



INFORMATION PACK 2024



Welcome!

Everything you need to know about entering an Aussie Gold Cheer & Dance event is included within this Information Pack.

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

Cheer	Dance
<ul style="list-style-type: none">- Cheer- Partner Stunt (Level 5-6 (Senior) & Level 5-7 (Open) only- CheerAbility- CheerStars	<ul style="list-style-type: none">- Pom- Jazz- Hip Hop- Contemporary/Lyrical- High Kick- DanceAbility- DanceStars- Duos (Open Pom & Open Hip Hop only)

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! 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

Phone: +61 412 581 501

E-mail: info@aussiegoldchamps.com.au

Web: www.aussiegoldchamps.com.au

Events

2024



STATE CHAMPIONSHIPS

Bid Event



WA
SAT 3RD & SUN 4TH AUG
HBF STADIUM

SA
SAT 17TH & SUN 18TH AUG
NETBALL SA STADIUM

NSW
SAT 31TH AUG & SUN 1ST SEP
BLACKTOWN LEISURE CENTRE

QLD
SAT 26TH & SUN 27TH OCT
GOLD COAST LEISURE CENTRE

VIC
SAT 9TH & SUN 10TH NOV
STATE BASKETBALL CENTRE



INTERNATIONAL Championships

Bid Event



QLD
SAT 24TH & SUN 25TH AUG
GOLD COAST LEISURE CENTRE



NATIONALS

Bid Event



SA
SAT 2ND & SUN 3RD NOV
ADELAIDE ENTERTAINMENT CENTRE



ENTERING AN AUSSIE GOLD EVENT

Aussie Gold Cheer & Dance have been running cheerleading & dance events in Australia for 14 years and are so excited to add 2 new events to our 2024 calendar:

- ★ NSW State Championships
- ★ Aussie Gold NATIONAL Championships

From gym owners, coaches, athletes & supporters, we strive to go the extra mile to make everyone feel special at an Aussie Gold event.

- Participation medals for all athletes
- 1st, 2nd & 3rd individual athlete medals
- Custom award banners for Clubs
- Cheer & Dance Grand Champion for all Dance categories and Cheer levels
- FREE Professional photos and videos
- Coaches "VIP Gold Room" with free snacks!
- Sensory Room for a quiet and more secure place for our neurodiverse guests
- Highly knowledgeable independent judging panels
- Fun & friendly event staff willing to assist you!

ENTRY FEES & TIMELINES

GYM OWNERS, please contact Aussie Gold for Pricing.

Entries are due 8 weeks prior to the event.

STATE CHAMPIONSHIPS
WA Entries Due Wed 5th June
SA Entries Due Wed 19th June
NSW Entries Due Wed 3rd July
QLD Entries Due Wed 28th August
VIC Entries Due Wed 11th September
INTERNATIONALS
Entries Due Wednesday 26th June
NATIONALS
Entries Due Wednesday 4th September

At each Aussie Gold event, all athletes will receive:

- Participation Medal
- FREE Professional Photos
- FREE Professional Videos

Athletes will also receive a FREE gift at the Aussie Gold Internationals & Aussie Gold National Championships.

REGISTRATION & PAYMENT

Registration is via the “Hit Zero” online platform. 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.

Please note: Scholastic or University Teams cannot be registered under an Allstar Program. A separate ‘club’ must be registered on Hit Zero, and all teams must be entered under the relevant club/s.

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

In the event an invoice remains unpaid, it will be sent to debt collection and will incur additional fees from the collection agency.

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 full refund 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.

Refunds (or credits) will be processed within 14 days of end of event.

ATHLETE INSURANCE

It is a condition of entry that Clubs/Schools have Personal Accident Insurance for each athlete entering an Aussie Gold event.

In the event of an injury, claims must be made through the Club/School’s insurance policy.

It is essential that all gyms check their current insurance to ensure you are covered for all external events and not just for activities within your own premises.

CHEER CROSSOVERS

Aussie Gold will allow a 3 level crossover (exception Level 4-7):

LEVEL (Includes NT)	ALLOWABLE CROSSOVERS
Novice	Level 1, Level 2
Level 1/1NT	Level 2, Level 3
Level 2/2NT	Level 3, Level 4.2, Level 4
Level 3/3NT	Level 4.2, Level 4, Level 5
Level 4.2	Level 4, Level 5, Level 6
Level 4/4NT	Level 5, Level 6, Level 7
Level 5/5NT	Level 6, Level 7
Level 6/6NT	Level 7

Each team can only compete once per category.

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.

DANCE CROSSOVERS

Aussie Gold will allow 1 level crossover by genre only:

LEVEL	ALLOWABLE CROSSOVERS IN SAME GENRE
DanceStars	Novice
Novice	Intermediate
Intermediate	Advanced

Each team can only compete once per category.

Dancers may compete in as many routines as they wish but cannot compete against themselves in the same divisions (ie cannot be in Advanced Pom Team A & Advanced Pom Team B, however can be in Intermediate Pom Team A & Advanced Pom Team B).

An individual is not permitted to crossover from one dance program to another dance program within the same event.

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.

OUT OF AGE ATHLETE POLICY

Teams can have 1 out of age athlete.

- If the athlete is within 1 year of the age group, there will be a 1 point deduction.
- If the athlete is outside of the 1 year ruling, there will be a 3 point deduction.

Maximum of 1 out of age athlete per team. If there are 2 or more out of age athletes in any given team they may compete as exhibition and receive scoresheets and rankings, however will not be eligible for awards.

If teams do not disclose this in writing prior to the event and it is brought to our attention before, during or after the event we have the right to disqualify the team.

Note: This is only available for ACSA divisions. No out of age athletes are allowed in any IASF division or any teams going for Worlds Bids.

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 and the "Out Of Age Policy" will apply (see above).

The replacement athlete must declare they are out of age/level at warmup check-in and will wear a neon band on their ankle for transparency between gyms and judges.

All appropriate general safety rules and level rules must be followed for the team regardless of the age of performers on the team.

Note: This is only available for ACSA divisions. No out of age athletes are allowed in any IASF division or any teams going for Worlds Bids.

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).

CHANGES TO DIVISION ON COMPETITION DAY

On the day of competition, if the team size changes in a division that has been split into Small/Extra Small resulting in the team needing to be moved to the alternate division the following will occur:

- If the division has not yet been held, the team will be moved to the correct division – no deduction will apply
- If the division has been held, the team will compete in the same division entered and will receive a 5 point deduction as per the ACSA Cheer Deduction System (Minimum Athlete Requirement).

From a judging perspective, all teams competing with fewer than the number of athletes required will be scored as if they meet the minimum athletes requirement (in terms of majority and most) and will not be eligible for bids.

GENERAL COMPETITION RULES

The Aussie Gold Cheer & Dance Championships Series will follow:

- 2024 Aussie Gold General Competition Rules (this Information Pack)
- 2023-2025 IASF Cheer Rules
- 2023-2025 IASF Dance Rules
- 2024 ACSA University, Novice, CheerABILITY & DanceABILITY Rules
- 2024 CheerStars/DanceStars Rules

Please refer to www.aussiegoldchamps.com.au for details.

For IASF rule clarifications, please email:

Cheer: cheer.rules@iasfworlds.com

Dance: dance.rules@iasfworlds.com

Please ensure you email a copy of your reply to info@aussiegoldchamps.com.au to avoid any issues at events.

For CheerStars/DanceStars & Novice rule clarifications, please email:

to info@aussiegoldchamps.com.au

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 the ACSA Rules, IASF Rules, of the General Competition Rules contained in this Aussie Gold Information Pack, 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

All ACSA divisions will follow the ACSA Scoresheet & IASF Rules.

IASF Non-Worlds divisions (Level 5 NT) will follow the ACSA Scoresheet & IASF Rules.

IASF Worlds divisions Level 5-7 will follow the IASF Scoresheet & IASF Rules.

CheerStars & DanceStars will follow the scoring & rules as per the CheerStars Info Pack.

Aussie Gold score sheets & judging information is available to download from:

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. Cheer: The team with the highest quantity of scoresheets out of the 5-panel judges scoring higher eg.
Team 1 - J1: higher, J2: higher, J3: higher
Team 2 - J4: higher, J5: higher
= Team 1 will place ahead of Team 2
Dance Team with higher dance-specific difficulty/execution score
3. If the tie still stands, both teams will be awarded for their placing.

AWARDS

Depending on the size of the event day, we may run awards in a separate hall throughout the day, or we may run awards after each session in the main arena. This will be noted in the final information bulletin prior to the event.

Awards will be presented to 1st, 2nd & 3rd placed teams at each event. Awards will be presented to 4th & 5th placed dance teams when there is 7 or more teams in a division that cannot be split (due to less than 3 teams in a split) – see page 20 (Cheer) & 28 (Dance).

Grand Champions will be awarded in each Cheer level (CheerAbility, Scholastic, Non Tumble, IASF Worlds, Novice, 1, 2, 3, 4, 4.2, 5, 6 & 7) and Dance Category (DanceAbility, Scholastic, Novice, Intermediate, Advanced - Pom, Jazz, Hip Hop, Contemporary/Lyrical & High Kick).

At least two teams must be entered in the Cheer Level/Dance Category to be eligible for Grand Champions.

CheerStars/DanceStars divisions are not eligible for Grand Champion Awards.

Grand Champion apparel will be available to purchase at each event.

Hit Zero

Athletes will receive a badge if their team “Hits Zero”!

BIDS

Aussie Gold Cheer & Dance will be awarding the following bids in 2024:

Event	Bid To:
Aussie Gold NSW, QLD, SA, VIC, WA State Championships	Aussie Gold Internationals
Aussie Gold Internationals	The Summit, The Youth Summit, The Dance Summit
Aussie Gold National Championships	The Cheerleading Worlds & The Dance Worlds

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

The Cheerleading & Dance Worlds

Each year, USASF and IASF event producers from all over the world sponsor teams to compete for championship titles in various cheerleading divisions in the top levels. For participants, it is the highest honour to be invited to the one international All Star competition that brings the most amazing athletes to one floor. This annual celebration is dedicated to the skill, athleticism, determination and passion that is shared in All Star cheer.

Partial Paid Bids provide your team with the right to compete at Worlds and will receive AU\$3,000.00 from Aussie Gold towards your registration.

At Large Bids provide your team with the right to compete at Worlds however, teams must cover all of their own expenses.

The Summit, The Youth Summit & The Dance Summit

The Summit & Dance Summit is the largest end of the year Cheer & Dance competition in the US All Star market designed to give the most competitive NON WORLDS cheer & dance teams the chance to show they are the best!

The Summit will be held the weekend after The Cheerleading & Dance Worlds on May 2-3, 2024 in Orlando, Florida.

Aussie Gold will notify clubs how many at large bids they will be awarding to the 2024 Summit, Dance Summit & Youth Summit once they have been allocated by Varsity.

Please note:

Any teams seeking to compete Internationally need to ensure their athletes adhere to the age and division requirements of the competition they are attending.

RESULTS

Results will be available in your "Hit Zero" portal within 24 hours of the event finishing.

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.

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.

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.

SAFE ENVIRONMENT

It is our aim to provide a safe environment for everyone attending our event, including athletes, officials, staff & spectators.

We have a zero tolerance for intimidating (snickering, pointing, laughing, swearing) or threatening behaviour.

As per this Information Pack, severe cases of unsportsmanlike conduct are grounds for disqualification and will be determined by the Competition Director at the time of the incident (see "Sportsmanship" below).

Our staff will be monitoring each event to ensure safe behaviour at all times, however if at anytime anyone feels intimidated or threatened, we encourage you to request staff to intervene.

Gym Owners are requested to distribute this information to everyone attending from their program to ensure safe behaviour at all times.

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. Actions that exhibit excessive boasting, a delay in competition, poor sportsmanship, or unprofessional behaviour may be penalized by event judges. 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 Gym Owner, 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 (Cheer & Dance):

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 a text message to your designated mobile 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.

GYM OWNERS, COACHES & TEAM OFFICIALS

Gym Owners

Gym Owners will be issued complimentary event accreditation.

Coaches

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

Carers

Carer accreditations may be requested in writing, based on medical/support requirements.

Working With Children Check

All Gym Owners, Coaches and Team Official must have a valid WWCC (Working with Children Check) or equivalent (unless under 18yrs).

School Teachers are not required to have a WWCC, however will need to provide their teacher's number.

IASF Credentials

- A valid IASF coach credential number must be provided for all cheer coaches to the equivalent level of their competing team
- Gym Owners & Dance Coaches are not required to have IASF credentials

Registration of Gym Owners, Coaches & Team Officials

All Gym Owners, Coaches & Team Officials must be registered in Hit Zero and assigned to a team for each event.

Please note: Entering Gym Owners, Coaches & Team Officials in Hit Zero will not give them an event accreditation until they are ASSIGNED TO A TEAM.

ATHLETE'S 18+

Due to the ACSA Age Grid now allowing 14+ for Open Divisions, athletes aged 18+ in these teams are encouraged to have a WWCC.

It is likely that this will be mandatory in 2025.

"SIDELINE" COACHING

Tiny, Tiny Novice, Tiny CheerStars/DanceStars, Mini Novice, Mini CheerStars/DanceStars

Coaches may place Tiny, Tiny Novice, Tiny CheerStars/DanceStars, Mini Novice, Mini CheerStars/DanceStars athletes onto the performance floor and guide from the two front corners of the floor (not in front of the floor), so they are not in judge's view creating distraction. It is permitted for sideline coaches to use props to help prompt athletes; however, there are to be no props or visual aids on the performance surface to assist with formations and positions. Coaches must abide by the 30 second time allocation to get athletes on and off the floor. Exceeding this will incur a Time Limit Violation (0.25).

CheerAbility and DanceAbility

Coaches may place CheerAbility or DanceAbility athletes onto the performance floor. Up to 3 Coaches/Assistants are allowed to signal from the front of the mat but may not obstruct view of the judges. There is no limit to the number of Assistants around the perimeter of the floor in a squat position.

For all other divisions (**Mini & above**), Coaches may sit in the designated Coaches Area and may not give performance cues to teams. Disruptive/distracting behaviour to the judging panel may result in a deduction.

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

All teams must have a designated Coach or Team Official who can attend warm-up with the team and play their music from the sound desk when the team takes the floor. The Coach/Team Official is required to be at the sound desk once the team is marshalled for their performance (ie one routine before the team performs).

- 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 Official 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.

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 routine is interrupted due to injury, the team will be given the option to perform their routine again at the next available changeover or at the end of the session. 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, however fails to perform the routine in its entirety (example: "marking skills" or performing back tucks instead of the full twist in the original performance), the team will be judged from the point the lower level 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	2-3 mats	4 minutes
2	2-3 mats	4 minutes
3	Sprung tumble strip	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

Please note: The times for each station INCLUDES walking to the next station, so we encourage you to move swiftly for maximum practice time (ie the timer DOES NOT start when you arrive at the next station).

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

VIDEO & PHOTOGRAPHY POLICY

You are permitted to use personal hand-held cameras to take photographs/videos of your own child/team/club. No flash photography, telephoto lens or tripods. Please be mindful of other spectators watching the performance and stay seated.

Our Aussie Gold professional photographer & videographer will capture every team's performance. Gym Owners will be given a password to distribute to parents & athletes. A gift from Aussie Gold!

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.

FIRST AID

Medical professionals will be in attendance at each event. The location will be advised in the Final Info Bulletin for each event.

All Gym Owners, Coaches & Team Officials should have an emergency response plan in the event of an injury and know where the first aid is at each competition.

Quick Links

[ACSA Cheer Documents](#)

[ACSA Cheer Age Grid](#)

[Explanations Of Changes](#)

[Cheer Age Grid Notes](#)

ACSA Cheer Documents

1. IASF Cheer Legality Rules:
 - Outlines the rules for All Star Cheer Levels 1-7.
2. ACSA Cheer Age Grid:
 - Outlines the divisions on offer, including ages, team sizes and levels for each division.
3. ACSA Cheer Deduction System:
 - Outlines the definitions for routine infractions and rule violations for All Star cheer routines.
4. ACSA Cheer General Scoring:
 - Outline general information regarding divisions, building information, and tumbling information.
5. ACSA Cheer Image Policy:
 - Outlines the expectations and requirements regarding appropriateness of choreography as well as appearance.
6. ACSA Cheer Novice Rules:
 - Outlines specific requirements within the novice division
7. ACSA Cheer Scoring Rubric:
 - Outlines the requirements and how an All Star cheer routine will be scored.
8. ACSA Cheer Skills List:
 - Includes examples of elite level appropriate skills.
9. ACSA Cheer University General Scoring:
 - Outlines specific requirements within the university divisions
10. ACSA Cheer Stunt General Guidelines
 - Outlines general rulings and policies within the stunt divisions

ASCA Cheer Age Grid

1. Cheer Age Grid Notes

The eligible age for an athlete is determined by the BIRTH YEARS column on the Age Grid.

Exceptions:

- 1.1. IASF Divisions, where the athlete must be of eligible age at any time during the year of international provider competition, meaning they are eligible to compete at the Cheerleading Worlds or International Summit etc.
 - EXAMPLE FOR IASF DIVISIONS ONLY: If a 14-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 during the year of competition
 - 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 the year of competition.
 - All IASF age groups are subject to change according to IASF updates
- 1.2. 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.
- 1.3. All levels are as defined by the IASF rules. Exception: University Elite & Premier are as defined by the UWCC university rules.
- 1.4. Clubs who utilise crossover athletes must familiarise themselves with the specific EP's policy and adhere to those guidelines.

- 1.5. Where applicable, divisions will be split first 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 member
 - Coed = (At the EP's discretion regarding number of males)
- 1.6. EPs will have the discretion to accept additional requests regarding age divisions on a case by case basis.

ACSA Club Age Grid

Division	Age	Birth Years	Gender	#Athletes	Level
Tiny	5-6	2019-2018	N/A	5 - 38	N, 1
Mini	5-9	2019-2015	N/A	5 - 38	N, 1, 2
Youth	6-12	2018-2012	N/A	5 - 38	N, 1, 2, 3, 4
Junior	8-15	2016-2009	N/A	5 - 38	N, 1, 2, 3, 4
Junior	10-16	2014-2008	N/A	5 - 38	5, 6
Senior	11-18	2013-2006	N/A	5 - 38	N, 1, 2
Senior AG	11-18	2013-2006	Female	5 - 38	3, 4, 4.2, 5
Senior Coed	11-18	2013-2006	1 or more Male	5 - 38	3, 4, 4.2, 5
Senior AG	13-18	2011-2006	Female	5 - 38	6
Senior Coed	13-18	2011-2006	1 or more Male	5 - 38	6
Open	14+	2010 or earlier	NA	5 - 38	1, 1NT, 2, 2NT
Open AG	14+	2010 or earlier	Female	5 - 38	3, 4, 4.2, 5, 6, 7
Open Coed	14+	2010 or earlier	1 or more Male	5 - 38	3, 4, 4.2, 5, 6, 7
Open AG	14+	2010 or earlier	Female	5 - 38	3NT, 4NT, 5NT, 6NT, 7NT
Open Coed	14+	2010 or earlier	1 or more Male	5 - 38	3NT, 4NT, 5NT, 6NT, 7NT
Adult	18+	2002 or earlier	N/A	5 - 38	1NT, 2NT

Athletes aged 18+ are encouraged to provide a Working With Children Check or equivalent

IASF Division List 2023/2024 season ([Weblink](#))

Division	Gender	#Members	Level
Open	N/A	10 - 30	5NT, 6NT
Open	N/A	10 - 24	5, 6
Open	1+M	10 - 24	5, 6
Open	F	10 - 24	7
Open	1+M	10 - 24	7
Open	N/A	10 - 30	7NT
Global	F	10 - 24	6
Global	1+M	10 - 24	6

- See official IASF documentation for specifics
- 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.

ACSA Scholastic Age Grid

Division	Grade	Gender	#Athletes	Level
Primary	6 & Below	N/A	5 - 38	N, 1, 1NT, 2, 2NT
High School	7-12	N/A	5 - 38	N, 1, 1NT, 2, 2NT, 3

ACSA CheerABILITY Age Grid

Division	Age	Gender	#Athletes	Level
CheerABILITY (Independant)	All Ages	N/A	5 - 38	1, 2, 3, 4
CheerABILITY (Unified)	All Ages	N/A	5 - 38	1, 2, 3, 4

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.

Partner Stunt

Partner Stunt will only be offered in Level 5 -6 (Senior) & Level 5 - 7 (Open).

Division	Age	Level
Senior	11-18 yrs	5
Senior	13-18 yrs	6
Open	14 yrs & older	5, 6, 7

Assisted Partner Stunt

Assisted Partner Stunt is no longer offered at Aussie Gold events.

Group Stunt

Group Stunt is no longer offered at Aussie Gold events.

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/large/extra large as per the age grid, as long as there are at least 3 teams in each split.

Where applicable, divisions will be split by the following team sizes:

Extra Small = 5 to 15 members

Small = 16 to 24 members

Large = 25 to 30 members

Extra Large = 31 to 38 members

Coed = (At the EP's discretion regarding number of males)

CHEER ROUTINE TIME LIMITS

All Star Cheer: 2 minutes 30 seconds

Novice Cheer: 2 minutes 30 seconds

CheerAbility: 2 minutes 30 seconds

CheerStars: 2 minutes 30 seconds

Non-Tumbling: 2 minutes

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 2 seconds over the allotted time, a 0.25 deduction will be incurred.

CHEER TEAM SIZE

ACSA Tiny, Mini, Youth, Junior, Senior, Open, Adult, Scholastic & CheerAbility divisions must have a minimum of 5 members and maximum of 38 team members.

IASF Open & Global divisions must have a minimum of 10 members and maximum of 24 team members (Exception: Non Tumbling teams maximum of 30 team members). 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.

If a team competes with fewer than the minimum number of athletes for their specific division, a deduction will not be assessed if that team is registered and rostered with the minimum number of athletes required for that division. Teams that register, roster and compete with fewer than the number of athletes required for a specific division will either be moved to the correct division or issued a 5 point deduction.

From a judging perspective, all teams competing with fewer than the number of athletes required will be scored as if they meet the minimum athletes requirement (in terms of majority and most) and will not be eligible for bids to any end-of-season events.

If a team competes with more than the maximum number of athletes for their specific division, the team will be disqualified.

PARTNER STUNT ROUTINE REQUIREMENTS *Level 5 -6 (Senior) & Level 5 - 7 (Open) only*

Partner Stunt: 2 primary athletes. Spotter is an additional team member who MUST 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.

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).
- 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: spring 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.

PROPS

As per #5 above, IASF approval must be forwarded to info@aussiegoldchamps.com.au prior to the event.

In addition, both the prop and approval email from the IASF must be presented to the Aussie Gold Scoring Official (located at the Judges Table) prior to performing. The prop must be identical to approval email.

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 “building 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)...this applies to ALL age divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).

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.

CHEERSTARS

CheerStars was designed to bridge the gap between recreational and competitive cheer. It allows teams to participate in modified Levels 1-3 with the focus on the perfection of skills, rather than difficulty. It is also more flexible with age requirements & the number of athletes per team.

We have a number of resources to assist clubs, including rules, free music & routine layout.

Please contact us if you would like further information on the CheerStars program!

NOVICE CHEER

Novice Cheer is a modified version of Level 1 and is offered to Tiny, Mini, Youth, Junior & Senior age divisions.

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.

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 2 team, however they are not permitted to compete in any other cheer team Level 3 or above.

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.

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. An athlete identifying as an adaptive abilities athlete must meet the eligible impairments listed in 2024 ACSA CheerAbility & DanceAbility - General Scoring & Rules.

Unified: Combination of adaptive and non-adaptive ability athletes. No more than 75% of the team can be made up of non-adaptive athletes. These athletes can join the team to allow an athlete with an adaptive ability the opportunity to compete/perform. The purpose of this team is to highlight the athlete with an adaptive ability with the support of their team. When assigning a level or skill, Coaches must be considerate to the best interest of the adaptive ability athlete. Athletes without a disability must wear a 3-inch arm band on both arms (located between upper bicep and wrist) in a distinctive and identifiable colour.

Assistants must:

- a) Be registered for the competition and have completed a waiver.
- b) Be dressed in plain black (no club logos or similar) so it is clear to the judges who is the athlete and who is the Assistant.
- c) Follow both ACSA general rules and IASF rules.

For further information, please refer to the 2024 ACSA CheerAbility & DanceAbility – General Scoring & Rules: <https://www.aussiegoldchamps.com.au/scoring-rules/>

ACSA Dance Documents

1. IASF Dance Rules:
 - Outlines the rules for All Star Dance.
2. IASF Dance Glossary:
 - Outlines terms used and their definitions.
3. ACSA Dance Age Grid:
 - Outlines the divisions on offer, including ages, team sizes and levels for each division.
4. ACSA Dance Deduction System:
 - Outlines the definitions for routine infractions and rule violations for All Star dance routines.
5. ACSA Dance General Scoring:
 - Outline general information regarding divisions and dance styles.
6. ACSA Novice Dance Rules:
 - Outlines specific requirements within the novice division.

1. Age Grid Notes

- 1.1. The eligible age for an athlete is determined by the BIRTH YEARS column on the Age Grid.
- 1.2. Any teams seeking to compete internationally need to ensure their athletes adhere to the age and division requirements of the competition they are attending.
- 1.3. An Asterix (*) indicates that teams in these divisions will be eligible to compete for Worlds Bids. Exception: Junior Lyrical / Contemporary is not offered at Worlds.
- 1.4. Please note that if the IASF make any future changes that impact the Worlds Bid divisions, the below table will be updated accordingly.
- 1.5. All Dance divisions are as defined by the IASF rules.
- 1.6. University Open Dance Teams (includes non-registered Uni students) are to compete in the All Star dance divisions under the All Star rules.
- 1.7. Currently High Kick Worlds Bids can only be offered to IASF Dance Worlds in Junior and Open divisions

ACSA Age Grid				
Division	Birth Years	Age	#Athletes	Style
Tiny (Nov)	2018 or later	6 & Under	5-38	JZ, HH, PM, LR/CT
Tiny (Int & Adv)	2020-2018	4-6	5-38	JZ, HH, PM, LR/CT
Mini (Nov)	2015 or later	9 & Under	5-38	JZ, HH, PM, LR/CT
Mini (Int & Adv)	2019-2015	5-9	5-38	JZ, HH, PM, LR/CT
Youth (Nov)	2012 or later	12 & Under	5-38	JZ, HH, PM, LR/CT
Youth (Int & Adv)	2018-2012	6-12	5-38	JZ, HH, PM, LR/CT
Junior (Nov, Int & Adv)	2016-2009	8 -15	5-38	JZ, HH, PM, LR/CT, HK
Senior (Nov, Int & Adv)	2013-2006	11-18	5-38	JZ, HH, PM, LR/CT, HK
Open AG (Nov, Int & Adv)	2010 or earlier	14+	5-38	JZ, HH, PM, LR/CT, HK
Open Coed (Nov, Int & Adv)	2010 or earlier	14+	5-38	JZ, HH, PM, LR/CT, HK
Adult (Nov, Int & Adv)	2002 or earlier	18+	5-38	JZ, HH, PM, LR/CT, HK
<i>Athletes aged 18+ are encouraged to provide a Working With Children Check or equivalent</i>				

ACSA Scholastic Age Grid			
Division	Grade	#Athletes	Style
Primary	6 & Below	5-38	JZ, HH, PM
High School	7-12	5-38	JZ, HH, PM

ACSA DanceABILITY Age Grid			
Division	Age	#Athletes	Style
DanceABILITY (Independant)	All Ages	5-38	Dance
DanceABILITY (Unified)	All Ages	5-38	Dance

IASF Age Grid 2023/2024 season (The ages are based on the year the international competitions are held (2024).		
Division	Gender	#Athletes
Open Elite Hip Hop	No Males	6 - 15 members
Open Coed Elite Hip Hop	Female/Male	6 - 15 members
Open Premier Hip Hop	No Males	16 - 30 members
Open Coed Premier Hip Hop	Female/Male	16 - 30 members
Open Male Hip Hop	No Females	6 - 30 members
Open Jazz	No Males	6 - 30 members
Open Coed Jazz	Female/Male	6 - 30 members
Open Pom	No Males	6 - 30 members
Open Coed Pom	Female/Male	6 - 30 members
Open Open (Contemporary/Lyrical)	Female/Male	6 - 30 members
OK Open Kick	Female/Male	6 - 30 members
Junior Dance	Female/Male	6 - 30 members
For more detail and ages / years see https://www.iasfworlds.net/?page_id=463		

Dance Duos

Dance Duos are offered in Open Pom & Open Hip Hop divisions only. This is to provide experience for duos aiming to compete at the ICU Worlds.

Dance Duo routines will be judged using the ICU scoresheet.

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.

The division splits are as follows:

Petite = 5 to 9 dancers

Small = 10 to 14 dancers

Large = 15 to 38 dancers

DANCE ROUTINE TIME LIMITS

The time limit for all divisions (Allstar, Scholastic, Novice, DanceStars, DanceAbility) are:

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

High Kick: Minimum 1 minute 45 seconds/Maximum 2 minutes 15 seconds

Dance Duos: Maximum 1 minute 30 seconds (Open Pom & Open Hip Hop only)

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.

Deductions will be incurred for the following:

- Routine undertime - 0.5
- 3-5 seconds overtime - 0.5
- 6-10 seconds overtime - 1.0
- 11+ seconds overtime - 2.0

DANCE TEAM SIZE

ACSA Tiny, Mini, Youth, Junior, Senior, Open, Adult, Scholastic & DanceAbility divisions must have a minimum of 5 members and maximum of 38 team members.

All DanceStars divisions must have a minimum of 4 members and maximum of 38 team members.

IASF Open divisions must have a minimum of 6 members and maximum of 30 team members.

Deductions will be incurred for the following:

- 1 dancer missing from minimum number - 1.0 deduction
- 2 dancers missing from minimum number - Disqualification

Please refer to the 2024 ACSA Dance Age Grid for further information.

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.

High Kick:

- High 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.

Dance Duos (Open Pom & Open Hip Hop only):

- Dance Doubles routines are split by style as per the Pom 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 (width) x 12m (length) dance floor at all Aussie Gold State Championship events.

Dance Teams will compete on a 10 strip, 15m (width) x 12m (length) dance floor at the Aussie Gold Internationals & National Championships.

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) for prior approval and send reply to 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.

DANCESTARS CATEGORY

DanceStars is offered for all age divisions in Pom, Jazz, Hip Hop and Lyrical/Contemporary.

DanceStars is open to beginner All Star Dance teams, or teams who do not currently meet the ACSA Age Grid or Team size.

DanceStars must follow the relevant IASF Rules for Dance in the chosen category and age group, and the ACSA Novice Rules (see document "2024 ACSA Novice & Intermediate Dance Rules").

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

To maintain the spirit of the division, DanceStars teams will receive warnings for athlete falls or where a rule violation was the result of a performance error.

DanceStars follows its own unique scoring system that rewards execution and participation over difficulty. Therefore, scores cannot be compared across other levels (Novice, Intermediate, Advanced).

NOVICE DANCE CATEGORY

Novice Dance is open to 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.

Novice Dance is offered in all ages for Pom, Jazz, Hip Hop and Lyrical/Contemporary and High Kick in Junior, Senior, Open & Adult.

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 the ACSA Novice Rules). 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.

Novice Dance must follow the relevant IASF Rules for Dance in the chosen category and age group, with the ACSA amendments (see “2024 ACSA Novice & Intermediate Dance Rules”).

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

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.

INTERMEDIATE DANCE CATEGORY

Intermediate Dance is offered in Pom, Jazz, Hip Hop and Lyrical/Contemporary, in all ages and High Kick in Junior, Senior, Open & Adult.

Intermediate Dance must follow the relevant IASF Rules for Dance in the chosen category and age group, and the ACSA Intermediate Dance Rules (see document “2024 ACSA Novice & Intermediate Dance Rules”).

Intermediate Dance is open for teams who have progressed from Novice Dance, but not quite ready for Advanced divisions.

The purpose of Intermediate dance is to allow teams to perfect intermediate dance skills before attempting harder skills. There are restrictions with the skills allowed in the Intermediate division (refer to the ACSA Intermediate Rules). We encourage only “dance” related skills in this category, focusing on the appropriate style of Dance as well as the associated skills required for each style.

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

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 2024 ACSA CheerAbility & DanceAbility – General Soring & Rules for definitions & performance guidelines: <https://www.aussiegoldchamps.com.au/scoring-rules/>

DISCLAIMER

Aussie Gold reserves the right to change this information pack throughout the season. If this occurs, any changes will be emailed by Aussie Gold. Should you have any other questions or requests regarding our events, please feel free to email us at info@aussiegoldchamps.com.au