

2010 AUS Cheer All-star Competition Divisions



Divisions

The following All-star divisions are offered at AUS Cheer events:

- Pom
- Hip Hop
- Jazz
- Cheer
- Group Stunt
- Partner Stunt
- Exhibition

Please check the relevant Competition Bulletin for the All-star divisions offered at each AUS Cheer event.

BLUE, BOLD FONT

Please read these carefully as anything highlighted in blue is a change to the 2010 Rules in comparison to the 2009 Rules that were decided upon by the National Commission.

Pom/Hip Hop/Jazz (new division!)

The divisions listed below will be split into "Small" (4-20) and "Large" (21+) if there will be at least 2 teams in each of the "Small" and "Large" divisions. Exception: Divisions will not be combined if a club has both a "Small" and a "Large" team competing in the same category, so as to avoid having a club compete against itself.

Division	Age	Gender	Team Size
Mini	8 yrs & younger	Female/Male	4+ Members
Youth	11yrs & younger	Female/Male	4+ Members
Junior	14 yrs & younger	Female/Male	4+ Members
Senior	18 yrs & younger	Female/Male	4 + Members
Open	14 yrs & older	Female/Male	4 +Members

Cheer

Teams should refer to the "IASF Level Rules" to determine which level would be most appropriate for their ability in the Cheer, Group Stunt and Partner Stunt categories.

The divisions listed below will be split into "Small" (5-20) and "Large" (21-36) if there will be at least 2 teams in each of the "Small" and "Large" divisions. Exception: Divisions will not be combined if a club has both a "Small" and a "Large" team competing in the same category, so as to avoid having a club compete against itself.

Division	Age	Gender	Team Size	Level
Mini	8 yrs & younger	Female/Male	5 – 36 Members	1, 2, 3
Youth	11yrs & younger	Female/Male	5 – 36 Members	1, 2, 3, 4, 5
Junior	14 yrs & younger	Female/Male	5 – 36 Members	1, 2, 3, 4, 5
Senior	18 yrs & younger	Female/Male	5 – 36 Members	1, 2, 3, 4, 4.2*
Senior Open** (See Special Tumbling Restrictions Below)	18 yrs & younger	Female/Male	5 – 36 Members	5
Senior	12 – 18 yrs	Female/Male	5 – 36 Members	5
Open	14 yrs & older	Female/Male	5 – 36 Members	1, 2, 3, 4, 4.2*, 5
Open	17 yrs & older	Female/Male	5 – 36 Members	6

*Level 4.2 follows Level 4 rules for Stunts/Pyramids/Dismounts and Tosses and Level 2 rules for General Tumbling/Standing Tumbling and Running Tumbling.

**Senior Open

The following skill restrictions apply for Senior Open Level 5:

In tumbling, only single twisting skills are allowed. During a full-twisting tumbling skill, no trick other than the twist is allowed (i.e. including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts, etc) and both feet must land and finish on the performing surface. (i.e. no full twisting tumbling to seat, prone body landings or similar).

Group Stunt

The divisions listed below will be split into "All Girl" (All Female) and "Mixed" (At least 1 Male & 1 Female) if there will be at least 2 teams in each of the "All Girl" and "Mixed" divisions.

Division	Age	Gender	Team Size	Level
Junior	14 yrs & younger	All Girl; or Mix	4 – 5 Members	1, 2, 3, 4, 5 <i>(updated 22/1/10)</i>
Senior	18 yrs & younger	All Girl; or Mix	4 – 5 Members	1, 2, 3, 4, 5
Open	14 yrs & older	All Girl; or Mix	4 – 5 Members	1, 2, 3, 4, 5
Open	17 yrs & older	All Girl; or Mix	4 – 5 Members	6

Please note:

Level 2 – 6 divisions only will be offered at the AUS Cheer Internationals and Australian Grand Championships.

Partner Stunt

Division	Age	Gender	Team Size	Level
Junior	14 yrs & younger	Any gender combination	2 Members	1, 2, 3, 4, 5 <i>(updated 22/1/10)</i>
Senior	18 yrs & younger	Any gender combination	2 Members	1, 2, 3, 4, 5
Open	14 yrs & older	Any gender combination	2 Members	1, 2, 3, 4, 5
Open	17 yrs & older	Any gender combination	2 Members	6

Please note:

Level 2 – 6 divisions only will be offered at the AUS Cheer Internationals and Australian Grand Championships.

Exhibition

Division	Age	Gender	Team Size
Tiny	5 yrs & younger	Female/Male	4+ Members
CheerAbility	Teams made up entirely of, or include participants who have an intellectual, physical or other disability.	Female/Male	4+ Members

Eligibility

The Australian Grand Championships is open to all All-star teams (Clubs/Studios/Schools) from Australia.

The following eligibility requirements must be met:

All-star teams must have participated in the All-star category being entered at an AUS Cheer event in your State in the current year e.g. A team entering:

- Cheer at the Australian Grand must have participated in an All-star Cheer division at a Regional or State event.
- Group Stunt at the Australian Grand must have participated in an All-star Group Stunt division at a Regional or State event.
- Partner Stunt at the Australian Grand must have participated in an All-star Partner Stunt division at a Regional or State event.
- Pom at the Australian Grand must have participated in an All-star Pom division at a Regional or State event.
- Hip-Hop at the Australian Grand must have participated in an All-star Hip-Hop division at a Regional or State event.
- Jazz at the Australian Grand must have participated in an All-star Jazz division at Regional or State event.

If the All-star category is not offered at a State event, then an application may be made to AUS Cheer for special consideration to enter the Australian Grand Championships.

Cheerleading teams must be accompanied by a Coach holding a **current certification** by any one of the following acceptable Cheerleading **Coaching** Certifications:

- Gymnastics Australia (GA)
- United States All Star Federation (USASF) *
- National Council for Spirit Safety Education (NCSSE) *
- Other countries' credentialling may be accepted upon request.*

*Evidence of certification must be submitted with definitive entries. It is important that certification is verified, should an insurance issue arise. AUS Cheer reserves the right to refuse entry if competencies are not evidenced.

Dance teams/troupes must be accompanied by a Coach/Teacher trained in safe coaching practices.

Crossovers

- **Athletes may compete in more than one team, as long as they abide by the age restrictions in all divisions in which they compete. Please be aware that the performance time of one team may conflict with the warm-up time of another. AUS Cheer will do its best to avoid any conflicts during warm-ups and/or performance times but can not give any guarantees that a conflict will not occur. Teams/Clubs bear the burden of any crossover conflicts.**
- **If an athlete is competing in multiple teams, they may not compete in the same 3 category/division/level combination (e.g an athlete entered in Cheer/Junior/Level 1 cannot compete in another Cheer/Junior/Level 1 team). Exception: An athlete competing in an all-star team and scholastic team may compete in both teams. Examples of crossovers permitted as only 1 or 2 out of the 3 combinations are the same:
e.g. A Cheer/Junior/Level 1 athlete can also compete in Cheer/Junior/Level 2
e.g. A Cheer Junior/Level 1 athlete can also compete in Cheer/Senior/Level 1 (if they fit into both age divisions)
e.g. A Cheer/Junior/Level 1 athlete can also compete in Cheer/Senior/Level 2**
- **The entire team cannot be entered twice in two different divisions/levels.**
- **NO CROSSOVER FEES APPLY**

Rules

All-star Cheerleading teams should refer to the:

- General Competition Rules (page 9 - 13)
- Scoresheets & Judging Information (available as a download from AUS Cheer's website)
- IASF Level Rules (page 27 - 42)

All-star Dance teams/troupes should refer to the:

- General Competition Rules (page 9 - 13)
- Scoresheets & Judging Information (available as a download from AUS Cheer's website)
- IASF Dance Rules (page 25-26)

Ages

In line with the IASF, the age of the competitor as of August 31, 2010 will be the age used for competition purposes throughout 2010 for all cheerleading & dance divisions (updated 22/1/10).

Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.