

Reference	Previous	2024	Comment
2024 ACSA Cheer Age Grid			
Age Grid	Open division will move to bottom age of 15+ as of 2024, 16+ as of 2025 (Aligned with IASF)	No change to the bottom age of Open division. Will remain at 14+ in 2024	Anticipated changes to IASF ages were not implemented. Cheer community feedback overwhelmingly preferred 14+ Further research to be done during 2024 regarding the effect of the Open age division options on Child and Athlete Safety
Age Grid	Senior 4.2 division no longer offered as of 2024, Open 4.2 no longer offered as of 2025	Senior 4.2 division will continue to be offered in 2024 Open 4.2 division will continue to be offered in 2024	Cheer community feedback overwhelmingly supportive of keeping these divisions Data on number of teams in these divisions will inform 2025 divisions available
Age Grid	Adult Division Age 22+	Changed to 18+	Allows for overlap with Open for 18+ athletes Encourage adult (18+) athletes to be placed on adult teams
Age Grid	Adult 1NT	Addition of Adult 2NT	Progression of Adult division teams requires level 2 be available
Age Grid	Athlete numbers All star teams: 6 - 38 Scholastic teams: 6 - 38 CheerAbility: Unlimited	Athlete numbers All star teams: 5 - 38 Scholastic teams: 5 - 38 CheerAbility: 5 - 38	Minimum team number reduced to 5 CheerAbility number added to align with other divisions
Age Grid	NA	<i>Addition of: Athletes aged 18+ are encouraged to provide a Working With Children Check or equivalent</i>	ACSA encourages clubs and EPs to request athletes WWCC as a measure to promote child safety practices in cheer & dance
2024 ACSA Dance Age grid			
Age Grid	IASF Division list with ages / years	Removal of ages and years Replaced with link to IASF site	Removed for clarity, as IASF release changes later than ACSA
Age Grid	NA	<i>Addition of: Athletes aged 18+ are encouraged to provide a Working With Children Check or equivalent</i>	ACSA encourages clubs and EPs to request athletes WWCC as a measure to promote child safety practices in cheer & dance

2024 ACSA Cheer Skills List			
Tumbling Novice	Forward Roll; Straddle Roll; Handstand; Handstand Forward Roll; Front Limber; Cartwheel; Backward Roll; Back Extension Roll; Push Up To Bridge; Standing To Bridge; Bridge Kickover	<ul style="list-style-type: none"> • Bridge and bridge variations not allowed for Tiny • Table top added as a level appropriate skill 	In line with recommendations regarding spine development of under 5 years: no training or competing back bend positions
2024 ACSA Cheer Novice Rules			
Pyramids B	Two leg extended require hand-arm/hand-arm connections with both arms braced by at least one top person at prep level or below. NO extended stunt connected to extended stunt.	Two leg extended stunts not allowed	
2024 ACSA Cheer Scoring Rubric			
Overall	Stunt Creativity 2.0-2.5 Pyramid Creativity 2.0-2.5	Stunt Creativity 1.5-2.5 Pyramid Creativity 1.5 -2.5	Range increased to allow judges to separate teams more and encourage creativity in cheer building skills
Overall	Routine Composition 9.0-10.0	Routine Composition 8.5-10.0	Range increased to allow judges to separate teams more and encourage greater focus on routine composition
Overall	Dance 9.0-10.0	Dance 8.5-10.0	Range increased to allow judges to separate teams more and encourage greater focus on dance
Building: All Tiny, Mini, Youth & Junior, Senior + Open 4.2 Building: Open Coed Level 3 & 4 Building: Open Coed Level 5, 6 & 7	Stunt Difficulty Below: Skills performed do not meet Low range requirement	Stunt Difficulty Below: Less than 4 different level appropriate skills performed by the team	Clarification of Below range definition
Building: All Tiny, Mini, Youth & Junior, Senior + Open 4.2 Building: Open Coed Level 3 & 4 Building: Open Coed Level 5, 6 & 7	Pyramid Difficulty Below: Skills performed do not meet Low range requirement	Pyramid Difficulty Below: 1 level appropriate skill, 1 structure performed by most of the team	Clarification of Below range definition
2024 ACSA CheerAbility Scoring Rubric			



Overall	Stunt Creativity 2.0-2.5 Pyramid Creativity 2.0-2.5	Stunt Creativity 1.5-2.5 Pyramid Creativity 1.5 -2.5	Range increased to allow judges to separate teams more and encourage creativity in cheer building skills
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2024 ACSA Dance Novice & Intermediate Rules			
Rules Novice / Intermediate	2024 ACSA Dance Novice / Intermediate Rules	Multiple changes to Novice & Intermediate Rules See link for detail	Further clarification and clarity Refinement of rules to provide skill progressions for improved athlete safety.

