

# THE COMPETITION IS HERE!

**PRELIMINARY INFORMATION  
PACKAGE**

**2015**



**CHEER & DANCE**

This is only a Preliminary Information Pack to get you the 2015 base information. The complete extended pack will be out in January.

## **INFORMATION PACKAGE**

If you have any questions about information in this package, please feel free to contact us for assistance. We will be happy to help you.

**AUSTRALIAN ALL STAR CHEERLEADING FEDERATION**

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# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## **\*NEW to 2015 – THE AUSTRALASIAN PINNACLE**

AASCF is proud to announce an exciting new event in 2015... THE AUSTRALASIAN PINNACLE CHEER & DANCE CHAMPIONSHIP on December 30<sup>th</sup> – where only the Grand Champions can compete.

At this BID only NO ENTRY FEE event, teams will be competing against the best of the best in your division from across Australia and NZ.

Bids will be awarded at every AASCF Championship – WINTERFEST, BATTLE, STATE CHAMPIONSHIPS, MELBOURNE SPRING CARNIVAL to the winning Overall Highest Scoring Team in each Division of cheer & dance. Bid winning teams will receive FREE entry to The AUSTRALASIAN PINNACLE.

From Championship to Championship, if similar teams win the bids – don't worry as the Bids get passed down to the next in line; so you can keep working hard and keep trying for a bid in your cheer level and dance style right until the last Championship.

THE AUSTRALASIAN PINNACLE CHEER & DANCE CHAMPIONSHIP will be held the Monday 30/11/15 after AASCF Nationals. It will be conducted at The Plenary at the Melbourne Convection Centre and will have its own branding and world class production values and USA judging panel.

We are VERY excited to offer this elite and prestigious event and to see which teams have what it takes to reach the TOP at the AUSTRALASIAN SUMMIT CHEER & DANCE CHAMPIONSHIP

This is your chance to compete against the very BEST of Australasia's Cheer & Dance teams at this invitation only, prestigious, AUSTRALASIAN SUMMIT CHEER & DANCE CHAMPIONSHIP.

## **A/B CHEER SPLITS – SMALL CHEER GYM / LARGE CHEER GYM**

If after splitting Cheer divisions into "Small" and "Large", there are 10 or more teams in the "Small" or "Large" division, then event producers may split that division further by squad size or into "Small Gym" divisions. If splitting further by size, then event producers must use a name such as "Division I", "Division II" or "Division A", "Division B" to denote the split and must clearly define the number of competitors permitted on the team for each of these particular divisions.

If splitting into a "Small Gym" division, then the definition of a "Small Gym" listed below must be followed. If it is not possible to split into "Small" and "Large", because there is only one "Large" team and multiple "Small" teams (or vice versa), then event producers may split a division using the above guidelines if the division has 10 or more teams.

No division may be subdivided further from the "Small" and "Large" if it means that only 2 teams will be left in a division.

A "Small Gym" is defined as having one physical address for its location and has 75 or less athletes registered in its competitive **cheer** program at the time of competition. Exhibition teams, crossover athletes, special needs teams and dance teams do not count toward the 75 or less athletes. It is up to the event producer's discretion as to how to monitor this.

Divisions that are designated as "Small Gym" must use the definition of a "Small Gym" listed above.

# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## GROUP & PARTNER STUNT AND DANCE DOUBLES ENTRY RESTRICTIONS FOR THE ALL STAR BATTLE AND THE ALL STAR CHEER & DANCE STATE SERIES

Due to the huge growth we have experienced and in order to control the quantity of group and partner stunt teams and dance doubles entered into our State series, please note that we will not be accepting any stunt or dance double entries from clubs that do not have any teams entered into their States Championship. (Exception being unless they are from a State that does not have a State Championship, Tasmania and Northern Territory, as well as teams from Far Northern Queensland and Far North Western Australia.)

This is the same requirement we already have in place for the All Star Battle series.

The All Star Winterfest season starter and the Melbourne Spring Carnival does not have these restrictions.

### \*NEW CROSSOVER SUGGESTION FOR 2015

The below information is not compulsorily, but only a recommendation - We would like to suggest cheer and dance teams to limit age group cross-overs to only one age group either way, i.e. if you are Youth you can only cross over to either Mini or Junior, and not both, if you are a Senior, you can only cross over into Junior or Open, not both; and not have athletes jump an age group – i.e. youth to senior, as this becomes very problematic with the running order cross overs, especially for the 2 hall events.

If any of your athletes must cross into 2 different age groups, the below is what we suggest is best for all:

- Tiny can only cross to mini
- Mini can cross to either tiny or youth
- Youth can cross to either mini or junior
- Junior can cross to either youth or senior
- Senior can cross to either junior or open
- Open can only cross to senior

The crossovers from cheer, to dance, to multiple styles, age groups and levels need refining for our sport to continue to grow healthily, and the above suggestion will assist with this. It will help the athletes/teams specialise and refine their skills, and it will make athletes lives much easier at Championships as they won't be hit with as many really tight crossovers. Please understand we will not be able to assist with some of your cross overs at our championships if you choose to have athletes in a large spread of age groups.

### NATIONAL REBATE SCHEME – YOU SUPPORT US, WE SUPPORT YOU!

As you all know our motto is "you support us so we will support you"

We are here to assist you grow your program and therefore the sport of All Star Cheer & Dance.

One of the many AASCF's initiatives is that we are refunding back a 5% rebate from your total 2015 entry fees after Nationals to the teams that competed at all of our 4 series competitions -

1/ Winterfest 2/ All Star Battle 3/ States 4/ Nationals.

So how does this work? Let's say your teams spent e.g. \$15,000.00 with us during the 2015 competition season on competition entry fees and you competed at all 4 of our competition series (3 for the dance teams) with these same teams and of course you paid your entry fees on time by the all of the due dates.....; after Nationals we will reward your club back e.g. \$750.00, which is 5% of what you spend with us on your entries. (Please note this is not for stunt or dance doubles, only cheer & dance teams)

This money would then be very useful to get your club through the slow Christmas and school holiday break, possibly helping with things like gym/studio lease, power bills, or even new equipment.

If any of your programs teams qualify, we require that you complete our rebate form and send it back to us by December 2nd in order to receive your rebate. Please realise the teams need to be consistent, same level, same team name, same age group, majority of the same athlete names, from championship to championship and it does not include partner stunt, groups stunt and dance doubles.

It was very exciting for us to mail out the 2014 rebate cheques to all of the clubs across the country, and look forward to this again in 2015.

# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

Please Note that all Friday dates are only the evening Stunt and Dance Doubles if needed.



## AUSTRALIAN ALL STAR CHEERLEADING FEDERATION 2015 COMPETITION DATES

**Winterfest Cheer & Dance Season Starter**  
New South Wales 12th - 14th June, Sydney Olympic Park  
Queensland 19th - 21st June, Brisbane Entertainment Sports Centre  
Victoria 26th - 28th June, State Basketball Centre  
South Australia 18th - 19th July, Adelaide Arena



**All Star Battle: Cheer Edition**  
New South Wales 24th - 26th July, Sydney Olympic Park  
Victoria 7th - 9th August, State Basketball Centre  
Queensland 14th - 16th August, Gold Coast Convention Centre



**State Cheer & Dance Series**  
Australian Capital Territory 29th or 30th August, AIS Arena  
New South Wales 4th - 6th September, Sydney Olympic Park  
Queensland 12th - 13th September, Gold Coast Convention Centre  
Victoria 18th - 20th September, Melbourne Sports & Aquatic Centre  
South Australia 17th - 18th October, Adelaide Arena  
Western Australia 24th or 25th October, Challenge Stadium (TBC)



**Scholastic National Championship**  
New South Wales 24th or 25th October, Sydney Olympic Park



**Melbourne Spring Cheer & Dance Carnival**  
Victoria 30th October - 1st November, State Basketball Centre



**ALL STAR NATIONALS**  
Melbourne Convention Centre  
27th - 29th November



**Australasian Cheer & Dance Pinnacle**  
Victoria 30th November, Melbourne Convention Centre



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# 2015 AASCF NATIONALS

Melbourne Nationals in 2014 had just on 7500 athletes, 2015 will be even bigger!

**Each year the Australian All Star Cheer & Dance Championship Nationals is in a different State – we have important news below.**

## **2015 AASCF NATIONALS**

AASCF has every year since the inception of our National Championship 8 years ago, conducted the Australian All Star Cheer & Dance Championship NATIONALS in a different Eastern State. We have done this to ensure that everyone gets Nationals in their home state every 3 years and the other 2 years have to travel.

As the event is growing by 30-35% every year it is becoming increasingly difficult to secure venues which can cater for our size, dates and multiple halls (3 for Cheer & Dance + 2 for warm up room) requirements.

In 2015 the event is due to be held in Sydney but unfortunately the only venue capable of hosting us because of our need for size and multiple halls, is the Sydney Convention & Exhibition Centre, but it is closed for refurbishment until 2016.

As a consequence and due to the fantastic feedback we have received from competitors, coaches and parents at our 2013 Nationals we have been fortunate enough to again secure a booking at the Melbourne Convention & Exhibition Centre and look forward to hosting you all in November 2015 again in fantastic Melbourne.

**When:** Friday 27<sup>th</sup> – Sunday 29<sup>th</sup> November 2015

**Where:** Melbourne, Victoria

**At the:** MELBOURNE CONVENTION & EXHIBITION CENTRE, 1 Convention Centre Pl, South Wharf  
Hall A Cheer & Hall B Dance, both running Saturday & Sunday

**Offering 60+ potential Cheer & Dance bids to the IASF 2016 World Championships**



2016 AASCF Nationals will be back at the Gold Coast Convention Centre due to the Sydney convention centre is still under renovation. It will be on 25<sup>th</sup>, 26<sup>th</sup> & 27<sup>th</sup> November, ending with the Australasian Pinnacle on the 28<sup>th</sup> November.

THE TALK OF OUR SPORT – \*NEW FOR 2015  
THE AUSTRALASIAN CHEER & DANCE  
**PINNACLE**

**BIDS TO BE WON AT ALL OF THE AASCF ALL STAR CHAMPIONSHIPS – read below for more information**



AASCF is proud to announce an exciting new event in 2015....

**THE AUSTRALASIAN PINNACLE  
CHEER & DANCE CHAMPIONSHIP**

At this bid only event, teams will be competing against the best of the best in your division from across Australasia.

Bids will be awarded from AASCF plus other independent event producers from across Australia & New Zealand

This is your chance to compete against the very BEST of Australasia's Cheer & Dance teams at this invitation only, prestigious, AUSTRALASIAN PINNACLE CHEER & DANCE CHAMPIONSHIP.

**WHAT IS THE AUSTRALASIAN PINNACLE**

The AUSTRALASIAN PINNACLE is the definitive, bid only National Championship for the best cheer & dance teams from across Australasia

**WHEN**

Monday 30th November 2015

**WHERE**

MELBOURNE CONVENTION & EXHIBITION CENTRE –  
The Plenary

**HOW DO TEAMS RECEIVE BIDS TO THE AUSTRALASIAN PINNACLE?**

There will be 150 cheer & dance bids on offer at AASCF qualifying championships and participating independent event producer's qualifying championships from all across Australia & New Zealand to increase your opportunities to reach the peak!!

A full listing of bid offer events will be released at the 2014 AASCF Cheer & Dance Nationals Program November 28/29/30th

**HOW CAN I WIN A BID?**

In addition to bids being offered at every AASCF championship we are proud and excited to have partnered with 6 of Australia's and 2 from New Zealand's leading independent Event Producers and who shall also be offering PINNACLE BIDS at their nominated championships.

If a team has already won a bid at a previous competition the bid will be rolled down to the next eligible placed team in that division

**WHAT ARE THE ENTRY FEES FOR BID WINNERS TO COMPETE AT THE AUSTRALASIAN PINNACLE?**

There are NO entry fees for bid winning teams - Bids give team's FREE entry to The AUSTRALASIAN PINNACLE

We are VERY excited to offer this elite and prestigious event and to see which teams have what it takes to reach the TOP at the AUSTRALASIAN PINNACLE CHEER & DANCE CHAMPIONSHIP

# THE ALL STAR BATTLE

WHO WILL BE CROWNED AUSTRALIA'S  
**ULTIMATE BATTLE CHAMPIONS!**

Read below for more information



## 2015 ALL STAR BATTLE NEWS

- ☆ First of all we will be awarding awesome 1st, 2nd and 3rd place BATTLE medallions to all placed athletes in 2015!!!
- ☆ Secondly, we will be awarding large placing Banners to 9th place in all sections in 2015.
- ☆ Finally, there are the ALL STAR BATTLE First Place Winners, and then there's... THE ULTIMATE BATTLE CHAMPIONS!

**AASCF ALL STAR 2 DAY  
BATTLE CHAMPIONSHIPS in**

**SYDNEY NSW 24 - 26 Jul**  
**GOLD COAST QLD 31 Jul - 1 Aug**  
**MELBOURNE VIC 7 - 9 Aug**

**are quickly becoming the  
"MUST DO" event for cheer  
teams from all across  
Australia...**



THE ULTIMATE BATTLE will be where the highest scoring in each level and each age group of each States BATTLE will have their highest scoring of their 2 day routines video re-judged against other State BATTLE Champion teams by our expert judging panel to determine Australia's ULTIMATE BATTLE CHAMPIONS in all age groups and all levels!

Only then, your team can be crowned...  
THE ULTIMATE BATTLE CHAMPIONS!!

The ULTIMATE BATTLE CHAMPION winning teams will win huge ULTIMATE BATTLE banners to hang at their gym and smaller ULTIMATE BATTLE Banners for all of the winning athletes to take home!!



# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## 2015 AASCF CHAMPIONSHIPS



### Competition Highlights!

- ★ All of our championships All Star cheerleading will be performed on a sprung cheer floor.
- ★ All Star Cheerleaders perform on 7 or 9 run & fully sprung cheerleading floor; at the All Star Battles, the larger States & Nationals is a 9 run sprung 14 X 18 metre.
- ★ Dancers perform on an approx 13 x 14 metres Marley dance floor – 8 strips.
- ★ Great divisions and age ranges to meet the needs of EVERY team!
- ★ All Star as well as Scholastic & University divisions!
- ★ Emphasis on safety & proper progressions through the IASF Safety Guidelines!
- ★ Highly respected, qualified, impartial, experienced & reputable judges, both National & International.
- ★ Chance to win a **Partial Paid and At Large Bid** to the **2016 IASF Cheerleading & Dance Worlds!**
- ★ Every competing athlete goes home with a **beautiful medal**— you've earned it!
- ★ Two qualified & credentialed coach's per dance/cheer team attends **FREE!**
- ★ **Grand Champion Banners** for all Dance & Cheer categories at all Championships (except Novice)
- ★ Beautifully crafted **1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> trophies** for all competitions and up to **4<sup>th</sup> & 5<sup>th</sup> Division Champion Team Trophies** at States and Nationals!
- ★ 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place individual athlete medallions at Nationals only
- ★ Grand Champion Letterman Jackets worth \$200 for all National Grand Champion Winners, (there must be a minimum of 10 teams in the category – exception level 6)
- ★ Buy cheer & dance clothing, shoes and fun merchandise!
- ★ Professional & knowledgeable event staff who are ready and willing to assist you with every need!
- ★ All **PROFESSIONAL** photos and videos are **FREE** to every athlete and coach!
- ★ Enjoy a highly professional, family friendly event that lets your team be the **STAR** of the show!



### Safety First!

AASCF places the safety of our athletes before anything else. Our competition division structure follows the General and Level safety guidelines of the International All-Star Federation (IASF), the World IASF guidelines are the standard used for the vast majority of American All-Star competitions, as well as over 100 countries around the world.



### Fun for the whole family!

AASCF actively promotes cheerleading and dance competitions as a wholesome family event. We know that the support of family and friends is important, so we aim to make our Championships great for EVERYONE. We use our 25+ years of experience in running dance, cheer & entertainment events to ensure that your experience with us is great. If you need anything at all, just ask! We're happy to help in any way we can.



### Preparedness is Paramount!

We want your experience competing with us to be second-to-none, and that means allowing you time to prepare adequately. The warm-up schedule allows you time to warm-up tumbling and walk-through your routine elements with plenty of time to catch your breath before your actual compete time. After all, prepared athletes enjoy their competition experience more and they perform at their peak.



### The best for last... HAVE FUN!!!

That's the most important part of all! When it's all said-and-done, we want you to have the time of your life while you are with us at AASCF. Competing at AASCF's events let you do just that!



# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## CHANGES IN THE STUNT DIVISIONS

### PARTNER AND GROUP STUNT:

- ★ Now changed to 4 age groups - 14yrs&U, 14yrs&over, 10–18yrs (12-18yrs level 5), 17yrs&over level 6 only.
- ★ Athletes are not permitted to compete in more than 2 stunt routines; 1 partner stunt & 1 group stunt or 2 x group stunt routines (this is to cater for flyers that also need to base).
- ★ 14yrs & 17yrs & over Coed Group Stunt rules have changed to only 3 athletes permitted in the stunt group (2 bases and 1 flyer. This can be 2 x male bases, or 1 x female & 1 x male base) – in the effort to eliminate 3 grown males all unnecessarily group stunting together. This is also known as DUAL Basing; all clubs wanting to learn more about this please contact [rosemary@aascf.com.au](mailto:rosemary@aascf.com.au) and we will assist in helping coaches around the country with the techniques of dual basing.
- ★ Basket tosses, tumbling, dance, jumps and pyramids are not on the score card for stunt and never have been – you are permitted to do them but are not necessary and do not add to your score.
- ★ Only the top 3 in each State from the AASCF State series in each level and category of Partner and Group Stunt Teams go through to Nationals, and you can only qualify in your own State. These top 3 teams must score above 65 points before deductions in order to qualify; so in other words the 60 second Partner and Group Stunt Teams must meet 65 points and finish top 3 at the AASCF States to qualify for Nationals. All other cheer categories do not need to qualify.
- ★ In the instance where there are no competitors in your stunt section at your State Championship, you will need to score above 65 points before deductions to make Nationals.
- ★ States that do not have an AASCF State Championship will need to send stunt routines in via video or similar to be judged, and will need to score above 65 points and top 3 in your state to qualify.
- ★ At the end of the State series, the event producer has the right to bring in very high scoring partner and group stunts that did not qualify top 3 in the situation where we have not reached our maximum quota of teams for Nationals.
- ★ Only clubs entered into the AASCF State Series may enter in the Partner & Group Stunt Competitions. (Exception being unless they are from a State that does not have a State Championship, Tasmania and Northern Territory, as well as teams from Far Northern Queensland and Far North Western Australia.)
- ★ This restriction also applies for the All Star Battle
- ★ The All Star Winterfest season starter and Melbourne Spring Carnival do not have these restrictions.

## CROSSOVERS

Crossovers of participants between level 5 teams or level 6 teams from the same gym are NOT permitted. In other words, a participant can only compete on one level 5 or level 6 team from a gym/program. Crossovers of participants from other gyms in level 5 or level 6 is also not permitted. If teams are found to have these crossovers, the teams may be disqualified. Crossovers between lower levels and age groups is permitted at your own risk as the championship will not change the running order for this reason and will not wait for athletes.

We only allow cross overs between 3 levels maximum. I.e. if you are a level 5 athlete you can only crossover as low as level 3, level 3 can only crossover to level 1. Please remember, we don't endorse crossovers and do not accommodate for this at our championships.

- Novice to level 1
- Level 1 to level 3
- Level 3 to level 5
- Level 4 to level 6

Team/squad routine athlete cross overs between 2 different all-star clubs is not permitted, however athlete cross overs is permitted between All Star & Scholastic/University.

To clarify further, if you cheer in a team with an all-star club, you cannot cheer with another team from another all-star club but you can cheer in a scholastic team in the Scholastic divisions – and you can only compete with one Scholastic club. Please also note that your entries fees from your all-star club are separate from your scholastic club.

If you dance in a team with an all-star club, you cannot dance with another team from another all-star club but you can dance in a scholastic team in the Scholastic divisions.

This rule is not for ages 16yrs+ athletes competing partner stunt and dance doubles as many coaches like to compete in stunt & doubles and work with various clubs.

However you can dance in a team from one all-star club and cheer in a team from another all-star club; please remember in this situation you will be paying 2 completely separate entry fees for each club.

# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## IASF WORLDS BID WINNING TEAMS

COACHES PLEASE NOTE: Carry over Worlds Bid winning teams cannot use their bid winning athletes in order to win a bid in a different section the following year. The athletes must honour the bid they have already won first. Worlds Bid team entrants at Nationals must follow the stated team sizes in order to win the bid; if the team is larger it will be moved out of the Worlds Bid category.

Do not enter into bid winning sections if you already know your team cannot go to worlds that upcoming year unless you have a pre-arrangement it with the event producer and they understand you will not be accepting any bids.

Please use the athletes that won the bid for Worlds unless there are circumstances out of your control. USA teams can only have 10 substitutes going into worlds and they all must be current ongoing members of their own gym, they cannot use athletes from other clubs. This would be unethical as it is a marketing advantage to promote being on a worlds team after the bid has already been won and unfair to the athletes who worked very hard to achieve the bid.

Coaches have only 72 hours to accept the IASF Worlds Bid; as such teams should have already put a basic plan in place leading into Nationals just in case they win.

The ages for 2015 level 5 & 6 teams competing for 2016 IASF Worlds bids is 6 months lower than the USASF rules because athletes will be competing at IASF Worlds the following year which then puts the athletes in the correct age group, i.e. a 14 year old in 2015 that turns 15 in 2016 before the 31<sup>st</sup> December will be the correct age for the 2016 Worlds.

## UNIVERSITY TEAMS & UNIVERSITY BID WINNING TEAMS To be revised for 2015

AASCF have added a new section to their University categories at their Championships; we now have a University category of which teams must be 100% current University athletes, and we have an OPEN University category which is for teams with only 60% University athletes.

- **Division 1 University**, comprises of full 100% current University athletes (Bid to Uni Worlds & Uni Grand Champion Banners will be given)

- **Division 2 Open University**, comprises of a mixture of current students, alumni and outside Uni athletes. 60% need to be current students and the other 40% can be made up of alumni and outside students. (This section will not be in the running for Uni Grand Champion or Uni Worlds).

All team members must be 17yrs+ under the university category levelling and rules.

University teams wanting to compete at the Southern University Games (SUG), as well as go for bids to the 2015 World University Championship must have 100% team member's current registered students of your University.

All teams competing in the AASCF University sections will need to present their University Student Card ID number on their official entry form and will be checked by the University officials.

All University Cheer routines need a 30 second cheer in their routines at the AASCF competitions and the Southern Uni games. This 30 second cheer needs to display CROWD LEADING which requires crowd effective material, voice, pace & use of motions to lead the crowd; use of signs, poms or megaphones and practical use of stunts/pyramids to lead the crowd. **The cheer can be placed anywhere within the routine and will be part of the 2.30 minutes.**

At AASCF Scholastic Nationals we give University Teams bids to the World University Championship. Teams must have 100% currently registered students to be eligible. The sections offered at the AASCF Scholastic Nationals for Uni teams, and World University Championship and amount of members permitted on the team is as per below.

### DIVISIONS

All Girl Team Cheer level 1/2 (24 members)  
All Girl Team Cheer level 3/4 & 5/6 (20 members)  
Coed Team Cheer level 1/2 (20 members)  
Coed Team Cheer level 3/4 & 5/6 (16 members)  
Dance Team Pom (16 members 100%, 24 members open)  
Dance Team Hip Hop (16 members 100%, 24 members open)  
Dance Team Jazz (16 members 100%, 24 members open)  
Dance Team mod/cont/lyr (24 members – only open offered)

### Doubles Divisions:

Dance Team Doubles Pom (2 members)  
Dance Team Doubles Hip Hop (2 members)  
Dance Team Doubles Jazz (2 members)

### Stunt Divisions:

All Girl Group Stunt (up to 4 females)  
Coed Partner Stunt (1 male, 1 female)

### **NOVICE DANCE CATEGORY**

Novice: is offered in Pom, Jazz and Hip Hop only, in all ages – (Tiny aged teams will always be regarded as Novice).

It is open for newbie All Star teams in their first year of competition, may that be brand new clubs or just beginner teams within an established program; a gentle way of easing into our sport and understanding how it all works. The idea of Novice is to perfect the very basic skills on the competition floor before attempting harder skills.

Please note: if your dance team has majority (50 %+ ) of skills such as Fouettes, or Russian Jette's (switch leaps), or Double Pirouettes etc. you strictly CANNOT compete in Novice.

Novice is not compulsory for new teams but an option. Once your team has competed Novice for the season, they must move into the All Star section the next season. Also, if you are competing in All Star during the season, you cannot move into Novice for Nationals (unless recommended by the organisers via judging panel at States).

Novice teams will not have points deducted (unless extreme circumstance of putting athletes at risk of injury or unfixed warned skills from prior Championships); they will have warnings so as to initiate them into the rules of our sport. Nevertheless, any teams breaking the Novice Guidelines will be deducted with full legality points for each illegal skill sets performed.

The teams in the new NOVICE sections will not be included in any Highest Scoring or Grand Champion awards.

### **NOVICE CHEER CATEGORY**

Novice: is offered in Cheer Level 1 only, in all ages. (Tiny aged teams will always be regarded as Novice).

It is open for newbie All Star teams in their first year of competition, may that be brand new clubs or just beginner teams within an established program; a gentle way of easing into our sport and understanding how it all works. The idea of Novice is to perfect the very basic skills on the competition floor before attempting harder skills.

Please note: if your level 1 cheer team has majority (50 %+ ) high range level 1 tumbling (i.e. round offs, walk overs) and/or majority (50 %+ ) high range stunting (i.e. duel base chest stands, single base thigh/waist level) you strictly CANNOT compete in Novice.

Cheer Level 1 Novice team athletes are strictly not permitted to compete in any other cheer team Level 2 or above. However they are permitted to cross over into a level 1 team.

Novice is not compulsory for new teams but an option. Once your team has competed Novice for the season, they must move into the All Star section the next season. Also, if you are competing in All Star during the season, you cannot move into Novice for Nationals (unless recommended by the organisers via judging panel at States).

Novice teams will not have points deducted (unless extreme circumstance of putting athletes at risk of injury or unfixed warned skills from prior Championships); they will have warnings so as to initiate them into the rules of our sport. Nevertheless, any teams breaking the Novice Guidelines will be deducted with the full legality points for each illegal skill performed. The teams in the NOVICE sections will not be included in any Highest Scoring or Grand Champion awards. Novice also pays a slightly cheaper entry fee.

# 2015 Australian All Star Cheer & Dance Championship Series Information Pack



## AASCF GIVES BIDS AT THE 2015 AUSTRALIAN NATIONAL CHAMPIONSHIPS TO THE IASF CHEERLEADING & DANCE WORLDS, 18+ BIDS FOR 2016 IN ORLANDO, FLORIDA AT DISNEY WORLD



**\*NEW - Now offering Worlds bids into the USASF Senior Cheer & Dance divisions- MORE INFORMATION TO COME**

### AASCF BID WINNERS SINCE 2007

- 2007 AASCF Cheer Victoria's *Australian Outlaws* competed at Cheer Worlds
- 2008 AASCF Queensland's *John Paul College* competed at Dance Worlds
- 2009 AASCF Cheer Victoria's *Australian Outlaws* competed at Cheer Worlds
- 2010 *Phoenix All Stars* competed at Dance Worlds
- 2011 *Bradshaw Dancers, East Coast All-stars (ECA) & MCA Wolfpack* competed at Dance Worlds and *ECA, Australian Outlaws & Australian Dream Girls* competed at Cheer Worlds
- 2012 *Bradshaw Dancers, MCA, NRG & Starlets* competed at Dance Worlds and *Australian DreamGirls* competed at Cheer Worlds
- 2013 *Bradshaw Dancers, Deakin Uni, Evolution of Dance* competed at Dance Worlds & *ECA Eagles, ECA Ladybirds, Gymstars Angels, Outlaws Fugitives* competed at Cheer Worlds
- 2014 *Airborn Encore Elite, NRG All Stars Energize & Hurricane, EOD Senior Elite, Starlets,* competed at Dance Worlds, *Outlaws Kelly Girls, DreamTyme DreamGirls, SCC Legacy* competed at Cheer Worlds.
- 2015 – *Dancers Edge, Evolution of Dance, Cheertastic, Monash Mystics, DreamTyme All Stars, Mathis Diamonds, Pure All Stars Allure, Starlets Scorpius, MCA Swifts* competing at Dance Worlds, *ECA Eagles, Outlaws Kelly Girls, ECA Ladybirds, Starlets Orion, ZSA Southern Tigers, Gymstars Lady Vixens, Outlaw Fugitives, SCC Legacy* competing at Cheer Worlds.

**Who will be on their Worlds journey in 2016? As our competition size is increasing and our Level 5/6 teams are growing we are offering more bids in each section!!!!!!**

### **WHAT DOES THIS MEAN AND HOW DOES THIS WORK?**

The International All Star Federation (IASF) is the World Governing Authority for All Star Cheer & Dance standards in safety, education, competitions, & sportsmanship. A non-profit organisation made up of top industry leaders from around the world, the IASF aims to build the cheer & dance community by creating standardised safety rules, educating coaches & athletes, & hosting the ultimate athletic competition

### **The Cheerleading & Dance Worlds.**

This competition is only open to teams who have been invited to attend as a "bid" winner. The IASF utilises member companies (including the AASCF) to select bid winners at their competitions and those athletes come together in April to really test the limits and see who the true World Champion is.

Each event producer, hosting a Worlds qualifying event, has the discretion to select the divisions and process the bids are awarded. AASCF bid winners of the "Partial Paid" bids will be awarded a **specified dollar amount** towards the team's travel package to Worlds.

**As the first international member company in Australia** of the USASF/IASF, AASCF will select **Partially Paid Bid** cheer & dance bid winners at the **Australian All Star Cheer & Dance Championship**, which will be held in a different State of Australia every year. If the bid winners should select to compete at the Worlds, AASCF will provide support options to help fund the trip.



All Australian cheer teams competing in the International Level 5 and 6 and dance teams competing in the International dance sections are eligible to be selected for this prestigious honor. Selections of bid winners are based partly on score and partly on judge panel criteria. If they are the only team in their section it will be to the judge's discretion to give the bid. All decisions are final. AASCF will work closely with our Worlds bid winner(s) to support the process for everyone involved.

[www.iasfworlds.org](http://www.iasfworlds.org)



# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## ATHLETE REGISTRATION DEADLINES & FEES

AASCF has implemented a change to the registration fees and deadlines for 2015. These changes are paramount for the growth of our sport and the running of our events.

### DEADLINES

The deadline will now be calculated by the number of teams entered initially and then by the closing date but only if the maximum team number is not reached. This will ensure our championships will not overflow with entries before the cut-off date. The closing date is 4 weeks before the actual championship date; and 6 weeks before Nationals.

### REGISTRATION FEES

We have had to make a very necessary change to our fee structure. In the past unlimited entry fee allowed many programs athletes to perform a minimum of 2 up to 10 routines at our championship for the one price. This now needs to change.

The new entry fee structure still allows athletes to compete in as many routines as they choose, but they will be paying for every additional Cheer / Dance routine or Partner Group Stunt routine or Dance Double

#### EG WINTERFEST & MELBOURNE SPRING CARNIVAL

1 x Cheer Routine = \$40.00

1 x Cheer Routine (\$40.00) + 1 x Dance Routine (\$10.00) = \$50.00

1 x Cheer Routine (\$40.00) + 2 x Dance Routine (2 x \$10.00 = \$20.00) + 1 x Group Stunt (\$10.00) + 1 x Partner Stunt (\$10.00) = \$80.00

ATHLETES INDIVIDUAL ENTRY FEES FOR 2015				
	1 cheer routine or 1 dance routine	athletes only competing in partner & group stunt or dance doubles - 1 routine	every additional cheer routine, dance routine, stunt & dance double, please add	non member athlete accident insurance fee
<b>WINTERFEST - Cheer &amp; Dance</b>				
ALL STAR TEAMS - Cheer & Dance	\$40	\$25	\$10	\$7
NOVICE & SCHOLASTIC	\$30		\$10	\$7
<b>ALL STAR BATTLE - Cheer</b>				
ALL STAR TEAMS - cheer	\$70		\$15	\$7
NOVICE	\$60		\$15	\$7
<b>STATE SERIES - Cheer &amp; Dance</b>				
ALL STAR TEAMS	\$55		\$15	\$7
NOVICE & SCHOLASTIC	\$45		\$15	\$7
<b>SCHOLASTIC NATIONALS - Cheer &amp; Dance</b>				
PRIMARY SCHOOL, HIGH SCHOOL & UNIVERSITY	\$50	\$25	\$10	\$7
<b>MELBOURNE SPRING CARNIVAL- Cheer &amp; Dance</b>				
ALL STAR TEAMS - Cheer & Dance	\$40	\$25	\$10	\$7
NOVICE & SCHOLASTIC	\$30		\$10	\$7
<b>AASCF NATIONALS - Cheer &amp; Dance</b>				
ALL STAR TEAMS	\$85	\$40	\$25	\$7
NOVICE & SCHOLASTIC	\$75			
<b>AUSTRALASIAN PINNACLE- Cheer &amp; Dance</b>				
ALL STAR TEAMS ONLY - BID WINNERS ONLY COMPETE	N/C			

## DANCE SECTIONS OFFERED AT ALL AASCF EVENTS (except Battle)

### **Pom Pom Motions Routine - 2.30 minutes – must use poms**

Minimum of 4 persons

Pom poms must be used for 80% of the routine. Important characteristics of a pom routine include synchronisation and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc. Male dancers may or may not use poms.

### **Jazz Ballet Routine - 2.30 minutes**

Minimum of 4 persons

Execution, style, control, transitions and creativity performed to high energy music. Routines must be age appropriate. A jazz routine incorporates stylised dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

### **Hip Hop Routine - 2.30 minutes**

Minimum of 4 persons

Executions of contemporary style, hip-hop feel uniformity, high energy and creativity. The music must be typical to its style. Routines emphasise the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

### **Lyrical – 2.30 minutes**

Minimum of 4 persons

In keeping with the IASF Dance Rules, Lyrical routines combine the principles of jazz and ballet and emphasise proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection.

### **Modern/Contemporary – 2.30 minutes**

Minimum of 4 persons

In keeping with the IASF Dance Rules, modern / contemporary routines implement the principles of classical technique, fall & recovery &/or contraction & release and weight sharing to express inner feeling as related to the musical or narrative piece.

### **Doubles Dance (Duo) - 1.30 minutes**

Minimum & maximum of 2 persons

In keeping with the IASF Dance Rules, doubles dance can be Jazz, Hip Hop or Pom performed and can be executed with dance lifts or connected lines within routine, mirror image and tight team work. Comparable to "So You Think You Can Dance" duo routines.

## CHEERLEADING SECTIONS OFFERED AT ALL AASCF EVENTS

### **Cheer Routine: Stunt/Dance/Tumble/Cheer - 2.30 minutes**

Minimum of 5 persons

Strictly only practice stunts & tumbling under the USASF/IASF guidelines and the guidance of experienced & qualified coaches & spotters. Performed on a **7 or 9 run All Star Competition size cheerleading** floor, to high-energy music, your routine must display safety, technique & transition. Routines should include dance, tumbling, stunt, pyramids, jumps & motions, tosses - Exception: Level 1 routines cannot have tosses.

### **Group/Partner Stunt Routine - 60 seconds**

2 persons in partner stunt section & 3 - 5 persons in group stunt section

Strictly only practice stunts & tumbling under the guidance of experienced & qualified coaches. Performed to high-energy music, your aim is to safely execute as many stunts as possible in 60 seconds. Your routine must display safety, technique & transition. You must follow the USASF/IASF guidelines. A stunt routine is a display of stunt to music. Please note that dance, jumps, baskets tosses, pyramids & independent tumbling is not on the Stunt score card.

ALL SECTIONS MUST FOLLOW THE USASF/IASF CHEER & DANCE GUIDELINES

[www.usasf.net](http://www.usasf.net)

# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## AASCF 2015 **DANCE RULES** 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 4 members. There is no maximum limit.
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 4 weeks before the event date! If you have changes after these 4 weeks, there will be a \$40 fee per change. I.e. Small to Large, Regular to Novice, Youth to Junior etc. This fee will not occur if it is a mistake entered by AASCF.

### 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](http://www.usasf.net)

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

### DANCE AGE DIVISIONS & TEAM SIZE

DIVISIONS	AGE*	SMALL team	LARGE team
Tiny Dance	6 years & younger	4 -14 dancers	15 & more dancers
Mini Dance	9 years & younger	4 -14 dancers	15 & more dancers
Youth or Primary School Dance	12 years & younger	4 -14 dancers	15 & more dancers
Junior Dance	15 years & younger	4 -14 dancers	15 & more dancers
Senior or High School Dance	18 years & younger	4 -14 dancers	15 & more dancers
Open Dance	14 years & older	4 -14 dancers	15 & more dancers
University Dance	17 years & older	4 -16 dancers 100%	4 - 24 dancers open
Special Needs Pom	N/A	N/A	N/A

\*Scholastic ages may vary slightly from grid on proof of being a current student of the school.

### **\*The age of the competitor must be in the year of the competition**

The age of the competitor must be in the year of the competition.

I.e. If you are entering in Dance "Tiny" in 2015 your athletes must be 6 years or younger in the year of competition being 2015, if they turn 7 it must be after 31st December 2015.

If you enter in "Open Dance" in 2015, 14 years & over, they must turn 14 by 31st December in the year of competition being 2015, they cannot turn 14 after the 31st December 2015.

### COMBINING AND SPLITTING

Event producers will split a division into Small and Large if there are 10 or more teams in the division before the split occurs. There must be at least 3 teams in each division once the split occurs.

### ALL SECTIONS MUST FOLLOW THE USASF/IASF DANCE RULES

[www.usasf.net](http://www.usasf.net)

Or email AASCF for a PDF of the guidelines - [rosemary@asacf.com.au](mailto:rosemary@asacf.com.au)

# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## AASCF 2015 **CHEER RULES** AGE DIVISIONS & LEVELS

### CHEER GENERAL RULES

1. All teams must be supervised during all official functions by a director/coach.
2. All cheer teams coaches must be credentialed to the level of the squad.
3. Level 5 & 6 teams are not permitted to cross over into another level 5 & 6 team; lower level teams are permitted but only between 3 levels and at their own risk as the competition schedule will not cater for these cross overs.
4. Cheer Teams must have a minimum of 5 members.
5. COMBINING & SPLITTING Event producers will split a division into Small and Large if there are 10 or more teams in the division before the split occurs. There must be at least 3 teams in each division once the split occurs.
6. Substitutions may be made in the event of any injury or other serious circumstance but must be in a 3 level range. Substitutes must also abide by the age restrictions in all divisions and must be registered to compete for insurance reasons.
7. Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.
8. 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.
9. All teams must follow the USASF/IASF & AASCF guidelines, rules & regulations.
10. All teams, gyms, coaches and advisors should have an emergency response plan in the event of an injury.
11. All athletes in teams/squads may only compete at one All Star club; nevertheless they are permitted to compete in an All Star and a Scholastic team.
12. No changes can be made to your entries after 4 weeks before the event date! If you have changes after these 4 weeks, there will be a \$40 fee per change. I.e. Small to Large, Regular to Novice, Youth to Junior etc. This fee will not occur if it is a mistake entered by AASCF.

### 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" on page 24 for guidelines regarding costumes and choreography.
3. In the cheer of cheer the only props allowed are signs, megaphone, pom poms, flags and banners. The competitors must carry all props onto the performance area. Signs, flags or banners **with poles** or similar supports may not be used in stunt, pyramids or tumbling.

The AASCF Australian All Star Cheer & Dance Championship level of competition, age groups & general safety guidelines are as per below. Please go to the USASF website for the Cheer & Dance official rules and regulations, [www.usasf.net](http://www.usasf.net). If you are unsure what level to enter your team in please email your USASF/IASF International Regional Director Rosemary Sims on [rosemary@asacf.com.au](mailto:rosemary@asacf.com.au) or call her on 0417346153 and she will answer all of your technical questions.

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 Teen level 2 it would automatically be placed into either Large Teen level 2. We may also mix all girl and co-ed.

### ALL SECTIONS MUST FOLLOW THE USASF/IASF CHEER RULES

The information on the next page is associated with the Cheer Age Chart. The list is a "menu" of divisions that may be offered by an individual event producer. An event producer does not have to offer every division listed. An IASF/USASF-member event producer may only offer divisions from the grid, unless prior written approval is granted from the IASF/USASF.



# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## AASCF 2015 CHEER AGE DIVISIONS & LEVELS

Cheer Divisions	Age	Sex	No. in squads	IASF Level
<u>Tiny</u>	5 yrs & Under	N/A	5 – 32 members	1
<u>Mini</u>	8 yrs & Under	N/A	5 – 32 members	1 & 2
<b><u>Youth &amp; Primary School</u></b>				
Small youth or primary	11 yrs & Under	N/A	5 – 20 members	1,2,3 & 4
Large youth or primary	11 yrs & Under	N/A	21 - 32 members	1,2,3 & 4
<b><u>Junior</u></b>				
Small junior	14 yrs & Under	N/A	5 – 20 members	1,2,3,4 & 5
Large junior	14 yrs & Under	N/A	21 - 32 members	1,2,3,4 & 5
<b><u>Senior &amp; High School</u></b>				
Small senior or high school	10 - 18 yrs	All Girl	5 – 20 members	1,2,3,4, & 4.2
Large senior or high school	10 - 18 yrs	All Girl	21 - 32 members	1,2,3,4, & 4.2
Small senior or high school	10 - 18 yrs	Co-ed	5 – 20 members	1,2,3,4, & 4.2
Large senior or high school	10 - 18 yrs	Co-ed	21 - 32 members	1,2,3,4, & 4.2
Small senior or high school	12 - 18 yrs	All Girl	5 – 20 members	5
Large senior or high school	12 - 18 yrs	All Girl	21 - 36 members	5
Small senior or high school	12 - 18 yrs	Co-ed	5 – 20 members & 1-4 males	5
Large senior or high school	12 - 18 yrs	Co-ed	5 - 36 members & 1-18 males	5
<b><u>Open</u></b>				
Open	14 yrs & Over	All Girl	5 – 20 members	1,2,3,4 & 4.2
Open	14 yrs & Over	All Girl	21 - 32 members	1,2,3,4 & 4.2
Open	14 yrs & Over	Co-ed	5 – 20 members	1,2,3,4 & 4.2
Open	14 yrs & Over	Co-ed	21 - 32 members	1,2,3,4 & 4.2
Open	14 yrs & Over	All Girl	5 – 36 members	5
Small Open	14 yrs & Over	Co-ed	5 – 20 members & 1-4 males	5
Large Open	14 yrs & Over	Co-ed	5 – 36 members & 1-18 males	5
<b>*NEW</b> Open	17 yrs & Over	N/A	5 – 32 members	4
<b><u>International Open IASF Worlds bid</u></b>				
International Open	14 yrs & Over	All Girl	5 – 24 members	5
International Open	14 yrs & Over	Coed	5 – 24 members & 1-12 males	5
International Open	16 yrs & Over	All Girl	5 – 24 members	6
International Open	16 yrs & Over	Coed	5 – 24 members & 1-15 males	6
<b><u>University</u></b>				
<u>University</u>	17 yrs & Over	All Girl	5-16 100%, 5-24 open & all level 1/2	1/2, 3/4, 5/6
<u>University</u>	17 yrs & Over	Coed	5-16 100%, 5-24 open & all level 1/2	1/2, 3/4, 5/6
<b><u>Special Needs teams</u></b>				
	Any Age	N/A	Unlimited	1 & 2 (no baskets)

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

\*The age of the competitor must be in the year of the competition.

i.e. If you are entering in Cheer "Tiny" in 2015 your athletes must be 5 years or younger in the year of competition being 2015, if they turn 6 it must be after 31st December 2015. If you enter in Open in 2015, 14 years & over, they must turn 14 by 31st December in the year of competition being 2015, they cannot turn 14 after the 31st December 2015.

\*The ages for 2015 Level 5 & 6 teams competing for 2016 IASF Worlds bids is one year lower because athletes will be competing at Worlds the following year which then puts the athletes in the correct age group.

\*Scholastic ages may vary slightly from grid on proof of being a current student of the school.

\*University levels are combined; levels 1 & 2 will be competing together, level 3 & 4 and 5 & 6

## GENERAL INFORMATION

### ★ Judging

AASCF bring highly respected, qualified, experienced & reputable judges to all of our championships. Our Nationals judging panel are always headed by the best Judges from the USA. You will never have coaches of teams in your State judging nor inexperienced people in the industry. Every one of our judges has an extensive resume and history in the style they are judging as a former athlete/dancer and successful coach and/or choreographer as well as judge. Decisions of the adjudicators are final.

### ★ How to handle procedural questions

Any question concerning the rules or procedures of the competition will be handled exclusively by one designated representative of the team (i.e. director, coach or captain) and will be directed only to a Competition Official. Such questions should be made prior to the team's competition performance. Any questions concerning the team's performance should be made to a Competition Official immediately after the team's performance.

### ★ Athletes procedure at AASCF championships

- Athletes must NOT walk around in midriff tops, exception being the warm-up room, performance floor and transition from warm-up room to performance floor. They must be covered in all public areas please.
- Athletes cannot sit on the floor in the foyer blocking public thoroughfares. Make up and costume changes cannot be performed in the foyers or public areas.
- You must instruct your athletes to always carry their bags with them. Competing team's bags will be left in the warm-up area as they go on to perform. Once competed they must collect their bags and immediately move out of the restricted area.
- Only the immediate teams and their coaches are permitted in the warm-up area, 4 teams abreast.
- Change rooms are not designated to any one program and bags are not to be left in the change rooms – they are available for teams to get changed, apply makeup etc. then strictly move out with their bags.
- It is advised that you find your own designated meeting area around the venue that will be your squads meeting area.

### ★ Warm-up area procedure

Attention to detail on warm-up procedure will make or break your athlete's warm-up opportunity. You must be organised as if you miss your time, your team misses out – NO QUESTIONS ASKED.

Please note that each team must be ready waiting at the warm-up room entrance ½ hour before their performance time. No teams will be allowed into the warm-up area before they are called in. PLEASE MAKE NOTE - we will not be chasing any teams or athletes; if your athletes or teams are not ready to go, we will not be waiting or holding up the competition for you.

### ★ AASCF advertising / solicitation policy

No advertising or soliciting of any type is allowed. If you are not a registered recognised vendor at AASCF Championships you are not allowed to hand out, distribute or make available any sales brochures, flyers, samples or other sales material to athletes, coaches or visitors at the competition. Sales brochures or flyers left about the championship will be thrown away and clear proof of advertising and soliciting. Visitors/coaches/event producers etc. trying to distribute sales material at the competition will be asked to leave the event, no exceptions. If any of these people are proven to be connected to a club, team or program, the program risks being disqualified.

## ★ Recruiting of athletes/promoting gym/promoting events

The recruiting of athletes and promoting your gym to explicitly recruit athletes, or advertising your events, merchandise etc. is strictly prohibited at all AASCF events. The following are examples of what is not allowed:

- ★ Flyers that are handed out detailing tryout information, gym location, contact numbers, web sites, events, merchandise etc. inside arena/competition area and/or parking lot is not permitted.
- ★ T-Shirts with tryout dates on them are not permitted. T-Shirts with gym name, logo, or website are acceptable as long as there is no reference to recruitment of athletes.
- ★ Coaches, owners, directors, etc. talking to other athletes about attending their gym. Recruiting of athletes/promoting gym at AASCF events can/may result in a 2.5 point deduction, removal of owners/directors/coaches, disqualification, etc.

Teams may report any issues to event management, but in order for us to assess a point deduction or disqualification, there must be multiple witness of such conduct and deem it unsportsmanlike. We cannot make a ruling based on hearsay alone.

## ★ Point review system

We will be using our new Point Review for cheer day at most of our championships (it will not be used for stunt or dance).

PLEASE NOTE – the point review system is not an excuse for not knowing your rules and cannot be blamed for rules that are missed at prior championships.

How AASCF Point Review System works:

1. Your team competes.
2. Directly after they have competed the coach heads to the Point Review Centre to pick up their safety and deductions sheets – strictly only one coach allowed at the Point Review Centre, please don't have multiple coaches approach the table as only one will be dealt with, the rest will be sent away.
3. Coach is then given a 15-30 minutes (this will vary) from when the safety and deductions sheets hit the table in the Point Review Centre to query anything they feel not to be correct; this is strictly timed so even 1 minute late you will not be able to contest your points.
4. In the case of finding something, coach then completes a "Deduction Assessment Form" which they acquire from the Point Review desk.
5. The point review expert will then assess the routine for the points being contested as per information provided on the form.
6. If the deduction was incorrect, the deducted points are removed, if the deduction was correct, coach will be completely satisfied by viewing the instant replay.

Safety & deduction judges have the hardest job of all as they have 2 ½ minutes to pick up errors, illegal skills, unsafe movements etc. With this in mind mistakes can be made, (often in the coaches favour when things are missed) as such we feel this new system will make it so much easier for the safety & deduction judges to do their job and will fully satisfy the coaches that we will do our very best to be fair to all.

## ★ Injury

1. The only people that may stop a routine for injury are: a) competition officials, b) the gym owner / head coach from the team performing or c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may (pending the injury's impact on the routine) perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless the competition officials receive clearance from, first, the medical personnel attending to that participant, the parent/guardian (if present) AND THEN the head coach/advisor of the competing team.

## ★ Music problems

If there is a music issue for whatever reason, during your performance time, you must have your back up music on you and ready immediately. If you need to run up to the stands or out to the car – your team will miss out as we will not hold up the championship for your lack of organisation. Alternatively you will have to count your athletes through their routine – No exceptions. Have yourself or a designated music person ready and accessible to the sound desk for the entirety of each of your performances.

If a music problem is reported after the routine is completed it is too late and the team does not have the right to perform again.

## ★ Athletes wrist bands & athlete waivers

Coaches, you are to register your teams, but please make note of any of your team members are not wearing their wrist/ankle band or they will not be permitted to compete. The wrist bands will be checked in the warm-up room.

All athlete waivers must be submitted prior to the event. Your athletes will not be permitted to compete without having their waivers submitted. Please remember you don't need a new waiver for each competition, each athlete only needs one waiver presented to AASCF per year.

## ★ AASCF photography & dvds

We will be providing your clubs professional photos and professional videos for FREE – on 2 different discs, one with video files and one with images, FREE for EVERY competing athlete and coach.

## ★ Interruption of performance

A. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should stop the routine. The degree and effect of the interruption will be determined by competition officials, and the team will be allowed to present its routine from a place in the routine to be determined at the sole discretion of competition officials.

B. 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. The designated music person needs to be at the sound desk 2 items before your performance and **MUST** make themselves known to the audio operator.

C. In the event that an injury causes the team's routine to be interrupted, the team must either perform the routine again at a time allocated by the Head Judge or withdraw from the competition. Competition officials reserve the right to stop the routine if an injury occurs and have the sole discretion to determine where the routine will resume if the team is permitted to continue its performance.

## ★ Music instructions

. Please follow instructions below.

- You can play your music from iPod, iPad, any other music player or CD.
- Make sure your mobile phone is on Flight Mode.
- You must have only 1 track in your playlist. That means have separate playlists for each of your tracks. This is very important.
- Have the volume on your music player set to maximum.
- Have any casings off your iPod or iPad
- It will be your responsibility to press **play** and **stop** on your music player or CD.
- You must have music back-up on you at the sound desk, i.e. 1 x CD and 1 x iPod.
- Please make sure you have a designated person to play and stop your music – they cannot leave the sound desk until your routine is finished.
- Be ready waiting at the sound desk at least 2 items before yours and make yourself known to the audio operator.
- Then wait at designated seating until your item is next up on the program.

# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

- Music left at the sound desk will not be returned to you so please remember to take it with you when you are finished.
- If your music does not work and you have no form of back-up on you we will not wait for you to go and find back up music, and you will not be able to go again later in the day. Your team will either perform their routine to your counts or withdraw.
- If your designated music person is not at the sound desk ready for your routine we will not wait and you will not be able to go again later in the day. Your team will either perform their routine to your counts or withdraw.

## ★ Camera policy

All Videos and Photos of your team competing at the AASCF Championships are taken by our team of professional photographers/videographers and are FREE to every athlete and coach – a gift from us to you. PLEASE NOTE - strictly no flash photography; do not take photos or videos of any other teams other than your own and do not have your hands raised above your head taking photos or videos blocking other people's views.

## ★ Conduct

- Inappropriate dance moves will be subject to a violation.
- Inappropriate language or suggested language in music or by athletes, coaches or program owners will be subject to a deduction.
- Please support all teams during presentations, and in the situation of second place being announced, leaving your team as the only possible winner, please control your squad so as not to take away from the second place contenders moment.
- Unsportsmanlike, rude or disrespectful conduct by team members, coaches or supporters will be subject to a violation to your team.

## ★ Interpretations and Rulings

Any interpretation of any aspect of AASCF Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the AASCF Competition Rules Committee. The AASCF Competition Rules Committee will render a judgment in an effort to insure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee consists of the Competition Director, Head Judge, and the AASCF Rules Head Judge. The Competition Director may appoint additional members to those listed above to be members of the AASCF Competition Rules Committee.

## ★ Finality of Decisions

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.

## ★ 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 and any other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

## ★ Scores and Rankings

Individual judges score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or gym owners at the conclusion of the competition.

# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## ★ Appearances, Endorsements and Publicity

All teams winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the AASCF office.

## ★ Additional Information

We encourage and appreciate any questions or concerns you may have. Please send your questions, in writing, to the below address to expedite the response:

Australian All Star Cheerleading Federation  
PO Box 7012 , Upper Ferntree Gully, Victoria, Australia 3156  
Email: [steve@aascf.com.au](mailto:steve@aascf.com.au) , [rosemary@aascf.com.au](mailto:rosemary@aascf.com.au) & website [www.aascf.com.au](http://www.aascf.com.au)

**ALL SECTIONS MUST FOLLOW THE USASF/IASF CHEER & DANCE GUIDELINES**  
[www.usasf.net](http://www.usasf.net)

## GENERAL GUIDELINES

### ★ Scoring Process

Scores will be based on points per each Scoring Judge. These scores are transferred to the "Official Tally Average Score Sheet". The scores are taken to a percentage score of which the violation penalties are then deducted to arrive at the "Grand Total" score.

### ★ Routine Scoring Categories Breakdown

Please email us for the AASCF score card in order to fully understand the breakdown of your sections before you start choreography.

### ★ Technical Safety & Cheerleading Safety Spotters

- You must have proper training before attempting any skill.
- No team is permitted to stunt without a qualified coach equivalent to the level of skills they are practicing.
- Choose to perform only accomplished skills or your team will be subject to violations.

In Cheerleading, you must have Spotters for all extended stunts apart from level 6. A spotter must be a competing squad member. Exception - Partner Stunt divisions. If you feel the need for an extra Safety Spotter, a person/s may step onto the performing area during stunts, pyramids or baskets to assist in the event of an unexpected fall. Safety Spotters should not touch, assist, or save skills being performed. They should only be used to prevent a fall to the competition floor. Any touch, assist, or saved skill where the flyer is not returned to the performance surface will receive a legality deduction. Exception to this rule is given in the case of Partner Stunt divisions in which the Safety Spotter is required to assist in catching a cradle. NOTE: The spotter may not then assist in tossing the Flyer from the cradle catch to another skill. Safety Spotters MUST be dressed in black long pants and a black top and must not be wearing jewellery, watches or badges etc. There should be NO verbal coaching by Safety Spotters during the routine. This includes counting. Any occurrence will be considered a violation and the team will incur a deduction.

### ★ General & Safety Guidelines

Each General and Safety Guideline violation will be assessed and deducted accordingly.

All coaches are to read and study the IASF/USASF Guidelines as well as this package to make sure teams do not incur any of these violations. You can down load these from [www.usasf.net](http://www.usasf.net).

***Jewellery and fingernails are deemed a SAFETY HAZARD, and as such every item of jewellery will cause an infraction on your team's scorecard. Plasters or adhesive tape covering jewelry and nails do not constitute a safety measure. All items of jewellery must be removed and nails cut short. There may be a jewellery & nail check in pre-holding.***

## ATHLETE BEHAVIOR

1. Athletes of teams are expected to exhibit the utmost of sportsmanship, respect and support throughout the entire event.  
There are increasing concerns that a high standard of “decorum” is not being followed consistently by all teams in the performance venue at performance time, and also by some gym members/fans viewing the routine.
  - A. When teams are introduced, they are expected to take the floor within a 30 second window and assume the starting position for their routine. At the conclusion of the routine, competitors are expected to exit the performance floor immediately, again within a 30 second window of time.
  - B. From the time the team is announced the protocol to entering and leaving the competition floor is expected to reflect a “team” environment.
  - C. Actions that exhibit excessive boasting, a delay in competition, poor sportsmanship, unprofessional behavior, etc. may be penalised for by event judges. These actions may include, but are not limited to, things such as:
    - i. Taunting another team. Taunting may be defined as the use of baiting or taunting acts of words that engender ill will between teams.
    - ii. An athlete calling unnecessary attention to her/himself (i.e. high 5’s, chest bumps, etc.)
    - iii. Excessive pre or post competition team rituals (team bonding traditions must take place behind the stage area.)
    - iv. Displays of public affection.
    - v. Running the perimeter of the performance floor (like a “victory” lap.)
    - vi. Stepping outside of the floor bounds to approach coaching staff, crowd members and/or other members of the audience.
    - vii. Excessive celebration i.e. athletes wrapping their legs around coaches and/or each other, victory dances, etc. Any prolonged, excessive, or premeditated celebration by individual athletes or a group of athletes while on the competition floor.
    - viii. Coaching staff, parents, fans and/or other members of the performing gym taking the performance floor before, during or after a performance (unless in direct response to an obvious athlete injury). The only people allowed on the performance floor are the competitors and competition personnel.
    - ix. Athletes collapsing to the floor following a performance when an injury does not seem apparent.
2. It will be assumed that any athlete who is not able to maintain a standing position is in need of medical attention and will be treated as such.
3. Teams will be assessed a 2.0, 4.0 or 6.0 point penalty for exhibiting unsportsmanlike, unprofessional, disrespectful and/or unsupportive behavior. The amount of the penalty will be determined by the competition officials.

## IMAGE POLICY

Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows etc. do not meet the standards of 'appropriate' as described in this policy.

### ★ APPROPRIATE CHOREOGRAPHY

APPROPRIATE CHOREOGRAPHY goes into effect with the 2013 season.

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.

Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behavior are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'

Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.

### ★ APPROPRIATE UNIFORM

APPROPRIATE UNIFORM goes into effect with the 2015 season.

#### General Uniform Guidelines

No risqué, sexually provocative or lingerie looking or inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn.

In addition to the below specific guidelines, athletes must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate.

#### Uniform Skirts/Shorts Guidelines

When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.

#### Uniform Top Guidelines

Uniform tops may not include an exposed midriff except for Teens and above which may have a maximum of 10" between the skirt/short top and the uniform top bottom. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).

### ★ COVER UP GUIDELINES

This requirement begins with the 2013 season.

Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, travelling as a group directly to or from the warm up area, or on the performance stage.

### ★ MAKEUP AND OTHER

MAKE UP AND OTHER goes into effect with the 2013 season, but will not be enforceable by deduction until the 2014 season.

#### Makeup

Makeup should be uniform and appropriate for both the performance and the age of the athletes.

Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry.



# 2015 Australian All Star Cheer & Dance Championship Series Information Pack

## Bows

Bows should not be excessive in size (acceptable bows are generally no more than 3 in/7.5 cm in width) and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimise risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows etc. do not meet the standards of 'appropriate' as described in this policy.

## CHEER & DANCE ENTRY CONDITIONS AND ETIQUETTES

### CONDITIONS OF ENTRY:

1. Minimum of 5 people to a cheer squad & 4 people to a dance team.
2. All competitors must fill out the official waivers & signed by self if over 18 or a parent or guardian.
3. All competitors must carry some sort of identification (i.e. Birth certificate, school id or licence).
4. Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.
5. 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 have all paperwork completed before they can compete.
6. Disqualification of your squad WILL occur if an athlete's age. D.O.B is not correct on entry or membership forms and is competing in the incorrect age group.
7. There is an 80% refund 6 weeks before then strictly no refunds from 6 weeks leading up to the championship. In the case of individual withdrawals supported by a medical certificate, refunds will be given minus an administrative fee of 25%.
8. If entries are low in a section we will combine entries but strictly only with-in the allocated age group &/or level.
9. Crossovers of participants between level 5 or level 6 teams are NOT permitted. Crossover between lower levels (3 levels only), is permitted at your own risk as the championship will not wait for athletes.
10. AASCF requires all cheer team coaches to be credentialed to the equivalent level of their squad with qualifications that are internationally recognised. **NEW 2015\*\* All Coaches wishing to enter the Warm Up Room MUST provide proof of WORKING WITH CHILDREN certification**
11. The same routine cannot be entered twice (i.e. in two different sections).
12. Each team is to compete only once per section.
13. Each athlete is only to compete once per section.
14. All competitors perform at own risk.
15. You must notify the AASCF of any changes to entries prior to the start of the competition. Please **block print** all information and make copies for your own records. **Failing to do this could end in disqualification.**
16. No changes can be made to your entries after 4 weeks before the event date! If you have changes after these 4 weeks, there will be a \$50 fee per change. I.e. Small to Large, Regular to Novice, Youth to Junior etc. This fee will not occur if it is a mistake entered by AASCF.
17. Only competitors and credentialed cheer coaches to the level of the squad are allowed in the back warm-up area on cheer and stunt days.
18. Teams please be dressed in the appropriate uniform/costume when collecting prizes.
19. Carry over Worlds Bid winning teams cannot use their bid winning athletes in order to win a bid in a different section the following year. The athletes must honour the bid they have already won first.
20. Worlds Bid team entrants at Nationals must follow the stated team sizes in order to win the bid; if the team is larger it will be moved out of the Worlds bid category.
21. You will be charged a \$50 administration fee if you do not use the official Entry Forms paperwork.

### FINAL IMPORTANT ETIQUETTES

- Please have your athletes come to the championship in at least partial uniform and all hair and make-up done. Your athletes will need to keep their bags with them at all times apart from during their scheduled warm-up and performance time of which they will be kept in the warm-up room to be collected immediately after they have performed.
- As per AASCF and IASF/USASF rules - COVER UP GUIDELINES - Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, travelling as a group directly to or from the warm up area, or on the performance stage.
- Please do not practice any of your stunting skills anywhere apart from the designated matted stunting area in your designated warm-up time. Doing this may end up in a **disqualification of your team**. We pride ourselves in growing our sport safely.

## 2015 Australian All Star Cheer & Dance Championship Series Information Pack

- If any of your team members are running late, we STRICTLY will not wait for them and will not re-arrange the running order for late arrivals – under any circumstance.
- Please remind athletes and family and friends to stay seated during performances.
- Please keep your bags on you at all times.
- Please take any concerns on the day to AASCF Event Manager, Kerry Perry, not the MC or the judges.
- All teams must be supervised during all official functions by a director/coach.
- 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.
- All teams, gyms, coaches and advisors should have an emergency response plan in the event of an injury and know where first aid is at each competition (there will be paramedics side stage to the competition floor and also in the warm up room).
- Please report any individuals at our Championships immediately that is trying to sell to you, i.e. camps, clinics, competitions etc. as we have not endorsed any company to do this at our Championships. In any instance of this please let us know immediately, as we will remove them from the premises.
- Please report any individuals that are trying to poach athletes also as we do not permit this at our championships, they will also be immediately removed from the venue. This includes athletes, parents and friends. We like to encourage great sportsmanship at our championships.

**GOOD LUCK AND HAVE FUN**

