



Quick Links

[ACU Cheer Documents](#)

[Building](#)

[Tumbling](#)

[Overall](#)

ACU Cheer Documents

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



Building

		Stunt Difficulty	Pyramid Difficulty
0.0		No legal or controlled stunt performed	No legal or controlled stunt performed
2.5-3.0	Below	1 Level appropriate skill performed by most of the team.	
3.0-3.5	Below	2 Different level appropriate skills performed by most of the team	1 level appropriate skill, 1 structure performed by most of the team.
3.5-4.0	Low	3 Different level appropriate skills performed by most of the team	2 different level appropriate skills, 1 structure performed by most of the team
4.0-4.5	Mid	4 Different level appropriate skills performed by most of the team	2 different level appropriate skills, 2 structures performed by most of the team
4.5-5.0	High	5 different level appropriate skills performed by most of the team	4 different level appropriate skills, 2 structures performed by most of the team

Difficulty Drivers	Execution Drivers
<ul style="list-style-type: none"> Combination of skills Pace of skills performed Number of adaptive ability athletes utilised Linking skills with transitions Variety of skills Variety of body positions Difficulty of skill 	Stunt / Pyramid Drivers <ul style="list-style-type: none"> Top person Bases / Spotters Transitions Synchronisation Obvious Mistakes
	3.5-5.0 Team's ability to execute stunts, Pyramids and Tosses with excellent precision and form

Building Quantity Chart		
# Athletes	Maj.	Most
4-11	1	1
12-15	1	2
16-19	2	3
20-23	3	4

Stunt Quantity	
<i>Required to be performed by a traditional group of 4 or 5 Must be in the same section, rippled or synchronised. Athletes may not be recycled</i>	
0.0	No legal or controlled stunt performed
4.0	Less than majority of the team performs a level appropriate building skill.
4.2	Majority of the team performs a level appropriate building skill.
4.4	Most of the team performs a level appropriate building skill.
4.6	Less than a majority of the team performs the same elite level appropriate building skill

24-27	4	5
28-31	4	6
32-38	5	7

4.8	Majority of the team performs the same elite level appropriate building skill
5.0	Most of the team performs the same elite level appropriate building skill

Tumbling

		Standing Tumbling Difficulty	Running Tumbling Difficulty
3.0-3.5	Below	Skills performed do not meet Low range requirement	Skills performed do not meet Low range requirement
3.5-4.0	Low	Most of the team performs a level appropriate pass	Less than a majority of the team performs a level appropriate pass
4.0-4.5	Mid	Majority of the team performs a level appropriate pass in the same section without recycling athletes	Majority of the team performs a level appropriate pass
4.5-5.0	High	Most of the team performs a level appropriate pass in the same section without recycling athletes	Most of the team performs a level appropriate pass

Difficulty Driver	Execution Driver	
<ul style="list-style-type: none"> Degree of difficulty Percent of team participation Combination of skills Synchronisation or grouping of passes Variety of passes 	Standing / Running Tumbling Drivers <ul style="list-style-type: none"> Approach Speed Body Control Landings Synchronisation 	Jump Drivers <ul style="list-style-type: none"> Approach Arm Placement Leg Placement Landings Synchronisation

Jump Difficulty		
3.0-3.5	Below	Skills performed do not meet Low range requirement
3.5-4.0	Low	Majority of the team performs a jump
4.0-4.5	Mid	Majority of the team performs 2 non advanced jumps
4.5-5.0	High	Majority of the team performs one of the following: <ul style="list-style-type: none"> 3 non advanced jumps (connection not required)

Tumbling / Jump Quantity Chart		
# Athletes	Maj.	Most
4-5	1	1
6-7	2	3
8-9	4	5
10-11	5	6
12-14	6	7
15-16	7	9



- 2 advanced jumps (connection not required)

17-19	8	10
20-22	10	12
23-25	11	13
26-27	13	15
28-30	14	16
31-28	15	18

- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (ie jump $\frac{3}{4}$ front flip to seat, back handsprings which lands in a prone position etc. would not count) - Exception; forward rolls
- No skills out of a round off that are ILLEGAL in Level 1 will count for level appropriate credit in Level 2.
- No skills out of a BHS step out $\frac{1}{2}$ turn that are ILLEGAL in Level 2 will count for level appropriate credit in Level 3.
- Punch front forward roll will not count for level appropriate credit in Level 4.
- Jumps within a tumbling pass will not break up the pass (ie Toe Touch BHS Toe Touch BHS is 1 pass in L3)
- T-jumps are not considered a jump and will break up a pass into two separate passes. Safety judges will use the IASF Jump Skill definition where a jump skill does break up the pass.
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (ie jumps that land on knee(s) or seat etc would not count).
- Basic jumps: Star, Tuck jump. Advanced jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch

Overall	
Stunt Creativity	
0.0	No legal or controlled stunt performed
1.5-2.5	Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills. This may include: Entries, Transitions, Dismounts, Clarity, Flow
Pyramid Creativity	
0.0	No legal or controlled pyramid performed
1.5-2.5	Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills. This may include: Entries, Transitions, Dismounts, Clarity, Flow
Dance	
8.5-10.0	A team's ability to demonstrate a high level of energy and entertainment value which may incorporate: Visual elements, Variety of levels, Formation changes, Footwork, Floorwork, Partner work, Pace This also includes: Technique, Perfection, Motion strength/placement, Synchronisation.
Showmanship / Appropriate Athlete Impression	
9.0-10.0	A team's ability to demonstrate a high level of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.
Routine Composition	
8.5-10.0	A team's ability to demonstrate the following throughout the routine: Precise spacing, Formations, Transitions This also includes innovative, visual and intricate ideas, as well as any additional skills performed to enhance the overall appeal
Additional Information	
<ul style="list-style-type: none"> • If no legal skill is performed within the relevant category = 0 	