

## CHEER AND DANCE (open)

2016

AUS Cheer and Dance competitions are conducted under the rules of the [ICU World University Championships](#) except where these differ from AUS sport rules; in which case the later will take place.

---

### 1. Team/squad size

- All girl team cheerleading – minimum of 5, maximum of 25
- Co-ed team cheerleading – minimum of 5, maximum of 20 with maximum of 9 males permitted
  
- All girl group stunt – team consists of 4 competitors
- Co-ed group stunt – team consists of 4 competitors with maximum of 2 males permitted
- Co-ed partner stunt – team consists of 2 competitors (one male, one female), excluding spotter
  
- Dance team POM / Jazz / Hip Hop – minimum of 5, maximum of 16 with any ratio of males and females are permitted
- Dance doubles POM / Jazz / Hip Hop – team consist of 2 competitors with any ratio of males and females is permitted

---

### 2. Competition categories offered

2.1. In 2016 the following categories will be offered at the Southern University Games:

- Category 1 – Level 1/2 (basic) All Girl Team Cheerleading competition
- Category 3 – Level 1/2 (basic) Co-ed Team Cheerleading competition
  
- Category 5 – Level 1/2 (basic) Group Stunt All Girl
- Category 7 – Level 1/2 (basic) Group Stunt Co-ed
- Category 9 – Level 1/2 (basic) Partner Stunt Co-ed
  
- Category 11 – Dance Team POM
- Category 12 – Dance Team Jazz
- Category 13 – Dance Team Hip Hop
  
- Category 14 – Dance Doubles POM
- Category 15 – Dance Doubles Jazz
- Category 16 – Dance Doubles Hip Hop

2.2. In 2016 the following categories will be offered at the Australian University Games:

- Category 1 – Level 1/2 (basic) All Girl Team Cheerleading competition
- Category 2 – Level 3/4 (intermediate) All Girl Team Cheerleading competition
  
- Category 3 – Level 1/2 (basic) Co-ed Team Cheerleading competition
- Category 4 – Level 3/4 (intermediate) Co-ed Team Cheerleading competition
  
- Category 5 – Level 1/2 (basic) Group Stunt All Girl
- Category 6 – Level 3/4 (intermediate) Group Stunt All Girl
  
- Category 7 – Level 1/2 (basic) Group Stunt Co-ed
- Category 8 – Level 3/4 (intermediate) Group Stunt Co-ed
  
- Category 9 – Level 1/2 (basic) Partner Stunt Co-ed
- Category 10 – Level 3/4 (intermediate) Partner Stunt Co-ed
  
- Category 11 – Dance Team POM
- Category 12 – Dance Team Jazz
- Category 13 – Dance Team Hip Hop
  
- Category 14 – Dance Doubles POM
- Category 15 – Dance Doubles Jazz
- Category 16 – Dance Doubles Hip Hop

---

### 3. Competition entry

- 3.1. Each university may only enter one team per category.
- 3.2. An individual can only compete in one category for All Girl Cheerleading Team and one category for Co-ed Cheerleading Team (ie a person can compete in category 2 and 4 but not category 1 and 2).
- 3.3. All teams must be accompanied by an accredited coach who is required to be present during warm up and competition.

---

### 4. Competition time/duration

- 4.1. The competition will be conducted to the following time schedules:
  - Cheerleading routine: 2 min 30 seconds (this *includes* the compulsory 30 second 'cheer')
  - Dance teams Pom, Jazz & Hip Hop routine: 2 minutes 30 seconds
  - Pom, Jazz & Hip Hop doubles routine: 1 minute 30 seconds
  - Group and partner stunt routine: 60 seconds

---

### 5. Competition sizes

- 5.1. If 12 or more teams enter into a category, competition organisers may consider separating the category into small and large divisions.
- 5.2. If 3 or more teams enter a category the competition will run with teams receiving gold, silver and bronze medals for placings. Placings will count towards overall champion university.
- 5.3. If only 2 teams are entered in a category both teams will run with teams receiving gold and silver medals for placings. Placings WILL NOT count towards overall champion university.
- 5.4. If only one team is entered in a category the competition will not run.

---

### 6. Category requirements

- 6.1. Pom poms must be used in 80% of a POM routine.
- 6.2. Within the Cheerleading category, a 30 second cheer is to be included in the routine. The cheer needs to display:
  - a) Crowd leading ability – this includes crowd effective material, voice, pace & use of motions to lead the crowd
  - b) Use of signs, poms, and/or megaphones
  - c) Practical use of stunts/pyramids to lead the crowd
  - d) The cheer can be placed anywhere within the routine and will be part of the 2.30 minutes

---

### 7. Championship grading

- 7.1. Overall champions will be determined by a medal tally. If two universities are tied on medal count at the completion of the competition, a countback on all placings will occur.
- 7.2. Video review system will not be available and judges decisions are final.

---

### 8. Uniform requirements

- 8.1. Each athlete shall wear the uniform of their university. The university shall submit a description of its uniform to the organiser if requested.
- 8.2. The specific uniform requirements for Cheer and Dance are as per the ICU World standard with the following AUS uniform requirements
  - All uniforms should be matching
- 8.3. Minimum uniform requirements for AUS events must be met:
  - A competitor must not use equipment or wear anything that is dangerous to him/herself or another competitor (including any kind of jewellery)
  - Long or sharp fingernails are to be trimmed short



- All participating competitors are to be correctly attired in appropriate, matching team uniforms
- Exceptions may be made for some sports in cold weather, providing permission is granted by the appropriate officials. Additionally the exceptions will only be granted providing they are the same colour, and the extra clothing does not cover up any identification numbers or colours
- All numbers on shirts need to be clearly visible, and in a contrasting colour to the dominant colour of the shirt
- Mouth guards are strongly recommended for all sports where there is a potential for collision. It is compulsory to wear a mouth guard in those sports where it is stated
- All participants must retain the one number throughout the tournament (if numbered jerseys are used)
- Numbers on shirts are restricted to one or two digit numbers
- Players should not take the field of play in any costume or part of a costume. If they do, players will be asked to remove costume items or incur a code of behaviour report

---

## 9. Award ceremonies

9.1. Medal ceremonies will be held at the completion of the competition.

9.2. Gold, silver and bronze medals will be presented to those teams finishing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each category.

9.3. Medals are not awarded for overall winning university placings.

9.4. Pennants will be presented at the closing presentation to the following teams:

- For regional university games events
  - Overall winning university
- For the Australian University Games
  - Overall winning university

9.5. The following trophies will be presented to the overall champion team at the Australian University Games (note that trophies are presented at the closing presentation):

- Overall winning university – AUS Cheer and Dance Champions

---

## Previous rule amendments

April 2011 | March 2012 | May 2013 | April 2015 | July 2015