

Quick Links

[Quick Links](#)

[ACU Cheer Documents](#)

[Building: All Tiny, Mini, Youth & Junior, Senior + Open 4.2](#)

[Building: Open Coed Level 3 & 4](#)

[Building: Open Coed Level 5, 6 & 7](#)

[Tumbling: Level 1 - 5 + 6 Junior](#)

[Tumbling: Level 6 & 7](#)

[Overall](#)

ACU Cheer Documents

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

Building: All Tiny, Mini, Youth & Junior, Senior + Open 4.2		
Stunt Difficulty		
0.0		No legal or controlled stunt performed
3.0-3.5	Below	Skills performed do not meet the Low requirement
3.5-4.0	Low	Minimum of 4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate (performed at the same time, rippled or synchronised without recycling athletes)
4.0-4.5	Mid	Minimum of 4 different level appropriate skills performed by Most of the team, 2 of which is Elite level appropriate (performed at the same time, rippled or synchronised without recycling athletes)
4.5-5.0	High	Minimum of 4 different level appropriate skills performed by Most of the team, 3 of which are Elite level appropriate (performed at the same time, rippled or synchronised without recycling athletes)
Pyramid Difficulty (as per IASF glossary definition)		
0.0		No legal or controlled stunt performed
3.0-3.5	Below	Skills performed do not meet the low requirement
3.5-4.0	Low	2 different level appropriate skills, 2 structures performed by Most of the team
4.0-4.5	Mid	3 different level appropriate skills, 2 structures performed by Most of the team
4.5-5.0	High	4 different level appropriate skills, 2 structures performed by Most of the team
Toss Difficulty		
0.0	No legal toss performed	
4.0	Less than a Majority of the team performs a level appropriate toss	
4.5	Majority of the team performs a level appropriate toss	
5.0	Majority of the team performs a level appropriate toss rippled or synchronised in the same section	
Difficulty Drivers		Execution Drivers
<ul style="list-style-type: none"> Variety of flyer lines (back and front) Percent of team participation (maximising stunt groups based on the number of athletes) Immediate connection of two or more elite stunt skills (eg, bounce back skills) Pace of skill sequences Variety of stunt skills (one from each building category) 	Stunt / Pyramid Drivers	
	<ul style="list-style-type: none"> Top person Bases / Spotters Transitions Synchronisation 	
	3.5-5.0	Team's ability to execute Stunts, Pyramids and Tosses with excellent precision and form

Stunt Quantity	
<i>Must be performed by groups of 3-5 athletes. Must be in the same section, rippled or synchronised. Athletes may not be recycled</i>	
0.0	No legal or controlled stunt performed
4.0	Less than Majority of the team performs a level appropriate building skill
4.2	Majority of the team performs a level appropriate building skill
4.4	Most of the team performs a level appropriate building skill
4.6	Less than a Majority of the team performs the same elite level appropriate building skill
4.8	Majority of the team performs the same elite level appropriate building skill
5.0	Most of the team performs the same elite level appropriate building skill

Building Quantity Chart		
# Athletes	Maj.	Most
6-15	1	2
16-19	2	3
20-23	3	4
24-27	4	5
28-31	5	6
32-38	6	7

Building: Open Coed Level 3 & 4

		Stunt Difficulty	Pyramid Difficulty		Toss Difficulty
0.0		No legal or controlled stunt performed	No legal or controlled stunt performed	0.0	No legal toss performed
3.0-3.5	Below	Skills performed do not meet the low requirement	Skills performed do not meet the low requirement		n/a
3.5-4.0	Low	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate (performed at the same time, rippled or synchronised without recycling athletes)	2 different level appropriate skills, 2 structures performed by Most of the team	4.0	Less than a majority of the team performs a level appropriate toss
4.0-4.5	Mid	4 different level appropriate skills performed by Most of the team, 2 of which is Elite level appropriate (performed at the same time, rippled or synchronised without recycling athletes)	3 different level appropriate skills, 2 structures performed by Most of the team	4.5	Majority of the team performs a level appropriate toss
4.5-5.0	High	4 different level appropriate skills performed by Most of the team, 3 of which are Elite level appropriate (performed at the same time, rippled or synchronised without recycling athletes)	4 different level appropriate skills, 2 structures performed by Most of the team	5.0	Majority of the team performs a level appropriate toss rippled or synchronised in the same section

Difficulty Drivers	Execution Drivers				
<ul style="list-style-type: none"> Variety of flyer lines (back and front) Percent of team participation (maximising stunt groups based on the number of athletes) Immediate connection of two or more elite stunt skills (eg, bounce back skills) Pace of skill sequences Variety of stunt skills (one from each building category) 	<table> <tr> <th>Stunt / Pyramid Drivers</th><th>Toss Drivers</th></tr> <tr> <td> <ul style="list-style-type: none"> Top person Bases / Spotters Transitions Synchronisation </td><td> <ul style="list-style-type: none"> Top Person Bases / Spotters Height Cradle </td></tr> </table>	Stunt / Pyramid Drivers	Toss Drivers	<ul style="list-style-type: none"> Top person Bases / Spotters Transitions Synchronisation 	<ul style="list-style-type: none"> Top Person Bases / Spotters Height Cradle
Stunt / Pyramid Drivers	Toss Drivers				
<ul style="list-style-type: none"> Top person Bases / Spotters Transitions Synchronisation 	<ul style="list-style-type: none"> Top Person Bases / Spotters Height Cradle 				
3.5-5.0	Team's ability to execute Stunts, Pyramids & Tosses with excellent precision & form				

Coed Style Definition	Building Quantity			Coed Quantity	
<ul style="list-style-type: none">Based on a group of 3. A Base, Top Person & Spotter.Entry must be a Toss or Walk-In (Refer to general information for definitions).Must be in the same section either rippled or synchronised. Athletes cannot be recycled.Base must be directly under the stunt and cannot be chest to chest with the SpotterStunts must show a controlled hold at the desired skill/height for 2 counts followed by a controlled dismount or pop down.If one of the required groups performs a lower value skill, then this is the skill which will be credited.	# Athletes	Maj.	Most		
	6-15	1	2	1-3	1
	16-19	2	3	4-5	2
	20-23	3	4	6-7	3
	24-27	4	5	8-9	4
	28-31	5	6	10-11	5
	32-38	6	7	12-13	6
				14-19	7

Open Coed/Mixed Quantity Skills				
	Assisted L3	Unassisted L3	Assisted L4	Unassisted L4
0.0	No legal or controlled coed style stunt performed	No legal or controlled coed style stunt performed	No legal or controlled coed style stunt performed	No legal or controlled coed style stunt performed
4.0	Skills performed do not meet the 4.2 req.	n/a	Skills performed do not meet the 4.2 req.	n/a
4.2	<ul style="list-style-type: none"> Walk-in hands Toss hands 	n/a	<ul style="list-style-type: none"> Walk-in hands press ext Toss hands - pause - press ext 	n/a
4.4	<ul style="list-style-type: none"> Walk-in hands - immediate press ext Toss hands - pause - press ext 	Skills performed do not meet the 4.6 req.	<ul style="list-style-type: none"> Walk-in hands press ext single leg/arm stunt Walk-in ext 2 leg stunt Toss hands - immediate press ext 	Skills performed do not meet 4.4 req.
4.6	<ul style="list-style-type: none"> Walk-in ext single leg/arm stunt Walk-in hands press ext single leg/arm stunt Walk-in ext 2 leg stunt Toss hands - immediate press ext Toss hands press ext single leg/arm stunt 	<ul style="list-style-type: none"> Walk-in hands Toss hands 	<ul style="list-style-type: none"> Walk-in ext single leg / single arm stunt Walk-in $\frac{3}{4}$+ twist to ext stunt Walk-in $\frac{3}{4}$+ twist to ext single leg/arm stunt Toss hands press ext single leg/arm stunt Toss ext 2 leg stunt Prep single leg release to ext single leg transition Toss ext single leg/arm stunt 	<ul style="list-style-type: none"> Walk-in hands press ext Toss hands - pause - press ext
4.8	n/a	<ul style="list-style-type: none"> Walk-in hands - immediate press ext Toss hands - pause - press ext 	n/a	<ul style="list-style-type: none"> Walk-in hands press ext single leg/arm stunt Walk-in ext 2 leg stunt Toss hands - immediate press ext
5.0	n/a	<ul style="list-style-type: none"> Walk-in ext single leg/arm stunt Walk-in hands press ext single leg/arm stunt Walk-in ext 2 leg stunt Toss hands - immediate press ext Toss hands press ext single leg/arm stunt 	n/a	<ul style="list-style-type: none"> Walk-in ext single leg / single arm stunt Walk-in $\frac{3}{4}$+ twist to ext stunt Walk-in $\frac{3}{4}$+ twist to ext single leg/arm stunt Toss hands press ext single leg/arm stunt Toss ext 2 leg stunt Prep single leg release to ext single leg transition Toss ext single leg/arm stunt

Building: Open Coed Level 5, 6 & 7

Stunt Difficulty		
0.0		No legal or controlled stunt performed
3.0-3.5	Below	Skills performed do not meet the low requirement
3.5-4.0	Low	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate (performed at the same time, rippled or synchronised without recycling athletes)
4.0-4.5	Mid	4 different level appropriate skills performed by Most of the team, 2 of which is Elite level appropriate (performed at the same time, rippled or synchronised without recycling athletes)
4.5-5.0	High	4 different level appropriate skills performed by Most of the team, 3 of which are Elite level appropriate (performed at the same time, rippled or synchronised without recycling athletes)

Pyramid Difficulty		
0.0		No legal or controlled stunt performed
3.0-3.5	Below	Skills performed do not meet the low requirement
3.5-4.0	Low	2 different level appropriate skills, 2 structures performed by Most of the team
4.0-4.5	Mid	3 different level appropriate skills, 2 structures performed by Most of the team
4.5-5.0	High	4 different level appropriate skills, 2 structures performed by Most of the team

Toss Difficulty	
0.0	No legal toss performed
4.0	Less than a Majority of the team performs a level appropriate toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronised in the same section

Difficulty Drivers	Execution Drivers	
<ul style="list-style-type: none"> Variety of flyer lines (back and front) Percent of team participation (maximising stunt groups based on the number of athletes) Immediate connection of two or more elite stunt skills (eg, bounce back skills) Pace of skill sequences Variety of stunt skills (one from each building category) 	Stunt / Pyramid Drivers	
	<ul style="list-style-type: none"> Top person Bases / Spotters Transitions Synchronisation 	<ul style="list-style-type: none"> Top Person Bases / Spotters Height Cradle
	3.5-5.0	Team's ability to execute Stunts, Pyramids and Tosses with excellent precision and form

Open Coed Quantity		
	Coed Style Assisted	Coed Style Unassisted
0.0	<ul style="list-style-type: none"> No legal or controlled coed style stunt performed 	No legal or controlled coed style stunt performed
3.5	<ul style="list-style-type: none"> Skills performed do not meet 4.0 requirement 	n/a
4.0	<ul style="list-style-type: none"> Walk-in extended double leg stunt Toss extended double leg stunt Walk-in hands press extended single leg / single arm stunt Toss hands press extended single leg / single arm stunt 	<ul style="list-style-type: none"> Skills performed do not meet 4.2 requirement
4.2	<ul style="list-style-type: none"> Walk-in extended single leg / single arm stunt Toss extended single leg stunt 	<ul style="list-style-type: none"> Walk-in hands press extension Toss hands press extension
4.4	<ul style="list-style-type: none"> Toss ¼ - ¾ twist to extended single leg stunt 	<ul style="list-style-type: none"> Walk-in extended double leg stunt Toss extended double leg stunt Walk-in hands press extended single leg / single arm stunt Toss hands press extended single leg / single arm stunt
4.6	<ul style="list-style-type: none"> Toss extended single arm stunt Toss full up to extended stunt Toss front handspring ½ up to extended stunt Rewind to extended stunt (level 6 & 7 only) 	<ul style="list-style-type: none"> Walk-in extended single leg / single arm stunt Toss extended single leg stunt
4.8	n/a	<ul style="list-style-type: none"> Toss ¼ - ¾ twist to extended single leg stunt
5.0	n/a	<ul style="list-style-type: none"> Toss extended single arm stunt Toss full up to extended stunt Toss front handspring ½ up to extended stunt (level 6 & 7 only) Rewind to extended stunt (level 6 & 7 only)

Building Quantity Chart		
# Athletes	Maj.	Most
6-15	1	2
16-19	2	3
20-23	3	4
24-27	4	5
28-31	5	6
32-38	6	7

Coed Quantity Chart	
# Males	# Coed Stunts
1-3	1
4-5	2
6-7	3
8-9	4
10-11	5
12-13	6
14-19	7

Coed Style Definition
<ul style="list-style-type: none"> Based on a group of 3. A Base, Top Person & Spotter. Entry must be a Toss or Walk-In (Refer to general information for definitions). Must be in same section either rippled or synchronised. Athletes cannot be recycled. Base must be directly under the stunt and cannot be chest to chest with the Spotter Stunts must show a controlled hold at the desired skill/height for 2 counts followed by a controlled dismount or pop down. If one of the required groups perform a lower value skill, then this is the skill which will be credited.

Tumbling: Level 1 - 5 + 6 Junior

Standing Tumbling Difficulty		
0.0		No legal or controlled tumbling performed
3.0-3.5	Below	Skills performed do not meet Low range requirement
3.5-4.0	Low	Most of the team performs a level appropriate pass
4.0-4.5	Mid	Majority of the team performs the same level appropriate pass which must be synchronised from initiation of the pass
4.5-5.0	High	Most of the team performs the same level appropriate pass which must be synchronised from initiation of the pass, plus Majority of the team performs an additional level appropriate pass

Running Tumbling Difficulty		
0.0		No legal or controlled tumbling performed
3.0-3.5	Below	Skills performed do not meet Low range requirement
3.5-4.0	Low	Less than a Majority of the team performs a level appropriate pass
4.0-4.5	Mid	Majority of the team performs a level appropriate pass
4.5-5.0	High	Most of the team performs a level appropriate pass

Jump Difficulty		
0.0		No legal or controlled jump performed
3.5	Below	Skills performed do not meet Low range requirement
4.0	Low	Most of the team performs at least 1 advanced jump
4.5	Mid	Most of the team performs 2 connected advanced jumps. Must be synchronised and must include variety. <i>Tiny / Mini: Most of the team performs 2 advanced jumps, must be synchronised, but do not need to be connected or include variety</i>
5.0	High	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronised and must include variety. <i>Tiny / Mini: Most of the team performs 3 advanced jumps, must be synchronised, but do not need to be connected or include variety</i>

Difficulty Driver	
<ul style="list-style-type: none"> Degree of difficulty Percent of team participation Combination of skills Synchronisation or grouping of passes Variety of passes 	<p><i>In an effort to reduce the number of standing tumbling passes performed in L1-L5, the following criteria will be used when awarding higher scores within a range</i></p> <ul style="list-style-type: none"> Degree of difficulty of the passes Variety of passes Satisfies or exceeds the quantity requirement utilising grouped or synchronised passes

Additional Information

- L1-5 & 6 JNR Standing Tumbling – Same level appropriate synchronised pass cannot be used to fulfil Majority pass requirement.
- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (ie jump ³/₄ front flip to seat, back handsprings which lands in a prone position etc. would not count)
- Jumps within a tumbling pass will not break up the pass (ie Toe Touch BHS Toe Touch BHS is 1 pass in L3)
- T-jumps are not considered a jump and will break up a pass into two separate passes. Safety judges will use the IASF Jump Skill definition where a jump skill does break up the pass.
- L2 - No lower level skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit.
- L3 - No lower level skills out of a BHS step out 1/2 turn that are ILLEGAL in L2 will count for level appropriate credit.
- L4 - Punch front forward roll will not count for level appropriate credit.
- Variety – at least 2 different jumps. Performing the same jump with different legs doesn't constitute variety (ie left/right hurdler)
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (ie jumps that land on knee(s) or seat etc would not count).
- Basic jumps: Star, Tuck jump.
- Advanced jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch
- Tiny and Mini: Star and Tuck jumps will be credited as advanced

Tumbling / Jump Quantity Chart

# Athletes	Maj.	Most
6-7	2	3
8-9	4	5
10-11	5	6
12-14	6	7
15-16	7	9
17-19	8	10
20-22	10	12
23-25	11	13
26-27	13	15
28-30	14	16
31-38	15	18

Execution Drivers

Standing / Running Tumbling Drivers	Jump Drivers
<ul style="list-style-type: none"> Approach Speed Body Control Landings Synchronisation 	<ul style="list-style-type: none"> Approach Arm Placement Leg Placement Landings Synchronisation
3.5-5.0	Team's ability to execute Standing Tumbling, Running Tumbling & Jumps with excellent precision and form

Tumbling: Level 6 & 7

Standing Tumbling Difficulty

0.0		No legal or controlled tumbling performed
3.0-3.5	Below	Skills performed do not meet Low range requirement
3.5-4.0	Low	Most of the team performs a level appropriate pass
4.0-4.5	Mid	Majority of the team performs an elite level appropriate pass
4.5-5.0	High	Most of the team performs an elite level appropriate pass in the same section

Running Tumbling Difficulty

0.0		No legal or controlled tumbling performed
3.0-3.5	Below	Skills performed do not meet Low range requirement
3.5-4.0	Low	Majority of the team performs a level appropriate pass
4.0-4.5	Mid	Most of the team performs a level appropriate pass
4.5-5.0	High	Majority of the team performs an elite level appropriate pass

Jump Difficulty

Jumps must use a whip approach to be considered connected (Variety = at least 2 different jumps)

0.0		No legal or controlled tumbling performed
3.5	Below	Skills performed do not meet Low range requirement
4.0	Low	Most of the team performs at least 1 advanced jump
4.5	Mid	Most of the team performs 2 connected advanced jumps. Must be synchronised and must include variety.
5.0	High	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronised and must include variety.

Difficulty Driver

- Degree of difficulty
- Percent of team participation
- Combination of skills
- Synchronisation or grouping of passes
- Variety of passes

Additional Information

- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (ie jump $\frac{3}{4}$ front flip to seat, back handsprings which lands in a prone position etc. would not count)
- Jumps within a tumbling pass will not break up the pass (ie Toe Touch BHS Toe Touch BHS is 1 pass in L3)
- T-jumps are not considered a jump and will break up a pass into two separate passes. Safety judges will use the IASF Jump Skill definition where a jump skill does break up the pass.
- L6 & L7 - Standing Tumbling skills ending in a layout that are legal in L5 will not receive level appropriate credit (ie BHS-BHS-Layout)
- Variety – at least 2 different jumps. Performing the same jump with different legs doesn't constitute variety (ie left/right hurdler)
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat etc would not count).
- Basic jumps: Star, Tuck jump.
- Advanced jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch

Tumbling / Jump Quantity Chart

# Athletes	Maj.	Most
6-7	2	3
8-9	4	5
10-11	5	6
12-14	6	7
15-16	7	9
17-19	8	10
20-22	10	12
23-25	11	13
26-27	13	15
28-30	14	16
31-38	15	18

Execution Drivers

Standing / Running Tumbling Drivers		Jump Drivers
<ul style="list-style-type: none"> • Approach • Speed • Body Control • Landings • Synchronisation 		<ul style="list-style-type: none"> • Approach • Arm Placement • Leg Placement • Landings • Synchronisation
3.5-5.0	Team's ability to execute Standing Tumbling, Running Tumbling & Jumps with excellent precision and form	

Overall	
Stunt Creativity (This includes level and below-level appropriate skills, entries, transitions & dismounts)	
0.0	No legal or controlled stunt performed
1.0 - 1.5	Low Range: Limited creative, unique or visually appealing transitional elements shown by team throughout the routine (0-1 element)
1.5 - 2.0	Mid Range: Some creative, unique or visually appealing transitional elements shown by team throughout the routine (2 elements)
2.0 - 2.5	High Range: Several creative, unique or visually appealing transitional elements shown by team throughout the routine (3+ elements)
Pyramid Creativity (This includes level and below-level appropriate skills, entries, transitions & dismounts)	
0.0	No legal or controlled pyramid performed
1.0 - 1.5	Low Range: limited creative or unique transitional elements shown by team in pyramid
1.5 - 2.0	Mid Range: some creative or unique transitional elements shown by team in pyramid (2 elements)
2.0 - 2.5	High Range: several creative or unique transitional elements shown by team in pyramid (3+ elements)
Dance	
8.5-10.0	A team's ability to demonstrate a high level of energy and entertainment value which may incorporate: Visual elements, Variety of levels, Formation changes, Footwork, Floorwork, Partner work, Pace This also includes: Technique, Perfection, Motion strength/placement, Synchronisation.
Showmanship / Appropriate Athlete Impression	
9.0-10.0	A team's ability to demonstrate a high level of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.
Routine Composition	
	A team's ability to demonstrate the following throughout the routine: Precise spacing, Formations, Transitions This also includes innovative, visual and intricate ideas, as well as any additional skills performed to enhance the overall appeal.
8.5-9.0	Low Range: Limited spacing formations, transitions and visual / innovative movement patterns shown throughout the routine
9.0-9.5	Mid Range: Consistent spacing formations, transitions and some visual / innovative movement patterns shown throughout the routine
9.5-10.0	High Range: Intricate spacing formations, transitions and several visual / innovative movement patterns shown throughout the routine