



...your pathway to Allstar Dance & Cheer

About:

The purpose of the CheerStars Program is:

1. An introductory dance & cheer program
2. A stepping-stone between the IASF Levels 1-3

Event Entry Pricing:

This is at the discretion of each CheerStars Event Provider. Please check the relevant provider for pricing.

Your CheerStars Contacts:

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Rules & Guidelines

Routine Time Limit:

Maximum 2 minutes 30 seconds. There is no minimum music time requirement.

The recommended time limit is between 1 minute 30 seconds and 2 minute 30 seconds.

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.

Music:

To assist Clubs/Studios/Schools, CheerStars has 3 FREE pre-mixed music options that may be used for cheer or pom routines at ANY event:

- 1 minute 30 seconds (CHEER/POM)
- 2 minutes (CHEER/POM)
- 2 minute 30 seconds (CHEER)

Please note these tracks have been made as both 8 count tracks and regular music tracks. You are welcome to use either versions of these at competition.

Alternatively, you are welcome to use your own pre-mixed track or pre-loved music for cheer or pom.

For hip hop, jazz, lyrical or contemporary it is acceptable to use one music track or you are welcome to use a recycled music track from one of your other teams.

Teams will not be judged on music mixes.

Team Size:

4+ Team Members

Attire:

Teams will not be judged on their uniform. We want to encourage participation rather than aesthetics and high costs so we recommend working with what you have in your club already (recycled uniforms) or choosing a low cost option. Examples include:

- T-shirt/Singlet, Shorts/Bikepants/Skirt/Skort
- Club training wear

Note: Midriffs are not permitted

Teams may wear a cheerleading uniform and dance costumes, but this is at the discretion of your program and budget. A friendly reminder... TEAMS WILL NOT BE JUDGED ON THEIR ATTIRE.

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.

Dance specific: Bike shorts, stockings or leggings must be worn over or under leotards. Bare feet or any flat shoes are permitted.

Cheer specific: Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a full sole.

Ages:

Due to the unique awards system that focuses on participation, divisions will not be split by ages, however the suggested age team structure are:

Tiny: 6 years & under

Mini: 8 years & under

Youth: 12 years & under

Junior: 15 years & under

Senior: 18 years & under

Open: 14 years & older

When performing at a CheerStars event, you may enter athletes of any age to make up the team if they do not fit into the structure above.

When determining ages, the cut off is December 31st, 2022 i.e. Open Age, 14 yrs & older, athlete must turn 14 by 31st December in the year of competition being 2022.

Divisions:

There are 6 divisions in total. Each division is based on the IASF Rules and ACSA Scoring Guidelines, with some restrictions. Please read the CheerStars Skills List document for further clarification.

Restricted 1: IASF Level 1 with restrictions

Stage 1: IASF Level 1

Restricted 2: IASF Level 2 with restrictions

Stage 2: IASF Level 2

Restricted 3: IASF Level 3 with restrictions

Stage 3: IASF Level 3

Competition Performance Area:

- Cheer teams will compete on a 9 run matted or sprung floor, 12.8m (length) x 16.5m (width).
- Dance Teams will compete on an 8 strip, 12m (length) x 12m (width) dance floor. Please note: Dance floor surfaces may be different at each Competition. Please check the relevant Competition Handbook.

Athletes must remain on the performance area for the duration of the performance. Two feet stepping outside the performance area is classified “off the performance area” and will be issued a warning.

Scoring:

No difficulty scores will be awarded, therefore teams may choose as little, or as many skills as they like. The emphasis is on technique.

Technique scores will be awarded for:

Cheer	Dance
1. Stunt(s)/Tosses (R2, S2, R3, S3 only) 2. Pyramid(s) 3. Jump(s) and/or Tumbling (do not have to do both) 4. Dance 5. Overall Impression	1. Execution of dance style 2. Team Synchronisation & Timing with the music 3. Musicality 4. Staging & Visual Effects 5. Communication/Projection/Audience Appeal & Appropriateness

Points will be allocated with the following criteria:

Working Towards	Sound	Good	Very Good	Excellent
6.0	7.0	8.0	9.0	10.0

Deductions:

In the essence of the CheerStars program, deductions will be not given for rule violations.

It is our aim to assist coaches to learn & grow from their experiences.

The Safety Judge will provide feedback if skills are performed in a way that would be deemed illegal or unsafe.

Rating System:

As the divisions encompass a wide range of skill levels, CheerStars has implemented a scoring system that “rates” rather than “ranks”. Athletes will be awarded individual banners based on the points the team received.

Green Award	Pink Award	Bronze	Silver	Gold
30 – 33 points	34 – 37 points	38 – 41 points	42 – 45 points	46 – 50 points

The emphasis on the CheerStars divisions is the safe progression of skills. Teams will only be scored on technique, not the difficulty of skills.

The CheerStars philosophy is achievement through participation not competition. Teams do not compete against each other.

We want to encourage each team to reach their full potential in a competitive style environment without the pressure of competition. This will keep the focus on athletes performing their best whilst preparing them and their families on their journey into the competitive environment of Allstar dance and cheer.

Routine Guide

There are no scores for choreography. In order to help you on your way, we have put together some routine 8 count sheet templates as examples for your use to help guide you in constructing your routines

