

2012 COMPETITION HANDBOOK



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INTRODUCTION

Competition Handbook Purpose:

This handbook provides information on the competition rules for All-star (Clubs/Studios/Schools) and Scholastic (Schools only) teams competing in AUS Cheer events. It is the Coach's responsibility to ensure that his/her team adheres to the rules for the competition.

Any further clarifications and updates will be published on AUS Cheer's website.

Please contact Gymnastics Australia (info@auscheer.org.au) for further explanation or any rule clarification, prior to the competition.

Interpretations and Rulings:

AUS Cheer will follow the 2011-2013 USASF/IASF Cheer Level Rules Chart and 2011-2012 USASF/IASF Dance Rules. Please refer to the AUS Cheer website and USASF web page www.usaf.net.

Any interpretation of any aspect of these competition rules or any decision involving any other aspect of the championship will be rendered by the Competition Jury. The Competition Jury will render a judgement in an effort to ensure that the championship proceeds in a manner consistent with the general spirit and goals of the championship.

The Competition Jury will consist of the Program Manager and/or Head Judge, and an appointed representative.

How to Handle Procedural Questions:

Only the Coach, or nominated Team Representative, may approach the Competition Jury, in a professional and courteous manner, if they have a question concerning the rules or procedures of the championship. Such questions should be made prior to the competition performance. Any questions concerning the team's performance should be made to the Competition Jury immediately after the team's performance or following the outcome of the competition.

No team representatives may approach the judges table or any judge on any matter. Harassment of judges or other officials can lead to team disqualification.



AUSTRALIAN GRAND CHEER & DANCE CHAMPIONSHIPS & AUSTRALIAN SCHOLASTIC CHEER & DANCE CHAMPIONSHIPS

Eligibility:

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' credentialing 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.

Categories:

The following All-star categories are offered at AUS Cheer events. Please check the relevant Competition Bulletin for the All-star categories offered at each AUS Cheer event.

Cheerleading	Dance	Exhibition
Cheer	Pom	Tiny
Group Stunt	Hip-Hop	CheerAbility
Partner Stunt	Jazz	

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 cannot 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 (located in this document)
- Scoresheets & Judging Information (available as a download from AUS Cheer's website)
- USASF/IASF Level Rules

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

- General Competition Rules (located in this document)
- Scoresheets & Judging Information (available as a download from AUS Cheer's website)
- USASF/IASF Dance Rules

Ages:

In line with the USASF/IASF, the age of the competitor as of December 31, 2012 will be the age used for competition purposes throughout 2012 for all cheerleading & dance divisions. Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.

Please be aware that if a team is intending to travel, you are responsible to check for any age restrictions for each event.



Divisions:

The following All-star divisions are offered at AUS Cheer events. Please note NOT ALL divisions will always be offered at state run competitions. Please ensure that you check with the relevant Event Provider and/or Competition Bulletin for the All-star divisions offered at each individual event.

Pom/Hip Hop/Jazz

The divisions listed below will be split into “Small” (4-14) and “Large” (15 and up) 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	9 yrs & younger	Female/Male	4+ Members
Youth	12yrs & younger	Female/Male	4+ Members
Junior	15 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 “USASF/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 - 14) and “Large” (15 and up) 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

Please note that those teams wishing to compete internationally the team size is 5- 24 members.

*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
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 1 – 6 divisions will be offered at the 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
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 1 – 6 divisions will be offered at the 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

Each exhibition team member will receive recognition of participation and teams will receive a comment sheet from the judges without scores. Exhibition teams will not be ranked with other teams.

Please refer to the category guidelines for performance details.

Scholastic Divisions:

The following Scholastic divisions are offered at AUS Cheer events. **Please check the relevant Competition Bulletin for the Scholastic divisions offered at each AUS Cheer event.**

Pom/Hip Hop/Jazz/

Division	Gender	Team Size
Primary	Female/Male	4+ Members
Secondary	Female/Male	4+ Members
University	Female/Male	4+ Members



Cheer

Teams should refer to the “USASF/IASF Level Rules” to determine which level would be most appropriate for their ability in the Cheer, Group Stunt and Partner Stunt category.

Division	Gender	Team Size	Level
Primary	Female/Male	– 36 Members	1, 2, 3, 4
Secondary	Female/Male	5 – 36 Members	1, 2, 3, 4, 4.2, 5
University	Female/Male	5 – 36 Members	1, 2, 3, 4, 4.2, 5, 6

Group Stunt

Division	Gender	Team Size	Level
Primary	Female/Male	4-5 Members	1, 2, 3
Secondary	Female/Male	4-5 Members	1, 2, 3, 4, 5
University	Female/Male	4-5 Members	1, 2, 3, 4, 5, 6

Please note: Level 1 – 6 divisions only will be offered at the Australian Grand Championships.

Partner Stunt

Division	Gender	Team Size	Level
Secondary	Any gender combination	2 Members	1, 2, 3, 4, 5
University	Any gender combination	2 Members	1, 2, 3, 4, 5, 6

Level 1 – 6 divisions only will be offered at the Australian Grand Championships

Awards:

Awards will be presented to the 1st, 2nd & 3rd placed teams in each category for each level/division.



GENERAL COMPETITION RULES

Music:

Inappropriate music (i.e. explicit language, profanity and/or sexual references) will be subject to a deduction.

One or more pieces may be mixed. Original music and sound effects are allowed.

Music must be provided as stated in the event directives, and be clearly marked with the team name, category, division and level. The Competition workplan for each AUS Cheer event will outline music requirements.

Teams will have the opportunity to test their music during warm-up.

Entry & Exit:

After the initial announcement, the team must appear on the performance area within 30 seconds. Failure to appear on the performance area will result in disqualification.

Tumbling when entering or exiting the performance area is not permitted.

Cheering is permitted on entry and/or exit into/from the performance area, however there must be a clear pause to denote the start and finish of the performance.

The ending of the routine should be held for a few seconds and safely dismounted if in a stunt or pyramid.

There should not be any organised exits or other activities after the official ending of the routine.

Advertising:

Teams that wish to have advertising on their competition attire should contact the Event Director prior to the event, to ensure advertising is not in conflict with event sponsors.

Any form of advertising which violates the good manners and ethical, moral and social principles of our society is prohibited (i.e. advertising which is provocative, violence glorifying, or discriminatory). The advertising of products in relation to alcoholic beverages, tobacco products and drugs is prohibited.

Tattoos (permanent or temporary) are permitted, however tattoos must not display publicity other than the club they are representing.

Attire:

Uniforms should be age appropriate and suitable for viewing by audiences of all ages.

Make-up should be age appropriate.

Glitter hairspray, make-up and facial decals are permitted.

Hairstyles must be conducive to safe practices and performances. Hairclips must close flat to the head.

There will no longer be attire checks before the commencement of a competition. The onus will now be on Coaches to ensure that all safety and attire requirements are met. This includes fingernails being short, no jewellery being worn and all uniform and footwear safe and secure. These requirements apply to both team and safety spotter members.



If a violation is seen whilst competing the team will incur a deduction.

Safety:

Safety is of the utmost importance. The choice of skills and composition of performances should never require difficulty to take preference over technique.

Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.

Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.

All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.

Teams may not throw anything out to the audience during their performance.

Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.

Athletes and Coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.

An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in their mouth during practice and/or performance.

Choreography and Music:

Choreography and music selection should be age appropriate and suitable for viewing by audiences of all ages.

Inappropriate dance moves (i.e.) any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications will be subject to a deduction.

Signs, cheers and chants with suggestive words are not permitted.

Sportsmanship:

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout and following the competition. The coach and/or gym owner of each team is responsible for seeing that team members, coaches, parents, supporters and any other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

Starting Order:

Event organisers will conduct a competition draw to decide the starting order of the competition. The competition workplan will outline the competition order.

Warm Up:

The competition workplan will outline the warm up procedure.



Coaches:

All athletes must be supervised during all official functions by a certified coach/teacher.

A maximum of two registered coaches per team are permitted in the competition area.

During performances, coaches must remain out of the view of the judges' panel and may not give performance cues to their team.

There will be a coaches' meeting prior to the start of the competition. **The onus is on the coach or nominated Team Representative to attend.** The competition workplan will outline the timing details.

Protests:

No protests are allowed against scores or results presented on the day. By participating in this championship, each team agrees that the decisions by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

Interruption of Performance:

If, in the opinion of the Competition Jury, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the championship rather than the team, the team affected should stop the routine. The team will be allowed to present its routine again in its entirety. Any scores previously given will be disregarded.

In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.

In the event that an injury causes the team's routine to be interrupted, the team, Coach or Competition Jury may stop the routine for the safety of the athletes. The Competition Jury will determine if the team is permitted to present its routine again in its entirety. Any scores previously given will be disregarded.

All teams should have an emergency response plan in the event of an injury, and should practice what to do in the event of an interrupted performance to ensure all Team members are prepared.

Please note: If a routine is stopped for no apparent reason and the team leave the competition floor before the end of the routine, the team will be disqualified. If severe unsportsmanlike behaviour is observed, the team will be disqualified and will not be eligible for awards.

Deductions and Disqualifications:

Any team in violation of the "General Competition Rules" will incur a deduction for each violation, unless noted otherwise. Any team that does not adhere to the terms and procedures in the "General Competition Rules" may be disqualified from the competition and automatically forfeit the right to any awards presented by the competition organiser. In addition, the team may also forfeit the opportunity to be selected to represent AUS Cheer at international events in the year of competition or where applicable, the following year.

Tiebreaker Rules:

In the case of a tie, the ranking will be determined by the following criteria:

1. The team with the lowest amount of deductions on the Safety Scoresheet will be placed above the team they tied with.
2. The "Overall Presentation" score from all Performance Judges for each of the teams in question will be added, then divided by the number of performance judges. The team with



the highest average “Overall Presentation” score will be placed above the team they tied with.

If the tie still stands, the judges will be polled by the Head Judge as to where the team should fall in the rankings. The judges’ decision is final.

Scores and Placings:

Scores will not be shown following each team’s performance. Scoresheets will be available for collection, by Coaches only, approximately ninety minutes following the completion of their competition division. Results will be posted on AUS Cheer’s website.

Video & Photography Policy:

Please refer to the Events Provider and/or Competition Bulletin regarding Video and Photography Policies.

AUS Cheer reserves the right to use any photos or video footage from events in publications and promotions. Should there be any individuals who do not wish to have their images used in publications and promotions, Team Managers should notify the Event Producer in writing.

Additional Information:

As a Coach, it is important to be up to date on AUS Cheer’s Competition Rules. We encourage and appreciate any questions or concerns you may have. To ensure that you receive a timely and accurate response, please address your questions regarding specific skills to the National Cheerleading Program Manager by following the steps outlined below:

1. All questions must be in written form. Due to the differences in interpretation and terminology, no phone calls will be accepted.
2. For skills in question, you may send a DVD, USB or e-mail, which shows the skill(s) from the front and side views. Your DVD, USB or e-mail will be kept on file.
3. All enquiries will be addressed in writing.
4. AUS Cheer will not review legalities on the day of event.



CHEERLEADING CATEGORY SPECIFIC RULES – CHEER/GROUP STUNT/PARTNER STUNT/EXHIBITION

Performance Surface & Area:

AUS Cheer Australian Grand: 12 metres x 12 metres, sprung floor

Performance Duration:

Cheer: 2 minutes 30 second time limit

Partner Stunt/Group Stunt: 1 minute time limit

Exhibition: 2 minutes 30 second time limit

There is no minimum music time requirement for Cheer/ Group Stunt/ Partner Stunt.

If a team exceeds the time limit, a deduction will be incurred.

Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last.

Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

Music:

All routines must be "Music Only".

Attire:

Jewellery

Jewellery of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewellery, bracelets, necklaces and pins on uniforms are prohibited. Jewellery must be removed and may not be taped over. Exception: If religious or medical items must be worn, they must be taped over

Rhinestones are legal when adhered to the skin or uniform.

Costuming (ie hats, sunglasses, gloves, jackets) are not permitted.

Hair

Hairstyles must be suitable for safe practices and performances. Hairclips must close flat to the head. Hair ribbons, scrunchies etc. should be fastened securely. Any hair fastener or decoration on the floor, which becomes a safety hazard, will result in a deduction.

Footwear

Soft-soled shoes must be worn while competing. Dance shoes/boots, and/or gymnastics slippers (or similar) are not permitted. Shoes must have a solid sole.

Props:

Any height increasing apparatus used to propel a competitor is prohibited. (Exception: sprung floor)

Flags, banners, signs, pom, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop and is not permitted.



If a prop is thrown outside the performing area, the team will incur a deduction for each violation. For safety purposes, team members may step outside the performance area to safely discard props when not in use and will not incur a deduction.

Spotters (Cheer/Group Stunt only):

Required spotters for all skills must be your own team's members.

Training of proper spotting techniques should be taught to all squad members before attempting any new skill or stunt. A person who is spotting:

- must have visual contact with the flyer
- cannot provide primary support of another person
- must be in the proper position with arms extended toward the flyer's head/shoulders to prevent injuries
- must never have their torso under a stunt, unless for an unplanned safety reason

A spotter may not:

- (a) grab the sole of the foot of the flyer, or
- (b) place their hands under the bases hands when spotting a stunt

The spotter may help control the building of, or dismounting from a stunt, however this person(s) shall not provide the primary support, meaning the stunt or pyramid would remain stable without the spotter(s).

AN INATTENTIVE SPOTTER IS NOT A SPOTTER.

Safety Spotters:

AUS Cheer will NOT provide any Safety Spotters, however each individual team may provide their own Safety Spotters that will be infinitely more familiar with the routine and its elements, thus providing better safety.

Safety Spotters may step onto the performing area during stunts, pyramids and/or basket tosses, to assist in the event of an unexpected fall. They must remain at the back of the performance area at all other times.

Spotting of tumbling is not allowed.

Safety Spotters MUST not assist in any way with the execution of ANY element of a routine. Any occurrence will be considered a violation and the team will incur a deduction.

Safety Spotters should be dressed in black, or club t-shirt/tracksuit i.e. distinguishable from the performing athletes. (no hoods). Rules governing jewellery, clothing, and other safety concerns should also be adhered to by the spotters.

There should be NO verbal coaching by Safety Spotters during the routine. Any occurrence will be considered a violation and the team will incur a deduction.



DANCE CATEGORY SPECIFIC RULES – POM, HIP HOP, JAZZ, EXHIBITION

Performance Surface & Area:

AUS Cheer Australian Grand: 10 metres (length) x12 metres (width), dance floor

Teams must start and finish inside the performance area. Violations are recorded for stepping outside the performance area.

Performance Duration:

Minimum 1 minute 45 seconds. Maximum 2 minutes 30 seconds.

If a team exceeds the time limit, a deduction will be incurred.

Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last.

Attire:

Make-up

A clean, vibrant & athletic appearance is desired. False eyelashes ARE permitted.

Apparel

All costuming should be:

- age appropriate
- acceptable for family viewing
- conducive to safe practices & performances.

Jewellery

Jewellery as part of a costume is allowed.

Hair

Hairstyles are optional.

Footwear

Shoes are recommended, but not required. Wearing socks and/or footed tights only is prohibited.

Dance paws (or similar shoes that cover the ball of the foot) are acceptable.

Weight bearing skills and/or tumbling on the performance surface is not allowed while holding poms or props (including stalls, etc). (Exception: Forward and backward rolls are allowed). A full clean hand must be in contact with the performance surface for all weight bearing skills. Please see the USASF/IASF Dance Glossary for definition of weight bearing skills.

Props:

Wearable and hand-held items are allowed in all divisions and can be removed and discarded from the body.

Standing props are not permitted (Examples: chairs, stools, ladders, boxes, stairs, etc.)



CATEGORY GUIDELINES

Cheer

Team Size: Small: 5 – 20 members
Large: 21 – 36 members

Team Composition: Male/Female

Duration: 2 minutes 30 second time limit.

The routine must demonstrate creative/original choreography.

All participants must be actively involved.

Restrictions: Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

Poms are not permitted.

Please refer to the Cheer “Performance Scoresheet” and “Safety Scoresheet” for details on the areas being judged.

Group Stunt

Team Size: 4 – 5 members

Composition: All Girl: All Female
Mixed: At least 1 Male & 1 Female

Duration: 1 minute time limit.

Please refer to the Group Stunt “Performance Scoresheet” and “Safety Scoresheet” for details on the areas being judged.



Partner Stunt

Team Size: 2 members
Note: Partner stunt participants must provide their own spotter who is not part of the group. The spotter may not assist with stunts, however the spotter must have at least one hand/arm supporting the head and shoulder area through cradles from stunts at prep level or above.

Team Composition: Any gender combination

Duration: 1 minute time limit.

Please refer to the Partner Stunt “Performance Scoresheet” and “Safety Scoresheet” for details on the areas being judged.

Exhibition – Tiny / Cheerability

Team Size: 4+ members

Team Composition: Male/Female

Duration: 2 minutes 30 second time limit.

Composition: There are no routine requirements. Pom and Cheer can be mixed together, or remain separate. A cheer can be included in the routine.

Restrictions: All team members must only perform to their ability level and skills are to be performed safely and technically correct.

Teams must adhere to the Cheerleading and Dance “Specific” Rules”



2011 – 2012 USASF/IASF DANCE RULES (POM, HIP HOP, JAZZ)

Safety Rules

TUMBLING & TRICKS				
1.	Tumbling is allowed but not required in all divisions with the following limitations. long as one hand, foot or body part remains in constant contact with the performance surface. These skills can be performed individually or in combination. Airborne skills are <u>not</u> allowed when hip-over-head rotation occurs.			
The following are examples of skills that are and are not allowed:				
	ALLOWED			
	NOT ALLOWED			
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> Forward/Backward Rolls Shoulder Rolls Cartwheels Headstands Handstands Backbends Round Off </td> <td style="width: 50%; vertical-align: top;"> Front/Back Walkovers Stalls Head spins Windmills Kip up Dive rolls (in piked position) Headsprings with Hand support Aerial cartwheel Front/Back Handsprings (in Hip Hop only)* </td> <td style="width: 50%; vertical-align: top;"> Front/Back Tucks Side Somi Layouts Shushunova Headsprings (without hand support) Roundoff series back handsprings Dive rolls (in a layout position) *see below for exceptions to these limitations </td> </tr> </table>	Forward/Backward Rolls Shoulder Rolls Cartwheels Headstands Handstands Backbends Round Off	Front/Back Walkovers Stalls Head spins Windmills Kip up Dive rolls (in piked position) Headsprings with Hand support Aerial cartwheel Front/Back Handsprings (in Hip Hop only)*	Front/Back Tucks Side Somi Layouts Shushunova Headsprings (without hand support) Roundoff series back handsprings Dive rolls (in a layout position) *see below for exceptions to these limitations
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2.	* <u>Allowed only for hip-hop</u> : Airborne tumbling skills with hip overhead rotation must involve hand support with at least one hand when passing through the inverted position. (Exception: Aerial Cartwheels, roundoffs and dive rolls are allowed in all categories.)			
3.	The allowed hip hop tumbling skills with airborne hip overhead rotation is limited to 2 connected skills. (Example: Round off, back handspring, back handspring is not allowed. Round off back handspring kip up is allowed)			
4.	Simultaneous tumbling over or under another tumbler is not allowed			
5.	Tumbling while holding poms or props is not allowed (<i>Exception: forward and backward rolls</i>).			
6.	Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a turn, jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop. Drops to a push-up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle jump. All variations of a Shushunova are not permitted.			
DANCE LIFTS & PARTNERING				
GENERAL GUIDELINES				
1.	Tossing a dancer is only allowed if the highest point of the toss does not elevate the Executing Dancer's hips as long as there is hand/arm to hand/arm/body contact with at least one other dancer throughout the skill.			
2.	Jumping, or leaping off another dancer is allowed as long as there is hand/arm to hand/arm/body contact with a third dancer throughout the skill.			
3.	All cheer stunts and/or pyramids are prohibited. (<i>Exceptions: pony sit, thigh stand, shoulder</i>			



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	sit)
4.	All tosses including toe-pitches are prohibited.
	DANCE LIFTS
1.	Dance lifts are permitted and are defined as an action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of “lifting” dancer(s) and “Elevated” dancer(s)
2.	Any Lifting/Supporting Dancer(s) who has primary weight of an Elevated/Executing Dancer must maintain direct contact with the performance surface at all times.
3.	At least one Lifting/Supporting dancer must have hand/arm/body to hand/arm/body contact with the Elevated/Executing Dancer(s), throughout the entire Lift, Trick or Partnering skill. (Exception: A dancer who is not prone can release contact below shoulder level of the Lifting/Supporting dancer when standing upright).
4.	Swinging lifts and Tricks are allowed, provided the Elevated/Executing Dancer’s body does not make a complete circular rotation and is in a face up position at all times.
5.	Hip over head rotation of the Elevated/Executing Dancer’s body may occur as long as his/her shoulders do not exceed shoulder level (of the Lifting/Supporting Dancer when standing upright).
	PARTNERING
1.	Dance partnering skills are permitted and defined as an action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both “Supporting” and “Executing” skills.
2.	Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance surface .
CHOREOGRAPHY AND COSTUMING	
1.	Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal.
2.	Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges’ overall impression of the routine.
3.	All choreography should be age appropriate.
4.	All costuming should be age appropriate and acceptable for family viewing.
PROPS	
1.	Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
2.	Standing props are only allowed in the prop category, any items that bears the weight of the participant is considered a standing prop. (<i>Examples: chairs, stools, benches, ladders, boxes, stairs, etc.</i>). Please note: “Prop” category is not offered at AUS Cheer events.



**AUS Cheer will follow all 2011– 2013 USASF/IASF Cheer/Group
Stunt/Partner Stunt Rules (updated October 28, 2011).
Please refer to AUS Cheer website and USASF website for full levels
rules.**