

# 2010 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 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 1<sup>st</sup> or continue after March 1<sup>st</sup>.

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 videotaping 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 2010 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 1<sup>st</sup> 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 1<sup>st</sup>

- B. 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.

- C. All Cheerleaders Must be verified in order to cheer at the County Competition and must not miss more than 2 games.
- D. 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. Safety Rules and Stunt Guidelines**

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
3. All coaches must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
5. Athletes must always practice and perform on an appropriate surface.
6. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are not allowed. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are not allowed when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)
7. Any height increasing apparatus used to propel an athlete is not allowed.
8. Casts that are hard and unyielding or have rough edges will not be permitted to perform in any stunt, pyramid, dismount or toss.
9. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
10. Required spotters for all skills must be your own team's members.
11. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop
12. A spotter is considered a back and/or a front spot.
13. All stunts, pyramids and tosses must have a front spot at their highest level of stunting.
14. A spotter is considered a backspot.

### **LEVEL 0 RULES: JUNIOR FLAG**

#### **LEVEL 0 STUNTS**

- A. Up to thigh stand with no variations.
- B. Standing tabletops are allowed

#### **DISMOUNTS**

- A. Shove drops/pencils only.

## **LEVEL 0A: SENIOR FLAG**

### **LEVEL 0A STUNTS**

- A. Up to shoulder sit with variations

### **LEVEL 0A DISMOUNTS**

- A. Shove drop/pencil only

## **LEVEL 1 RULES: ROOKIES**

### **LEVEL 1 STUNTS**

- A. 1. A spotter is required for all stunts at shoulder level. (exception: shoulder sits and straddle sits). (Example: suspended splits, flat-bodied positions, preps, etc).
- 2. Extended stunts are not allowed (see definition of extended stunts in glossary). A stunt may not be held at or pass through an extended position.

*Clarification: If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, then it is a violation of this rule.*

*Taking the top person above the head of the bases would be illegal.*

- B. Single leg stunts are only allowed below shoulder (prep) level.

*Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.*

- C. Twisting stunts and transitions are allowed up to  $\frac{1}{4}$  twists by the top person.

- D. No moving or rotating in any stunt. Both feet must touch the ground before reloading.

- E. Free flipping or assisted flipping stunts and transitions are not allowed.

- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (example: shoulder sits walking under prep).

- G. Single based split catches are not allowed.

### **L1 Stunts - Inversions**

- 1. No inversions are allowed.

### **LEVEL 1 PYRAMIDS**

- A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

- B. Top person must receive primary support from a base.

- C. No extended stunts

- D. Single leg stunts below prep level

- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

### **LEVEL 1 DISMOUNTS**

- A. Dismounts to the performing surface from stunts and pyramids must be assisted by an original bases.

- B. Only straight Shove drops/pencil drops are allowed.

- C. No free flipping or assisted flipping dismounts allowed.

- D. Tension drops/rolls of any kind are not allowed.

### **LEVEL 1 TOSSES**

- A. No tosses allowed.

## LEVEL 1A: MIGHT MITE

### LEVEL 1A STUNTS

- A. 1. A spotter is required for all stunts at shoulder level (exception: shoulder sits and straddle sits). (Example: suspended splits, flat-bodied positions, shoulder stands, etc).

*Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.*

2. Extended stunts are not allowed (see definition of extended stunts in glossary).  
A stunt may not be held at or pass through an extended position.

*Clarification: If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, then it is a violation of this rule.*

*Taking the top person above the head of the bases would be illegal.*

- B. Single leg stunts are only allowed at shoulder (prep) level.  
C. Twisting stunts and transitions are allowed up to  $\frac{1}{4}$  twists by the top person.  
D. No transitions allowed. May move or rotate within the stunt, both feet must touch ground before remounting.  
E. Free flipping or assisted flipping stunts and transitions are not allowed.  
F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (example: shoulder sits walking under prep).  
G. Front spots are not required for V-sits at prep level.

### LEVEL 1A PYRAMIDS

- A. Pyramids must follow Level 1A "Stunts" and "Dismounts" rules and are allowed up to 2 high.  
B. Top person must receive primary support from a base.  
C. Single leg stunts at prep level:  
1. Single leg stunts at prep level must be braced by at least **one** person at prep level or below with hand/arm connection only.  
2. The connection must be made prior to executing single leg stunt and must be made at or below prep level.  
D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

### LEVEL 1A DISMOUNTS

- A. Cradles from multi-based stunts at prep level must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.  
B. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.  
C. Only straight pop downs and basic straight cradles are allowed.  
D. Twisting dismounts (including  $\frac{1}{4}$  turns) are not allowed.  
E. No free flipping or assisted flipping dismounts allowed.  
F. Tension drops/rolls of any kind are not allowed.

### LEVEL 1A TOSSES

- A. No tosses allowed.

## **LEVEL 2 RULES: PEEWEE**

### **LEVEL 2 STUNTS**

- A. A Front spotter is required for all extended stunts.
- B. Single leg stunts may not be held at or pass through an extended position.

Clarifications:

1. *If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, than it is a violation of this rule. Taking the top person above the head of the bases would be illegal.*
  2. *If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.*
- C. Twisting mounts and transitions are allowed up to a total of 1/2 twist between the bases and the top person combined. *Clarification: a half twist performed with an additional half turn by the bases would be illegal if performed simultaneously.*
  - D. During transitions, at least one base must remain in contact with the top person.
  - E. Free flipping or assisted flipping stunts and transitions are not allowed.
  - F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (e.g. shoulder sits walking under prep).
  - G. Single based split catches are not allowed.

### **LEVEL 2 PYRAMIDS**

- A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base. *Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface.*
- C. Both feet must remain at Extension.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (e.g. shoulder sits walking under prep).

### **LEVEL 2 DISMOUNTS**

- A. Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- C. Only straight pop downs, basic straight cradles and 1/4 turns are allowed.
- D. No free flipping or assisted flipping dismounts allowed.
- E. Tension drops/rolls of any kind are not allowed.

### **LEVEL 2 TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 4 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. Flipping, inverted or traveling tosses are not allowed.

- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. The only body positions allowed are straight rides.
- F. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.

### **LEVEL 3 RULES: BANTAM**

#### **LEVEL 3 STUNTS**

- A. A spotter is required for all extended stunts. 2 Spotters are required for all single leg extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping mounts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- G. Prep level pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. **During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.**
- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person and must stay at prep level or below.
- J. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.

*Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex: no kick full twists).*

1. Release moves may not intentionally travel.

L3 Stunts – Inversions  
No inversions allowed.

#### **LEVEL 3 PYRAMIDS**

- A. Pyramids must follow Level 3 “Stunts” and “Dismounts” rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (ex: shoulder sits walking under prep).

#### **LEVEL 3 DISMOUNTS**

- A. Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.

- C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- D. Only straight pop downs, basic straight cradles and quarter turns are allowed from any single leg stunt.
- E. Up to 1twists are allowed from any two leg stunt.
- F. Up to 1 trick allowed during a dismount from any two leg stunt.
- G. No free flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

### **LEVEL 3 TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 1 trick allowed during a toss. (Legal: toe-touch, pretty girl or kiss out) (Illegal: Switch kick, pretty girl-kick, double toe-touch, etc.)

*Clarification: The 'arch' does not count as a trick.*

### **LEVEL 4 RULES: JUNIOR**

#### **LEVEL 4 STUNTS**

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions are allowed up to 1-1/2 twists by the top person.  
***Clarification: a 1 and 1/2 twist by the top person performed with any additional turn by the bases to an extended position would be illegal if performed simultaneously.***
- D. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- E. Free flipping mounts and transitions are not allowed.
- F. During transitions, at least one base must remain in contact with the top person.  
(Exception: See "Release Moves")
- G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases.

**During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.**

- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.

#### **L4 Stunts - Release Moves**

1. Release moves may not land in a prone position.
2. Release moves must return to original bases.
3. Helicopters are not allowed.
4. Release moves may not intentionally travel.

**Release moves may not pass over, under or through other stunts, pyramids or individuals.**

#### **LEVEL 4 PYRAMIDS**

- A. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid (e.g. shoulder sits walking under prep).

#### **E. L4 Pyramids Release Moves**

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
2. Primary weight may not be borne at second level. *Clarification: The transition must be continuous.*
3. Non-inverted transitional pyramids may involve changing bases. When changing bases:
  - a. The top person must maintain physical contact with a person at prep level or below.
  - b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.

#### **LEVEL 4 DISMOUNTS**

- A. Cradles from single based stunts at prep level must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- D. Up to a 1 1/2 twisting rotation allowed from all two leg stunts.
- E. Up to a 1 twisting rotation allowed from all single leg stunts.
- F. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.
- G. No free flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

#### **LEVEL 4 TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.

- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). No kick fulls.
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Only 1 trick allowed during a toss.
- F. Tosses may not exceed 1 1/2 twisting rotations.

## **LEVEL 5 RULES: SENIORS**

### **LEVEL 5 STUNTS**

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person.
- D. Free flipping mounts and transitions are not allowed.
- E. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases.

**During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.**

- F. Single based split catches are not allowed.
- G. Single based double awesomes/cupies require a separate spotter for each top person.
- H. **L5 Stunts - Release Moves**
  1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. (Example: Tic-tocks are allowed.)
  2. Release moves may not land in a prone position.
  3. Release moves must return to original bases.
  4. Release moves may not intentionally travel.
  5. Release moves may not pass over, under or through other: stunts, pyramids, or individuals.

### **LEVEL 5 PYRAMIDS**

- A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. **L5 Pyramids - Release Moves**
  1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
  2. Primary weight may not be borne at second level. *Clarification: The transition must be continuous.*
  3. Non inverted transitional pyramids may involve changing bases. When changing bases:
    - a. The top person must maintain physical contact with a person at prep level or below.

- b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.
- 4. Non-inverted pyramid release moves must be caught by at least 2 catchers.
  - a. In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.

### **L5 Pyramids - Inversions**

1. Must follow L5 Stunt Inversions rules.

### **LEVEL 5 DISMOUNTS**

- A. Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level and above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- C. **Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.**
- D. Up to a 2 twisting rotations allowed from all stunts.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are not allowed.
- G. When cradling single based double awesomes/cupies 2 catchers must catch each top person.

### **LEVEL 5 TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). (Exception: A 1/2 turn is allowed by bases as in a kick full basket.)
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2 twisting rotations allowed.
- F. Anything allowed per NFHS Rule book.

## **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 or 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 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. Medical "Flagging" - any cheerleader, who 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". All medical conditions must provide proper documentation. Any cheerleader with a hard cast cannot 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 Super Bowl. **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 in Writing for final decision.

However all cheerleading squads may seek outside help paid or unpaid  
**FOR STUNTING ONLY UP UNTIL SEPTEMBER 1<sup>ST</sup>, 2010 AT THEIR HOME  
FIELD ONLY.**

- 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.