

BRINGING THE ENERGY WITH A FUN, FRIENDLY AND HONOURABLE COMPETITION EXPERIENCE.



2025

EVENTS

*Information Pack*



EVENTS@AUSSIEGOLDCHAMPS.COM.AU • WWW.AUSSIEGOLDCHAMPS.COM.AU

# WELCOME TO AUSSIE GOLD

With overwhelming excitement, we are proud to provide six Aussie Gold events across Australia in 2025. At Aussie Gold, it's all about YOU. We're here to deliver a personalised, high-energy event experience that keeps athletes engaged and excited. With a highly knowledgeable and honourable judging panel, a straightforward challenge process, and exciting new features launching in 2025, we're all about pushing boundaries and making every moment unforgettable



## NEW FOR 2025

- Partner Stunt divisions
- Legality query service
- Coaches event day communication platform
- States, spot prize competitions
- Hitzero and Review education
- VIP Gold Room updates
- Range Review information
- Rules Check List
- New Participation accolades
- New Individual Grand Champion awards
- New winning Team Awards to take home on the day

## WHAT'S RETURNING?

- Entry Fees! No fee increases for 2025 - same price for more!
- Free professional Photos & Video for all teams
- 1st, 2nd & 3rd individual athlete medals awarded at all events
- Cheer & Dance Grand Champion for all Dance categories and Cheer levels
- Hit zero badges for every athlete that hits zero
- Highly knowledgeable and independent judging panels
- Fun & friendly event staff willing to assist you!
- Sensory Room for a quiet and more secure place for our neurodiverse guests (where venues can accommodate this)
- Free Gift for every athlete at International and National events

Please note: Dates/Venues may change due to unforeseen circumstances.

# 2025 EVENTS



## STATE CHAMPIONSHIPS

- NSW** 2/3 AUGUST – QUAY CENTRE
- WA** 9/10 AUGUST – HBF STADIUM
- SA** 16/17 AUGUST – NETBALL SA STADIUM
- VIC** 8/9 NOVEMBER – STATE BASKETBALL CENTRE



## PAN PACIFIC CUP INTERNATIONAL CHAMPIONSHIPS

- QLD** 22/23/24 AUGUST – GOLD COAST SPORTS & LEISURE CENTRE



## NATIONAL CHAMPIONSHIPS

- SA** 24/25/26 OCTOBER – ADELAIDE ENTERTAINMENT CENTRE

# AUSSIE GOLD STATE CHAMPIONSHIPS

NSW 2/3 AUG - QUAY CENTRE · WA 9/10 AUG - HBF STADIUM · SA 17/16 AUG - NETBALL SA STADIUM · VIC 8/9 NOV - STATE BASKETBALL CENTRE

**Aussie Gold State Championships, the purple party!  
Compete against your state for the ultimate titles in the battle for GOLD!**

**Bid Event - Be in it to win it! At every State Championship, we're awarding bids to all Grand Champion teams. These bids secure a spot in the Aussie Gold Pan Pacific Cup International Championships 2026. Check out the bid info page for more details.**

**All winning teams and coaches can purchase our exclusive State Champion apparel—just show off that GOLD at the merchandise store!**



**NEW FOR STATES 2025**

- **Spot prize competitions - At State Championship events we will be giving athletes opportunities to participate in some fun and exhibition style competition with spot prizes!**
- **Partner Stunt divisions for Senior Level 3-6 & Open Level 3-7**
- **Event day communication platform: our team will use this platform to contact you.**
- **Our VIP Gold room is becoming more prestigious! A limited amount of VIP passes will be issued to Gym Owners for you to invite your key staff members or coaches.**
- **New collectable participation tags, wear it, display it or add them to your cheer bag!**
- **Grand Champion sashes, all our Grand Champion winning teams will now strut their stuff in our NEW Grand Champion Sashes.**
- **Team Awards! - Banners are out, replaced with NEW awards to take home on the day!**

# AUSSIE GOLD STATE CHAMPIONSHIPS

NSW 2/3 AUG - QUAY CENTRE · WA 9/10 AUG - HBF STADIUM · SA 17/16 AUG - NETBALL SA STADIUM · VIC 8/9 NOV - STATE BASKETBALL CENTRE

## ATHLETE ENTRY



ENTRY FEE	1 CHEER ROUTINE OR 1 DANCE ROUTINE	EVERY ADDITIONAL CHEER ROUTINE, DANCE ROUTINE OR PARTNER STUNT PLEASE ADD
STATE CHAMPIONSHIPS - NSW/WA/SA/VIC		
PER ATHLETE	\$65	\$25

## SPECTATOR TICKETS

TICKET	1 DAY PASS
Under 4	FREE
Kids 5-17 yrs	\$25
Concessions & Pension (ID required)	\$25
Adults 18 yrs +	\$30

## REGISTRATION DATES

NSW - Registrations open April 1st - Registration Close and final payments due Friday 6th June 2025

WA - Registrations open April 1st - Registration Close and final payments due Friday 13th June 2025

SA - Registrations open April 1st - Registration Close and final payments due Friday 20th June 2025

VA - Registrations open April 1st - Registration Close and final payments due Friday 12th September 2025

# AUSSIE GOLD

## PAN PACIFIC CUP INTERNATIONAL CHAMPIONSHIPS

QLD 23/24 - GOLD COAST SPORTS AND LEISURE CENTRE

The **ONLY** event with an Ultimate Champion! One team will take home the coveted **GOLDEN TROPHY** and earn the title of Ultimate Pan Pacific Cup Grand Champion. With over 200 international athletes already signed up for 2025, this is the true showdown.

Featuring exclusive cultural exchange experiences and workshops, your team will spend an unforgettable weekend in Australia's iconic Gold Coast, making memories that last a lifetime.

Worlds Bid Event - The Battle for the Bid Begins! Aussie Gold is reviewing the available Worlds bids for the 2025 season. After a massive showing in the 2024 Worlds Bid race, we're upping the stakes and reassessing the number of bids up for grabs in 2025! \*See Bid information page



**NEW FOR PPCG 2025**

- Partner Stunt divisions for Senior Level 3-6 & Open Level 3-7
- Event day communication platform: our team will use this platform to contact you.
- Our VIP Gold room is becoming more prestigious! A limited amount of VIP passes will be issued to Gym Owners for you to invite your key staff members or coaches.
- New collectable participation tags, wear it, display it or add them to your cheer bag!
- Grand Champion sashes, all our Grand Champion winning teams will now strut their stuff in our **NEW** Grand Champion Sashes.
- Cultural exchange and workshops
- Worlds Bids
- Team Awards! - Banners are out, replaced with **NEW** awards to take home on the day!



# AUSSIE GOLD

## PAN PACIFIC CUP INTERNATIONAL CHAMPIONSHIPS

QLD 23/24 - GOLD COAST SPORTS AND LEISURE CENTRE

### ATHLETE ENTRY

ENTRY FEE	1 CHEER ROUTINE OR 1 DANCE ROUTINE	EVERY ADDITIONAL CHEER ROUTINE, DANCE ROUTINE OR PARTNER STUNT PLEASE ADD
PAN PACIFIC CUP INTERNATIONAL CHAMPIONSHIPS		
PER ATHLETE	\$90	\$30

### SPECTATOR TICKETS

TICKET	1 DAY PASS
Under 4	FREE
Kids 5-17 yrs	\$30
Concessions & Pension (ID required)	\$30
Adults 18 yrs +	\$35

### REGISTRATION DATES

PPC - Registrations open April 1st - Registration Close and final payments due Friday 27th June 2025

# AUSSIE GOLD NATIONAL CHAMPIONSHIPS

SA 25/26 OCTOBER - ADELAIDE ENTERTAINMENT CENTRE

Be part of the action and enter to win an Aussie Gold National Title! The most spectacular production and lighting, this event is like no other.

Bid Event - Your chance to win a bid to The Summit, Youth Summit & Dance Summit! The most competitive NON-Worlds cheer and dance event in the USA.

All National winning teams and coaches can purchase our exclusive National Champion Jersey - Just show off that GOLD at the merchandise store.



**NEW FOR NATIONALS 2025**

- Partner Stunt divisions for Senior Level 3-6 & Open Level 3-7
- Event day communication platform: our team will use this platform to contact you.
- Our VIP Gold room is becoming more prestigious! A limited amount of VIP passes will be issued to Gym Owners for you to invite your key staff members or coaches.
- New collectable participation tags, wear it, display it or add them to your cheer bag!
- Grand Champion sashes, all our Grand Champion winning teams will now strut their stuff in our NEW Grand Champion Sashes.
- Summit Bids
- Team Awards! - Banners are out, replaced with NEW awards to take home on the day!



# AUSSIE GOLD NATIONAL CHAMPIONSHIPS

SA 25/26 OCTOBER - ADELAIDE ENTERTAINMENT CENTRE

## ATHLETE ENTRY

ENTRY FEE	1 CHEER ROUTINE OR 1 DANCE ROUTINE	EVERY ADDITIONAL CHEER ROUTINE, DANCE ROUTINE OR PARTNER STUNT PLEASE ADD
<b>AUSSIE GOLD NATIONAL CHAMPIONSHIPS</b>		
PER ATHLETE	\$90	\$30

## SPECTATOR TICKETS

TICKET	1 DAY PASS
Under 4	FREE
Kids 5-17 yrs	\$30
Concessions & Pension (ID required)	\$30
Adults 18 yrs +	\$35

## REGISTRATION DATES

Nationals - Registrations open April 1st - Registration Close and final payments due Friday 29th August 2025

# REGISTRATION REQUIREMENTS AND CONDITIONS

## HOW TO REGISTER

Registration is via the “Hit Zero” online platform.  
Click here to register: <https://www.hitzero.org/>

Please refer to the Hit Zero instructions for assistance when registering, or feel free to email us with any questions.

Payment is due 8 weeks before the event, which is also the event closing date. We accept late entries up to 2 weeks before the event unless reached capacity, late entries will incur a \$200 administration fee.

## SCHOLASTIC & UNIVERSITY

Scholastic or University Teams cannot register under an All-Star Program. A separate ‘club’ must be registered on Hit Zero.

## EVENT SCHEDULE

Draft 1 of the Event Schedule will be sent out 1 week after event closing date.

## EVENT SCHEDULE & AMENDMENTS

All entries must be finalised in HitZero by the closing date. HitZero will reopen three weeks prior to the event to allow you to submit any changes. After this date, any changes will be made on the day of the event. Division changes will not be accepted after Draft 2. Events may span 2-3 days, so teams should be prepared to be scheduled for any of these days. We recommend that families and athletes remain available on Friday evening, Saturday, and Sunday.

## INSURANCE

It is a condition of entry that Clubs/Schools have Personal Accident Insurance for each athlete entering an Aussie Gold event. In the event of an injury, claims must be made through the Club/School’s insurance policy. It is essential that all gyms check their current insurance to ensure you are covered for all external events and not just for activities within your own premises.

## CONDITIONS

- Each Athlete/team can only compete once per category and never compete against themselves
- Abide by crossover rules, out of age policy, substitution policy and the ACU Image Policy
- Teams must meet ACU minimum numbers when registering. If not, you can still enter but must pay for the minimum required athletes
- Athletes perform at their own risk
- All teams, programs, coaches and advisors should have an emergency response plan in the event of an injury and know where first aid is at each competition.

# REGISTRATION REQUIREMENTS AND CONDITIONS

## **GYM OWNERS, COACHES & TEAM OFFICIALS**

- Gym Owners will be issued complimentary event accreditation
- Up to two Coaches per team will be issued complimentary event accreditation
- Must be registered in Hit Zero and assigned to a team for each event to receive accreditation
- All Gym Owners, Coaches, and Team Officials must have a valid WWCC or equivalent (unless under 18).
- School Teachers are not required to have a WWCC but must provide their teacher's number.
- A valid IASF coach credential number must be provided for all cheer coaches to the equivalent level of their competing team
- Gym Owners & Dance Coaches are not required to have IASF/ICU credentials
- Carer accreditations may be requested in writing, based on medical/support requirements
- Gym Owners and Coaches should direct any procedural concerns or queries to the Event Manager

## **ATHLETES 18+**

Due to the ACU Age Grid now allowing 14+ for Open Divisions, athletes aged 18+ in these teams are encouraged to have a WWCC.

## **PARENT / ATHLETE AGREEMENT**

All athletes are required to complete the Aussie Gold Parent/Athlete Agreement, signed by a parent/guardian (or self if over 18). Agreements are completed online in the Hit Zero portal and must be submitted before the event to participate.

## **SPORTSMANSHIP & BEHAVIOUR**

Sportsmanship is essential for all participants. Everyone must conduct themselves with respect and positivity throughout the competition, including entering and exiting the performance area and during the routine.

The Coach/Manager is responsible for ensuring that team members, coaches, parents, and affiliates display good sportsmanship. Excessive boasting, delays, poor sportsmanship, or unprofessional behaviour may result in penalties. Severe cases may lead to disqualification, as determined by the Event Manager.

Any unsportsmanlike like complaints should be directed to the Event Manager for resolution.

# CATEGORIES AND DIVISIONS

## DIVISIONS

CHEER	LEVEL							
	1	2	3	4	4.2	5	6	7
Cheer	✓	✓	✓	✓	✓	✓	✓	✓
Coed			✓	✓		✓	✓	✓
Cheer NT	✓	✓	✓	✓		✓	✓	✓
Novice	✓	✓						
Cheerstars	✓	✓	✓					
Cheerability	✓	✓	✓	✓				
Partner Stunt Senior			✓	✓		✓	✓	
Partner Stunt Open			✓	✓		✓	✓	✓
Scholastic Novice	✓	✓						
Scholastic	✓	✓	✓					
Scholastic NT	✓	✓						
University	✓	✓	✓					
University NT	✓	✓	✓					

IASF DIVISIONS	LEVEL							
	1	2	3	4	4.2	5	6	7
All Girl						✓	✓	✓
Small Coed						✓	✓	✓
Large Coed						✓	✓	✓
All Girl NT							✓	✓
Coed NT							✓	✓

DANCE DIVISIONS	GENRE			
	HIPHOP	POM	CONT/LYR	JAZZ
IASF	✓	✓	✓	✓
Advanced	✓	✓	✓	✓
Intermediate	✓	✓	✓	✓
Novice	✓	✓	✓	✓
Dance Stars	✓	✓	✓	✓
Dance Ability	✓	✓	✓	✓
Duo Open	✓	✓		
Scholastic	✓	✓	✓	✓
University	✓	✓	✓	✓

# CATEGORIES AND DIVISIONS

## AGE GRID

CHEER	AGE GRID
Tiny Nov	4-6
Tiny	5-6
Mini Nov	5-9
Mini	5-9
Youth Nov	5-12
Youth	6-12
Junior Nov	7-15
Junior	8-15
Junior 5-6	10-16
Senior Nov	10-18
Senior 1-2	11-18
Senior AG	11-18
Senior Coed	11-18
Senior 6	13-18
Open	14+
Adult	18+
Level 7/7NT	14+
IASF SENIOR	14-18
IASF OPEN	16+
IASF LEVEL 7/7NT	17+

DANCE	AGE GRID
Tiny Nov	-6
Tiny	4-6
Mini Nov	-9
Mini	5-9
Youth Nov	-12
Youth	6-12
Junior Nov	-16
Junior	8-16
Senior Nov	-18
Senior	11-18
Open	14+
Adult	18+
IASF Senior	12-16
IASF Open	16+

## OUT OF AGE POLICY

Teams can have one out-of-age athlete.

- If the athlete is within 1 year of the age group, there will be a 1-point deduction.
- If the athlete is more than 1 year outside the age group, there will be a 3-point deduction.

Only one out-of-age athlete is allowed per team. If there are two or more, the team may compete as exhibition and receive scoresheets and rankings but will not be eligible for awards. We offer CheerStars divisions which may be suitable for the team to transfer to.

Teams must disclose this in writing before the event. Failure to do so may result in disqualification.

Note: Out-of-age athletes are not allowed in IASF divisions or teams competing for Worlds Bids.

# CATEGORIES AND DIVISIONS

## CROSSOVERS CHEER

An athlete can crossover to up to two additional teams from their gym. They can compete on one team and crossover to two more, additional routine fees apply.

An athlete cannot crossover between different cheer programs in the same event, except if their gym has no Level 6 team. In that case, they can crossover to another gym's Level 6 team if they meet the age requirements.

Athletes can compete for one cheer program and a different dance program, with two entry fees. Athletes can compete on both a school team and an All-Star team, with two entry fees.

LEVEL (INCLUDES NT)	ALLOWABLE CROSSOVERS
Novice	Level 1, Level 2
Level 1 /1NT	Level 2, Level 3
Level 2/2NT	Level 3, Level 4.2, Level 4
Level 3/3NT	Level 4.2, Level 4, Level 5
Level 4.2	Level 4, Level 5, Level 6
Level 4/4NT	Level 5, Level 6, Level 7 (exception)
Level 5/5NT	Level 6, Level 7
Level 6/6NT	Level 7

## CROSSOVERS DANCE

Dancers can compete in multiple routines but cannot compete against themselves in the same division (e.g., no Advanced Pom Team A & B, but can be in Intermediate Pom Team A & Advanced Pom Team B).

An individual cannot switch between dance programs in the same event.

Athletes can compete for one cheer program and a different dance program, but two entry fees apply. Athletes can compete on both a school team and an All-Star team, with two entry fees.

ENTERED DIVISION	ALLOWABLE CROSSOVERS IN SAME GENRE
DanceStars	Novice
Novice	Intermediate
Intermediate	Advanced

# CATEGORIES AND DIVISIONS

## **OVERLAPPING PERFORMANCES**

Aussie Gold staff will try to avoid overlapping performances for teams with crossovers. However, it's the responsibility of each program to check the draft workorder and notify Aussie Gold of any clashes before the cutoff date. If a program doesn't do this, we cannot guarantee changes will be made to the **schedule** after the cutoff.

## **PARTNER STUNT NEW**

Divisions are offered in Level 3 -6 (Senior) & Level 3 - 7 (Open). Athletes must be registered with a competing team at the same event to be eligible to compete in the partner stunt divisions.

## **ADDING, DELETING OR COMBINING DIVISIONS**

To maintain a competitive atmosphere, Aussie Gold Cheer & Dance reserves the right to add, delete or combine divisions based on registrations.

## **SPLITTING A DIVISION**

### **CHEER:**

Once a division reaches 7 teams, it will be split into extra small/small/large/extra-large, as long as there are at least 3 teams in each split.

### **DANCE:**

Once a division reaches 7 teams, it will be split into petite/small/large as per the age grid, as long as there are at least 3 teams in each split.

## **WHERE APPLICABLE, DIVISIONS WILL BE SPLIT BY THE FOLLOWING TEAM SIZES:**

Extra Small = 5 to 15 members

Small = 16 to 24 members

Large = 25 to 30 members

Extra Large = 31 to 38 members

Coed = (At the EP's discretion regarding number of males)

# EVENT DAY

## AT AUSSIE GOLD

### **SUBSTITUTION**

If a team is missing a member, a gym can replace that athlete with another performer from the same gym. A replacement is someone not originally on the team's registration, typically due to illness or injury. The replacement athlete is to wear a neon ankle band for transparency which will be supplied by Aussie Gold.

If the replacement athlete doesn't meet the age requirements for the division (including a coach), the team can still perform, and the "Out of Age Policy" will apply. See Page 13.

The replacement athlete must declare their out-of-age/level status at warm-up check-in and wear a neon ankle band for transparency.

All safety and level rules must be followed for the team, regardless of the age of the performers.

Note: This rule applies only to ACU divisions. Out-of-age athletes are not allowed in IASF divisions or teams competing for Worlds Bids.

### **DIVISION CHANGES**

If a team's size changes in a division split into Small/Extra Small, causing the team to move to the alternate division, the following will apply:

- If the division hasn't started yet, the team will be moved to the correct division with no deduction.
- If the division has already been held, the team will stay in the original division and receive a 5-point deduction as per the ACU Cheer Deduction System (Minimum Athlete Requirement).

From a judging perspective, teams with fewer athletes than required will be scored as if they meet the minimum and will not be eligible for bids.

### **PERFORMANCE INTERRUPTION**

If a team's routine is interrupted due to equipment failure, they may stop and follow the guidelines below. If the team continues without music, judges will still evaluate the performance, the routine cannot be repeated.

### **INJURY**

Only the following can stop a routine for injury:

1. Competition Officials
2. Gym Owner/Coach of the team
3. Injured Athlete
4. IASF Certified Safety Judge

A routine may be interrupted if:

1. An athlete is clearly injured.
2. An athlete is hurt but doesn't resume within 5 seconds.
3. An athlete leaves the floor during the routine.



# EVENT DAY

## AT AUSSIE GOLD

### **RETURNING TO COMPETITION**

An injured athlete cannot return unless cleared by:

1. Event Medical Personnel
2. Parent/Guardian (if present)
3. Head Coach/Gym Owner

If a head injury is suspected, the athlete cannot return without clearance from a licensed medical professional.

### **TEAM PERFORMANCE**

The Coach or Club Official has 5 minutes to decide if the team wants to perform again and must notify the Event Manager, Scoring Official or Head Judge.

If the routine is interrupted by injury, the team may perform again at the next changeover or end of the session.

They must perform the routine in full, but judging will resume from the point of interruption. Any previous point deductions will carry over.

If the team does not perform the routine fully (e.g., marking skills instead of full stunts), the routine will be judged from the point where the lower-level skills start, in its entirety.

### **ENTRANCE & EXIT TO THE FLOOR**

Teams should enter and exit the floor quickly.

Excessive entrances (introductions, spell-outs, shimmying etc.) are considered part of the routine and timed as such. There should be no excessive exits or activities after the routine ends.

Tumbling during entrance or exit is not allowed.

### **MUSIC**

All teams must have a designated Coach or Team Official to attend warm-up and play their music at the sound desk when the team performs. The Coach/Official must be at the sound desk once the team is marshalled (one routine before performance).

Music requirements:

- Provide audio on a device (iPod/iPad, etc.).
- Ensure device is fully charged, in flight mode, and volume at 100%.
- Use a separate playlist.
- The team representative must push 'play' and stay at the sound desk throughout the routine.
- Bring a backup on a USB stick (no CDs accepted).

The event will provide the cable to the mixer, and our audio operator will adjust the levels. The Coach/Official will control when to start the music.

# EVENT DAY

## AT AUSSIE GOLD

### **WARM-UP**

Teams must arrive at their allocated check-in time for warm-up. Entry before the assigned time is not allowed. Failure to follow directions may result in an unsportsmanlike deduction.

### **CHEER WARM-UP EXAMPLE:**

- Station 1: 2-3 mats, 4 minutes
- Station 2: 2-3 mats, 4 minutes
- Station 3: Sprung tumble strip, 4 minutes
- Station 4: 9 non-sprung mats, 4 minutes

### **DANCE WARM-UP EXAMPLE:**

- Station 1: General stretch area, 4 minutes
- Station 2: 12m x 12m marked area, 4 minutes
- Station 3: Black harlequin dance floor, 8 strips 12m x 12m, 4 minutes & 10 strips 15m x 12m at PCC & Nationals

Note: Times include walking to the next station, so move quickly to maximise practice time. Teams will marshal about 10 minutes before their performance.

### **CHEER COMPETITION AREA**

Cheer teams will compete on a 9-strip sprung floor, 14m (length) x 16m (width).

#### **Cheer Floor Boundary:**

- The competition boundary is defined by the sprung floor and carpet bonded foam panels.
- Teams may line up anywhere inside the competition boundary.
- All skills must begin and end within the boundary. No skills or transitions are allowed outside it.
- If a participant unintentionally steps outside, they must return immediately.
- Excessive out-of-bounds steps will result in a deduction for each occurrence.

### **DANCE COMPETITION AREA**

- Dance teams at State Championships will compete on an 8-strip, 12m x 12m floor.
- Dance teams at Internationals & National Championships will compete on a 10-strip, 15m x 12m floor.

#### **Dance Floor Boundary:**

- A deduction will be given if a dancer steps, with both feet, completely off the dance floor.

# SCORING & JUDGING AT AUSSIE GOLD

## SCORING & RULES

- All ACU divisions will follow the ACU Scoresheet & IASF Rules 2023-2025.
- IASF non-worlds divisions (Level 5 NT) will follow the ACU Scoresheet & IASF Rules 2023-2025.
- IASF Worlds divisions Level 5-7 will follow the IASF Scoresheet & IASF Rules 2023-2025.
- CheerStars & DanceStars will follow the scoring & rules as per the CheerStars & DanceStars rules.
- Aussie Gold 2025 Event Information Pack.

## AUSSIE GOLD SCORESHEETS & JUDGING INFORMATION ARE AVAILABLE TO DOWNLOAD FROM:

[www.aussiegoldchamps.com.au](http://www.aussiegoldchamps.com.au)

## FOR IASF RULE CLARIFICATIONS, PLEASE EMAIL:

- Cheer: [cheer.rules@iasfworlds.com](mailto:cheer.rules@iasfworlds.com)
- Dance: [dance.rules@iasfworlds.com](mailto:dance.rules@iasfworlds.com)

Be sure to forward a copy of your reply to [info@aussiegoldchamps.com.au](mailto:info@aussiegoldchamps.com.au).

For CheerStars/DanceStars & Novice rule clarifications, email [info@aussiegoldchamps.com.au](mailto:info@aussiegoldchamps.com.au).

Coaches must review these rules to avoid violations.

## SAFETY SCORE REVIEW

Coaches can review safety deductions immediately after their performance. Safety Deduction scoresheets will be sent to the Hit Zero portal, and a 20-minute time limit will begin once the scoresheet is sent. If a coach wants to review a deduction, they can submit a "Challenge" through the portal within this time frame. A Safety Judge will review the contested points, and the coach will receive a text message with the outcome: either "approved" (points removed) or "denied" (deduction remains with an explanation).

## DIFFICULTY RANGE REVIEW (CHEER ONLY)

After each performance, Aussie Gold will send the difficulty range awarded in several areas to the Hit Zero portal.

### Difficulty ranges sent to Hit Zero:

- Stunt Difficulty
- Stunt Quantity
- Pyramid Difficulty
- Pyramid Quantity
- Tumble Difficulty
- Toss Quantity

A 20-minute time limit will begin once the ranges are sent. Coaches can submit a "Challenge" to review a difficulty range within this time frame. The Head Judge will review the contested points, and coaches will receive a text message with the outcome: either "approved" (range adjusted) or "denied" (range remains with an explanation). Please note: These scores will be text messaged individually and timed accordingly to when they were sent.

## INTERPRETATIONS & RULING

The Rules Committee, consisting of the Event Manager, Head Judge, and a designated official, will interpret the rules and make decisions in alignment with the championship's spirit and goals.

## FINALITY OF DECISIONS

By participating, teams agree that judges' decisions are final. Results may only be reviewed for clarification, and teams waive any legal or procedural review of these decisions.

# SCORING & JUDGING AT AUSSIE GOLD

## **TIEBREAKER**

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

1. The team with the lowest number of deductions on the Safety Scoresheet will be ranked higher.
2. Cheer: The team with the highest quantity of scoresheets scoring higher from the 5-panel judges (e.g. Team 1: J1, J2, J3 score higher, Team 2: J4, J5 score higher, Team 1 would be ranked higher).
3. Dance: The team with the higher dance-specific difficulty/execution score will be ranked higher. If the tie remains, both teams will be awarded the same placing.

## **DEDUCTIONS & DISQUALIFICATION**

Any team that violates the ACU Rules, IASF Rules, or the Aussie Gold Event Information Pack will incur a deduction for each violation. Teams that fail to follow these rules may be disqualified and forfeit any prizes or awards. Teams violating age ability requirements, submitting inaccurate rosters, or breaching crossover rules will be disqualified and forfeit the right to any prizes or awards.

Investigations may take place after the competition (within 48 hours).

# AWARDS & BIDS AT AUSSIE GOLD

## AWARDS

Depending on the event size, awards may be held in a separate hall or after each session in the main arena. This will be confirmed in the final information bulletin.

## PARTICIPATION ACCOLADES

All athletes will receive participation accolades at Aussie Gold Events.

## AWARD ACCOLADES

- 1st, 2nd, and 3rd place medals will be awarded in each division.
- 4th and 5th place will be acknowledged in divisions with 7 or more teams that cannot be split (due to fewer than 3 teams in a split).
- 1st, 2nd & 3rd Team Awards given on day of event

## GRAND CHAMPIONS

- At least two teams must be entered to be eligible for Grand Champions.
- All Grand Champion Athletes will receive a NEW Aussie Gold Grand Champion Sash for 2025
- Team award given on the day of the event
- Grand Champion apparel will be available for purchase at each event.

## PAN PACIFIC CUP ULTIMATE GRAND CHAMPION

- Golden Cup

## HIT ZERO

- Athletes will receive an Aussie Gold Hit Zero badge if their team "Hits Zero."

## RESULTS

Will be available in your "Hit Zero" portal within 24 hours of the event finishing.

## BIDS

Aussie Gold Cheer & Dance will be awarding the following bids in 2025

EVENT:	BID TO:
Aussie Gold NSW, SA, VIC, WA State Championships	Pan Pacific Cup International Championships
Pan Pacific Cup International Championships	The Cheerleading Worlds & The Dance Worlds
Aussie Gold National Championships	The Summit, The Youth Summit, The Dance Summit

Bids must be used in following year they are earned and cannot be carried over to the next year.

# **AWARDS & BIDS AT AUSSIE GOLD**

## **PAN PACIFIC CUP INTERNATIONAL CHAMPIONSHIPS (PPC)**

The Aussie Gold Pan Pacific Cup International Championships is located on the beautiful Gold Coast. An event like no other, the PPC offers the chance to win the Ultimate Grand Champion Trophy. The only Aussie Gold event to offer Worlds Bids, this event is not to be missed.

### **2026 DATES**

August 21-23

## **THE CHEERLEADING & DANCE WORLDS**

Each year, USASF and IASF event producers sponsor teams to compete for championship titles in various top cheerleading divisions & Dance Genres. Competing at Worlds is a prestigious honour, showcasing the skill, athleticism, and passion of All Star cheer athletes.

- Partial Paid Bids grant your team the right to compete at Worlds and provide a financial contribution towards registration.
- At Large Bids grant your team the right to compete at Worlds, however teams must cover all other expenses.

### **2026 DATES**

April 24-27

## **THE SUMMIT, THE YOUTH SUMMIT & THE DANCE SUMMIT**

The Summit and Dance Summit are the largest non-Worlds competitions in the US, offering non-Worlds cheer and dance teams the chance to prove they are the best.

The Summit will be held in Orlando, Florida.

Aussie Gold will notify clubs how many At Large bids for the 2026 Summit, Dance Summit, and Youth Summit will be awarded once allocated by Varsity.

Note: Teams wishing to compete internationally must ensure their athletes meet the age and division requirements of the competition.

### **2026 DATES**

May 2-5

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **SAFETY**

- All athletes must be supervised during official functions by a director/coach. Cheer coaches must be certified at the level of the team(s) they have entered.
- Coaches must ensure proficiency before skill progression, considering the athlete, group, and team skill levels when placing them for proper performance.
- Athletes and coaches must not be under the influence of alcohol, narcotics, performance-enhancing substances, or over-the-counter medications that could hinder their ability to safely supervise or perform during practices or competitions.
- Technical skills (stunts, pyramids, tosses, or tumbling) must not be performed on concrete, asphalt, wet or uneven surfaces, or surfaces with obstructions.
- Athletes must not have gum, candy, cough drops, or other edible or non-edible items in their mouth during practice or performance to avoid choking hazards.

## **FIRST AID**

- Medical professionals will be present at each event to assist in case of injury.
- The location of first aid services will be provided in the Final Info Bulletin for each event.
- Emergency Response Plan: All Gym Owners, Coaches, and Team Officials are advised to have an emergency response plan in place for any potential injuries.
- It is crucial for all parties involved to know the location of the first aid stations at each competition to ensure a quick response if needed.

## **SAFE ENVIRONMENT**

Our goal is to provide a safe environment for all athletes, officials, staff, and spectators. We have a zero-tolerance policy for intimidating or threatening behaviour, including snickering, pointing, laughing, or swearing. Severe unsportsmanlike conduct may lead to disqualification, as determined by the Event Manager (see "Sportsmanship" section). Staff will monitor the event to ensure safe behaviour. If anyone feels intimidated or threatened, they are encouraged to request staff intervention.

Gym Owners are asked to share this information with all attendees to always ensure safe behaviour.

## **AGE RANGE AND TEAM COMPOSITION**

Aussie Gold Cheer & Dance acknowledges the challenges that come with fielding teams with a broad age range. To ensure safety and fairness, we highly recommend that gyms and programs remain vigilant in monitoring the age diversity within their teams.

### **Team Composition:**

- Whenever possible, teams should be composed of athletes within similar age ranges.
- This helps ensure that the participants are physically and mentally aligned, reducing the risk of injury and ensuring fair competition.

This guideline aims to maintain the well-being of all participants and support the integrity of the competition.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **MUSIC**

- **Designated Team Representative:** Every team must have a designated Coach or Team Official who will be responsible for managing the music. This person must be at the sound desk once the team is marshalled, and they will play the team's music from the sound desk when the team takes the floor.
- **Music Device Requirements:**
- The audio must be provided on a device (e.g., iPod, iPad, etc.). If using a phone, ensure it is switched to flight mode.
- The device should be fully charged before use.
- Set the volume to 100% to ensure the music is played at the correct level.
- Prepare a separate playlist for the routine.
- The Team Representative must be at the sound desk and must push the play button on the device to start the music.
- A backup of the music should be available on a USB stick in case of any issues.

## **AUDIO CONTROL**

- The event will provide a cable to connect the device to the mixer. The event's audio operator will manage the sound levels.
- The Coach or Team Official will maintain control over the device by pushing play when the team is ready.

The Team Representative must remain at the sound desk for the entire duration of the routine to ensure smooth music playback.

These guidelines are essential to ensure the audio plays without interruptions and the team's performance goes smoothly.



# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **SIDELINE COACHING**

Tiny, Tiny Novice, Tiny CheerStars/DanceStars, Mini Novice, Mini CheerStars/DanceStars

- **Positioning:** Coaches may place athletes on the performance floor and guide them from the two front corners of the floor. Coaches should avoid standing directly in front of the floor to prevent distracting the judges.
- **Props:** Sideline coaches are allowed to use props to help prompt athletes, but no props or visual aids are allowed on the performance surface to assist with formations or positions.
- **Time Limits:** Coaches must ensure that athletes are placed on and off the floor within the 30-second time allocation. Exceeding this time will result in a Time Limit Violation (0.25-point deduction).

## **CheerAbility and DanceAbility**

- **Placement and Signalling:** Coaches may place athletes on the performance floor, and up to 3 coaches/assistants can signal from the front of the mat, as long as they do not obstruct the view of the judges.
- **Additional Assistants:** There is no limit to the number of assistants who can be positioned around the perimeter of the floor, but they must remain in a squat position to avoid obstructing the view of the performance.

## **For All Other Divisions (Mini & Above)**

- **Coaches' Area:** Coaches must remain in the designated Coaches Area and are not allowed to give performance cues to teams during the performance.
- **Disruptive Behaviour:** Any disruptive or distracting behaviour towards the judging panel may result in a deduction.

## **PROPS**

**IASF Approval:** Any props intended for use during performances must receive prior approval from the International All Star Federation (IASF).

### **Submission Process:**

- The approval from IASF must be sent to [events@aussiegoldchamps.com.au](mailto:events@aussiegoldchamps.com.au) before the event.
- Both the prop and the approval email from IASF must be presented to the Aussie Gold Scoring Official, who can be found at the Judges Table, before the team performs.

**Consistency:** The prop used during the performance must be identical to the one that received approval in the email from IASF.

By following this process, teams ensure that their props are compliant with the event's standards and help avoid potential issues during performances.

## **VIDEO & PHOTOGRAPHY**

### **Personal Photography/Videography:**

- Spectators are allowed to use personal hand-held cameras to take photos and videos of their own child, team, or club.
- Flash photography, telephoto lenses, and tripods are not permitted.
- Please be considerate of other spectators and ensure that you remain seated during the performance.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **AUSSIE GOLD PROFESSIONAL PHOTOGRAPHY:**

- Aussie Gold Cheer & Dance will have professional photographers and videographers capturing each team's performance.
- Gym owners will be provided with a password to share with parents and athletes, so they can access these photos and videos as a gift from Aussie Gold.

## **USE OF PHOTOS AND VIDEOS:**

Aussie Gold Cheer & Dance reserves the right to use any photos or video footage taken at the event for publications and promotions.

## **OPT-OUT PROCEDURE:**

Team Managers should notify the Event Producer in writing if there are any individuals who do not wish to have their images used in any publications or promotions.

This policy ensures both privacy and the enjoyment of the event while maintaining the rights to use professional media for promotional purposes.

## **REFUND**

### **Individual Withdrawal**

- A refund, minus a 25% administration fee, will be provided for individual withdrawals supported by a valid medical certificate.

## **TEAM CANCELLATION**

- **Full Refund:** A full refund will be issued for team cancellations made on or before the event closing date.
- **Post-Closing Date Cancellations:** Team cancellations received after the event closing date will result in a full forfeiture of all monies paid, unless under special circumstances and at the discretion of Aussie Gold.

## **PROCESS FOR WITHDRAWALS AND CANCELLATIONS**

- All withdrawals and cancellations must be submitted in writing to Aussie Gold Cheer & Dance.

## **REFUND PROCESSING**

- Refunds (or credits) will be processed within 14 days after the conclusion of the event.

## **DISCLAIMER**

Aussie Gold reserves the right to make changes to this information pack throughout the season. Any updates will be communicated via email by the Aussie Gold team.

For any questions or additional information regarding our events, please contact us at:

Email: [events@aussiegoldchamps.com.au](mailto:events@aussiegoldchamps.com.au).

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **CHEERSTARS**

The CheerStars program is designed to bridge the gap between recreational and competitive cheerleading. It allows teams to compete at modified Levels 1-3, focusing more on skill perfection rather than difficulty. The program provides a flexible structure regarding age requirements and the number of athletes per team, offering a more accessible entry point into competitive cheerleading.

### **KEY FEATURES OF CHEERSTARS:**

- Focus on developing and perfecting fundamental cheerleading skills.
- Flexibility with age divisions and team sizes.
- Teams can participate in modified Levels 1-3.
- Resources provided, including rules, free music, and routine layout assistance.

For more information, clubs can contact Aussie Gold to access resources or receive additional support.

### **CHEERSTARS SAFETY:**

The Allstar safety scoresheet for legalities and deductions will apply (no warnings). It is our aim to assist coaches to learn & grow from their experiences. The Safety Judge will provide feedback if skills are performed in a way deemed illegal or unsafe in an Allstar division. Coaches will have the opportunity to contest deductions as per the Event.

## **NOVICE CHEER**

The Novice Cheer division is a modified version of Level 1 and is available for Tiny, Mini, Youth, Junior, and Senior age groups. This division is specifically designed for beginner All Star Cheer teams, including those that are new or less experienced within an established program.

### **KEY FEATURES OF NOVICE CHEER:**

- Allow athletes to focus on mastering basic skills before progressing to more difficult routines.
- Novice teams follow the ACU Novice Rules and IASF (International All Star Federation) guidelines.

### **Key rules and features for Novice Cheer:**

- Tosses are removed from the score sheet.
- The difficulty score for Stunts, Stunt Quantity, Standing Tumbling, Running Tumbling, and Pyramids is capped to maintain the beginner nature of the division:
  - Stunt Difficulty: Capped at 4.0 (no elite skills allowed).
  - Standing Tumbling, Running Tumbling, & Pyramids: Capped at 4.7 (reflective of permitted skills).
  - Stunt Quantity: Capped at 4.4 (due to no elite skills being allowed).
- Total possible score for Novice teams is out of 87.5 points.

### **ADDITIONAL GUIDELINES:**

- Novice athletes are allowed to cross over into a Level 2 team but cannot compete in Level 3 or higher teams.
- Warnings are issued for falls or performance errors due to rule violations. Deductions may also apply in other situations.

By focusing on basic skill development and ensuring a supportive environment for beginner athletes, Novice Cheer helps participants gain confidence and expertise before advancing to higher levels of competition.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **CHEERABILITY**

### **TEAM TYPES**

#### **1. Independent Teams**

**Eligibility:** 100% of the athletes must have adaptive abilities.

**Definition:** An athlete with adaptive abilities must meet the eligibility criteria listed in the 2025 ACU CheerAbility & DanceAbility - General Scoring & Rules.

#### **2. Unified Teams**

**Composition:** A combination of adaptive and non-adaptive athletes.

**Non-Adaptive Athletes Limit:** No more than 75% of the team can be non-adaptive athletes.

**Purpose:** These teams are created to support athletes with adaptive abilities and allow them the opportunity to compete and perform with the help of non-adaptive athletes.

**Coaching Considerations:** Coaches must be mindful of the best interests of the adaptive ability athletes when assigning skill levels or routines.

### **UNIFORMS FOR NON-ADAPTIVE ATHLETES**

- Assistants must wear a 3-inch arm band on both arms, positioned between the upper bicep and wrist. These will be supplied by Aussie gold during the warm up process.
- The arm bands must be in a distinctive and identifiable colour to clearly differentiate them from the adaptive athletes.

### **REGISTRATION AND WAIVER:**

Assistants and non-adaptive athletes must be registered for the competition and must have completed a waiver.

### **DRESS CODE FOR ASSISTANTS**

Assistants should be dressed in plain black attire (no club logos or similar) to ensure the athletes are easily identifiable.

### **ADHERENCE TO RULES**

Assistants must follow both ACU general rules and IASF rules. For further details, refer to the 2025 ACU CheerAbility & DanceAbility - General Scoring & Rules: ACU CheerAbility & DanceAbility Rules

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **PARTNER STUNT**

- **Primary Athletes:** 2 athletes performing the stunt.
- **Spotter:** An additional team member who **MUST** take the floor with the team.

## **Routine Guidelines:**

- The routine's aim is to demonstrate as many stunts as possible safely within 60 seconds.
- The routine must be performed to music, but choreography does not need to align directly with the music.
- No other skills (dance, jumps, tumbling, pyramids) should be performed unless they directly relate to the entry, transition, or exit from a stunt.
- **Exception:** Choreographed movements between skills are allowed.
- Athletes must have at least one body part (foot, hand, etc.) on the floor when the routine begins, except when their feet are held by a base with their hands on the floor.

## **Safety Spotter Requirements:**

- The spotter must wear a distinguishable colour, typically black.
- They cannot coach the performing athletes during the routine.
- Spotters may not assist with mounting, transitioning, or dismounting unless:
- The spotter's hand/arm must support the head and shoulder area during cradles from stunts at prep level or above.
- The spotter cannot assist with initiating a dismount (e.g., the pop for a cradle).
- The spotter must position themselves according to the IASF glossary for "Spotter."

## **CHEER ROUTINE SPOTTERS**

Routine spotters are individuals provided by the performing team as a safety precaution during the routine. Aussie Gold Cheer & Dance will **NOT** be providing routine spotters, so it is the team's responsibility to supply them. Teams are allowed to provide up to 4 routine spotters for each performance. It is up to the coach's discretion how many spotters, if any, will be used.

## **GUIDELINES ON THE USE OF ROUTINE SPOTTERS**

**Training & Age Requirements:** Spotters should be trained in proper spotting techniques and must be at least 18 years old. They should be familiar with the skills of the performing team.

**Role:** Spotters may only be used for stunts, pyramids, and basket tosses. They must remain at the back of the performance area at all other times and should not act in a way that distracts from the athletes or their performance.

**Purpose:** Spotters are there to catch falls and assist in preventing injuries in case of mistakes during the performance.

## **Limitations:**

- Spotters cannot touch, assist, or save a skill in progress. Any attempt to help will result in a "building fall" deduction.
- Spotting of tumbling is strictly prohibited.

**Appearance:** Spotters must wear a distinguishable typicality black. They should adhere to the same rules on jewellery, clothing, and shoes as the performers.

**Behaviour:** Spotters must not verbally coach during the routine and should not engage in any excessive behaviour before, during, or after the performance.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **IMPORTANT REMINDER**

Touching the skill will result in a point deduction. Spotters should be present for safety but should not interfere unless there is a fall.

Note: To ensure the safest competitive environment, teams should refrain from attempting skills that are beyond their ability level.

## **CHEER ROUTINE TIME LIMITS**

- All Star Cheer: 2 minutes 30 seconds
- Novice Cheer: 2 minutes 30 seconds
- CheerAbility: 2 minutes 30 seconds
- CheerStars: 2 minutes 30 seconds
- Non-Tumbling: 2 minutes
- Partner Stunt: 1 minute

There is no minimum music time requirement.

Timing starts with the first movement, voice, or note of music, whichever comes first, and ends with the last movement, voice, or note of the music, whichever comes last.

A 0.25 deduction will be applied if a team exceeds the allotted time by more than 2 seconds.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **CHEER TEAM SIZE:**

### **AGU DIVISIONS (TINY, MINI, YOUTH, JUNIOR, SENIOR, OPEN, ADULT, SCHOLASTIC & CHEERABILITY)**

Minimum of 5 members, maximum of 38 team members.

## **LEVEL 5**

Minimum of 16 members, maximum of 24 team members (Exception: level 6 & 7 Non-Tumbling teams may have up to 30 members). Teams with fewer than 16 athletes can enter Open level 5, 6, 6NT, or 6 Global Club divisions, but IASF Cheer Worlds Bids Divisions are only available to teams with 16+ athletes.

Teams with fewer than the required number of athletes will not incur a deduction if registered and rostered with the correct number. If they compete with fewer members than required, they may be moved to the correct division or receive a 5-point deduction. Teams with more than the maximum allowed members will be disqualified.

## **APPROPRIATE CHEER UNIFORM AND PRESENTATION GUIDELINES**

### **MAKE-UP**

Uniformity & Age Appropriateness: Makeup should be consistent and appropriate for both the performance and the age of the athletes.

#### **Restrictions:**

- Face/eyelid rhinestones are not allowed.
- False eyelashes are allowed, but they cannot be decorated with rhinestones or additional jewellery.
- Glitter hairspray, makeup, and face decals are permitted, but please be considerate of others and the venue when applying glitter.

## **HAIR STYLES**

Hairstyles must be appropriate for safe practices and performances.

## **HAIRCLIPS**

All hairclips should close flat to the head to ensure they do not cause any harm or distraction during the routine.

## **BOWS**

Should not be excessive in size. Typically, bows should be no larger than 8cm in width.

## **HAIR ACCESSORIES**

Hair accessories (including bows and hairpieces) should not distract from the performance, should minimize risk to the athletes, be adequately secured, and should not fall into the eyes or obstruct the athlete's view during performance.

## **MATERIAL RESTRICTIONS**

Hair accessories should not be made of metal or other materials that could potentially cause injury.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **GENERAL CHEER UNIFORM GUIDELINES**

### **APPROPRIATENESS**

Uniforms must not be risqué, sexually provocative, or lingerie inspired. They should adequately cover the athlete and be securely fastened to prevent wardrobe malfunctions.

### **UNDERGARMENTS**

Appropriate undergarments must be worn under the uniform.

### **COMBINATION OF PIECES**

The combination of uniform pieces must ensure that all garments adequately cover the athlete and their undergarments during the routine.

## **UNIFORM SKIRT/SHORTS GUIDELINES**

### **SKIRT:**

- When wearing a skirt, briefs are required underneath.
- The skirt should fully cover the hips, completely cover the briefs, and fall at least 1 inch below the briefs (regular and boy-cut briefs).

### **SHORTS:**

- If shorts are part of the uniform, they must have a minimum of a 2-inch inseam.

### **UNIFORM TOP:**

**Midriff Exposure:** Uniform tops cannot expose the midriff (crop tops are not allowed), regardless of age division.

**Top Design:** Tops must have straps or material over at least one shoulder or around the neck. Tube tops are not allowed.

## **JUDGING**

Judges reserve the right to issue warnings or deductions if a team's uniform, choreography, makeup, bows, or other aspects do not meet the standards of appropriateness outlined in these guidelines.

## **APPROPRIATE CHOREOGRAPHY GUIDELINES**

- **Family-Friendly:** All aspects of the performance, including choreography and music, should be appropriate for a family audience.
- **Inappropriate Movements:** Any movements or gestures that are sexually suggestive, violent, or inappropriate should be avoided. Some examples include:
  - Hip thrusting or inappropriate body positioning,
  - Inappropriate touching or gestures (e.g., slapping),
  - Unsuitable body part positioning.

**Music Selection:** Music or lyrics that include:

- Swear words,
- Sexual content or references to explicit sexual behaviour,
- References to drugs, violence, or specific body parts, are not permitted.

**Important:** Simply removing offensive words from a song and replacing them with sound effects or other words may still be considered inappropriate if the context remains the same. **Coaches' Responsibility:** If there is any uncertainty about the appropriateness of music or movements, coaches should assume it is inappropriate and remove it to avoid potential deductions as per the AGU Cheer Deduction System.



# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **DANCE ROUTINE REQUIREMENTS**

### **Pom**

- **Technique:** Incorporates proper Pom motion with sharp, clean, and precise movements.
- **Group Execution:** Emphasis on synchronisation, uniformity, and spacing.
- **Choreography:** Focuses on musicality, transitions, levels, groups, and complexity.
- **Required Elements:** Poms must be used throughout the routine.
- **Costume:** Should reflect the Pom style. Check score sheet for detailed guidelines.

### **Jazz**

- **Technique:** Dynamic movements with strength, continuity, and technical execution.
- **Group Execution:** Synchronisation, uniformity, and spacing are key.
- **Choreography:** Focuses on musicality, staging, movement complexity, and skills.
- **Overall Impression:** Energetic, lively, and motivating, with dynamic changes to match the music.
- **Costume:** Must reflect the jazz style. Refer to the score sheet for more details.

### **Hip Hop**

- **Technique:** Authentic street-style movements with groove and style.
- **Group Execution:** Synchronisation, uniformity, and spacing emphasized.
- **Choreography:** Uses musicality, staging, movement complexity, and athleticism.
- **Costume:** Should reflect Hip Hop style. Check score sheet for more details.

### **Contemporary**

- **Technique:** Organic, pedestrian, and modern/ballet vocabulary.
- **Emphasis:** Control, sustained movements, expressive body placement, and technical skills.
- **Choreography:** Should complement the rhythmic value of the music.
- **Costume:** Refer to the score sheet for specific requirements.

### **Lyrical**

- **Technique:** Combines jazz and ballet principles, focusing on flexibility, balance, and mood.
- **Choreography:** Fluid movements with emotional expression that complements the music.
- **Costume:** Check score sheet for specific guidelines.

### **Dance Duos (Open Pom & Open Hip Hop only)**

- **Routine Style:** Split by Pom or Hip Hop categories.
- **Choreography:** Includes dance lifts, connected lines, mirror images, and tight teamwork.

## **DANCE DUOS**

- **Offered Divisions:** Dance Duos are available in Open Pom and Open Hip Hop divisions only.
- **Purpose:** The Dance Duo category is designed to offer experience for duos who are aiming to compete at the ICU Worlds.
- **Judging:** Dance Duo routines will be judged using the ICU (International Cheer Union) scoresheet.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **DANCESTARS**

### **ELIGIBILITY:**

DanceStars is available for all age divisions in the following categories:

- Pom
- Jazz
- Hip Hop
- Lyrical/Contemporary

### **TARGET TEAMS:**

DanceStars is open to beginner All Star Dance teams or teams that do not currently meet the ACU Age Grid or Team Size requirements.

### **RULES:**

- DanceStars teams must follow the relevant IASF Rules for Dance in their chosen category and age group.
- Teams must also adhere to the ACU Novice Rules (refer to the "2025 ACU Novice & Intermediate Dance Rules" document for specific guidelines).

### **DIVISION RESTRICTIONS:**

A dancer is not allowed to compete in both DanceStars and Intermediate/Advanced divisions in the same style. For example, if a dancer competes in DanceStars Jazz, they can compete in Novice Jazz however they cannot compete in Intermediate or Advanced Jazz. Note: They can compete in other styles such as Intermediate or Advanced Pom, Hip Hop, or Lyrical/Contemporary.

### **SAFETY:**

The Allstar safety scoresheet for legalities and deductions will apply (no warnings). It is our aim to assist coaches to learn & grow from their experiences. The Safety Judge will provide feedback if skills are performed in a way deemed illegal or unsafe in an Allstar division. Coaches will have the opportunity to contest deductions as per the Event.

### **SCORING SYSTEM:**

DanceStars uses its own unique scoring system that focuses on execution and participation rather than difficulty. As a result, scores from DanceStars teams should not be compared to those from other levels such as Novice, Intermediate, or Advanced.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **NOVICE DANCE**

### **ELIGIBILITY:**

Novice Dance is designed for beginner All Star Dance teams, including:

- Brand new teams
- Beginner teams within established programs

This division provides a gentle introduction to competitive dance for new athletes and coaches.

### **NOVICE DANCE IS AVAILABLE IN THE FOLLOWING STYLES AND AGE DIVISIONS:**

- Pom
- Jazz
- Hip Hop
- Lyrical/Contemporary

(Available in Tiny, Mini, Youth, Junior, Senior, Open, and Adult age groups)

### **PURPOSE:**

The focus is on perfecting basic dance skills, helping athletes build a strong foundation before advancing to more complex movements.

### **SKILL RESTRICTIONS:**

Novice Dance has specific skill restrictions (see ACU Novice Rules) to ensure only basic dance-related skills are used. This encourages athletes to focus on the correct techniques for their chosen style.

### **RULES:**

Novice Dance must adhere to:

- IASF Rules for Dance in the chosen category and age group
- ACU amendments (refer to the "2025 ACU Novice & Intermediate Dance Rules")
- Division Restrictions:

A dancer cannot compete in both the Novice and Advanced divisions within the same style. For example, if a dancer competes in Novice Jazz, they cannot compete in Advanced Jazz, but may compete in Advanced Pom, Hip Hop, or Lyrical/Contemporary.

### **SCORING:**

- The difficulty score on the Novice score sheet is capped at 7.5 out of 10.0, reflecting the basic skills allowed in this division.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **INTERMEDIATE DANCE**

### **ELIGIBILITY:**

Intermediate Dance is for teams that have progressed from the Novice division but are not yet ready for the Advanced divisions.

### **OFFERED CATEGORIES:**

Intermediate Dance is available in the following styles and age divisions:

- Pom
- Jazz
- Hip Hop
- Lyrical/Contemporary

### **PURPOSE:**

The focus is on developing and perfecting intermediate dance skills before advancing to the more difficult skills required in the Advanced divisions.

### **SKILL RESTRICTIONS:**

Intermediate Dance has its own set of skill restrictions (refer to ACU Intermediate Rules), ensuring that only appropriate intermediate-level skills are incorporated.

### **RULES:**

Intermediate Dance must adhere to:

- IASF Rules for Dance in the chosen category and age group
- ACU Intermediate Rules (refer to the "2025 ACU Novice & Intermediate Dance Rules")

### **ROUTINE LENGTH:**

The time limit for Intermediate Dance routines is 2:15 minutes, with a minimum length of 1:45 minutes.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **DANCEABILITY**

DanceAbility provides athletes of all abilities the opportunity to compete in All-Star Cheer and Dance events across Australia. The program is designed to be inclusive, offering both Unified and Independent teams, allowing organisations to develop and expand their teams at their own pace.

## **TEAM CATEGORIES:**

### **INDEPENDENT TEAMS:**

- 100% of athletes on the team must be adaptive ability athletes.
- These teams are for athletes who have identified as having an adaptive ability, and the team is composed entirely of such athletes.

### **UNIFIED TEAMS:**

- A combination of adaptive and non-adaptive ability athletes.
- No more than 75% of the team can be made up of non-adaptive athletes.
- The primary purpose of Unified teams is to showcase and highlight adaptive ability athletes with the support of non-adaptive athletes, creating an inclusive and collaborative environment.

### **ASSISTANTS:**

- Assistants must wear a 3-inch arm band on both arms, positioned between the upper bicep and wrist. (These will be supplied by Aussie Gold during the warm up process.)
- The arm bands must be in a distinctive and identifiable colour to clearly differentiate them from the adaptive athletes.
- Registration and Waiver: Assistants must be registered for the competition and must have completed a waiver.
- Dress Code: Assistants should be dressed in plain black attire (no club logos or similar) to ensure the athletes are easily identifiable.
- Adherence to Rules: Assistants must follow both ACU general rules and IASF rules. For further details, refer to the 2025 ACU CheerAbility & DanceAbility - General Scoring & Rules: ACU CheerAbility & DanceAbility Rules.

### **DANCE ROUTINE TIME LIMITS**

- Pom, Hip Hop, Jazz, Contemporary/Lyrical: Minimum 1 minute 45 seconds / Maximum 2 minutes 15 seconds.

**Timing:** Begins with the first choreographed movement or music note and ends with the last choreographed movement or music note.

### **DEDUCTIONS FOR TIME VIOLATIONS:**

- Undertime: 0.5 deduction.
- 3-5 seconds overtime: 0.5 deduction.
- 6-10 seconds overtime: 1.0 deduction.
- 11+ seconds overtime: 2.0 deduction.

# **SAFETY, POLICIES & RULES AT AUSSIE GOLD**

## **DANCE TEAM SIZE**

- **ACU Divisions (Tiny, Mini, Youth, Junior, Senior, Open, Adult, Scholastic & DanceAbility):** Minimum of 5 members, maximum of 38 team members.
- **DanceStars Divisions:** Minimum of 4 members, maximum of 38 team members.
- **IASF Open Divisions:** Minimum of 6 members, maximum of 30 team members.

## **DEDUCTIONS FOR TEAM SIZE VIOLATIONS:**

- **1 dancer missing from the minimum required:** 1.0 deduction.
- **2 dancers missing from the minimum required:** Disqualification.