

Quick Links

[ACSA Cheer Documents](#)

[Available Cheer & Dance Structures](#)

[Available Cheer Routines](#)

[Available Dance Routines](#)

[Athlete & Support Personnel](#)

[Non-Adaptive Abilities Athlete](#)

[Adaptive Abilities Athlete](#)

[Assistant/Support Personnel](#)

[Eligible Impairment Types](#)

[Impairment Title & Explanation](#)

[Division Rules](#)

[CheerAbility & DanceAbility Division Rules](#)

[Penalties For Cheer Rule Infractions & Deductions](#)

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

CheerAbility and DanceAbility provides an opportunity for all athletes, regardless of their ability, to compete in All-Star Cheer and Dance in Australia. The provision of both unified and independent teams allows programs to promote and grow their program at their own pace.

1. Available Cheer & Dance Structures

- 1.1. Independent: 100% of athletes are adaptive ability (see definition below).
- 1.2. Unified: Combination of adaptive and non-adaptive ability athletes. No more than 75% of the team can be made up of non-adaptive ability athletes (see definition below).
- 1.3. It is at the Event Providers discretion to split or combine divisions as required.
- 1.4. Assistants are allowed in all categories.
- 1.5. Athletes without a disability must wear a 3-inch arm band on both arms (located between upper bicep and wrist) in a distinctive and identifiable colour.

2. Available Cheer Routines

- Team Cheer
- Non-Tumble Cheer
- Stunt: Group Stunt, Partner Stunt and Assisted Partner Stunt

3. Available Dance Routines

- Dance Doubles
- Jazz
- Hip Hop
- Pom
- Lyrical/Contemporary
- Kick

Athlete & Support Personnel

4. Non-Adaptive Abilities Athlete

- 4.1. Teams can consist of non-adaptive abilities athletes, but no more than 75% of the team. These athletes can join the team to allow an athlete with an adaptive ability the opportunity to compete/perform. The purpose of this team is to highlight the athlete with an adaptive ability with the support of their team. When assigning a level or skill, Coaches must be considerate to the best interest of the adaptive ability athlete. Athletes without a disability must wear a 3-inch arm band on both arms (located between upper bicep and wrist) in a distinctive and identifiable colour.

5. Adaptive Abilities Athlete

- 5.1. An athlete identifying as an adaptive abilities athlete must meet the eligible impairments listed in this document. This athlete can compete in Cheer Level 1 - 4 and/or any Dance genre ensuring they follow the rules listed in this document, as well as the IASF rules.

6. Assistant/Support Personnel

- 6.1. Assistants are utilised to support an adaptive ability athlete either one-on-one or as a group. They cannot assist tumble in any way or touch the athlete. They are NOT an athlete on the team so cannot contribute to the score card. For example:
- Assistants cannot be choreographed into the routine for score card purposes, they are only there to spot or give directions.

- Assistants cannot independently participate in the routine (e.g. be a base in a stunt group).
- Assistants can be in both Unified and Independent teams.
- Assistants must be registered for the event and follow assistant rules in this document.
- Assistants can be an extra safety spotter when required.
- Assistants can prompt from off the floor, on sides or the front of the floor as long as it does not impair the judges view. Ensure you clarify the preferred position with the Event Provider.
- Assistants must be dressed in all black.

Eligible Impairment Types

CheerAbility & DanceAbility - Please consult the Event Provider for any required clarification.

Impairment Explanation as per Paralympics:

7. Impairment Title & Explanation

- 7.1. **Impaired Muscle Power:** Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused by spina bifida or polio.
- 7.2. **Impaired Passive Range of Movement:** Range of movement in one or more joints is reduced permanently, for example due to arthrogryposis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
- 7.3. **Limb Deficiency:** Total or partial absence of bones or joints as a consequence of trauma (e.g. car accident), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
- 7.4. **Leg Length Difference:** Bone shortening in one leg due to congenital deficiency or trauma.
- 7.5. **Short Stature:** Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
- 7.6. **Hypertonia:** Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition such as cerebral palsy, brain injury or multiple sclerosis.
- 7.7. **Ataxia:** Lack of coordination of muscle movements due to neurological conditions, such as cerebral palsy, brain injury or multiple sclerosis.

- 7.8. **Athetosis:** Generally characterised by unbalanced, involuntary movements and difficulty in maintaining a symmetrical posture, due to a neurological condition such as cerebral palsy, brain injury or multiple sclerosis.
- 7.9. **Visual Impairment:** Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex. Visual acuity in both eyes with best corrected vision of less than or equal to 6/60 (log MAR 1.0); or visual field restriction of less than 40 degrees diameter in both eyes with best corrected vision.
- 7.10. **Intellectual Impairment:** A Limitation in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills, which originates before the age of 18. Common classes of intellectual disabilities that meet minimum eligible requirements include Fragile X Syndrome, Down Syndrome, Autism Spectrum Disorders, and people with Foetal Alcohol Syndrome or Apert Syndrome.
- 7.11. **Hearing Impairment:** Hearing is impacted by either an impairment of the ear structure, illness or other factors leading to a hearing loss of at least 55 decibels in an athlete's 'better ear'- that is not corrected with the use of hearing aids, cochlear implants and/or similar devices.

Division Rules

8. CheerAbility & DanceAbility Division Rules

- A. CheerAbility (which incorporates ParaSport Cheer) is available for IASF levels 1-4. Teams will follow the IASF general rules and routines requirements.
- B. DanceAbility (which incorporates ParaSport Dance) is available in all genres. Teams must follow the IASF Dance general rules and Genre Specific rules and guidelines.
- C. Wheelchair users when basing stunts and pyramids must have all wheels in contact with the performance surface during the skill, with an added and appropriate anti-tip attachment for safety.
 - a. Clarification: An Appropriate wheelchair anti-tip attachment must be in contact with the chair and the performance surface as an additional point of contact to the performance surface while both wheels of the wheelchair are also in contact with the performance surface.
- D. All wheelchairs must be visually locked when using as a base for athletes to stand or put any amount of weight on the chair.
- E. Non-motorised wheelchairs:
 - a. With or without assistance, must have at least 2 wheels on the floor at all times.
 - b. Either 2 front or 2 back wheels. Must not tip to side. Tipping backwards or forwards only allowed with aid of tipping device.
 - c. When non-motorised wheelchairs are in motion, if there is an individual pushing the athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair MUST NOT be released during motion.
 - d. Motorised wheelchairs must have all 4 wheels on the floor at all times (exception – if assistance is needed to lift back wheels onto the cheer floor).
- F. All Athletes spotting, catching and/or cradling a skill must have mobility through their lower body (with or without use of mobility equipment) to absorb the impact of the skill, as well as with adequate lateral speed to spot, catch and/or cradle the skill.
- G. All athletes spotting, catching and/or cradling a skill must have at minimum one arm extended beyond the elbow to adequately assist with the skill.
- H. Release moves and dismounts may be caught by individuals who were not the original base(s) if the main base(s) are not capable of catching and/or cradling the skill. Release moves must return to original bases, unless the original base(s) are not physically capable of catching the release move as designates .
- I. Mobility devices (i.e. wheelchairs, crutches etc.) may be used to aid the top person in loading into a stunt and/or pyramid. Example: A top person may step upon any portion of a wheelchair, mobile device, and/or upon a base supporting a crutch to load a skill.
- J. All mobility equipment, prosthesis and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced on or returned to the athlete.
- K. Basket tosses are not allowed in any CheerAbility or DanceAbility division. This includes load in/squish and waist level cradles.
- L. Tumbling while holding or in contact with any prop is not allowed, unless the 'prop' is mobility equipment for an adaptive abilities athlete.



- M. Any team wishing to compete above level two must apply via video submission to the ACSA CADA Committee to receive written approval which must be provided at time of entry to events.
- N. ALL Stunts and Pyramids (at prep level or above) require a non-adaptive abilities athlete or assistant as spotter/safety spotter.
- O. Spotted and assisted tumbling is not permitted.
- P. Up to 3 Coaches/Assistants are allowed to signal from the front of the mat and may not obstruct the view of the judges. No limit to the number of Assistants around the perimeter of the floor in a squat position.
- Q. Assistants must:
 - a. Be registered for the competition and have completed a waiver.
 - b. Be dressed in plain black (no club logos or similar) so it is clear to the judges who is the athlete and who is the Assistant.
 - c. Follow both ACSA general rules and IASF rules.
- R. It is the responsibility of the Coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.

9. Penalties For Cheer Rule Infractions & Deductions

- 9.1. Any violation of the CheerAbility or DanceAbility rules may receive a 2 (two) point deduction.
- 9.2. IASF legality infractions may receive a 1(one) point deduction.
- 9.3. Building bobbles and building / tumble falls will receive a warning providing the error does not cause the skill to become unsafe. Major building falls will be deducted