

DANCESTARS 2025



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WHAT IS ALLSTAR DANCE

Allstar Dance is an inclusive team sport that welcomes girls and boys of all ages, body types, strengths, and abilities. It combines jumps, leaps, turns, lifts and kicks, into a dynamic 2 minute 15 second routine.

All Star Dance is divided into categories by age and experience so that an athlete may participate in a way that fits them perfectly. These divisions allow programs to place athletes on teams where they can grow, be inspired and be challenged.

There are five participation levels available for Cheer Gyms, Dance Studios and Schools:

DanceStars

DanceStars is for individuals who want to discover All Star dance in a fun, technique-centred atmosphere. It is designed to bridge the gap between recreational and competitive dance, allowing teams to participate in a modified routine that focuses on skill perfection rather than difficulty. Age requirements and team size are also more flexible in this category.

There are restrictions with the skills allowed in the DanceStars division (refer to the ACSA **Novice** Rules).

Novice

For individuals with limited technical element proficiency who want to strengthen technique and performance skills in a competitive team atmosphere. Novice teams typically require less time and cost commitments than are required of Intermediate or Advanced teams.

There are restrictions with the skills allowed in the Novice division (refer to the ACSA Novice Rules).

Intermediate

Intermediate Dance is open for teams who have progressed from Novice Dance, but not quite ready for Advanced divisions. It focuses on strengthening technique and performance skills that help prepare athletes for Advanced All Star teams.

There are restrictions with the skills allowed in the Intermediate division (refer to the ACSA Intermediate Rules).

Advanced

For dancers with strong dance training and solid technical ability. Elite teams are comprised of individuals who are ready for highly competitive performance levels.

DanceAbility

DanceAbility enables athletes of all abilities to compete in All-Star Dance in Australia that is safe and fun; builds independence and self-confidence; and provides a place for positive social interaction and peer support. Unified and independent teams are available, allowing programs to promote and grow at their own pace.

ALLSTAR DANCE DESCRIPTIONS

Pom:

Incorporates the use of proper Pom motion technique that is sharp, clean and precise while allowing for the use of concepts from Jazz, Hip Hop and High Kick. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, levels and groups. Poms are required to be used throughout the routine.

Jazz:

Incorporates traditional or stylized dynamic movements with strength, continuity, presence and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality and staging. The overall impression of the routine should be lively, energetic and motivating, with the understanding that the dynamics of movement may change to utilize musicality.

Hip Hop:

Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging and athleticism.

Contemporary/Lyrical:

A contemporary routine uses organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the rhythmic value of the music. Emphasis is placed on control, sustained, expressive movement, body placement, contraction/release, use of breath, uniformity and communication.

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.

If you have any questions or need assistance in determining the right genre for your team, please feel free to ask us!

BENEFITS OF OFFERING DANCESTARS IN YOUR PROGRAM

More Affordable:

We prioritize the use of low-cost costumes or training apparel. Teams will not be judged based on music mixes, so we encourage affordable music options such as recycled mixes, single songs, or 8-counts.

Safe Progressions = Success

Removing the complexity of movement requirements (difficulty) from the scoresheet allows a safe progression for coaches and athletes in terms of knowledge and skill development. Athletes can focus on learning routines that fit their team while achieving skills without the added pressure. This allows for a more enjoyable and fulfilling experience.

Staff Training:

DanceStars provides excellent opportunities for training new coaches. The program emphasizes teaching clean execution before moving on to more difficult skills. Coaches can grow and learn together with their athletes, developing their coaching skills in the process.

Lifelong Skills:

This program aims to provide a positive and safe experience for athletes, allowing them to learn valuable life skills such as teamwork, discipline, and dedication. The program builds confidence, leadership skills, and resilience, providing long-lasting benefits beyond dancing.

Friendships:

Athletes will forge meaningful friendships and create unforgettable memories through the DanceStars program. The team environment cultivates camaraderie and a sense of community.

GUIDELINES

Team Size:

4+ Team Members (any gender)

Age Divisions:

The age grid for DanceStars is:

Tiny: 3 – 6 years

Mini: 3 – 9 years

Youth: 4 – 12 years

Junior: 6 – 15 years

Senior: 8 – 18 years

Open: 14 years & older

Adult: 18 years & older

****Max 2 OOA athletes permitted with no deductions; they must be within 2 years of the age group they are registered to.**

When determining ages, the cut-off is December 31st, 2025 i.e. Open Age, 13 yrs & older, and the athlete must turn 13 by 31st December in the year of competition.

Routine Time Limit:

Maximum 2 minutes 15 seconds. There is no minimum music time requirement.

The recommended time limit is between 1 minute 30 seconds and 2 minutes 15 seconds.

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

Competition Performance Area:

Dance Teams will compete on an 8 strip, 12m (length) x 12m (width) or 10 strip 12m (length) x 15m (width) dance floor. Please note: Dance floor surfaces may be different at each Competition. Please check the relevant Competition Handbook.

Music:

Teams will not be judged on their music mixes, allowing flexibility and cost-effective options. We encourage using low-cost music options such as recycled mixes, single songs, or 8-count man.

To assist Clubs/Studios/Schools, DanceStars offers two FREE pre-mixed music options that can be used for hip hop or pom routines at ANY event.

These options include:

- 1 minute 30 seconds
- 2 minutes

These tracks are provided in both 8-count and regular music versions. You are welcome to use either version of these tracks at competitions. This music resource aims to support teams in creating routines without additional expenses.

We have also created a link where programs can share recycled music they are happy to share with the community.

[Click here for music](#)

Costume Requirements:

Teams will not be judged based on their costume.

We encourage participation rather than costly aesthetics, suggesting teams work with what they already have (such as recycled costumes) or choose low-cost options. Examples include:

- T-shirts crops, or singlets
- Shorts, bike pants, skirts, or skorts
- Dresses
- Dance costumes are allowed but will not be judged.

All costumes should be secure. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.

Footwear:

Performing in socks and/or footed tights, high heels, roller skates, roller blades or any other footwear that is inappropriate for the sport is not allowed. If in doubt please contact the Event Provider for prior approval.

Jewellery:

Jewellery as part of a costume is allowed.

Medical bracelets are allowed if taped to the body.

Choreography:

All choreography and lyrics of the music should be age appropriate and appropriate for family audiences.

Props:

Props are not allowed. Only the use of costume elements (i.e. necklace, jacket, hat, poms, etc.) is allowed. They may be used and discarded but may not be used to elevate athletes from the performance surface.

Legalities and Deductions:

All legalities and deductions will apply.

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 Provider's handbook.

AWARDS

Awards will be given as per the relevant Event Provider's handbook.

At a minimum, awards will be presented to 1st, 2nd & 3rd placed teams.

SCORING

DanceStars is open for beginner Allstar Dance teams, or teams who do not currently meet the ACSA Age Grid or Team size.

DanceStars follows a unique scoring rubric that rewards execution and participation over difficulty. Therefore, scores cannot be compared across other levels (Novice, Intermediate, Advanced).

Scores out of /10

Not Attempted	0
Working towards	5-6
Fair	6-7
Good	7-8
Very Good	8-9
Excellent	9-10

Scores out of /15

Not Attempted	0
Working towards	5-7
Fair	7-9
Good	9-11
Very Good	11-13
Excellent	13-15

Area	Criteria
Technical Execution	Category Style Execution (10 pts) Pom - Quality of Pom motion Technique: placement, control, precise and strong completion of movement Hip Hop - Groove and quality of authentic hip hop/street dance style Jazz - Continuity of movement and quality of style, extension and presence/carriage Contemporary/Lyrical - Correct posturing and body placement, especially of unique or pedestrian shapes
	Movement and Skill Technique Execution (10 pts) Movement that has strength, intensity, placement, control, presence and commitment, and the ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement
Group Execution	Synchronisation/Timing with Music (15 pts) Correct timing with team members and the music
	Uniformity of Movement (15 pts) Movements are the same on each person: clear, clean and precise
	Spacing (15 pts) Correct positioning/distance between individuals on the performance surface during the routine and transitions
Choreography	Musicality (10 pts) Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner
	Routine Staging/Visual Effects (10 pts) Utilisation of varied formations and seamless transitions Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc
Overall Effect	Communication/Projection/Audience Appeal & Appropriateness (15 pts) Ability to exhibit a dynamic routine with genuine showmanship and audience appeal Age appropriate music, costume and choreography that enhances the performance

Skill Restrictions: Refer to the ACU Dance **Novice** Rules