

UniSport Australia Guideline

Cheer and Dance

UniSport Australia (UniSport) Cheer and Dance competitions are conducted under the rules of the [ICU University World Cup Cheerleading Championships](#) except where these differ from UniSport competition guidelines; in which case the later will take precedence. The team sizes are consistent with the [FISU](#) and [AASCF](#) university guidelines.

1. Team/squad size

Cheer Divisions			
All Female		6 - 38 members	Level 1/2 NT
Coed	1 or more males	6 - 38 members	Level 1/2 NT
All Female		6 - 38 members	Level 3/4
Coed	1 or more males	6 - 38 members	Level 3/4
Elite All Female*		6 - 38 members	Elite
Elite Small Coed*	1 - 4 males	6 - 38 members	Elite
Elite Large Coed*	5 - 12 males	6 - 38 members	Elite
Premier All Female*		6 - 38 members	Premier
Premier Small Coed*	1 - 4 males	6 - 38 members	Premier
Premier Large Coed*	5 - 12 males	6 - 38 members	Premier
Dance Divisions			
Dance Small	Any ratio of males	5 - 15 dancers	Jazz, Hip Hop, Pom
Dance Large	Any ratio of males	16 - 20 dancers	Jazz, Hip Hop, Pom
Dance	Any ratio of males	5 - 24 dancers	Lyrical/Contemporary
Dance Doubles	Any ratio of males	2 dancers	Jazz, Hip Hop, Pom, Contemporary/Lyrical

*To be considered for nomination to the FISU World University Championships Cheerleading, a university team must field 16-20 athletes in the relevant division.

2. Competition format

2.1. Category 1

- Level 3/4 All Girl Team Cheerleading
- Level 3/4 Coed Team Cheerleading
- Elite All Girl Team Cheerleading
- Elite Coed Team Cheerleading
- Premier All Girl Team Cheerleading
- Premier Coed Team Cheerleading
- Dance Team Pom
- Dance Team Jazz
- Dance Team Hip Hop
- Dance Doubles Pom
- Dance Doubles Jazz
- Dance Doubles Hip Hop

2.2. Category 2

- Level 1/2 (non-tumbling) All Girl Team Cheerleading
- Level 1/2 (non-tumbling) Coed Team Cheerleading
- Dance Team Contemporary/Lyrical
- Dance Doubles Contemporary/Lyrical

3. Point score

3.1. The first three places in every event will count towards the overall point score to determine the overall champion. It will be scored according to the following matrix:

Category 1		Category 2	
Position	Points	Position	Points
1 st	4 points	1 st	2 points
2 nd	3 points	2 nd	1.5 points
3 rd	2 points	3 rd	1 point

3.2. In the event of a tie in the overall point score, joint winners will be awarded the title of overall champions.

3.3. In the event there are three or more teams tied, a medal countback will determine the winners.

3.4. An overall champion university will be awarded for both Cheer and Dance – with a pennant being awarded to each competition.

4. Competition entry

4.1. Team entries

- a) Each university can enter teams in both Category 1 and Category 2.
- b) For Category 1, only one team per event may be entered.
- c) For Category 2, each university can enter up to two teams per event, however only the result of the top ranked team will count towards the overall university score.

4.2. Crossover athletes

- a) Crossover athletes are allowed within Level 3/4 to Level 1/2 NT All Girl Cheer and Coed Cheer.
- b) Crossover athletes are allowed within Level 3/4 to Level 5 or 6 All Girl Cheer and Coed Cheer.
- c) Crossover athletes are also permitted between Level 5 and Level 6 All Girl and Coed Cheer.
- d) There will be no changes to running order or no waiting for crossover athletes to prepare for their competition start time.

4.3. Coaching requirements

- a) It is a requirement for all Cheer teams to be accompanied by an AASCF accredited coach/manager who must be present during warm up and competition. All teams must nominate that coach/manager through the registration process.

5. Competition time/duration

5.1. The competition will be conducted to the following time schedules:

- a) Cheerleading routine: 2 minutes and 30 seconds (1 minute and 45 seconds maximum to music and includes the compulsory minimum 30 second 'cheer')
- b) Dance teams Pom, Contemporary/Lyrical, Jazz & Hip Hop routine: 2 minutes
- c) Pom, Jazz & Hip Hop doubles routine: 1 minute and 30 seconds

6. Competition sizes

- 6.1. If 12 or more teams enter a category, competition management may consider separating the category into small and large divisions. This is up to the discretion of UniSport in consultation with the competition management team.
- 6.2. If three or more teams enter an event within a category, the competition will be contested with teams receiving gold, silver and bronze medals for placings.
- 6.3. If two teams are entered in an event within a category, teams will receive medals for their placings (i.e.: gold/silver).
 - a) Placings will not count towards the overall champion university score, unless the following criteria are met;
 - b) Teams achieve a minimum cap score in the event as per AASCF standards:
 - i) Cheer cap score is 70 percent
 - ii) Dance cap score is 80 percent
- 6.4. If one team enters an event within a category, a gold medal will only be awarded if the team achieves the cap score required.

7. Category requirements

- 7.1. Pom poms must be used in 80% of a Pom routine.
- 7.2. Within the Cheerleading category, a minimum 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 two and a half minutes

8. Competition information

- 8.1. As per the International Cheerleading rules for university competitions, a traditional foam cheerleading mat will be used as the competition floor. For Dance competitions, a Marley floor will be used.
- 8.2. Video review system will not be available, and the judges' decision will be final.

9. Club mascot participation

- 9.1. Allowed activities for club mascots include:
 - 9.1.1. Mascots may be present in the marshalling area.
 - 9.1.2. Mascots may walk teams onto the floor.
- 9.2. Prohibited activities for club mascots include:
 - 9.2.1. Interacting with athletes/coaches in a distracting manner
 - 9.2.2. Entering the warm up room
 - 9.2.3. Tumbling, stunting or running on the performance floor
 - 9.2.4. Obstructing competition flow or stopping the event

10. Scoresheets

- 10.1. Scoresheets will be provided to the nominated university contact via email, if no contact is nominated scoresheets will be sent to the University Team Manager.
- 10.2. Overall final scores and rankings will be available on the UniSport website.

11. Uniform Requirements

11.1. Cheer

- Teams are required to wear a team uniform representing the athlete's institution - displaying university colours, mascot, university initials or any markings identifying university representation.
- Soft-soled athletics shoes, on both feet, must be worn.
 - Gymnastics shoes, jazz shoes and/or boots are prohibited.
 - Dance paws are acceptable.
 - Shoes with wheels are not allowed (Example: rollerskates, rollerblades, heelys, etc.).
 - Wearing socks and/or footed tights only is not allowed.

11.2. Dance

- Shoes, on both feet, must be worn.
 - Dance paws are acceptable.
 - Shoes with wheels are not allowed (Example: rollerskates, rollerblades, heelys, etc).
 - Wearing socks and/or footed tights only is not allowed.
- All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless

12. Award ceremonies

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

12.2. Gold, silver and bronze medals will be presented to those teams finishing 1st, 2nd and 3rd in each event.

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

12.4. The following pennants will be presented to the overall champion team at the Nationals:

- Overall winning university – UniSport Cheer Champion
- Overall winning university – UniSport Dance Champion

Previous amendments

April 2011 | March 2012 | May 2013 | April 2015 | July 2015 | May 2017 | August 2017 | August 2018 | November 2018 | July 2019 | February 2020 | March 2024 | March 2025 | March 2026

**All competitions will be held in accordance with the UniSport competition guidelines.*