

2009 Cheerleading Rules

- I. **Objective** - to organize the orderly participation of the various BCYFCA member clubs in league play and competition.
 - A. Violations and Ejections - Any attempt to circumvent the spirit of the BCYFCA Rules and By-Laws shall be considered a violation. Any violation may result in suspension of the coach and/or cheerleader, or ejection of a parent or spectator. The suspension of a cheerleader or coach may result in forfeiture of attending competition. Any ejections of a coach, cheerleader, parent, or spectator will be handled per BCYFCA By-Law #24. All matters will be investigated by the Area Cheer Agents and appropriate action taken by said Cheer Agents. Any appeals will be handled per BCYFCA By-Law #24.

- II. **Committee** - The committee shall consist of member club Cheer Coordinators, Vice President of Cheer, North County Cheer Agent and South County Cheer Agent.
 - A. Coordinators are to be chosen by the member club for which they represent. Their duties include but are not limited to assisting, directing and helping of the area coaches and cheerleaders, to attend all county coordinators meetings (or to send a representative to be a proxy vote), and to follow and uphold the BCYFCA Rules and By-Laws.

 - B. The county agents will be three positions, Vice President of Cheer, North and South Area Cheer Agent, voted in by a majority vote of the Board of Directors at the Annual Meeting that is to be held in January and will sit on the county Administrative Board. They will also oversee the coordination of the county competition.

- III. **Meetings** - Meetings shall be held as needed and shall be scheduled by the Vice President of Cheer and Area Cheer Agents. These meetings may increase at competition time.
 - A. Voting of all items will be decided on by the majority present at the county coordinators meetings, and final approval made by a majority vote of the BCYFCA Board.

 - B. Minutes taken at every meeting and distributed to the cheer coordinators' prior to the next meeting.

- IV. **Governing Body** - the cheerleaders and coaches will abide by any and all BCYFCA By-Laws and the current National Federation of State High School Association (NFHS) Spirit Rule Book (unless otherwise stated). Each BCYFCA member club is required to purchase and show proof of at least one (1) NFHS Spirit Rule Book annually.

V. Operation

A. Verified Rosters and Player Cards

1. Rosters, Player Cards and Birth Certificates must be present at all games, practices and league functions.
2. All Player Cards will be laminated single on a ring in order of the official roster. Each coach, cheer helper or team support member will be required to have a county badge on at all times. The league President is to be informed immediately of any infractions of this rule and a call made to the Vice President of Cheer or Area Cheer Agents ASAP. Any team not complying with these requirements will be ineligible for verification for this game.
3. Rosters and Player Cards must be verified forty-five (45) minutes prior to the start of the applicable game. The opposing coach will sign off on the official roster and if cheerleader is not there, player card will be punched. No half time verification. If game is delayed the coordinators from the teams playing will make decision on when to verify. Cheerleaders may not leave a game due to weather unless the game has been cancelled. If the game is delayed due to weather, the cheerleaders are expected to wait for the officials to make the call. All cheerleaders must not miss more than 2 games in order to be eligible for county competition.
4. Any documentation for excused absences must be kept with verified rosters.

B. Length of Season - Team practices, camps and/or additional competitions, may not begin prior to July 1st or continue after March 1st.

C. Videotaping - Absolutely no videotaping will be allowed by a coach, cheerleader, parent, and team support, Or Board member at any cheerleading practice or county competition. Absolutely no video taping of another league.

D. Badges and ID Cards - Each cheer squad coach, or any other cheer sideline personnel shall have a laminated photo ID card/badge and an approved BCYFCA badge. The laminated photo ID card/badge shall be present and visible at all times during any and all league functions. Failure to possess and show a laminated photo ID card/badge while on the sidelines will be grounds for immediate dismissal from the sidelines. All coaching staff present at the game will be verified during roster verification. All coaching/ team support must be verified and not miss more than 2 games in order to coach/ participate in county competition. Any documentation for

excused absences must be kept with verified rosters.

- E. County Coaches' Clinic - A mandatory coaches' clinic will be provided to all BCYFCA member organizations cheer coaches. Each member organization must send a representative from each division participating in the BCYFCA 2009 season. Any participating division not represented by a member club will result in a \$50.00 fine per absence. Payment of fine is the responsibility of the league.

VI. Coaching Staff - a group of people who instructs or trains a team.

- A. Applications - All county cheer coordinators are required to submit a completed coaches' application to the BCYFCA for every coach in their organization, prior to roster verification. Failure to comply with this will result in disqualification from county competition. Any person found to be operating in a coaching position without an application on file will be suspended from the BCYFCA for one (1) year.
- B. No coach and/or coordinator may "double team" outside of their member organization, and may not be affiliated with an all-star organization or competition team. Cheer Helpers are excluded to this rule.

VII. Squad Structure

- A. **Age limits - the maximum age is on August 1st of that year. No child may be over the age limit for the division in which he or she cheers.**

Mascots - 4

Flag - 5 and 6

Rookie - 7

Mighty Mite - 8

Pee Wee - 9

Bantam- 10 and 11

Junior- 12 and 13

Senior- 14 and 15*

- Senior cheerleader must not turn 16 on or before December 1st

- B. Cheer ups - If a cheerleader chooses to cheer up, he/she may only cheer up one level above their appropriate age group. One or two level cheer ups are allowable at the discretion of each member club. Two level cheer ups may only stunt one level above their appropriate age group and must abide by their legal age division limits, plus one level. All two level cheer ups must be submitted, in writing, to the Area Cheer Coordinators prior to roster verification.
- C. Squad size is to be determined by each member club.
1. For Competition purposes a minimum of 5 girls per squad is required to compete.

2. Four or less cheerleaders must be brought to Coordinator meeting for a vote on moving down.
- D. All Cheerleaders Must be verified in order to cheer at the County Competition and must not miss more than 2 games.
- E. All teams that have cheerleader representation during the season Must have the same representation for all play-off and Super Bowl Games. Any league not complying will be charged a \$100.00 Fine Per incident.

VIII. Mounts and Stunts – Each division will abide by the stunt guidelines and mounting limits stated below.

A. Limits Per Division

MASCOT-

1. UP TO THIGH STAND WITH **NO** VARIATIONS STANDING TABLETOPS.
2. **DISMOUNTS** SHOVE DROPS ONLY.

FLAG-

1. UP TO SHOULDER SIT WITH VARIATIONS.
2. **DISMOUNTS** - SHOVE DROPS ONLY.

ROOKIE –

1. UP TO SHOULDER STAND, BOTH FEET MUST REMAIN AT SHOULDER HEIGHT AND MUST HAVE AT LEAST 2 SPOTS (Front and Back). NO FREE FLIPPING MOUNTS VARIATIONS, OR TRANSITIONAL STUNTS ALLOWED. Front spots are not required for V-sits at waist high only. Absolutely no moving or rotating in any stunt. No transitional stunts allowed and both feet must hit the ground before re-mounting.
2. **DISMOUNTS** - SHOVE DROPS ONLY.

MIGHTY MITE –

1. UP TO SHOULDER STAND WITH VARIATIONS, ONE FOOT MUST REMAIN AT SHOULDER LEVEL. MAY DO V-PRESS, AND SPLIT MOUNTS AT ELEVATOR HEIGHT. FRONT SPOTS ARE MANDATORY. Front spots are not required for V-sits at elevator height. May move or rotate in stunts but no transitions. Both feet must hit ground first before re-mounting.
2. **DISMOUNTS** – MAY DO POP CRADLES, MUST HAVE AT LEAST 2 SCOPES, 1 CATCH AND 1 SPOT.

PEEWEE –

1. UP TO FULL EXTENSION, BOTH FEET MUST REMAIN AT FULL EXTENTION HEIGHT. MAY DO TRANSITIONS AT FULL EXTENSION HEIGHT. MAY DO VARIATIONS AT ELEVATOR HEIGHT.
SINGLE BASE STUNTS ARE PERMITTED THE PROPPER SPOTTING. MAY DO V-PRESS AND SPLIT MOUNTS AT EXTENTION HEIGHT.
2. **DISMOUNTS** - DISMOUNT VARIATIONS ARE ALLOWED AT ELEVATOR LEVEL.
3. **BASKETS** - STRAIGHT RIDE ONLY.

BANTAM –

1. UP TO FULL EXTENSION WITH VARIATIONS ½ PENDULUMS ARE ALLOWED AT SHOULDER HEIGHT OR BELOW, WITH PROPER SPOTTING. LOG ROLLS ARE ALLOWED.
2. **DISMOUNTS** - DISMOUNT VARIATIONS ARE ALLOWED FROM EXTENSION HEIGHT PROVIDED BOTH FEET ARE AT EXTENSION LEVEL.
3. **BASKETS** - TOE TOUCH/KISS OUT

JUNIOR –

1. UP TO FULL EXTENSION WITH VARIATIONS MAY DO HANGING MOUNTS AND TICK TOCKS
2. **DISMOUNTS** - DISMOUNTS WITH VARIATIONS FROM EXTENSION HEIGHT ARE ALLOWED
3. **BASKETS** - PIKES, FULLS (1 ROTATION ONLY) ARE ALLOWED.

SENIOR -

ANYTHING ALLOWED PER NFHS RULE BOOK INCLUDING DOUBLE FULLS IN DISMOUNTS AND BASKETS AND KICK FULL BASKETS.
EXCLUDING – HELICOPTERS, HEAD OVER HEELS ROTATION, AND INVERTED MOUNT TO EXTENSION PREP.

B. General Limits

1. No stunt pyramid or individual may move over or under another stunt or pyramid.
2. No free flipping dismounts are allowed.
3. No flips or inversions are allowed in basket tosses.

4. No Vaults allowed in any division
5. No inverted mounts or stunts allowed in any division
6. Rookies and up may do $\frac{1}{4}$ twist ups
Mighty mites and up may do $\frac{1}{2}$ twist ups
Bantams and up may do Full twist ups
7. Swedish Falls allowed in Bantam and up

IX. Cheerleading Competition

A. Scheduling – The BCYFCA Cheerleading competition will be hosted by the BCYFCA Board, Vice President of Cheer and County Cheer Agents. The BCYFCA Board, Vice President of Cheer and County Cheer Agents will oversee the coordination of the competition.

B. Dues and Fees

1. Squad fees will be determined annually as necessary to fund the purchase of trophies and are to be divided equally by each member organization. These fees are to be given to the BCYFCA Treasurer.
2. Each participating squad is required to purchase a full-page ad in the competition program at a fee to be determined annually. This page is to include a team picture and any team sponsorships. Additional ads will be available at a cost to be determined annually by the BCYFCA. The due date for the required ads and fees will be determined annually.
3. All county competition related fees, such as ad money, program money, t-shirt money or any other fees associated with competition must first be paid to the member organization and then one (1) league check from that organization is to be issued to the BCYFCA.

C. Trophies and Placement

1. Participation medallions to be provided to all participating teams. Rookie through Seniors will be given 1st, 2nd and 3rd places and each participant receives a trophy. Senior Flag will compete and place in each division.

D. Judges

1. Judges will be decided upon and approved yearly by the BCYFCA President. The BCYFCA Judge Coordinator appointed by the BCYFCA President will be responsible for obtaining these judges no later than six (6) weeks prior to competition, **if possible**, and must provide the judges with copies of the score sheet and infraction sheet to be used at the competition.
 - A) BCYFCA President will appoint the Judge Coordinator for the County Competition. The BCYFCA President, Vice President, Vice President of Cheer and North/South Are Cheer Agent may have any contact with the Judge Coordinator only.
2. There must be a total of eight (8) judges, with two (2) being strictly infraction judges. A deduction will only taken out once per incident.

E. Game Requirements

1. In order to participate in county competition, cheerleaders **can not** miss more than 2 regular season games. He/she must cheer and be verified in the division that they will be competing. Any child out for medical reasons or court ordered absence will be allowed to compete after presenting proper documentation.
 - A. Coaching staff/ team support that will be on the field During competition, must meet the same game requirements as cheerleaders.
 - B. Sportsmanship at competition and spirit gifts will not be done throughout the season.
2. The verified game roster for each competing squad, showing that no more than 2 regular season games have been missed for each Participating cheerleader, is required to be turned into the Vice President of Cheer or the County Cheer Agents within one (1) week of the end of regular season games (date to be determined annually by the Vice President of Cheer and County Cheer Agents). Any extenuating circumstances shall be brought to the attention of the Vice President of Cheer and County Cheer Agents and if necessary, a vote will be taken by the Executive Board of Directors to decide if participation of the squad or child will be permitted.

F. Rules and Requirements

1. Age requirements are per rule VII-A.

2. The routine time limit in the Flag through Junior divisions is three (3) minutes with a maximum minute and a half (1 1/2) of music. The routine time limit in the senior division is three (3) minutes with a maximum two (2) minutes of music.
3. Spotters are required as per the requirements of the NFHS Rule Book. Two (2) non-cheering spotters will be allowed or can be provided for squads with five (5) or less participants. Any team requiring non-cheering spotters must notify their member organization cheer coordinator at least one (1) week prior to the competition, the member organization cheer coordinator must then notify the Vice President of Cheer and County Cheer Agent so that arrangements can be made if necessary.

4. Routine requirements –

- A) One Chant
 - B) One Cheer
 - C) One Pyramid/Stunt
 - D) One squad Jump
 - E) Full squad 2-eight (8) counts of dance/Music
5. Props and Uniforms - Approved props are megaphones, Signs and pom poms. Props will be no larger than 36 inches X 36 inches. All props will be measured at competition, prior to competing, at check in. Any clothing item worn for competition must have been part of the regular uniform and worn all season as part of the regular uniform - exception: turtlenecks and hair bows. Any other props should be brought to coordinators for approval prior to competition day.
 6. Cheer-up and Medical "Flagging" - any cheerleader, who is cheering up more than one (1) level or has a documented medical condition must be easily identified at competition for the judges. Any cheerleader requiring "flagging" must be present with the coach at check-in to be appropriately "flagged". The County Cheer Agents will provide a list of two (2) level cheer ups at competition, while all medical conditions must provide proper documentation. Any cheerleader with a hard cast can not be part of any stunt or pyramid.
 7. The competition area is 30 yards X 30 yards.
 8. Penalties and deductions are subtracted from the judges' total combined score for all divisions excluding Flag as follows:
 - A) Shaky element -1 point deduction per incident
 - B) Falling stunt / mount - 5 point deduction per incident

- C) Falling tumble - 3 point deduction per incident
- D) Overtime in music or routine - 5 point deduction per Incident
- E) Failure to fulfill routine requirements - 5 point deduction Per incident
- F) No spotter for stunt - 5 point deduction per incident
- G) Failure to keep eye contact with flyer - 2 point deduction Per incident
- H) Unsportsmanlike conduct exhibited by a team, coach or parent at competition - 25 point deduction per incident
- I) Illegal stunt or mount - 25 point deduction per incident
- J) Out of bounds -10 point deduction per incident (Foot must be on or out of bounds, upper body, and arms or poms on or outside the line is not considered out of Bounds)
- K) Rookies and above coaches doing or mouthing Motions and/or words – 5 point deduction
Flag coaches mouthing the words – 5 point deduction
- L) Illegal props or uniforms 5 point deduction (refer to #5)
- M) Flag and rookie cheerleaders will not get any deductions for Tumbling.

9. No protest by a coach or coordinator for items A – G and J. Must follow protocol. Coach to League Cheer Coordinator, League Cheer Coordinator to VP of Cheer or North and South Area Cheer Agents.

10. Cheerleaders must cheer and be verified in at all games to include Playoffs and superbowl. **There will be a \$100.00 fine charged to any league not having Cheerleaders for playoffs and super bowl games.**

G. Coaches

1. Only coaches of the competing squad are allowed to sit in the designated area. In the Rookie through Senior divisions coaches may not utter a word or make any hand gestures. They may only clap and show emotion but no words of cheers, Counts or motions. In the Mascot division coaches may do the routine with the participants. In the Flag division only one (1) coach may do arm movements in the designated area from a kneeling position.

H. A cheerleading squad may not seek outside help (paid or unpaid) when putting together their routine for competition. The routine must be put together by the squad's coaching staff. Any cheerleading squad found guilty of the above shall be disqualified from competition. Proof of violation must be presented to the BCYFCA Executive Board for final decision.

I. **Unsportsmanlike conduct**, as determined by the County cheer Agents, exhibited by a team, coach, or parent will result in any or all of the following:

- A) Team disqualification from competition
- B) Suspension of coaching staff
- C) Imposition of fines on the member organization
- D) Member organization disqualification from competition

Proof of violation must be presented in writing to the County Cheer Agents, BCYFCA President and BCYFCA Vice-President of Cheer for final decision.