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ACU Cheer Documents

1. IASF Cheer Legality Rules:
 - Outlines the rules for All Star Cheer Levels 1-7.
2. ACU Cheer Age Grid:
 - Outlines the divisions on offer, including ages, team sizes and levels for each division.
3. ACU Cheer Deduction System:
 - Outlines the definitions for routine infractions and rule violations for All Star cheer routines.
4. ACU Cheer General Scoring:
 - Outline general information regarding divisions, building information, and tumbling information.
5. ACU Cheer Image Policy:
 - Outlines the expectations and requirements regarding appropriateness of choreography as well as appearance.
6. ACU Cheer Novice Rules:
 - Outlines specific requirements within the novice division
7. ACU Cheer Scoring Rubric:
 - Outlines the requirements and how an All Star cheer routine will be scored.
8. ACU Cheer Skills List:
 - Includes examples of elite level appropriate skills.
9. ACU Cheer University General Scoring:
 - Outlines specific requirements within the university divisions
10. ACU Cheer Stunt General Guidelines
 - Outlines general rulings and policies within the stunt divisions

ACU Cheer Age Grid

1. Cheer Age Grid Notes

The eligible age for an athlete is determined by the BIRTH YEARS column on the Age Grid.

Exceptions:

- 1.1. IASF Divisions, where the athlete must be of eligible age at any time during the year of international provider competition, meaning they are eligible to compete at the Cheerleading Worlds or International Summit etc.
 - EXAMPLE FOR IASF DIVISIONS ONLY: If a 14-year-old athlete is participating in a division where the minimum age is 15; that athlete is legal for the division if the athlete turns 15 during the year of competition
 - EXAMPLE FOR IASF DIVISIONS ONLY: If a 19-year-old athlete is participating in a division where the maximum age is 18; that athlete would be legal for the division if the athlete was 18 years old at any time in the year of competition.
 - All IASF age groups are subject to change according to IASF updates
- 1.2. Any teams seeking to compete internationally need to ensure their athletes adhere to the age and division requirements of the competition they are attending. This includes having a minimum of 10 athletes for IASF divisions at Worlds.
- 1.3. All levels are as defined by the IASF rules. Exception: University Elite & Premier are as defined by the UWCC university rules.
- 1.4. Clubs who utilise crossover athletes must familiarise themselves with the specific EP's policy and adhere to those guidelines.

- 1.5. Where applicable, divisions will be split first by the following team sizes:
 - Extra Small = 6 to 15 members
 - Small = 16 to 24 members
 - Large = 25 to 30 members
 - Extra Large = 31 to 38 member
 - Mixed (Coed) = (At the EP's discretion regarding number of males)
- 1.6. EPs will have the discretion to accept additional requests regarding age divisions on a case by case basis.



ACU National Age Grid					
Division	Age	Birth Years	Gender	#Athletes	Level
Tiny	5-6	2020-2019	N/A	5 - 38	N, 1
Mini	5-9	2020-2016	N/A	5 - 38	N, 1, 2
Youth	6-12	2019-2013	N/A	5 - 38	N, 1, 2, 3, 4
Junior	8-15	2017-2010	N/A	5 - 38	N, 1, 2, 3, 4
Junior	10-16	2015-2009	N/A	5 - 38	5, 6
Senior	11-18	2014-2007	N/A	5 - 38	N, 1, 2
Senior (AG)	11-18	2014-2007	Female	5 - 38	3, 4, 4.2, 5
Senior Mixed (Coed)	11-18	2014-2007	1 or more Male	5 - 38	3, 4, 4.2, 5
Senior (AG)	13-18	2012-2007	Female	5 - 38	6
Senior Mixed (Coed)	13-18	2012-2007	1 or more Male	5 - 38	6
Open	14+	2011 or earlier	NA	5 - 38	1, 1NT, 2, 2NT
Open (AG)	14+	2011 or earlier	Female	5 - 38	3, 4, 4.2, 5, 6
Open Mixed (Coed)	14+	2011 or earlier	1 or more Male	5 - 38	3, 4, 4.2, 5, 6
Open (AG)	14+	2011 or earlier	Female	5 - 38	3NT, 4NT, 5NT, 6NT
Open Mixed (Coed)	14+	2011 or earlier	1 or more Male	5 - 38	3NT, 4NT, 5NT, 6NT,
Adult	18+	2007 or earlier	N/A	5 - 38	1NT, 2NT
All Level 7/7NT	16+	2009 or earlier	N/A	5-38	7, 7NT
Athletes aged 18+ are encouraged to provide a Working With Children Check or equivalent					

IASF International Divisions ([See Weblink for IASF details](#))

- See official IASF documentation for specifics
- Note that teams with less than 16 athletes can enter Open level 5, 6, 6NT divisions, however, IASF Cheer Worlds Bids Divisions are only offered to teams with 16 or more athletes as per IASF requirements.

ACU National Scholastic Age Grid				
Division	Grade	Gender	#Athletes	Level
Primary	6 & Below	N/A	5 - 38	N, 1, 1NT, 2, 2NT
High School	7-12	N/A	5 - 38	N, 1, 1NT, 2, 2NT, 3

ACU National CheerABILITY Age Grid				
Division	Age	Gender	#Athletes	Level
CheerABILITY (Independant)	All Ages	N/A	5 - 38	1, 2, 3, 4
CheerABILITY (Unified)	All Ages	N/A	5 - 38	1, 2, 3, 4