

AASCF 2019 DANCE GUIDELINES
AGE DIVISIONS & LEVELS

DANCE GENERAL RULES

1. All teams must be supervised during all official functions by a Director/Coach.
2. Teams must have a minimum of 5 members.
3. Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions and must be registered to compete for insurance reasons.
4. Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.
5. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The advisor and/or captain of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification as explained in these rules.
6. All teams, gyms, coaches and advisors should have an emergency response plan in the event of an injury.
7. No changes can be made to your entries after 2 weeks before the AASCF Series and 4 weeks before Nationals! If you have changes after and we are able to make your specific changes, there will be a \$50 administration fee per change. I.e. Small to Large, Regular to Novice, Youth to Junior etc.
8. Dance Doubles must hit a 75% score on their score sheet and be in top 3 at their State Championship to qualify for Nationals. Event produced reserves the right to add more Dance Double where needed at Nationals.

DANCE TIME LIMIT

Time limit is as per dance routine guidelines. Timing will begin with the first note of the music or the first choreographed dance movement. Timing will end with the last note of the music or the last movement.

DANCE TUMBLING, LIFTS & COSTUMING/CHOREOGRAPHY

Follow the USASF Dance guidelines - www.usasf.net

Please also refer to the "Image Policy" on page 24 for guidelines regarding costumes and choreography.

DANCE AGE DIVISIONS & TEAM SIZE

AGE CUT OFF IS DEC 31st i.e. Open Age, 14 yrs & older, athlete must turn 14 by 31st December in the year of competition being 2019

All Star Dance Divisions	Age	Petite	Small	Large	Styles
Tiny Dance Novice	6 years & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Tiny Dance	4-6 years	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Mini Dance Novice	9 years & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Mini Dance	5-9 years	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT
Youth Dance Novice	12 years & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT, DD
Youth Dance	6-12 years	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT, DD
Junior Dance Novice	15 years & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT, DD
Junior Dance	7-15 years	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT, DD
Senior Dance Novice	18 years & younger	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT, DD
Senior Dance	10-18 years	5-9 dancers	5-14 dancers	15 & more dancers	J, HH, P, LYR/CONT, DD
Open Dance	14 years & older	6-9 dancers	6-15 dancers (Elite)	16-30 dancers (Premier)	NOV, J, HH, P, LYR/CONT, DD
Open Dance Coed	14 years & older	6-9 dancers	6-15 dancers (Elite)	16-30 dancers (Premier)	NOV, J, HH, P, LYR/CONT, DD
Adult Dance	21 years & older			4-30 dancers open	HH, POM
Special Ability Dance	N/A	N/A	N/A	N/A	DANCE, DD
Primary School Dance	Current PS student	5-9 dancers	5-14 dancers	15 & more dancers	HH, POM
High School Dance	Current HS student	5-9 dancers	5-14 dancers	15 & more dancers	HH, POM
UNIVERSITY DIVISIONS					
University Premier	17 years & older			5-16 dancers	J, HH, P, DD
University Premier	17 years & older			5-24 dancers	LYR/CONT

UNIVERSITY OPEN DANCE TEAMS ARE TO COMPETE IN THE ALL STAR DANCE DIVISIONS UNDER THE ALL STAR RULES

*The age of the dance competitor must be in the year of the competition

COMBINING AND SPLITTING

Event producers will split a division into Petite, Small and Large if there are 7 or 9 or more team's in the division before the split occurs. There must be at least 3 teams in each division once the split occurs.

IASF WORLDS & SUMMIT Dance Teams age restrictions

Teams competing in the IASF WORLDS & SUMMIT Divisions looking for a Bid: an athlete must at least be the correct age on or before December 31, 2020.

Email AASCF for a PDF of the guidelines - rosemary@aascf.com.au

AASCF 2019 **CHEER GUIDELINES** AGE DIVISIONS & LEVELS

CHEER GENERAL RULES

1. All teams must be supervised during all official functions by a Director/Coach.
2. Cheer Coaches & Cheer Gym Owners are responsible to make sure they/their coaches, have the relevant IASF/USASF Cheer Coach Accreditation to the equivalent levels of the teams they coach, to compete at AASCF events.
3. **Cheer Teams must have a minimum of 6 members.**
4. **COMBINING & SPLITTING** - Event producers will split a division into Small & Large Team and Gym if there are 7 or 9 or more teams in the division before the split occurs. There must be at least 3 teams in each division once the split occurs.
5. Substitutions may be made in the event of any injury or other serious circumstance but must abide by AASCF rules and regulations.
6. Any team proven to be in intentional violation of the age restrictions will be disqualified from the event.
7. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The advisor and/or captain of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
8. All teams must follow the USASF/IASF & AASCF guidelines, rules & regulations.
9. All teams, gyms, coaches and advisors should have an emergency response plan in the event of an injury.
10. All athletes in teams/squads may only compete at one All Star club; nevertheless, they are permitted to compete in a University and a Scholastic team.
11. **No changes can be made to your entries after 2 weeks before the AASCF Series & 4 weeks before Nationals event date! If you have changes and AASCF can honour these changes, there will be a \$50 administration fee per change. I.e. Small to Large, Regular to Novice, Youth to Junior etc.**

CHEER TIME LIMIT

Time limit is as per cheer routine guidelines. Timing will begin with the first note of the music or choreographed movement. Timing will end with the last note of the music or the last movement.

CHEER COSTUMING/CHOREOGRAPHY

1. Cheer squad uniform is preferred.
2. Suggestive, offensive, or vulgar choreography is inappropriate for family audiences and therefore lacks audience appeal. Please also refer to the "Image Policy" for guidelines regarding costumes and choreography.

The AASCF Australian All-Star Cheer & Dance Championship level of competition, age groups & general safety guidelines are as per below.

CHEERLEADING - Please note if entries are low in a section we will combine entries but strictly only within the allocated age group & level. e.g. If we had only 1 entry in Small Senior level 2 it would automatically be placed into Large Senior level 2. We may also mix all girl and co-ed.

ALL SECTIONS MUST FOLLOW THE IASF/USASF CHEER RULES

**The information on the next page is associated with the Cheer Age Chart. The list is a "menu" of divisions and Age Grid that may be offered by an individual event producer.
An event producer does not have to offer every division listed.**

Please go to the IASF website for the Cheer & Dance official rules and regulations, www.iasf.net .

2019 AUSTRALIAN ALL STAR CHEER & DANCE CHAMPIONSHIP SERIES INFORMATION PACK

CHEER AGE GRID AND DIVISIONS

Cheer Divisions	Age	Sex	No. in squads	Level
Tiny Nov Extra Small	3-6 yrs	N/A	6-16 members	NOV
Tiny Nov Small	3-6 yrs	N/A	17-22 members	NOV
Tiny Extra Small	5-6 yrs	N/A	6-16 members	1
Tiny Small	5-6 yrs	N/A	17-30 members	1
Mini Nov Extra Small	4-8 yrs	N/A	6-16 members	NOV
Mini Nov Small	4-8 yrs	N/A	17-22 members	NOV
Mini Extra Small	5-8 yrs	N/A	6-16 members	1 & 2
Mini Small	5-8 yrs	N/A	17-22 members	1 & 2
Mini Large	5-8 yrs	N/A	23-30 members	1 & 2
Youth Extra Small	5-11 yrs	N/A	6-16 members	NOV, 1 & 2
Youth Small	5-11 yrs	N/A	17-22 members	NOV, 1 & 2
Youth Large	5-11 yrs	N/A	23-30 members	NOV, 1 & 2
Youth	7-11 yrs	N/A	6-30 members	3
Youth	8-11 yrs	N/A	6-30 members	4
Youth	9-11 yrs	N/A	6-30 members	5 (previous 5R)
IASF Youth	8-12 yrs	N/A	16-30 members	1 & 2
Junior Extra Small	7-14 yrs	N/A	6-16 members	NOV, 1 & 2
Junior Small	7-14 yrs	N/A	17-22 members	NOV, 1 & 2
Junior Large	7-14 yrs	N/A	23-30 members	NOV, 1 & 2
Junior	8-14 yrs	N/A	6-30 members	3
Junior	8-14 yrs	N/A	6-30 members	4
Junior	9-14 yrs	N/A	6-38 members	5, 6 (previous 5R & 5)
IASF Junior	10-16 yrs	N/A	16-24 members	1, 2, 3, 4 & 5 (previous 5R)
Senior Extra Small	10-18 yrs	Female/male	6-16 members	NOV, 1 & 2
Senior Small	10-18 yrs	Female/male	17-22 members	NOV, 1 & 2
Senior Large	10-18 yrs	Female/male	23-30 members	NOV, 1 & 2
Senior Extra Small AG	10-18 yrs	No males	6-16 members	3 & 4
Senior Small AG	10-18 yrs	No males	17-22 members	3 & 4
Senior Large AG	10-18 yrs	No males	23-38 members	3 & 4
Senior Extra Small Coed	10-18 yrs	1 or more males	6-16 members	3 & 4
Senior Small Coed	10-18 yrs	1 or more males	17-22 members	3 & 4
Senior Large Coed	10-18 yrs	1 or more males	23-38 members	3 & 4
Senior	10-18 yrs	Female/male	6-30 members	4.2
Senior	10-18 yrs	Female/male	6-38 members	5 (previous 5R)
IASF Senior	14-18 yrs	AG &/or Coed	16-24 members	1, 2, 3, 4, 5 & 6 (previous 5R & 5)
Senior Extra Small AG	12-18 yrs	No males	6-16 members	6 (previous 5)
Senior Small AG	12-18 yrs	No males	17-22 members	6 (previous 5)
Senior Medium AG	12-18 yrs	No males	23-30 members	6 (previous 5)
Senior Large AG	12-18 yrs	No males	31-38 members	6 (previous 5)
Senior Extra Small Coed	12-18 yrs	1-2 males	6-16 members	6 (previous 5)
Senior Small Coed	12-18 yrs	1-5 males	17-22 members	6 (previous 5)
Senior Medium Coed	12-18 yrs	1-8 males	23-30 members	6 (previous 5)
Senior Large Coed	12-18 yrs	1-19 males	6-38 members	6 (previous 5)
Open Extra Small AG	14 yrs & older	All Girl	6-16 members	2, 3, 4, 5 & 6 (previous 5R & 5)
Open Small AG	14 yrs & older	All Girl	17-22 members	2, 3, 4, 5 & 6 (previous 5R & 5)
Open Medium AG	14 yrs & older	All Girl	23-30 members	2, 3, 4, 5 & 6 (previous 5R & 5)
Open Large AG	14 yrs & older	All Girl	31-38 members	2, 3, 4, 5 & 6 (previous 5R & 5)
Open Extra Small Coed	14 yrs & older	1 or more males	6-16 members	2, 3 & 4
Open Small Coed	14 yrs & older	1 or more males	17-22 members	2, 3 & 4
Open Medium Coed	14 yrs & older	1 or more males	23-30 members	2, 3 & 4
Open Large Coed	14 yrs & older	1 or more males	31-38 members	2, 3 & 4
Open	14 yrs & older	Female/male	6-30 members	4.2
Open Extra Small Coed	14 yrs & older	1-2 males	6-16 members	5 & 6 (previous 5R & 5)
Open Small Coed	14 yrs & older	1-5 males	6-22 members	5 & 6 (previous 5R & 5)
Open Medium Coed	14 yrs & older	1-8 males	6-30 members	5 & 6 (previous 5R & 5)
Open Large Coed	14 yrs & older	1-8 males	6-38 members	5 & 6 (previous 5R & 5)
Open AG	17 yrs & older	All Girl	6-30 members	7 (previous 6)
Open Coed	17 yrs & older	1 or more males	6-30 members	7 (previous 6)
IASF Open	14 yrs & older	No males	16-24 members	4
IASF Open Coed	14 yrs & older	1 or more males	16-24 members	4

AGE CUT OFF IS DECEMBER 31st i.e. Open Age, 14 yrs & older, athlete must turn 14 by 31st December in the year of competition being 2019. i.e. Youth Age, 5-11 yrs, athlete cannot turn 12 before the 31st December in the year of competition being 2019.

Please note: Level 5, 6 & 7 are as defined by the IASF (previously Level 5R, 5 & 6)

2019 AUSTRALIAN ALL STAR CHEER & DANCE CHAMPIONSHIP SERIES INFORMATION PACK

IASF WORLDS BID DIVISIONS				
Division	Age	Sex	No. in squads	Level
IASF Open AG	14 yrs & older	All Girl	16-24 members	5 & 6 (previous 5R & 5)
IASF Open Small Coed	14 yrs & older	1-4 males	16-24 members	5 & 6 (previous 5R & 5)
IASF Open Large Coed	14 yrs & older	5-16 males	16-24 members	5 & 6 (previous 5R & 5)
IASF Open AG Non-Tumble	14 yrs & older	All Girl	16-30 members	6 (previous 5)
IASF Open Coed Non-Tumble	14 yrs & older	1-20 males	16-30 members	6 (previous 5)
International Open AG	17 yrs & older	All Girl	16-24 members	7 (previous 6)
International Open Small Coed	17 yrs & older	1-4 males	16-24 members	7 (previous 6)
International Open Large Coed	17 yrs & older	5-16 males	16-24 members	7 (previous 6)
Open	14 yrs & older	N/A	6-30 members	1 & 2 Non-Tumble
Adult	21 yrs & older	N/A	6-30 members	1 Non-Tumble
Special Ability	Any Age	N/A	Unlimited	1 & 2 (no baskets)
Para Cheer	Any Age	N/A	Unlimited	1, 2, 3 & 4 (no baskets)
Scholastic-Primary School	Foundation to Year 6 / 7	N/A	6-38 members	1 & 2
Scholastic-High School	Year 7 to 12	Female/male	6-38 members	1, 2 & 3
UNIVERSITY DIVISIONS				
University Premier	Registered Uni student	All Girl	up to 38 members	1 NT* (Non-tumbling)
University Premier Coed	Registered Uni student	1 or more males	up to 38 members	1 NT* (Non-tumbling)
University Premier	Registered Uni student	All Girl	up to 38 members	2 NT* (Non-tumbling)
University Premier Coed	Registered Uni student	1 or more males	up to 38 members	2 NT* (Non-tumbling)
University Premier	Registered Uni student	All Girl	up to 24 members	3/4
University Premier Coed	Registered Uni student	1 or more males	up to 24 members	3/4
University Premier	Registered Uni student	All Girl	up to 20 members	5
University Premier Small Coed	Registered Uni student	1-4 males	up to 16 members	5
University Premier Large Coed	Registered Uni student	5-9 males	up to 16 members	5
University Premier Super Coed	Registered Uni student	Up to 13 males	up to 24 members	5
University Premier	Registered Uni student	All Girl	up to 20 members	6
University Premier Small Coed	Registered Uni student	1-4 males	up to 16 members	6
University Premier Large Coed	Registered Uni student	5-9 males	up to 16 members	6
University Premier Super Coed	Registered Uni student	Up to 13 males	up to 24 members	6

*The age of the cheer competitor must be in the year of the competition

i.e. If you are entering in Cheer "Tiny" in 2019 your athletes must be 6 years or younger in the year of competition being 2019, if they turn 7 it must be after 31st December 2019. If you enter in Open in 2019, 14 years & over, they must turn 14 by 31st December in the year of competition being 2019, they cannot turn 14 after the 31st December 2019.

International Open Cheer Teams age restrictions

International Open Level 5 & 6 teams: an athlete must at least be 14 years of age on or before December 31, 2020.

International Open Level 7 teams: an athlete must at least be 17 years of age on or before December 31, 2020.

IASF SUMMIT Cheer Teams age restrictions

Teams competing in the IASF Divisions looking for a Summit Bid: an athlete must at least be the correct age on or before December 31, 2020.

COMBINING AND SPLITTING

Event producers will split a division into Extra Small, Small or Large, if there are 7 or 9 or more teams in the division before the split occurs. There must be at least 3 teams in each division once the split occurs.