



AASCF UNIVERSITY CHEER & DANCE GUIDE



2018

AUSTRALIAN ALL STAR
CHEERLEADING FEDERATION

03 9800 4080

3 April/2018

UNIVERSITY CHEER & DANCE DIVISIONS

Premier University Cheer teams comprise of full 100% current University athletes

Any universities still wanting to have Open Cheer Teams may do so but they will follow the All-star rules and regulations completely and will compete in the All-star Divisions. Please understand, any Cheerleaders that choose to compete in an Open Team at a University Cheer program cannot compete in an all-star cheer program; cross overs from University Premier Teams and All-star Teams are permitted, but University Open teams to All-star Teams are not permitted.

Premier University Dance teams comprise of full 100% current University athletes

Open University Dance teams comprise of a mixture of current students, alumni and outside athletes. This section will not be in the running for Uni Grand Champion. All open team members must be 17yrs+. If they are any younger they must be a current registered University student. AASCF has the right to combine University Open Dance teams into the All-Star divisions when there are no other Open University Dance teams in the division. Please understand, any Dancers that choose to compete in an Open Team at a University Dance program cannot compete in an all-star Dance program; cross overs from University Premier Teams and All-star Teams are permitted, but University Open teams to All-star Teams are not permitted.

All teams competing in the AASCF University Premier divisions will need to present their current University Student Card ID number on their official entry form and will be checked by the University officials. Students can compete in the Premier University Divisions if the dates are current on their University Student ID card; **they must have valid student ID, OR have graduated within the twelve months prior to competition.**

University athletes CANNOT compete twice in the same division.

UNIVERSITY DANCE DIVISIONS

SMALL PREMIER DANCE TEAM DIVISIONS

- Dance Team Pom (PREMIER 4-16 members- 2 MIN)
- Dance Team Hip Hop (PREMIER 4-16 members - 2 MIN)
- Dance Team Jazz (PREMIER 4-16 members - 2 MIN)

LARGE PREMIER DANCE TEAM DIVISIONS - (FISU equivalent)

- Dance Team Pom (PREMIER 16 to 20 members - 2 MIN)
- Dance Team Hip Hop (PREMIER 16 to 20 members- 2 MIN)
- Dance Team Jazz (PREMIER 18 to 20 members- 2 MIN)

AASCF have the right to combine small & large dance divisions within the same style if sections are below 3 teams.

OPEN DANCE TEAM DIVISIONS

- Dance Team Pom (OPEN 4+ members - 2 ½ MIN)
- Dance Team Hip Hop (OPEN 4+ members - 2 ½ MIN)
- Dance Team Jazz (OPEN 4+ members - 2 ½ MIN)
- Dance Team cont/lyr (OPEN 4+ members - 2 ½ MIN)

AASCF have the right to combine open university dance divisions with open all-star dance divisions, within the same style if sections are below 3 teams.

UNIVERSITY DANCE DOUBLES - PREMIER only

- Dance Team Doubles Pom, Hip Hop & Jazz (PREMIER 2 members -1 ½ MIN)

UNIVERSITY DANCE SCORE CARD EXPLANATION

AASCF UNIVERSITY DANCE has the same score card as AASCF ALL STAR Dance. The only difference in University Premier Dance to All Star Dance is the time limit of 2 minutes.

UNIVERSITY CHEER DIVISIONS

UNIVERSITY PREMIER CHEER DIVISIONS - Each team will have a maximum of 2 minutes & 30 seconds (1 minute & 45 seconds maximum of music) to demonstrate its cheerleading expertise. Timing will begin with the first movement, voice or note of music; whichever comes first.

- Cheer level 1 (5-36 members)
- All Girl Cheer level 2 (5-36 members)
- Coed Cheer level 2 (5-36 members)

AASCF have the right to combine AG & COED level 2 divisions if sections are below 3 teams.

- All Girl Cheer level 3/4 (5-24 members)
- Coed Cheer level 3/4 (5-24 members)
- All Girl Cheer level 5/6 (5-20 members) - (16-20 members FISU)
- Coed Cheer level 5/6 (5-16 members)
- Coed Cheer level 5/6 (16-20 members FISU)
- Super Coed Cheer level 5/6 (21-24 members)

AASCF have the right to combine level 5/6 divisions if sections are below 3 teams, nevertheless will always separate AG & COED.

UNIVERSITY STUNT - PREMIER only - Each team will have a maximum of 1 minute.

- All Girl Group Stunt (up to 4 females) Level 2, 3/4 & 5/6
- Coed Partner Stunt (1 male, 1 female) Level 3/4 & 5/6

UNIVERSITY CHEER SCORE SHEETS

- Levels 1 & 2 are all judged on the AG score sheet, regardless of males
- Levels 3/4 Coed and AG will always be separate divisions judged on separate score sheets
- For every team, two score cards need to be filled: CROWD LEADING and either ALL GIRL or COED
- CROWD LEADING - 1/cheer crowd leading, 2/skills incorporations, 3/overall cheer impression
- ALL GIRL - 1/stunts, 2/pyramids, 3/basket tosses, 4/group tumbling, 5/dance, 6/overall presentation
- COED - 1/stunts, 2/pyramids, 3/basket tosses, 4/group tumbling, 5/overall presentation
- Within the different sections on each score card, there are more detailed elements relevant to the style you are judging. Make sure you understand every element on the score card and that each is judged independently and receives its own merits

CROWD LEADING and ALL GIRL/COED score cards are separate score cards, judge by separate panel judges.

CROWD LEADING score card judges only judge the CHEER component of the routine and the ALL GIRL/COED score card judges only judge the routine component. As such your skills in one element do not transfer onto the other scorecard. i.e. the baskets you throw in the Cheer element of your routine do not get counted on the general routine scorecard.

DEFINING CROWD LEADING - Effective crowd leading will make you want to cheer along with the team. One should be able to follow the cheer/sideline with ease and clarity.

RULES

- All university cheer teams are to follow the USASF/IASF Rules and Guidelines and the AASCF/Varsity Scoring Systems. However, only level 5/6 teams will follow the Specific Safety, Guidelines for Partner Stunts, Pyramids, Tosses and Jumps/Tumbling section of the ICU University Cheer Rules and Regulations

UNIVERSITY CROWD LEADING CHEER SCORE CARD EXPLANATION

CHEER CROWD LEADING – 15 points

CROWD LEADING ABILITY/ABILITY TO LEAD THE CROWD, VOICE, PACE, FLOW (5 pts) – The judges will credit here: The cheerleader’s ability to encourage crowd involvement using suitable words with clarity a loud volume. The pace/speed is suitably slow and allows crowd to follow cheer/sideline and call back easily. The flow between skills is seamless while maintaining crowd engagement, volume and pace throughout.

CROWD LEADING ABILITY WITH PROPER USE OF SIGNS, POMS, MEGAPHONES & MOTION TECHNIQUE (5 pts) – The judges will credit here: The effective use of signs, poms, megaphones and motions to encourage crowd involvement to follow cheer/sideline and call back easily. Usage of signs is clear and shown effectively with sharpness and precision that is easy to read and follow. Usage of poms and megaphones is effective and assists the crowd in following the cheer/sideline. The cheerleaders show superior motion control, precision, synchronization and sharpness and motions are used effectively to direct the crowd. This includes motions in stunts, pyramids and jumps.

ABILITY AND ENERGY TO LEAD THE CROWD (5 pts) - The judges will credit here: The genuine use of projection and energy to encourage crowd involvement and to effectively direct the crowd to follow cheer/sideline.

SKILLS INCORPORATIONS – 15 points

PROPER USE OF SKILLS TO LEAD THE CROWD (5 pts) - The judges will credit here: The suitable use of skills such as stunts, pyramids, basket tosses, tumbling and jumps to direct the crowd to follow cheer/sideline. Skills enhance and complement the crowd leading quality of the cheer.

DIFFICULTY OF PRACTICAL SKILLS (5 pts) - The judges will credit here: The difficulty of practical skills (does not reflect execution). Effective incorporation of challenging skills that are practical and suitable. Familiarize yourself with the Stunts, Pyramids, Tosses and Tumbling All Star Scoring Guide on the level appropriate skills for each level. Note that all skills performed in the cheer/sideline only counts towards the crowd leading score card.

PERFORMANCE – PROPER TECHNIQUE, SYNCHRONIZATION, SPACING (5 pts) - The judges will credit here: The demonstration of proper execution of skills such as stunts, pyramids, basket tosses, tumbling and jumps. How well the team performs together as a group and maintains uniformity, accuracy and control. The ability of team to gauge and position themselves correct distances between each other in and throughout all formations and transitions.

OVERALL CHEER IMPRESSION – 5 points

The judges will credit here: Appropriateness of cheer/sideline and choreography. Did the cheer/sideline leave a memorable and lasting impression?

RULES REMINDER

- All university cheer teams are to follow the USASF/IASF Rules and Guidelines and the AASCF/Varsity Scoring Systems. However, only level 5/6 teams will follow the Specific Safety, Guidelines for Partner Stunts, Pyramids, Tosses and Jumps/Tumbling section of the ICU University Cheer Rules and Regulations

UNIVERSITY ALL GIRL CHEER SCORE CARD EXPLANATION

STUNTS – 15 points

EXECUTION OF SKILLS – Proper Technique, Synchronization, Spacing (10 pts) – The judges will credit here: The demonstration of proper technique in stunts such as form and flexibility of top, appearance of stunts, completion of skills and minimal movement of bases. How well the team performs stunts together as a group and maintains uniformity, accuracy and control. The ability of team to gauge and position themselves correct distances between each other in stunts.

DIFFICULTY – Level of Skill, Number of Bases, Number of Stunt Groups, Transitions, Variety (5 pts) - The judges will credit here: The difficulty of stunts such as the incorporation of level appropriate skills, the number of bases (understand that no front spot = more difficult) and the number of stunt groups (understand that the higher the stunt quantity for a fixed number of athletes = more difficult). The type of transitions, variety and pace of stunts and inclusion of multiple body positions also contribute to difficulty. Familiarize yourself with the AASCF All Star Scoring Guide for Stunts on the level appropriate skills for each level and with the AASCF All Star Scoring Rubric for Building on stunt quantity.

PYRAMIDS – 15 points

EXECUTION OF SKILLS – Proper Technique, Synchronization, Spacing (10 pts) – The judges will credit here: The demonstration of proper technique in pyramids such as form and flexibility of top, appearance of pyramids, completion of skills and minimal movement of bases. How well the team performs pyramids together as a group and maintains timing, uniformity, accuracy and control. The ability of team to gauge and position themselves correct distances between each other in pyramids.

DIFFICULTY – Level of Skill, Number of Bases, Number of Structures, Transitions, Creativity (5 pts) - The judges will credit here: The difficulty of pyramids such as the incorporation of level appropriate skills, the number of bases (understand that no front spot = more difficult) and the number of structures (understand that the more structures for a fixed number of athletes = more difficult). The number of formation changes, type of transitions, variety, creativity and pace of pyramids also contribute to difficulty. Non-level specific transitions can be added to add visual effects and if the pyramid is primarily level appropriate, these additional skills should not affect difficulty. Familiarize yourself with the AASCF All Star Scoring Guide for Pyramids on the level appropriate skills for each level.

BASKET TOSSES – 5 points

EXECUTION OF SKILLS, SYNCHRONIZATION & VARIETY (WHEN APPLICABLE), PERFORMANCE (5 pts) – The judges will credit here: The demonstration of proper technique in tosses such as height, form and flexibility of top, appearance of toss, completion of skills and minimal unintentional travelling of tosses. How well the team performs tosses together as a group and maintains timing, uniformity of skills and height, accuracy and control. Variety of toss skills where applicable. How well the tosses generate excitement and enhance performance.

GROUP TUMBLING – 5 points

GROUP TUMBLING, EXECUTION OF SKILLS, DIFFICULTY, PROPER TECHNIQUE, AND SYNCHRONIZATION (5 pts) – The judges will credit here: The demonstration of GROUP tumbling with proper technique such as form, appearance of tumbling and completion of skills. The difficulty of group tumbling such as the incorporation of level appropriate skills, the number of tumblers and specialty group tumbling passes. Familiarize yourself with the AASCF All Star Scoring Guide for Tumbling on the level appropriate skills for each level and with the AASCF All Star Scoring Rubric for Tumbling on tumble quantity. How well the team performs synchronized group tumbling while maintaining timing and uniformity of skills. Note that individual passes are not given credit and teams can choose to perform standing tumbling or running tumbling or both.

DANCE – 5 points

TECHNIQUE, MOTIONS, SHARPNESS, SPACING, LEVELS, TIMING, CHOREOGRAPHY, PLACEMENT, VISUAL APPEAL (5 pts) – The judges will credit here: The proper execution of dance elements and the perfection, synchronization, sharpness, strength and placement of motions and dance moves. The ability of team to gauge and position themselves correct distances between each other during dance. The incorporation of innovative and intricate choreography such as multiple visual elements and a variety of levels. The team displays strong ability to perform visual ideas to enhance the overall dance appeal.

OVERALL PRESENTATION – 5 points

OVERALL CHOREOGRAPHY, CREATIVITY, FLOW, FORMATIONS & TRANSITIONS, PACE, SHOWMANSHIP (5 pts) - The judges will credit here: Appropriateness of the choreography and incorporation of innovative and creative ideas, for example: thinking outside the box and not doing a cookie cutter routine. The flow and seamlessness of routine with minimal time/counts spent on transitions. Formations throughout routine contribute a visual impact and has spacing that is equal and makes sense. The pace of routine, energy level and genuine enthusiasm and showmanship enhances crowd appeal. Did the performance leave a memorable and lasting impression?

UNIVERSITY COED CHEER SCORE CARD EXPLANATION

STUNTS – 20 points

EXECUTION OF SKILLS – Proper Technique, Synchronization, Spacing (10 pts) – The judges will credit here: The demonstration of proper technique in stunts such as form and flexibility of top, appearance of stunts, completion of skills and minimal movement of bases. How well the team performs stunts together as a group and maintains uniformity, accuracy and control. The ability of team to gauge and position themselves correct distances between each other in stunts.

DIFFICULTY – Level of Skill, Number of Bases, Number of Stunt Groups, Transitions, Variety (5 pts) - The judges will credit here: The difficulty of stunts such as the incorporation of level appropriate skills, the number of bases (understand that no front spot = more difficult) and the number of stunt groups (understand that the higher the stunt quantity for a fixed number of athletes = more difficult). The type of transitions, variety and pace of stunts and inclusion of multiple body positions also contribute to difficulty. Familiarize yourself with the AASCF All Star Scoring Guide for Stunts on the level appropriate skills for each level and with the AASCF All Star Scoring Rubric for Building on stunt quantity.

USE OF COED SKILLS/PARTNER STUNTS THROUGHOUT ROUTINE (5 pts) – The judges will credit here: The use of assisted and/or unassisted coed skills/partner stunts throughout routine. The demonstration of proper technique of coed skills/partner stunts such as form and flexibility of top, appearance of stunts, completion of skills and minimal movement of base(s).

The difficulty of coed skills/partner stunts such as the incorporation of level appropriate skills, the number of coed skills/partner stunt groups and the whether the stunt is assisted or unassisted (understand that unassisted coed skills/partner stunts = more difficult).

The type of transitions, variety and pace of stunts and inclusion of multiple body positions also contribute to difficulty.

Familiarize yourself with the AASCF All Star Scoring Guide for Stunts on the level appropriate skills for each level and with the AASCF All Star Scoring Rubric for Building on coed stunt quantity.

PYRAMIDS – 15 points

EXECUTION OF SKILLS – Proper Technique, Synchronization, Spacing (10 pts) – The judges will credit here: The demonstration of proper technique in pyramids such as form and flexibility of top, appearance of pyramids, completion of skills and minimal movement of bases. How well the team performs pyramids together as a group and maintains timing, uniformity, accuracy and control. The ability of team to gauge and position themselves correct distances between each other in pyramids.

DIFFICULTY – Level of Skill, Number of Bases, Number of Structures, Transitions, Creativity (5 pts) - The judges will credit here: The difficulty of pyramids such as the incorporation of level appropriate skills, the number of bases (understand that no front spot = more difficult) and the number of structures (understand that the more structures for a fixed number of athletes = more difficult). The number of formation changes, type of transitions, variety, creativity and pace of pyramids also contribute to difficulty. Non-level specific transitions can be added to add visual effects and if the pyramid is primarily level appropriate, these additional skills should not affect difficulty. Familiarize yourself with the AASCF All Star Scoring Guide for Pyramids on the level appropriate skills for each level.

BASKET TOSSES – 5 points

EXECUTION OF SKILLS, SYNCHRONIZATION & VARIETY (WHEN APPLICABLE), PERFORMANCE (5 pts) – The judges will credit here: The demonstration of proper technique in tosses such as height, form and flexibility of top, appearance of toss, completion of skills and minimal unintentional travelling of tosses. How well the team performs tosses together as a group and maintains timing, uniformity of skills and height, accuracy and control. Variety of toss skills where applicable. How well the tosses generate excitement and enhance performance.

GROUP TUMBLING – 5 points

GROUP TUMBLING, EXECUTION OF SKILLS, DIFFICULTY, PROPER TECHNIQUE, AND SYNCHRONIZATION (5 pts) – The judges will credit here: The demonstration of **GROUP** tumbling with proper technique such as form, appearance of tumbling and completion of skills. The difficulty of group tumbling such as the incorporation of level appropriate skills, the number of tumblers and specialty group tumbling passes. Familiarize yourself with the AASCF All Star Scoring Guide for Tumbling on the level appropriate skills for each level and with the AASCF All Star Scoring Rubric for Tumbling on tumble quantity. How well the team performs synchronized group tumbling while maintaining timing and uniformity of skills. Note that individual passes are not given credit and teams can choose to perform standing tumbling or running tumbling or both.

OVERALL PRESENTATION – 5 points

OVERALL CHOREOGRAPHY, CREATIVITY, FLOW, FORMATIONS & TRANSITIONS, PACE, SHOWMANSHIP (5 pts) - The judges will credit here: Appropriateness of the choreography and incorporation of innovative and creative ideas, for example: thinking outside the box and not doing a cookie cutter routine. The flow and seamlessness of routine with minimal time/counts spent on transitions. Formations throughout routine contribute a visual impact and has spacing that is equal and makes sense. The pace of routine, energy level and genuine enthusiasm and showmanship enhances crowd appeal. Did the performance leave a memorable and lasting impression?

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