



Competition **HANDBOOK**

2025

For questions regarding information in this handbook,
please contact us for assistance:

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Infinite Spirit All Stars would like to acknowledge the traditional owners of the lands on which we work and host our events. We pay our respects to Elders past, present, and emerging.

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2025 Event Dates

- FNQ Cheer and Dance Championships, Mackay
 - Mackay Basketball, June 28 & 29*
- Sunshine Spectacular (DANCE-ONLY EVENT), Brisbane
 - Chandler Theatre (Sleeman sports complex), September 20th
- Spook-Tacular, Townsville
 - Townsville Stadium, October 11 & 12*
- Southern Spectacular, Hobart
 - MyState Bank Arena, November 1st

All competitions listed above are subject to a minimum number of routine entries before they are confirmed.

**A NOTE ON TWO-DAY EVENTS: Pending the number of entries received, two-day events may be condensed into a single day. Coaches will be notified of this after the entry cut-off date. Running orders of two-day events vary from year to year. Please do not assume you will be competing at a certain time or day because a previous event had you competing at this time. We encourage you and your athletes to be available for the entire weekend of a two-day event.*

EVENT FEATURES & SERVICES PROVIDED

- Cheer and Dance Teams, Dance Solos & Duos, Cheer Solos & Duos, and Stunt Groups are offered at all of our events*
- No minimum entry requirements (solos, duos, and stunt groups can enter without a dance/cheer team)
- Want to understand your scoresheet better? Don't know what the judge was trying to say? Book in for a personalised one-on-one feedback session with the judge to ask them! In-person Judge feedback available after every competition (must be pre-booked. Please email us for more information)
- Highly knowledgeable judges, with a focus on feedback and comments
- A fun, family friendly environment!
- Entries welcome from teams across Australia & NZ – have a chat to us about your team travel needs!
- We also provide personalised assistance for our entry forms, just email us for assistance.

**Excluding Sunshine Spectacular (Brisbane) which is a Dance-Only event (Teams, Solos, & Duos).*

SUNSHINE SPECTACULAR DANCE-ONLY EVENT

Our 2025 Brisbane event is now an EXCLUSIVE Dance-Only Event! We are excited to host our dancers at the Chandler Theatre in September. We will be handing out CASH PRIZES at this event:

- \$100 – Highest Scoring Dance Solo
- \$200 – Highest Scoring Dance Duo
- \$300 – Highest Performing Club*

**T's & C's for "Highest Performing Club" award: This score is the average score of ALL a club's team routines at the event (across all genres and age divisions). Your club must have 3 or more teams entered at the event to be eligible. For example, a club enters a Senior Jazz, Youth Hip Hop, and Mini Pom = the average total scores of these 3 routines will be the score used to determine the Club's ranking. There must be 3 or more eligible clubs at the event for this to be awarded.*

Please note: all cash prizes will be given directly to Gym Owners. It is their responsibility to distribute prizes to their athletes if applicable.

We are honouring all 2024 Dance Bids for this event. If you won a Dance bid at an Infinite Spirit event in 2024, you may trade it in to use at this event, i.e. if you won a bid to Townsville, you can swap it for Brisbane instead! This excludes any bids won at Sunshine Spectacular 2024.

What's Included in your Entry Fee?

The following is included in our entry fees for all competitors:

- Athlete gift and Participation memento
- Entry into our optional mini competitions
- Exciting Banners and awards, see "Awards and Awards Ceremonies" on page 15 for further information.
- Professional photos & videos of all routines
- Opportunity for Bid Events, see page 16 for more information

Athlete Personal Accident Insurance

Our entry fees DO NOT include Athlete Personal Accident Insurance. **All athletes must be covered by genuine Personal Accident Insurance** (this is not the same as Public Liability Insurance, or our waiver). Evidence of this must be provided with your entry form. Examples of Personal Accident Insurance are AASCF Athlete Memberships, or DanceSurance Personal Accident Insurance. If you do not have this organised, please call Infinite Spirit All Stars for advice.

Personalised In-house Judging and Workshops

Allow your teams to put their best foot forward in 2025. Our team is available year-round for in-house workshops across Australia and New Zealand. We cover a range of topics for coaches, including education of rubrics & scoring. We provide athlete workshops for all genres of Dance, and all levels of Cheer. Prices are upon request.

Online/Virtual Coaches workshops

We can personalise online workshops for you and your coaching staff, covering a wide array of topics. From how to read a rubric to assistance with choreography. Price upon request, please contact us for more information.

Legalities and Routine Review

We are happy to provide Legality reviews and education for cheer and dance across the season. You may email us a video of a section of your routine at any time. More in-depth or full routine reviews are available at a cost, price is upon application.

CATEGORIES & DIVISIONS

Available Categories

CHEER	DANCE
<ul style="list-style-type: none"> Cheer (Novice, 1,2,3,4,4.2, 5,6,7) Cheer Non-Tumble (1,2,3,4,5,6,7) Group Stunt (1,2,3,4,5,6,7) Partner Stunt (1,2,3,4,5,6,7) CheerAbility (Novice, 1,2,3,4) CheerStars (R1, S1, R2, S2, R3, S3) Cheer Solo Cheer Duo 	<ul style="list-style-type: none"> Jazz (Nov, Int, Adv, Dance.AB) Hip Hop (Nov, Int, Adv, Dance.AB) Pom (Nov, Int, Adv, Dance.AB) Lyrical/Contemporary (Nov, Int, Adv, Dance.AB) High Kick (Nov, Int, Adv, Dance.AB) DanceStars Dance Solos (Jazz, Hip Hop, Lyrical/Contemporary) Dance Duo (Jazz, Hip Hop, Lyrical/Contemporary, Pom)

Age Divisions

Please see our [Age Grid on page 23](#) for a full breakdown of Age Divisions. **'Ages' are based on the age of an athlete as of 31 December 2025.**

Infinite Spirit has the right to combine age groups to allow competition, you will be notified if this is the case for your teams. This will be done with fairness in mind and to give your athletes the best competition possible. Cheer Levels or Dance Genres will not be combined.

Disqualification of your team WILL occur if an athlete's DOB is not correct on the entry or waiver forms, and then found to be competing in the incorrect age group ([this can be in effect up to 7 days after the event](#)).

Teams found to have athletes who are outside of the age range will face disqualification, unless out-of-age rules apply. See below. If you wish to report an out-of-age athlete from another club, please email us. Complaints will only be accepted from Gym Owners.

If you are unable to make your team fit within the age brackets, please contact us so we can make a reasonable effort to accommodate you.

Out Of Age Policy

Notified of a Planned Out-Of-Age Athlete **BEFORE** Competition Day:

- [Scenario 1](#): An allowance of TWO out-of-age athletes per team is provided, without a deduction, given that the following criteria is met:
 - The athlete is LESS than 12 months over or under-age
 - Infinite Spirit is notified prior to competition day (this can be on the entry form, or via email)
- [Scenario 2](#): An allowance of ONE out-of-age athlete per team is provided if an athlete is over 12-months out of age. The team will also receive a 3-point deduction. If there is more than one athlete more than 12 months out of age, the team will compete as "Exhibition" only. Infinite Spirit must be notified in advanced (via entry form or email). The team will receive all scoresheets as normal to allow for feedback but will not be eligible for awards.
- [Scenario 3](#): If Infinite Spirit is **not** notified of out-of-age athletes prior to competition day, and it is found that an athlete is competing in the wrong age division, the team may be disqualified. The team must return any awards received to Infinite Spirit at their own cost.

Notified of an Unplanned Out-Of-Age Athlete ON Competition Day:

In the event of a missing/absent member of a team, a gym may replace that athlete with another athlete or coach from that gym (see **“Replacing Athletes” on page 11**). Crossover rules and Out-of-Age policy rules apply. If these policies cannot be met, the team can compete as “Exhibition”.

The Event Manager must be notified of an out-of-age athlete **before** the team performs, so out-of-age allowances can be made. If not, team could be disqualified for having an athlete out-of-age.

All-Ability Teams

Infinite Spirit offers All-Ability divisions at all events. All-Ability is an age category, not a level or genre. All-Ability is available for Dance Solos and Duos, as well as all genres of Dance (teams), but only some levels of Cheer (teams and specialty). Please refer to the Age Grid on page 23 for further details. All-Ability teams must be entered separately to All-Star teams, using our All-Ability Entry Form.

All-Ability teams are offered as both Independent or Unified. Independent teams perform without any assistance from helpers or coaches, whereas Unified teams are allowed extra assistance on the performance floor. Please refer to the All-Ability entry form for further clarification on the definition of ‘coach’, ‘athlete’, and ‘helper’. Coaches are allowed to be a support person on the performance floor. Clubs can have up to 1x Registered Athlete Assistant per 1x All-Ability Athlete. Athlete Assistants also gain free entry into the event. These must be registered PRIOR to the event on the entry form. Please see our All-Ability Entry Form for further information regarding Registered Athlete Assistants.

Please refer to the 2025 Infinite Spirit CheerAbility and DanceAbility Guidelines for further rules and information.

Novice Divisions (Cheer & Dance)

Please see the 2025 Infinite Spirit Guidelines for further rules and information on Novice Cheer and Dance. Novice specialty items are not offered (i.e. Stunt Groups, Dance solos & duos, Cheer solos & duos). As per Novice rules, legalities will be applied to skills performed out of level. Deductions will also be applied (excluding Athlete Falls, which will be warned).

Intermediate Dance Divisions

Please see the 2025 Infinite Spirit Dance Guidelines for further rules and information on Intermediate Dance. This division is designed to provide a stepping stone between Novice and All Star Dance. Please ensure that you have referred to the relevant rules for each division so as to not accrue deductions for your teams.

CheerStars & DanceStars

Infinite Spirit provide CheerStars and DanceStars divisions at our events. For more information on these programs and how they work, please refer to the CheerStars & DanceStars handbooks. These can be found in the Members Area of our website.

Cheer Solos & Duos

Please refer to our Cheer Solo and Duo scoring breakdown for a detailed list of what to include in your routine (found in our Members Area).

All levels compete against each other. Levels are displayed on run sheets for judges information only. Technique determines the winner, not the level of tumble demonstrated. Therefore, athletes should utilise their strongest/cleanest level rather than trying to throw a single higher level skill. All athletes must nominate a level at the time of entry.

Dance Solos & Duos (Grading System)

Our dance solos & duos are scored through a grading system, rather than a traditional 1st – 3rd placings system.

How does it work?

Instead of competing against fellow athletes for a 'place' based on how they rank against one another, athletes will be 'graded' and given an Athlete Status based on the score range that they achieve. This is similar to grading systems you would find in traditional dance exams.

Athletes will be graded with scores based on their age category:

DanceAbility (All Ages)*, Mini Dancers (Ages 7 & Under) & Youth Dancers (Ages 8-12)

**DanceAbility is an age division, not a genre or separate section.*

Athlete Status	Score Range
Bronze Status	59.9 and below
Silver Status	60 – 69.9
Gold Status	70 – 84.9
Diamond Status	85 and above*

Senior Dancers (Ages 13-19) & Open Dancers (Ages 20 & Over)

Athlete Status	Score Range
Ruby Status	64.9 and below
Emerald Status	65 – 74.9
Sapphire Status	75 – 84.9
Diamond Status	85 and above*

**This score is in-line with the qualifying score for Dance Doubles at AASCF Nationals*

Duo age divisions will be assigned based on the oldest dancer of the pair.

This system allows athletes to have a better understanding of where they stand on the score sheet, rather than how they compare to their peers. It will give them a clear guide to progress further in their skills, aiming to be the best they can be rather than the best of a group. The highest scoring routines of the day will also be recognised at each event. Coaches will receive a full list of routine scores after the event has concluded.

All Dance solos and duos receive TWO scorecards and are judged by two industry leading judges ensuring they get the absolute best feedback. We pride ourselves on ensuring that the feedback your dancers get is not only useful but actionable.

Routine Time Limits

The following time limits apply to routines:

Cheer	Dance
<ul style="list-style-type: none"> ▪ IASF Level 1-7: 2.30 minutes ▪ CheerAbility, CheerStars and Novice: 2.30 minutes ▪ Non-Tumble routines, 2.00 minutes ▪ Cheer Solo & Duo, 1.00 minutes ▪ Group Stunt & Partner Stunt, 1.00 minutes 	<ul style="list-style-type: none"> ▪ Team routines, 2.15 minutes (Minimum 1:45) ▪ DanceAbility, DanceStars: 2.15 minutes (Minimum 1:45) ▪ Dance Solo & Duo, 1.30 minutes

Routine performance times may not exceed 0.09 seconds of their time limit (e.g. A cheer routine may not exceed 2:30:09, with point deductions starting at 2:31:00). Timing of the routine begins with the first movement, voice, or note of music (whichever comes first). Timing ends with the last movement, voice, or note of music (whichever

comes last). Exception: dismounts from ending “pose” stunts. Please see [2025 Infinite Spirit Guidelines](#) for further clarification.

Mix Gender Teams

Infinite Spirit All Stars does not split divisions by All Girl and Co-Ed age groups. Traditional “Co-Ed” skills (i.e. partner stunt or dual-base stunts) now count towards the “Elite Stunt” section of the rubric, no matter if they are performed by male or female athletes. [Please refer to our Cheer Skill List and Scoring Rubric for more information.](#) However, we will do offer a “Mix Gender” option for teams in Senior 6, Open (all levels), and University (all levels). These sections will not be scored differently.

We acknowledge that this process is different to other Event Provider’s scoring. If you would like for your co-ed team to be scored under the All-Star guidelines so as to have comparative feedback for other events, please contact us so we can make suitable arrangements with our judges.

Crossovers

Infinite Spirit All Stars is aware of the need for crossovers in smaller programs. With this in mind, we allow crossovers within reasonable restrictions:

- Athletes cannot compete for multiple All-Star clubs/programs. However, athletes can cross between Scholastic and All-Star. Exception: An athlete can compete in dance for one club, and cheer for another, if these two programs do not offer both. [An athlete can compete for two “locations” if a program has multiple gyms, as long as they do not compete against themselves.](#)
- **Athletes cannot compete against themselves in any division** (Exception: Dance Specialty). This includes specialty items, such as Cheer Solos. *CLARIFICATION of DANCE SPECIALTY: An athlete can have multiple dance solos or dance duos in the same age division however they must be from different genres.*
- Cheer crossovers must not exceed more than 2 levels (above or below level). E.g. a Level 1 athlete cannot compete in Level 4, but could compete in Level 3. This includes Novice AND CheerStars.
- An athlete may cross between ONE level in Dance i.e. Novice to Intermediate OR Intermediate to Advanced for the same Dance Genre. This includes DanceStars.
- A Dancer can compete in Novice for one Dance Genre, and Advanced or Intermediate for another. For example, Novice Jazz and Advanced Hip Hop is allowed, Novice Jazz and Advanced Jazz is not allowed.
- The same routine cannot be entered twice, i.e. in two different sections. Each team is to compete only once per section.

Athletes found to not adhering to the crossover rules could result in a disqualification of the team.

World’s Divisions

Infinite Spirit do not however offer “World’s Divisions”. These are encompassed in general levels 5-7 and are judged on IASF Scorecards. [This also includes “Elite” dance divisions.](#) As we are not a Worlds bid Event Provider we do not have Global divisions. If you feel that you require a division that is not currently offered, please contact us to discuss as soon as possible so we can make suitable accommodations.

HOW TO ENTER

Entries will only be accepted if provided on the official entry form paperwork. Please ensure you complete this paperwork **in full** before sending it through. **Partially completed forms will not be accepted.** Please contact us for a copy of the Entry Form. **You will require Microsoft Excel (desktop version) in order to complete the form.** “Numbers” or “Excel Online” will not open the file in its entirety. It is best completed on a desktop or laptop computer due to the size of the document. Please send it back to us as an excel spreadsheet, as an attachment to an email.

DO NOT export it as a pdf or Word document.

If you would like assistance completing the form, please contact us to arrange a one-on-one session. We will also provide online tutorials throughout the year. Otherwise, instructions can be found on page 1 of the form itself. To obtain an entry form, please email us for a copy.

Entry Form & Run-Sheet changes

Multiple drafts of the Run-Sheet will be sent to coaches prior to the event. We aim to release the first draft as soon as possible after the entry form deadline. Coaches are responsible for reviewing these run sheets for any errors or clashes between teams. You will be directed to provide feedback on any necessary changes by set due dates. No further changes can be made once the Final Version is released.

Changes to the run sheet which are requested after the release of the final run sheet (or 7 days prior to the event, whichever is sooner) will attract a \$30 administrative fee per routine moved (unless Infinite Spirit have initiated the change). This includes clashes that have been present in previous versions that had been missed by coaches.

If you are requesting changes to the run sheet (or your entry form after it has been submitted), please communicate your changes via **email only**. **Please keep all emails in the same thread/chain for records purposes.** No changes will be accepted if communicated elsewhere (e.g. via text, or through our Facebook page). This is to keep all information in writing and as clear as possible. You are welcome to call and discuss changes to the run sheet with our staff, but all changes MUST be finalised in writing.

Waivers

All participants must fill out a competition waiver prior to competing.

The waiver only needs to be completed once per calendar year per athlete*. This form can be found on our website. If an athlete has not completed a waiver, they will not be allowed to perform at any of our events. All waivers must be completed in full and have accurate contact information. We will not use information from waivers for marketing of any kind. Athletes must also be covered by Personal Accident Insurance before competing. Please see page 5 for more information. All competitors perform at their own risk.

Waivers will be cross-referenced with entry forms. Disqualification of your team WILL occur if an athlete's DOB is not correct on entry or waiver forms, or if they are found to be competing in the incorrect age group.

**Note: Scholastic teams only need to fill out the Team Waiver which is included within the Scholastic entry form. This needs to be signed by the Principal of the school.*

Coach Qualifications & Working With Children Check

Infinite Spirit All Stars require evidence of current Working with Children clearance (for the relevant state) from **ALL COACHES AND GYM OWNERS** and any staff member entering warm up prior to the competition (this includes people playing music and junior coaches over 16 if the state mandates). Evidence of these must be provided with your entry forms. Working with Children clearance passes vary from state to state, so please confirm which pass you need to apply for with your local government. Infinite Spirit All Stars will not provide a coach pass to anyone who cannot provide this information. This information **must** be provided for anyone who wishes to gain entry to the warm-up area. Please see page 10 for further information.

Infinite Spirit All Stars currently recognises ICU and IASF Cheerleading Coach Qualifications. Each cheerleading team that enters warm-up must be accompanied by a coach who holds a qualification at their level or higher. Assistant coaches/helpers may have a lower or no qualification, as long as they enter alongside a qualified coach. Evidence of qualifications must be provided on your entry form.

FEES & PAYMENT

- Our pricing structure is released to Gym Owners only. Please enquire if you'd like further information
- Note: All entry fees are inclusive of GST
- Invoices will be sent to Clubs/Studios after entries are received

Registration & Payment Deadlines

The closing date for entry forms is 8 weeks prior to the competition date. Payment is due 5 weeks prior to competition date. Teams will not be allowed to compete unless payment has been received IN FULL prior to the event, including individual items. *E.g. Sunshine Spectacular is on Saturday September 20th, therefore entry forms are due on July 25th, and payments are due August 15th. If payment is not received by Friday September 19th, the club will be withdrawn. Late fees will apply to any payments made after August 15th.*

Entry fees are “locked in” on the entry form due date. Once this date has passed, all changes made to entries will be subject to the fees below. We recommend accepting payment in advanced from athletes for their entry fees, to avoid out-of-pocket situations.

2025 Entry deadlines are as follows:

Competition	Entry Form Due Date	Entry Fee Payment Date
FNQ Championships (Mackay)	Friday, May 2 nd	Friday, May 23 rd
Sunshine Spectacular (Brisbane)	Friday, July 25 th (Early Bird Cut-off June 28 th)	Friday, August 15 th
Spook-Tacular (Townsville)	Friday, August 15 th	Friday, September 5 th
Southern Spectacular (Hobart)	Friday, September 5 th	Friday, September 26 th

Run sheet drafts will not be released to clubs until payment has been received.

Late Fees

Late fees will be incurred as per below:

- Entry forms received after the deadline (8 weeks prior to event): **5% surcharge of total entry fees**
- Payments received after the deadline (5 weeks prior to event): **5% surcharge of total entry fees**
- Payments received less than 2 weeks prior to the event: **10% Surcharge of total entry fees**
- New athletes added into existing items* (i.e. not on original entry form): \$10 + applicable entry fee
**This does not include replacement athletes. Please see “Fees for Replacement Athletes” below.*
- Entire new routine/item* (i.e. not on original entry form): \$15 + applicable entry fee
**New routines may only be accepted on a case-by-case basis at the discretion of Infinite Spirit.*

Athletes or teams added to the event after the entry form deadline may not receive an athlete gift or memento. This is due to costs and times of ordering stock.

Replacing Athletes

If an athlete requires replacing due to illness or injury (or other reasons), they may be replaced by another student who is of the right age to compete in the division. If you do not have an available athlete in the correct age bracket, you must follow our “Out of Age Policy” as per page 6. Replacing athletes may incur late fees or other charges, please refer below for more information. All replacement athletes (coaches included) must complete a waiver before competing.

Fees for Replacement Athletes

Athletes may be replaced in the instance of illness, injury, or otherwise not competing (as above). Doing so may attract a fee. These fees are as follows:

- **Scenario 1:** An athlete can no longer compete, but still wishes to attend the competition (**no refund given**):
 - The injured/sick athlete will receive a spectators wristband for the event. They will also receive their athlete gift and memento and be allowed to sit with their team during awards.
 - Replaced by an athlete already registered to the event: No additional cost from Infinite Spirit All Stars. Infinite Spirit All Stars must be notified of the change.
 - Replaced by a new athlete not already registered: regular entry fees apply to registration of the new athlete. Infinite Spirit All Stars must be notified of the change.
 - Replacements are to “swap” the injured/sick athlete. If the replacement athlete enters in further items, further fees will apply.
- **Scenario 2:** An athlete is sick or injured and can no longer compete and requests a refund:
 - **Refunds will only be processed once a medical certificate has been provided** to Infinite Spirit All Stars. All refunds will be less a \$30 admin fee.
 - The injured/sick athlete will not receive an entry wristband of any type, nor receive their athlete gift or memento. They will need to purchase a spectator ticket if they wish to enter the event.
 - Replaced by an athlete already registered to the event: Extra routines paid for at the applicable rates (if refund is successful, otherwise scenario 1 rules apply)
 - Replaced by a new athlete not already registered: Full registration fees apply for new athlete (if refund is successful, otherwise scenario 1 rules apply) (no late fees are applied).
 - If you are replacing an athlete with a coach, the above options still apply. If the coach is outside of the team’s age bracket, the team may need to follow out of age policy or perform as an “exhibition” item. Please see our Out of Age Policy on page 6 for more information.
- **Scenario 3:** An athlete is sick, injured, or otherwise no longer competing; they will not attend and are not eligible for a refund:
 - Replaced by an athlete already registered: no further charges
 - Replaced by an athlete not already registered: no charges as long as it is a DIRECT replacement (i.e. no extra routines). **The “replaced” athlete must fully withdraw, this option does not apply if they are only withdrawing from a single routine.**
 - Original athlete will not be able to receive an entry pass, or athlete gift.
- **Scenario 4:** An athlete is sick or injured and results in the removal of an entire team/item (excluding solos), no later than 1 week from the event:
 - Arrangements will be made on a case-by-case basis. Please contact Infinite Spirit if you have exhausted all other options and are required to remove a team (e.g. our Out of Age Policy).
 - Infinite Spirit will not deduct a team for having less than the minimum number of required athletes on the floor, if it is due to late injury.
 - **Medical certificates must be provided no less than 1 week prior to competition to be able to negotiate a return of payment.**

Choosing to remove an athlete, or having an athlete quit after entries have been sent in, does not excuse payment. You may contact Infinite Spirit All Stars and a decision will be made on a case-by-case basis.

On-the-day routine cancellations (or “scratched” routines) must be reported to the event manager as soon as possible. No refunds will be processed for routines scratched; this includes on the day of competition. Any other changes to entries must be reported prior to the start of the competition. Frivolous changes may be subject to a \$30 administrative fee if made within 48hrs of the event start time.

Refunds

Refunds will not be provided for change-of-mind. They may only be processed if a medical certificate is provided, or in extenuating circumstances. Please contact Infinite Spirit All Stars if you require a refund, and a decision will be made on a case-by-case basis.

No refunds will be processed less than 48hours before the event, or on the day of competition. **Teams that have been disqualified for any reason are not eligible for a refund.**

Refunds will only be processed via the entering club, refunds will not be provided to parents or athletes directly. Communication regarding refunds, illness and injury must also be directly with Gym Owner or club representative, we will not correspond with parents or athletes.

ON-THE-DAY COMPETITION

Participant and Spectator Entry

Each participant and spectator will receive a wristband to note their ability to be within the venue at any given time. Coaches and Officials are issued a separate pass to allow them access to the “athlete-only” areas, such as warm-up. Spectators are not permitted in these areas under any circumstances. Spectator wristbands will be provided upon proof of ticket purchase at the door. Participant wristbands are included in entry fees, athletes do not need to purchase a ticket to watch the competition.

Athlete and Coach Check-in

Athletes and Coaches will have a separate check-in desk to spectator check-in/ticket collection. The location of this desk will be communicated to coaches prior to the event. This is also where athletes will pick-up their athlete gifts.

Athletes will be required to collect their own individual wristbands. Coaches/parents cannot collect wristbands on behalf of athletes. Coaches do not need to be present when athletes collect their wristbands, these can be collected at any point during the day (however an athlete will not gain entry to the event until they have collected a wristband). Please ensure your athletes allow adequate time to collect their wristbands before they are required at the event. Queues can be long across busy periods of the day. We will accommodate rushed athletes and coaches where possible, but it is not guaranteed.

Warm-Up Area

Athletes, coaches, and other officials are the only ones allowed access to the warm-up area. Coaches will need to have their working with children clearance and drivers license/photo ID on them at all times, and be able to provide them to staff when requested. Event staff have the right to request these documents at any time. If you are unable to produce these documents, you will be unable to access the warm-up and other athlete-only areas.

Coaches must also be credentialed to the level of the team they are supervising in warm up (for Cheer only). Gym Owners and junior coaches/helpers who are not accredited to the level must be accompanied by a coach of the appropriate level when in warm-up. Evidence of certification must be sent with the club entry form.

Athletes must show their participant wristband to staff in order to gain access to the warm-up area. Any persons found unauthorised within warm-up may be asked to leave the venue. This includes parents and friends. Only athletes who are due in the warm-up room for their routines are permitted to enter.

Dressing Rooms (When available)

Where possible (venue depending) we allocate individual or shared club dressing rooms. Coaches will be notified prior to the event if this will be the case.

Dressing rooms may only be accessed by Athletes, Coaches, and other officials. Dressing rooms may not be accessed by parents or the general public. Clubs will be allowed 2 passes for “Dressing Room Helpers”. These Helpers must be nominated by a coach, and their pass arranged PRIOR to the event. Dressing room helpers must have a valid working with children check, and evidence of this provided via email. Helpers can collect their dressing room pass at athlete check-in (please note; a dressing room pass does not include entry to the event, a separate spectator ticket must be purchased).

Mini Competitions

Our Mini Competitions are specialty events that are FREE for all registered athletes.

Mini Competitions on offer vary from event to event, pending the event schedule. Sign-up sheets will be available at the athlete check-in desk at each competition. Spaces are limited. Registered athletes must report to the correct areas in time for the competitions so as to not lose their spot.

Further information as to which Mini Competitions are on offer at each event will be sent through to coaches along with the event running order. We no longer accept pre-registration for Mini Competitions.

Photos and Videos

Professional Photos & Videos of all routines are provided by Infinite Spirit FOR FREE for every club!

Photographs will be shared via SmugMug, and videos are shared via Cheercast. Login information for both platforms will be shared to Gym Owners prior to the event. This login information is not shared to parents or athletes by Infinite Spirit. It is the responsibility of Gym Owners to pass this login information onto their clubs.

You may take videos and photographs of routines at the event. However, we request no flash photography, and please only photograph/video your own routines. Spectators must remain seated when photographing/videoing a routine and must not disrupt other viewers or the judges in any way.

Cheercast also provide a Video Playback station at the event, so athletes can watch their routines immediately after they leave the performance floor.

As a courtesy to other spectators who may be taking photographs and videos, we request that everyone remain seated during routines. We kindly ask that Gym Owners and Coaches encourage all parents and spectators to adhere to event etiquette and Code of Conduct (see page 20).

Social Media at the Event

Our social media team take photographs and videos of routines and around the venue over the course of the event weekend. They also utilise our professional photos. These are uploaded to our Instagram & Facebook pages for event promotion. If you or your child do not wish to be filmed or photographed, you may kindly ask our staff to not capture your image. We can also immediately remove any images from our social media upon request.

Photographs & Our Child Safety Policy

If a child cannot be photographed for safety reasons, please email us at info@infinitepiritallstars.com.au. If you can provide the club and any team names in which they are competing, we can ensure that no photographs or videos are taken or posted to our social media platforms.

Awards and Awards Ceremonies

The way our awards ceremonies are run is dependent on the size of the event. Where possible, there will be a “break” in the program where awards will be held on the main competition floor. If the event is too large to accommodate this, awards may be run in a separate “Awards Hall”. The Awards Hall will run simultaneously to the competition floor in a separate space. The main competition will not be halted for these awards sessions.

Coaches will be provided with an Awards Hall schedule prior to the event. This should be checked for any major clashes. If there are issues with the scheduling, please notify us immediately. See Run Sheet Changes on page 10.

All Awards sessions are live-streamed through our Social Media pages.

Awards, banners, and athlete mementos must be collected by a representative from the club on the day of the event. If something is left behind, it can be posted after the event at the expense of the club.

For a detailed list of Awards and eligibility, please see page 25.

We award the following:

- “Hit Zero” Wristbands – for Cheer teams that have zero deductions or legalities
- Certificates for Dance Solos & Duos
- Individual 1st - 3rd place banners for athletes
- Large 1st – 3rd place banners for all Teams (excludes Stunt and Cheer Solo/Duo)
- Individual Grand Champion banners for athletes
- Large Grand Champion banners for Teams

2026 Bids Available

Infinite Spirit All Stars offers bids at all our events. Bids on offer in 2026 will be for Infinite Spirit All Stars events across Australia. Further information on available bids will be released closer to each event date.

Ultra Grand Champions

At the end of the season we will announce our Ultra Grand Champions! An Ultra Grand Champion is a routine which was the highest scoring in their division across all of our events for the entire year!

In order to award an Ultra Grand Champion, the division must be present at 2 or more events (for cheer), or 3 or more events (for Dance). Prizes will be announced closer to time. Keep an eye on our socials in November for more information.

Judging

Infinite Spirit All Stars bring highly respected, qualified, experienced, and reputable judges to all our championships from across Australia. Every one of our judges has an extensive resume and history in the style they are judging as a former athlete/dancer and successful coach and/or choreographer as well as judge.

All divisions follow the IASF rules, [Infinite Spirit Cheer Novice Rules](#), and [CheerStars Rules](#). Dance follows IASF rules as well as [DanceStars](#), [Infinite Spirit Novice Dance Rules](#), [Infinite Spirit Intermediate Dance Rules](#), and [All-Star Dance Rules](#). All of this information can be found in our coaches portal.

If coaches, athletes, or parents are seen to be talking to judges during or after the competition, they risk team deductions or disqualifications ([this excludes pre-booked judges feedback sessions post-event](#)).

Judges decisions are final, and any disputes or errors can be appealed for up to 7 days after the competition. All appeals must be submitted via email.

Coaches will be briefed on the point-review system and how to query legalities & deductions in the lead up to each event. Scoresheets will be provided to coaches electronically after the event has concluded.

Deduction and Point Review

Coaches will have the ability to contest deductions and score ranges at the event. Deductions and score summaries are emailed to coaches periodically throughout the day. Each club must nominate someone to be responsible for reviewing these emails and contesting them if necessary.

Clubs will have 20 minutes from the time the email is sent to dispute their results. All disputes must be submitted via email – simply reply to the email that includes your score. Disputes are then passed on to our Point Review Judge for further review. The Judge may choose to amend a range, or reverse a deduction, or to not make any changes. Their decision is final and will be provided to the coach in writing. Coaches can request further discussion and information about these decisions but cannot dispute further. Awards sessions will not proceed until all disputes are resolved, as the outcomes may affect scoring.

Tie Break Rules

In the event of a tie, we will follow the ruling below to decide who receives the highest placing:

1. Cheer and Dance: Team with fewer deductions. If not applicable, apply;
2. Cheer: Team with highest Overall score. Dance: Team with highest Execution scores
3. After this if a tie still stands we will award the tie.

Places after this will be awarded without skipping a place e.g. 1st, tie 2nd, tie 2nd, 3rd

Scoresheet Distribution

Scoresheets are distributed to clubs electronically via Dropbox. A link to a private Dropbox folder will be emailed to each club prior to the event. We aim to have all scoresheets uploaded within 24 hours of the event conclusion.

Music

All coaches and/or programs are responsible for the supplying and playing of their routine's music. You must have at least two forms of "back-up" music per team on an MP3 player, tablet or phone. "STREAMED" music (e.g. Spotify or Youtube), is NOT ALLOWED. Phones must be placed into flight mode prior to usage at the music desk.

If an error occurs during playback due to an equipment malfunction, the coach must make an **immediate** decision to either continue the routine or end it. If the routine is stopped, the team will be allowed to perform the routine again at a later time (set by the event manager) and will only be judged again from the point of interruption. If music fails due to an error on the coaches behalf (e.g. invalid file format), it is up to the event providers discretion as to whether the routine may be performed again at a later time.

If the music fails and the athletes continue to perform the routine, they will be scored as if there has been no music error. Athletes may verbally count and assist each other in this instance in order to keep the routine on track. No deductions will apply, the routine will not be allowed to re-perform.

The coach/staff member responsible for music is required at the music desk two items prior to the routine. All music is played via the headphone jack of your device. If you require a headphone jack adapter (i.e. newer model phones), you must supply this adapter yourself.

POLICIES AND CODE OF CONDUCT

Safety Spotters

If you feel the need for an extra safety spotter in your routine, a person/s may step onto the performance area during stunts, pyramids, or baskets to assist in the event of an unexpected fall. Safety spotters should not touch, assist, or save skills being performed, they may not coach or speak to anyone on the team. They are only to be used to prevent a fall to the competition floor. **Any touch, assist, or saved skill where the flyer is not returned to the performance surface will receive a Major building fall deduction.** An exception to this rule is given in the case of Partner Stunt divisions in which the Safety Spotter is required to assist in catching a cradle. NOTE: The spotter may not then assist in the transition of the flyer from the cradle into another skill, except for placing on their feet onto the performance surface. **A general deduction will also be given if a safety spotter is seen to communicate or coach the team in any way whilst on the floor.**

Safety spotters must:

- Be a registered athlete with a completed waiver and insurance. If a coach wishes to fulfil this role they MUST fill in a waiver (please notify us of this prior to the competition)
- Be dressed in a **plain black** T-Shirt (no club logos or similar) and plain black long pants
- Wear appropriate soft-soled shoes. No flip flops, heels, Ugg boots, slippers, or steel cap boots
- Not have gum, candy, cough drops, or other such edible or non-edible items in their mouth
- Not wear **jewellery of any kind** (includes watches)
- Not wear lanyards, badges, or pins, including competition IDs (exception: competitor wristband)
- Not carry a bag or backpack
- Not speak to athletes during the routine
- Not be wearing casts, walking boots (aka Moon Boots), or braces with hard or sharp elements
- Hair must be worn in such a way that they can safely see the athletes they are spotting
- Not verbally “coach” on the performance surface, this includes pointing, talking, counting or physically assisting athletes.

Coaches Seats and Sideline Coaching

Coaches will have designated “Coaches Seats” next to the performance floor. Coaches may cheer on and support their athletes from these seats.

A general rule infraction will apply to teams where coaches are seen to be coaching from these seats, or the “sideline” of the performance floor, OR if a coach enters the performance surface during the routine (if a coach enters the floor, the music will be stopped as an injury will be presumed). This includes performing choreography from the chairs in an effort to assist athletes (exception; Tiny & Mini Novice & Cheer/DanceStars coaches may assist - see below).

Coaches found to be blocking the Judging panel will be warned. Failure to move will result in a deduction.

Sideline Coaching: Tiny Novice, Mini Novice & CheerStars/DanceStars

Coaches may assist from the “Sideline” for Tiny Novice, Mini Novice, CheerStars Level 1, and DanceStars routines.

It will be permitted for sideline coaches to use props to help prompt athletes; however, there are to be no props or visual aids on the performance surface to assist with formations and positions. Coaches should position themselves at the front corners of the performance floor, and must not block the view of the judges.

A total of 2 Coaches may assist Tiny and Mini athletes onto the performance surface, but must abide by the IASF 30-second time allocation to get both on and off the floor. Exceeding this may incur a rule infraction.

Teams with spotters on the floor, must follow the general spotter's rules and attire. No Verbal coaching by spotters on the performance surface, this includes pointing, talking, counting or physically assisting athletes. Deductions will apply for spotters assisting with skills on the performance surface like all other levels and divisions.

On-The-Day Injuries

Qualified First-Aid staff are on-site at all Infinite Spirit events. They are stationed in the Warm-Up Area and Main Arena. They attend to illness or injuries acquired on the day of event only. They will not provide strapping or other practices otherwise performed by a physiotherapist.

Routines will be stopped if an athlete displays signs of injury or illness. It will be assumed that an athlete in any form of distress requires medical attention and will be treated as such by our paramedics. Coaches, Judges, and Event MC's have the authority to stop a routine if they believe an athlete is in distress. An injured/ill athlete who has fallen to the ground must remain on the performance surface until they have been assessed by our First Aid officer. They can be moved to another location for treatment only once they have been cleared to do so.

In the case of the need for an ambulance, our First Aid officer will contact and liaise with local authorities on behalf of the injured person. In no circumstance is anyone else to call for an ambulance unless instructed by our First Aid officer.

If a team wishes to perform again, the coach must arrange an alternative performance time with the Event Director. The team will be required to perform the routine in full as per normal. Judges will be instructed to only judge from the point in the routine where the music was stopped (exception: Safety judges may deduct any unsafe skills from the entirety of the routine). The injured/ill athlete may only return to the performance surface with the written permission of the First Aid officer.

A team is not required to perform again, this is at the discretion of the coach. If they do not wish to re-perform, they must notify event staff. In this instance, Judges will judge the portion of the routine that was performed.

A spill of bodily fluids will be treated as an injury, and the routine will be stopped as above. Gym owners & coaches of the team are responsible to clean any surface affected by a spill. This includes in the warm-up room. A spill kit will be available on-site.

Uniform & Costume Guidelines

Please see the 2025 Infinite Spirit Guidelines for further rules and information on Uniform and Costume Guidelines.

Please remember that Infinite Spirit All Stars events are family events, and costumes/uniforms should be created with this in mind. Vulgar or offensive costuming could result in deduction or disqualification of a routine.

As per IASF guidelines, athlete with non-full top uniforms must wear a t-shirt or other suitable clothing to cover up their uniforms at all times, unless they are in the warm-up area, travelling as a group directly to or from the warm-up area, or on the performance floor.

Dancers with costumes that include a high-cut leotard shape which can be seen by the audience (e.g. as a skirt moves & lifts during a routine and the under layer is exposed), are required to wear stockings for their routines. This is to prevent costume malfunctions and other unwanted outcomes from ill-fitting garments.

Athletes that need to change costumes or outfits at any point during the event must only do so in designated changing areas e.g. toilets, showers, or allocated areas in warm-up. Athletes MUST NOT get changed in the spectator grandstands, competition hall, or in view of attendees. We recommend wearing an underlayer, such as a leotard, if you require a quick change. **Where possible (venue allowing) we provide quick-change areas for athletes.**

Teams please be dressed in the appropriate uniform/costume when collecting prizes during awards.

Conditions of Entry/Athlete & Spectator Code of Conduct

1. Athletes and spectators must remain seated during performances. Please do not stand up and move around until a routine has finished. This also includes entering an arena space whilst a performance is underway. Please have respect for others enjoying the performance. Repeat offenders may be asked to leave-no refund will be provided.
2. Stunting and tumbling skills should not be practiced outside of designated areas. This includes matted areas during designated warm-up time, or on the performance floor during routines only. Stunting outside of these areas may end up in a disqualification of your team.
3. If any of your team members are running late, we STRICTLY do not wait for them and will not re-arrange the running order for late arrivals – under any circumstance.
4. Please direct any serious concerns to your clubs coaching staff, who should then direct them to the Event Manager – not the warm-up staff, MC, or the judges.
5. All teams must be supervised during events by a qualified coach or gym owner/director
6. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. Coaches, gym owners, and other club staff, are responsible for seeing that their athletes, coaches, parents, and any other persons affiliated with the team conduct themselves accordingly. Demonstrations of unsportsmanlike conduct are grounds for deduction/disqualification.
7. All teams, programs, coaches, and advisors should have an emergency response plan in the event of an injury and know where first aid is located at each event.
8. Please support every team that is competing. We encourage a positive and friendly, yet competitive, environment at our events. We encourage team mingling and friendships.
9. Photography and videography are allowed at our events. However, photography and videography can be requested for viewing by ANY event staff at ANY time. ONLY photos and video footage of your associated club/athlete is allowed. Please be mindful of athletes from other gyms in the backgrounds of your videos and images, specially if posting to social media platforms. Where possible, please liaise with other programs to get permission before posting, and please remove posts immediately if requested. Failure to do so will mean immediate removal from the event and its grounds - no refund will be provided. Professional photography and videography is provided by Infinite Spirit All Stars to all clubs.
10. By entering an Infinite Spirit All Stars event, you agree to abide by the policies, terms, and conditions listed in this handbook, and accept the repercussions of violation/s by any person associated with your club.

Penalties for Unsportsmanlike Behaviour

Teams will incur a 5 point deduction, or possible disqualification, for displays of unsportsmanlike or negative behaviour during the competition. The level of consequence is at the discretion of event staff based on the severity of the actions. Some examples of this (but not limited to) is questioning other teams scores (this includes to Point Review and other staff), making comments in poor taste regarding athletes, encouraging bad sportsmanship from athletes and spectators, continuously demanding review of a legality/deduction, any behaviour that can be interpreted as bullying. These rules extend to all athletes, parents, coaching staff, and gym owners. Disqualification can still be applied in the days following competition pending investigation. If a team is disqualified all banners and awards must be posted to the office at the clubs expense.

Disputes and Grievances

We understand the excitement and passion that everyone experiences during a competition. We also understand that mistakes can happen. While we do our best as event staff and judges to offer a flawless event experience, here are the ways you can handle issues or situations that may arise:

- Contact the Event Director immediately
- State your concern in a professional manner and your reason for the concern

- The Event Director will investigate any valid concerns with all appropriately involved parties
- Remember, we are here to make sure you have the best day ever. Help us have a great one too! Rude or violent behaviour towards our staff will not be tolerated.
- If an issue has been identified after the event, please email us with a clear explanation

Plagiarism

If a team is found to have plagiarised choreography from another club or program, they risk disqualification.

If you believe this is the case, please lodge a formal complain to info@infinitespiritallstars.com.au. The complaint will be reviewed by our Event Director. If it is found that any routine has more than 32 counts of plagiarised choreography, the routine will be disqualified. Any awards will be removed from the team. The disqualified club will be responsible for all costs incurred in returning awards to Infinite Spirit, and costs incurred to send the correct awards to another program (if disqualification results in a change of placements).

Solicitation at Events

No outside vendor, company, or program may in any way solicit information or merchandise at any Infinite Spirit All Stars events without the written consent by the Company Director. All materials will be immediately removed from the venue (and its surrounds) and all active personnel will be banned from the remainder of the event. If there is a direct connection to a team that is competing at the event, the team risks being disqualified.

If you wish to enquire about hosting a stall at one of our events, please contact us at least 6 weeks prior to the event. This includes but is not limited to Merchandise, workshop sessions, photography and video, etc. **Please note: there is to be NO third-party professional photography or videography at our events, for the interest of child safety.**

If your club wishes to bring their own photographer/videographer/social media co-ordinator (who is not already a coach), please discuss this with us in advanced, so we can put controls in place where necessary.

Please be wary of any third-party company offering their services at or around our event. If in doubt, please reach out to us for confirmation.

Recruiting or Poaching

No program, club, or individual may in any way participate in the active recruitment of athletes at any Infinite Spirit All Stars event. This is unacceptable behaviour and will not be tolerated by event staff. Please report any such activities to the Event Manager immediately (ensure you have proof).

Inclusive Events

Infinite Spirit is proud to be an Inclusive Event provider. We strive to provide a safe space for athletes from the LGBTQIA+ Community. We continue to be leaders in the Australian cheer and dance community, and aim to provide educational resources to coaches, athletes, and parents, as well as pushing for increased awareness for equality within our sport.

If you'd like any further information on how we create an inclusive event for all of our athletes, or how you can help create an inclusive space at your program, please email us at info@infinitespiritallstars.com.au.

Website Members Area and Coaches Resources

Coaches and Gym Owners are invited to create an account through our website, www.infinitespiritallstars.com.au. Here you will find resources such as entry forms, waivers, rules, scoresheets, and other important documents. It is also here where scores and awards will be posted for review after the event.

To create an account, head to our website and use the "Log In" Link in the top right-hand corner. Please note, only Coaches and Gym Owners will be allowed to create accounts. Parents and athletes will be denied access to this area due to sensitive information.

Help & Other Queries

We are always here to assist. Whether it be a question about one of our events, or a stunt legality issue! Our friendly staff are knowledgeable and always eager to help. Feel free to reach out to us whenever you need to.

Main email: info@infinitespiritallstars.com.au

Event Director & Coach Assist (Tamara): tamara@infinitespiritallstars.com.au, 0434 423 817

Accounts & Admin (Ayla): ayla@infinitespiritallstars.com.au

2025 Age Grid

INFINITE SPIRIT ALL STARS – CHEER AGE GRID 2025					
Division	Age	Birth Years	Gender	# Athletes	Level
Tiny	3-6	2022-2019	N/A	5 - 38	N, 1
Mini	4-9	2021-2016	N/A	5 - 38	N
Mini	5-9	2020-2016	N/A	5 - 38	1, 2
Youth	5-12	2020-2013	N/A	5 - 38	N
Youth	6-12	2019-2013	N/A	5 - 38	1, 2, 3, 4
Junior	7-15	2018-2010	N/A	5 - 38	N
Junior	8-15	2017-2010	N/A	5 - 38	1, 2, 3, 4
Junior	10-16	2015-2009	N/A	5 - 38	5,6
Senior	10-18	2015-2007	N/A	5 - 38	N
Senior	11-18	2014-2007	N/A	5 - 38	1, 2, 3, 4, 4.2, 5
Senior	13-18	2012-2007	N/A	5 - 38	6
Senior Mix	13-18	2012-2007	Mix Gender	5 - 38	6
Open	14+	2011 or earlier	NA	5 - 38	N, 1, 2, 3, 4, 4.2, 5, 6, 7, 1NT, 2NT, 3NT, 4NT, 5NT, 6NT, 7NT
Open Mix	14+	2011 or earlier	Mix Gender	5 - 38	3, 4, 5, 6, 7, 3NT, 4NT, 5NT, 6NT, 7NT
Adult	18+	2007 or earlier	N/A	5 - 38	N, 1, 2, 3, 1NT, 2NT, 3NT
Scholastic Primary	Year 6 & below	N/A	N/A	5 - 38	N, 1, 2, 3, 1NT, 2NT, 3NT
Scholastic High School	Year 7-12	N/A	N/A	5 - 38	N, 1, 2, 3, 1NT, 2NT, 3NT 4NT
University	Registered Uni Student	N/A	N/A	5 - 38	N, 1, 2, 3, 4, 4.2, 5, 6, 1NT, 2NT, 3NT, 4NT, 5NT, 6NT,
University	Registered Uni Student	N/A	Mix Gender	5 - 38	3, 4, 5, 6, 7, 3NT, 4NT, 5NT, 6NT, 7NT
CheerABILITY (Independent)	All Ages	All Ages	N/A	5 - 38	N, 1, 2, 3, 4, 1NT, 2NT
CheerABILITY (Unified)	All Ages	All Ages	N/A	5 - 38	N, 1, 2, 3, 4

INFINITE SPIRIT ALL STARS – DANCE AGE GRID 2025 (TEAMS ONLY)

Division	Age	Birth Years	# Athletes	Genre
Tiny (Nov)	6 & Under	2019 or later	5-30	JZ, HH, PM, LR/CT
Tiny (Int & Adv)	4-6	2021-2019	5-30	JZ, HH, PM, LR/CT
Mini (Nov)	9 & Under	2016 or later	5-30	JZ, HH, PM, LR/CT
Mini (Int & Adv)	5-9	2020-2016	5-30	JZ, HH, PM, LR/CT
Youth (Nov)	12 & Under	2013 or later	5-30	JZ, HH, PM, LR/CT, HK
Youth (Int & Adv)	6-12	2019-2013	5-30	JZ, HH, PM, LR/CT, HK
Junior (Nov)	16 & Under	2009 or later	5-30	JZ, HH, PM, LR/CT, HK
Junior (Int & Adv)	8 – 16	2017-2009	5-30	JZ, HH, PM, LR/CT, HK
Senior (Nov, Int & Adv)	11-18	2014-2007	5-30	JZ, HH, PM, LR/CT, HK
Open (Nov, Int & Adv)	14+	2011 or earlier	5-30	JZ, HH, PM, LR/CT, HK
Adult (Nov, Int & Adv)	18+	2007 or earlier	5-30	JZ, HH, PM, LR/CT, HK
Scholastic Primary	Year 6 & below	N/A	5-30	JZ, HH, PM, LR/CT, HK
Scholastic High School	Year 7-12	N/A	5-30	JZ, HH, PM, LR/CT, HK
University	Registered Uni Student	N/A	5-24	JZ, HH, PM, LR/CT, HK
DanceABILITY (Independent)	All Ages	All Ages	5-30	JZ, HH, PM, LR/CT, HK
DanceABILITY (Unified)	All Ages	All Ages	5-30	JZ, HH, PM, LR/CT, HK

(Note: Dance Duos & Dance Solos do not have divisions in Nov/Int/Adv/Elite-please see handbook).

PLEASE NOTE: IASF Worlds and Summit may have different team sizes to the above.

DANCE SOLOS & DUOS AGE GRID

Dance Solos and Duos will be split based on our grading system, see page 7 for further information.

Duo ages are determined by the age of the oldest dancer of the pair.

Age divisions will not be based on the age division of the team (if any) an athlete is entered into.

Scholastic & University divisions are not offered for Dance Solos & Duos. These athletes will compete in the All-star divisions below.

AGE DIVISION	APPLICABLE AGES
DanceAbility	All Ages
Mini	7 & Under
Youth	8 – 12 years
Senior	13 – 19 years
Open	20 years & Over

CHEER SOLOS & DUOS AGE GRID

Age divisions for Cheer Solos & Duos will be decided by Infinite Spirit All Stars once entries are received on an event-by-event basis. These will only be split if there is a minimum of **five** in **each** age division **after** the split.

Where possible, Cheer Solos & Duos will follow the age categories of Dance Solos & Duos (above). They do not follow the standard age grid.

Ages will not be based on the age division of the team (if any) an athlete is entered into.

INFINITE SPIRIT ALL STARS – CHEERSTARS AND DANCESTARS 2025

Infinite Spirit All Stars offer Cheerstars and Dancestars divisions at our events.

Age Divisions:

Tiny: 3 - 6 years

Mini: 3 - 9 years

Youth: 4 - 12 years

Junior: 6 - 15 years

Senior: 8 - 18 years

Open: 14 years & older

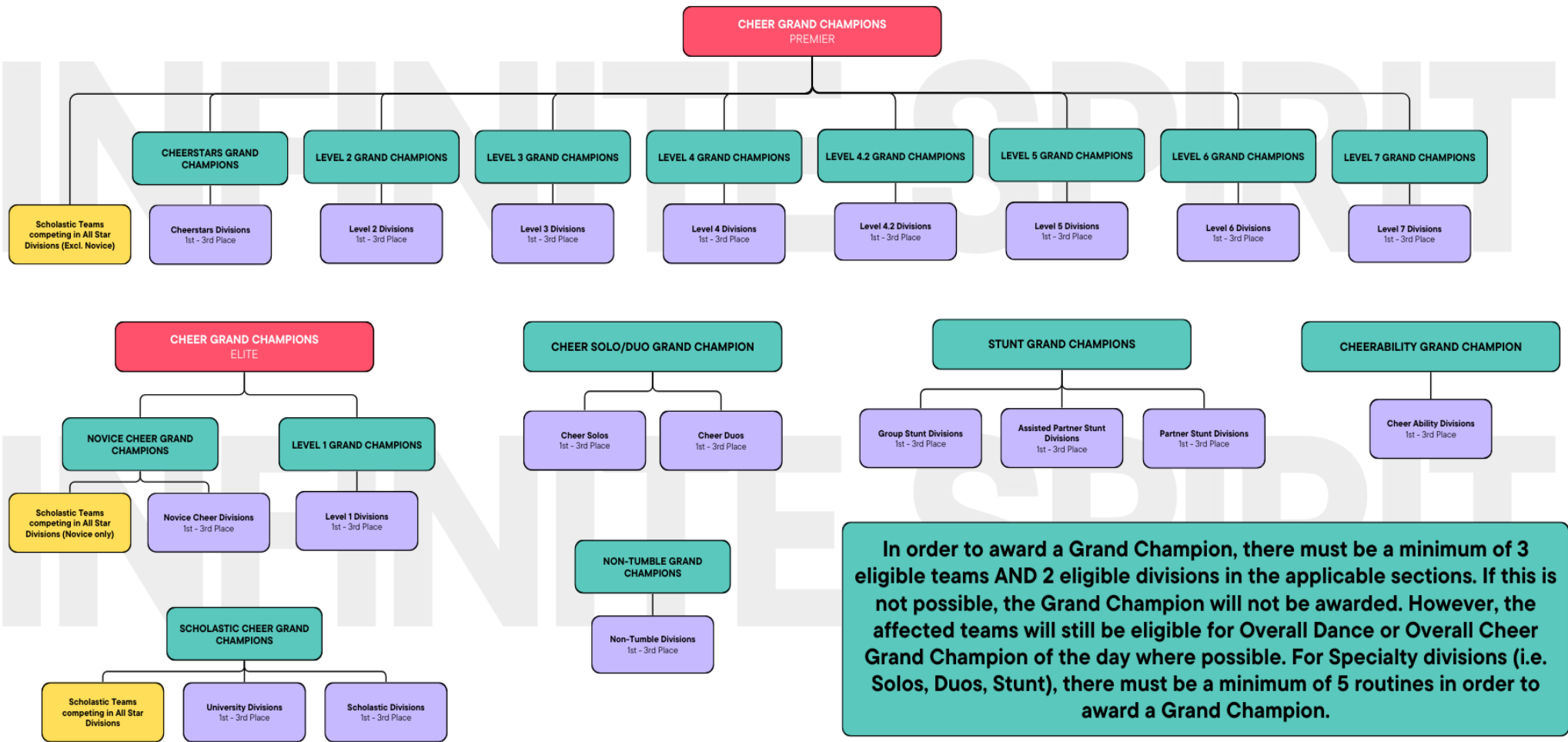
Adult: 18 years & older

****Max 2 OOA athletes permitted with no deductions;**

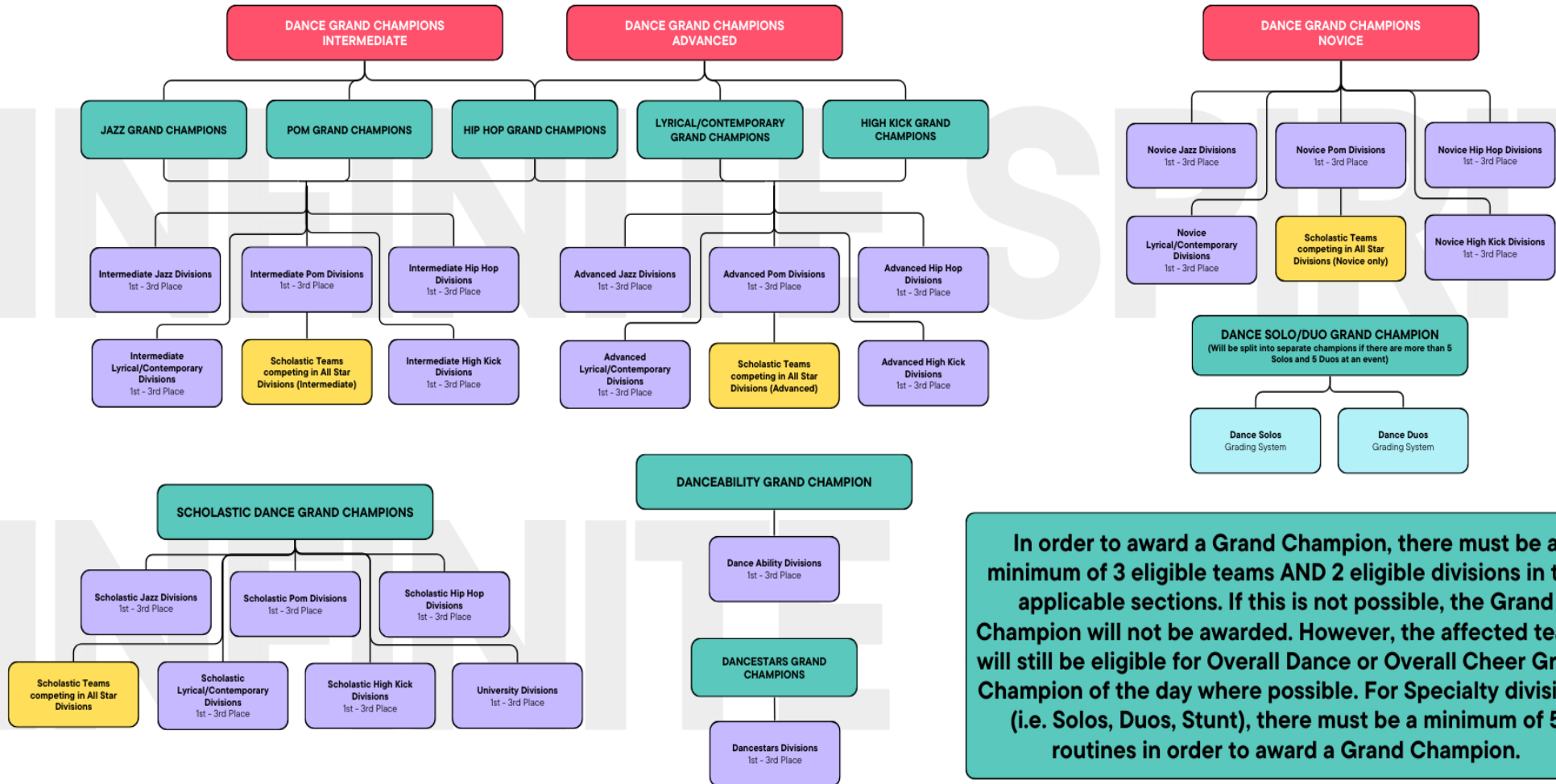
they must be within 2 years of the age group they are registered to.

For more information, please refer to the Cheerstars/Dancestars information handbook.

INFINITE SPIRIT AWARDS CHART 2025 - CHEER



INFINTE SPIRIT AWARDS CHART 2025 - DANCE



In order to award a Grand Champion, there must be a minimum of 3 eligible teams AND 2 eligible divisions in the applicable sections. If this is not possible, the Grand Champion will not be awarded. However, the affected teams will still be eligible for Overall Dance or Overall Cheer Grand Champion of the day where possible. For Specialty divisions (i.e. Solos, Duos, Stunt), there must be a minimum of 5 routines in order to award a Grand Champion.