2022 ACSA CheerAbility & DanceAbility – General Soring & Rules for definitions & performance guidelines: <https://www.aussiegoldchamps.com.au/scoring-rules/>



## 2022 AUSSIE GOLD AGE GRID

V1 release date 29/11/2021. Changes to the 2021 age grid are in red below.



**Due to COVID-19, athletes can be one year younger or one year older than this Age Grid.**

### DANCE AGE GRID NOTES:

- Age cut off is December 31<sup>st</sup>, **2022**. i.e. Youth Age 7-12 yrs, athlete must turn 6 by 31<sup>st</sup> December in the year of competition being **2022** (with one year below allowance). **Note: Athletes in Senior Dance Worlds Bid Divisions must be born between 1st June 2002-31st December 2009.**
- Any teams seeking to compete Internationally need to ensure their athletes adhere to the age and division requirements of the competition they are attending.
- An Asterix (\*) indicates that teams in these divisions will be eligible to compete for a Worlds Bids. Exception: Junior Lyrical / Contemporary is not offered at Worlds.
- Please note that if the IASF make any future changes that impact the Worlds Bid divisions, the below table will be updated accordingly.
- All Dance divisions are as defined by the IASF rules
- To be eligible to be selected for UniSports Uni Roo's Dance Team for the FISU World Championships you must compete in the large Jazz, Hip Hop or Pom divisions. Please note that if teams compete at the FISU World Championships the large Jazz division requires 18-20 dancers.
- University Open Dance Teams (includes non-registered Uni students) are to compete in the All Star dance divisions under the All Star rules.
- Currently High Kick Worlds Bids can only be offered to IASF Dance Worlds in Junior and Open divisions

DANCE DIVISION	AGE	PETITE	SMALL	LARGE	STYLES
Tiny Dance Novice	6 yrs & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Tiny Dance	4-6 yrs	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Mini Dance Novice	9 yrs & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Mini Dance	5-9 yrs	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Youth Dance Novice	12 yrs & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Youth Dance	7-12 yrs	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Junior Dance Novice	15 yrs & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Junior Dance*	9-15 yrs	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT, HK
Senior Dance Novice	18 yrs & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Senior Dance	11-18 yrs	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT, <b>HK</b>
<b>SENIOR DANCE WORLDS BID DIVISION: The extra year of eligibility applies to this division, however any teams seeking a world's bid must conform to the 2022-2023 USASF Age Grid.</b>					
Senior Dance Worlds Division*	12-18 yrs (must be born between 1 <sup>st</sup> June 2002-31 <sup>st</sup> December 2009 as per 2022 Dance Worlds divisions)		4-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Open Dance Novice	14 yrs & older	5-9 dancers	5-15 dancers	16-30 dancers	J, HH, P, LYR/CONT
Open Dance AG*	14 yrs & older	6-9 dancers	6-15 dancers	16-30 dancers	J, HH, P, LYR/CONT, HK
Open Dance Coed*	14 yrs & older	6-9 dancers	6-15 dancers	16-30 dancers	J, HH, P, LYR/CONT, HK
IASF Open Dance Worlds Division	15+ (born 2008 or earlier). <b>Must be age eligible at some point during 2023.</b>	6-9 dancers	6-15 dancers	16-30 dancers	J, HH, P, LYR/CONT, HK
Adult Dance	18 yrs & older			5-30 dancers open	HH, POM
DanceAbility (Independent)	N/A	N/A	N/A	N/A	J, HH, P, <b>LYR/CONT</b>
DanceAbility (Unified)	N/A	N/A	N/A	N/A	J, HH, P, <b>LYR/CONT</b>
Scholastic: Primary School	Year 6 & below	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, <b>LYR/CONT</b>
Scholastic: High School	Year 7 to 12	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, <b>LYR/CONT</b>
<b>UNIVERSITY DANCE DIVISIONS Uni athletes must be from the same institution.</b>					
University	Registered Uni student		5-16 dancers		J, HH, P
University	Registered Uni student			5-24 dancers	LYR/CONT
University	Registered Uni student			16-20 dancers	HH, P
University	Registered Uni student			17-20 dancers	J
University (Doubles)	Registered Uni student	2 dancers			J, HH, P

## Dance Duos

Note: Ages have been adjusted as per 2022 Age Grid COVID-19 allowance.

Division	Age	Level
DanceAbility	Any age	J, HH, P, LYR/CONT
Youth	6-13 yrs	J, HH, P, LYR/CONT
Junior	8-16 yrs	J, HH, P, LYR/CONT
Senior	10-19 yrs	J, HH, P, LYR/CONT
Open	13 yrs & older	J, HH, P, LYR/CONT
University	Registered Uni student	J, HH, P, LYR/CONT

## ADDING, DELETING OR COMBINING DANCE DIVISIONS

In an effort to maintain a competitive atmosphere, Aussie Gold Cheer & Dance reserves the right to add, delete or combine divisions based on registrations.

### Splitting a Division

Once a division reaches 7 teams, it will be split into petite/small/large as per the age grid, as long as there are at least 3 teams in each split.

## DANCE ROUTINE TIME LIMITS

Pom:	Minimum 1 minute 45 seconds/Maximum 2 minutes 15 seconds
Hip Hop:	Minimum 1 minute 45 seconds/Maximum 2 minutes 15 seconds
Jazz:	Minimum 1 minute 45 seconds/Maximum 2 minutes 15 seconds
Contemporary/Lyrical:	Minimum 1 minute 45 seconds/Maximum 2 minutes 15 seconds
Dance Doubles:	1 minute 30 seconds

There is no minimum music time requirement for Dance Double routines.

Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music.

If a team exceeds the time limit, a deduction will be incurred.

## DANCE ROUTINE REQUIREMENTS

Pom:

- Incorporates the use of proper Pom motion technique that is sharp, clean and precise while allowing for the use of concepts from Jazz, Hip Hop and High Kick. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, levels and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. Costuming should reflect the category style. See score sheet for more information.

Jazz:

- Incorporates traditional or stylized dynamic movements with strength, continuity, presence and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic and motivating, with the understanding that the dynamics of movement may change to utilize musicality. Costuming should reflect the category style. See score sheet for more information.

Hip Hop:

- Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and athleticism. Costuming should reflect the category style. See score sheet for more information.

#### Contemporary:

- A contemporary routine uses organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the rhythmic value of the music. Emphasis is placed on control, sustained, expressive movement, body placement, contraction/release, use of breath, uniformity, communication and technical skills. See score sheet for more information.

#### Lyrical:

- Lyrical routines combine the principles of jazz and ballet and emphasise proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection. See score sheet for more information.

#### Kick:

- Kick routines incorporate the creative use of kick styles with an inclusion of a variety of skills, creativity, and staging. Choreography should display a variety of kicks throughout the entire routine that may include, but are not limited to: high kicks, low kicks, diagonal kicks, fan kicks, jump kicks, etc. Precision, timing, control, technique and uniformity of height are to be emphasized. See score sheet for more information.

#### International Junior Dance (Worlds Bid division)

- A routine in this category may incorporate any one style or combination of styles outlined in the 2022 IASF Worlds Dance Divisions (Hip Hop, Pom, Jazz, Kick). All styles will be judged against each other in this category.

#### Dance Doubles:

- Dance Doubles routines are split by style as per the Pom, Jazz or Hip Hop categories and can be executed with dance lifts or connected lines within routine, mirror image and tight team work.

## DANCE COMPETITION AREA

Dance Teams will compete on an 8 strip, 12m (length) x 12m (width) dance floor at all Aussie Gold events.

#### Dance Floor Boundary:

A deduction will be recorded if a dancer steps, with both feet, completely off the dance floor.

## DANCE SAFETY RULES

1. Coaches must consider the performer and team skill level with regard to skills incorporated and proper progression.
2. Teams may not compromise the integrity of the performance surface (examples: residue from sprays, powders, oils, etc). Violation will result in a deduction.
3. Use of fire, noxious gases, live animals and other potentially hazardous elements are strictly prohibited. Violation of this rule may result in disqualification.
4. Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must abide by the age restrictions in all divisions in which they compete.
5. Performing in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is not allowed. If in doubt, please contact the IASF Rules Committee ([dance.rules@iasfworlds.com](mailto:dance.rules@iasfworlds.com)) for prior approval and send reply to [info@aussiegoldchamps.com.au](mailto:info@aussiegoldchamps.com.au)
6. Jewellery as a part of a costume is allowed.
7. All costuming should be secure. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
8. No cheers or chants allowed.
9. Props are not allowed. Only the use of costume elements (ie necklace, jacket, hat poms etc) are allowed. They may be used and discarded but may not be used to elevate athlete from the performance surface.

## NOVICE DANCE CATEGORY

Novice Dance is offered in Pom, Jazz, Hip Hop and Lyrical/Contemporary, in all ages.

Novice Dance is open for beginner All Star Dance teams. This may include brand new teams or beginner teams within an established program; a gentle way of easing new coaches and beginner athletes into our sport and understanding how it all works.

The purpose of Novice Dance is for athletes to perfect basic dance skills before attempting harder skills. There are restrictions with the skills allowed in the Novice division (refer to below rules). The difficulty score is capped at 7.5 out of 10, which reflects the skills allowed in the division.

We encourage only “dance” related skills in this category, focusing on the appropriate style of Dance as well as the associated basic skills required for each style. Please avoid using athlete’s prior skills from other non-dance related sports in Novice as this detracts from its purpose of learning the associated skills needed for All Star Dance.

A dancer CANNOT compete in a Novice division and a regular division within the same style. i.e. if an athlete competes in Novice Jazz, they cannot compete in a regular All Star Jazz division but can compete in the regular All Star Pom, Hip Hop and Lyrical/Contemporary divisions.

Novice Dance is not compulsory for new teams but an option. If you are competing in the regular All Star divisions during the season, you cannot move into Novice for a National Championship (unless recommended by the organisers judging panel at a State Championship).

The time limit for Novice Dance routines is 2:15 minutes, **with a minimum routine length of 1:45 minutes.**

The difficulty score on the Novice score sheet will be capped to 7.5 out of 10.0, which reflects the skills allowed in Novice Dance.

To maintain the spirit of the division, Novice Dance teams will receive warnings for athlete falls or where a rule violation was the result of a performance error. In other instances, the team may receive a deduction.

The teams in the NOVICE Dance sections will not be included in any Highest Scoring or Grand Champion awards.

### NOVICE DANCE RULES

Novice must follow the relevant IASF Rules for Dance in the chosen category and age group, with the following amendments:

- Turns:** Stationary (pirouette) turns are limited to one turning rotation.  
Series non-travelling turns such as fouettés are not allowed.  
Series turns which intentionally travel must not involve a jump or leap.  
*Clarification: travelling turns which involve jumps or leaps include axel turns and turn jetes (tour jeté). These are not allowed in any Novice section.*
- Leaps and Jumps:** ‘Russian’ or ‘Switch Jetes’ in any position are not allowed.
- Inverted Skills:** Non-airborne skills must involve hand support with at least one hand throughout the skill (example: shoulder stall).
- Tumbling and Tricks:** All hip overhead rotation skills must involve hand support with at least one hand throughout the skill.  
Airborne hip overhead rotation skills are not allowed. *Exception: round-offs.*  
*Clarification: aerials and handsprings are not allowed in Novice regardless of age group or category including hip hop.*
- Partnering and Lifts:** Any lift in which the executing dancer has their head, neck and torso above extended arm level must involve 3 or more supporting dancers with at least 1 of these in a position to protect the head and neck.
- Inverted lifts:** Any time a dancer becomes inverted they must have contact with at least one hand on the performance surface. Therefore, any lift in which the executing dancer becomes inverted while not in contact with the performance surface is not allowed (example: cartwheel lift over supporting dancer’s legs is illegal in Novice).

## RULES FOR DANCEABILITY TEAMS

DanceAbility provides an opportunity for all athletes, regardless of their ability, to compete in All-Star Cheer and Dance in Australia. The provision of both unified and independent teams allows programs to promote and grow their program at their own pace.

Independent: 100% of athletes are adaptive ability

Unified: Combination of adaptive and non-adaptive ability athletes. No more than 75% of the team can be made up of non-adaptive athletes.

Assistants are allowed in all categories and must wear a 3-inch arm band on both arms (located between upper bicep and wrist) in a distinctive and identifiable colour.

Please refer to the 2022 ACSA CheerAbility & DanceAbility – General Scoring & Rules for definitions & performance guidelines: <https://www.aussiegoldchamps.com.au/scoring-rules/>