

2011 Cheerleading Rules

1. **OBJECTIVE** – To organize the orderly participation of the various BCYFCA member clubs in league play and competition.
 - 1.1. 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 coach and/or cheerleader may result in forfeiture of attending BCYFCA cheerleading competition. Any ejections of a coach, cheerleader, parent or spectator will be handled per BCYFCA By-Law #21. All matters will be investigated by the Vice President of Cheer and the Area Cheer agents. Any appeals will be handled per BCYFCA By-Law #21.

2. **COMMITTEE**– The committee shall consist of member club Cheerleading Coordinators, Vice President of Cheer, North Cheer Agent and South Cheer Agent.
 - 2.1. 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 meeting (or to send a representative to be a proxy vote), and to follow and uphold the BCYFCA rules and By-Laws.
 - 2.2. The county agents will be three positions, Vice President of Cheer, North Cheer Agent and South 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 Cheerleading Competition.

3. **MEETINGS**– Shall be held as needed and will be scheduled by the Vice President of Cheer and the Area Cheer Agents. These meetings may increase at competition time.
 - 3.1. Voting of all items will be decided on by the majority present at the County Coordinators meeting, and final approval made by a majority vote of the BCYFCA Board.
 - 3.2. Minutes will be taken by the BCYFCA Secretary and distributed to the Cheer Coordinators prior to the next meeting.

4. **GOVERNING BODY** – The cheerleaders and coaches will abide by any and all BCYFCA By-Laws and Rules.

5. **OPERATION**
 - 5.1. Verified Rosters and Player Cards
 - a) Rosters, Player cards and Birth Certificates must be present at all games, practices and cheerleading competition or any other league function.
 - b) Roster verification will be held at a date set by the BCYFCA Board of Directors.
 - 5.1.b.1. Items required for Roster Verification: Birth certificates for the cheerleader with a visible county or state seal, player cards with photos laminated (4) four to a page alphabetically by the last name, placed in a three ring binder. Coaching staff and Team support will also need player cards which will be

laminated (4) four to a page and placed after the cheerleaders. Any cheerleader added after roster verification will be placed after the last cheerleader and before the coaches.

- c) Game Check-in - Rosters and Player cards must be verified; (30) thirty-minutes Flag through Pee-Wee, (45) forty-five minutes Bantam through Seniors, prior to the start of the applicable game. Late arrivals will NOT be verified after check-in, and will be counted as a missed game. The league president is to be informed immediately of any infractions of this rule and a call to be made to your Area Cheer agent as soon as possible. Any team not complying with these requirements will be ineligible for verification for that game.
 - 5.1.c.1. Squads that are habitually late for Check-ins, will be placed on probation after being warned (1) once in writing (either by email or letter) by the Vice President of Cheer. The coaches and/or leagues may be disqualified from participating in competition after the original warning.
 - 5.1.c.2. Coaches and/or Team support who do not have their BCYFCA badge will be ineligible to verify at Check-in. Coaches and/or Team support may not miss more than (2) games to participate in competition. A one game suspension will be given to any coach or team support as well as the verifying agent if a BCYFCA issued badge is not present at verification.
- d) Any coach or team support that does not have their BCYFCA issued badge will not be able to join the squad on the field. During inclement weather the decision to continue the game will be based upon the Game Officials. If the football players are required to play, the cheerleaders are as well. If a squad leaves and the game is resumed the squad will be counted as a missed game.
- e) Any documentation for missed games (Coaches and/or Cheerleaders) must be kept with the verified roster and submitted to the County Cheer Agents at the competition verification meeting.
- f) Badges and ID Cards – Each cheer coach or any other cheer sideline personnel shall have a laminated BCYFCA photo ID badge, and it shall be present and visible at all times during any/all BCYFCA functions. Failure to possess and show a laminated BCYFCA badge while on the sidelines will be grounds for removal from the field.
- g) Length of Season – Team practices, camps and/or competitions may not begin prior to July 1st or Continue after March 1st.
- h) County Coaches Clinic – A mandatory coach's clinic will be provided to all member club cheerleading head coaches and coordinators. Each member club must send a representative from each division participating in the BCYFCA season. Any committed division not represented by a member club will be assessed a (\$50.00) fifty dollar fine per division. Payment will be the responsibility of the member club.

6. COACHING STAFF – A group of people who instructs or trains a team.

- 6.1. Applications – All County cheer coordinators are required to submit a completed coach's application to the BCYFCA for every Coordinator, Coach or Team support in their respective member clubs prior to roster verification. Failure to comply with this will result

in disqualification from cheer competition. Any person found to be operating in a coaching position without a BCYFCA application on file will be suspended from the BCYFCA for (1) year. This rule includes cheer helpers.

- 6.2. No Coach and/or Coordinator may “Double Team” outside their member organization. And may not be a paid or unpaid coach/owner of an All-star organization or Competition team or a paid school coach or support staff.

7. SQUAD STRUCTURE

- 7.1. Age Limits – The maximum age as of August 1st of the current year. No participant may be over the age limit for the division in which he or she cheers.

Mascots/Junior Flag	4
Senior Flag	5 and 6
Rookie	7
Mighty-Mite	8
Pee-Wee	9
Bantam	10 and 11
Juniors	12 and 13
Seniors	14 and 15

- 7.2. Squad size is to be determined by each member club

- a) For squad purpose a minimum of 5 girls per squad is required.
- b) Four or less cheerleaders must be brought to the coordinators meeting for a vote on moving them down. If a squad of a higher level is available the cheerleaders must be moved up. At no time can there be more than 4 cheer downs on any team in any division.
- c) Medical Cheer downs must be brought to the coordinators for approval on a case by case basis.
- d) A cheerleader may cheer-up one or two levels max at the discretion of the member club, and/or coach. A two-level cheer-up may stunt at the level they are verified in.
- e) All two level cheer-ups must be submitted in writing to the Area Cheer coordinators prior to roster verification.

- 7.3. All cheerleaders must be verified in order to cheer at the county competition and must not miss more than (2) two regular season games excluding Jamboree.

- 7.4. 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 in compliance will be assessed a (\$100) one hundred dollar fine per team per incident. A minimum of 50% of the squad must be present to avoid assessment of fines.

8. SAFETY RULES AND STUNT GUIDELINES – Each Member League and Division will abide by all the BCYFCA Cheerleading Rules and stunt guidelines and mounting limits stated for the regular, play-off season and competition.

- 8.1. All athletes must be supervised during official functions by a qualified and BCYFCA badged coordinator or coach.

- 8.2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and squad skill levels with regard to proper performance level placement.
- 8.3. No member league may hold try-outs for cheerleader placement on squads.
- 8.4. All member leagues must have an emergency plan in place in the event of an injury.
- 8.5. Coaches may not be under the influence of alcohol, narcotics, performance enhancing drugs, or over the counter medications while participating in a practice, performance or game, or anything that hinders the ability to supervise or execute a routine safely.
- 8.6.
 - a) A cheerleading squad may NOT seek outside help (paid or unpaid) when putting together their routine for the regular season or cheerleading Competition. Any routine for a BCYFCA squad must be put together by that squad's coaching staff only. A squad found guilty of this will be disqualified from cheerleading competition. Proof must be presented to the BCYFCA Executive Board in writing for final decision.
 - b) However all member league cheerleading squads may seek paid or unpaid help for stunting purposes until September 1, 2011 at their home field only.
- 8.7. Athletes must always practice and perform on an appropriate surface. No squad may practice indoors, at a gym or recreation center.
- 8.8. No squad may stunt when the performing surface is wet.
- 8.9. Jewelry of any kind is prohibited including but not limited to; ear, nose, tongue belly, facial piercings, plastic jewelry, bracelets, anklets, and necklaces. Exception: Medical Id tags must be taped to the skin under the uniform preferably.
- 8.10. No Hair beads, metal clips or bobby pins. Flat alligator clips are allowed.
- 8.11. Absolutely no glitter or shimmer on the cheerleaders body or uniform.
- 8.12. Temporary tattoos are allowed as long as they do not have any glitter or shimmer.
- 8.13. Rhinestones are allowed if they are sewn or permanently attached on uniforms or bows.
Note: Rhinestones adhered to the skin is considered illegal and must be removed.
- 8.14. Any height increasing apparatus used to propel an athlete is illegal.
- 8.15. Casts that are hard and unyielding or have rough edges will not be allowed in any stunt group, pyramid, mount, dismount or toss.
- 8.16. Back spots are required for every flyer unless specifically stated for that stunt level.
- 8.17. All levels must have a front spot at their highest stunt level.
- 8.18. Required spotters for all skills must be squad members.
- 8.19. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt or tumble are illegal unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop.
- 8.20. Stunt levels encompass all skills allowable at the previous level.
- 8.21. No stunt, pyramid, toss or individual may move over or under another stunt, pyramid or individual.
- 8.22. At no time shall any stunt or pyramid be over two persons high. Bases are one, and top person is the second.
- 8.23. No Prop may be used as a base.
- 8.24. Single based split catches are illegal.
- 8.25. Tumbling must originate and end on the performance surface.

8.26. No assisted tumbling.

8.27. Tumbling is not a competition requirement. However if you choose to have tumbling and it is not executed properly you will be deducted. Mascot through Rookie is excluded from this rule.

8.28. Mighty-Mite through Seniors are allowed to move or rotate as a stunt group.

8.29. No Helicopters for any division.

9. **STUNT LEVELS**

Mascots/Junior Flag

Stunts

- Up to a shoulder sit no variations – Highest Level
- Standing table tops allowed.
- No moving or rotating in any stunt.

Dismounts

- Shove/Pencil drops only– Top person must be assisted to the performing surface from original bases.

Senior Flag

Stunts

- Up to a shoulder sit with variations – Highest Level
- No moving or rotating in any stunt

Dismounts

- Shove/Pencil drops only– Top person must be assisted to the performing surface from original bases.

Rookie

Stunts

- Up to a prep/shoulder stand, both feet must remain at shoulder height and must have a front spot.
- Front spots are not required for v-sits at waist height only.
- No moving or rotating in any stunt.
- No transitional stunts allowed. Both feet must hit the performance surface before reloading.
- No extensions allowed; a stunt held at or passing through and extended position would be considered an extension and would be illegal.
- Single Leg stunts at waist level or below.
- Front spots are required for all stunts at prep/shoulder level.
- No free flipping or braced flips allowed.

Dismounts

- Shove/Pencil drops only – Top person must be assisted to the performing surface from original bases.

Mighty-Mite

Stunts

- Up to a prep/shoulder stand with variations, one foot must remain at prep/shoulder level.

- May do V-press and split mounts at prep/shoulder height.
- Front spots are required for all stunts at prep/shoulder level. Only exceptions are shoulder or straddle sits.
- Single leg stunts are allowed at prep/shoulder level or below and must have a front spot.
- Variations allowed up to a ¼ twist by the top person.
- No transitional stunts allowed. Both feet must hit the performance surface prior to reloading.
- Allowed to move or rotate as a stunt group.
- Front spots are not required for V-sits at prep level or below.
- No extensions allowed; a stunt held at or passing through an extended position would be considered an extension and would be illegal.

Dismounts

- Basic cradles and straight pop downs must return to original bases with front and back spots.
- Dismounts to the performing surface from stunts, mounts or pyramids must be assisted by an original base.

Pee-Wee

Stunts

- Up to a full extension, both feet must remain at full extension level.
- May do variations at prep/shoulder height.
- May only do transitions at prep/shoulder height.
- Single based stunts are permitted with a front spot at prep/shoulder level. May not brace or be braced by any other stunt.
- Twisting mounts and transitions are allowed up to a total of a ½ twists for entire stunt group (top person and bases).
- May do V-press and split mounts at extension height.
- Single leg stunts allowed at prep/shoulder level and below, one base must remain in contact with top person.
- During transitions (1) one base must remain in contact with the top person.
- Allowed to move or rotate as a stunt group.

Dismounts

- Dismounts to the performing surface from stunts, mounts or pyramids must be assisted by an original base.
- Cradles from multi-based stunts at prep/shoulder level must be caught by original bases, front and back spots.
- Basket tosses are allowed up to a total of (4) four tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss. Tosses must be performed from ground level and must land in a cradle position by at least (4) four original bases. Top person must remain stationary during the toss; no intentional traveling.
- Straight rides only; Exception: the top person may use different arm variations such as but not limited to a salute or blowing a kiss. Body and legs must stay in the straight ride position.

Bantam

Stunts

- Up to full extension with variations.
- Single leg extended stunts are required to have a front spot.
- ½ pendulums are allowed at prep/shoulder level. During pendulum and pendulum style transitional stunts where the top person falls away from the bases, three stationary catchers, at least (2) two of which are not original bases are required. During the pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- Single based stunts at prep/shoulder level must have a front spot.
- Single based stunts may not brace or be braced by any other stunt.
- Log/Barrel rolls are allowed up to (1) one full rotation, starting and ending in a cradle, with original bases. No other trick/skill may be performed.
- Transitions and Variations allowed.
- During pyramids, Top person must receive primary support from a base.
- May do braced twist or transition as long as the top person does not become inverted and lands in a scoop with (2) two catches and (1) one spotter. Top person must not land on the performance surface. Must not land in a sponge.
- Moving and rotating allowed

Dismounts

- Dismounts to the performing surface from stunts, pyramids or mounts must be assisted by an original base.
- Basic cradles, straight pop downs and ¼ turns are allowed from any single leg stunt at prep/shoulder level.
- Up to (1) one twist allowed from any (2) two leg stunt.
- (1) One trick allowed during a dismount from any (2) two leg stunt.
- Tosses are allowed with (4) four tossing bases, one base must be positioned behind the top person during the toss and may assist the top person into the toss.
- Tosses must be performed from ground level and must land in a cradle position by a (4) four original bases.
- Bases must remain stationary, no intentional traveling.
- Flipping, inverted, or traveling tosses are illegal.
- Up to (1) one trick permitted during a toss. *Example-Legal: toe touch, pretty girl or kiss out. Example – Illegal: Switch kick, pretty girl kick, double toe touch. The arch does not count as a trick.*
- Release moves – Must not land in a prone position, and must return to original bases.
- 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. Note: Must be performed from ground level and must land in a cradle position by the original bases, one of which is positioned at the head/ shoulder area.
Example: Basket Toss

Junior

Stunts

- Up to Full Extension with variations, may do hanging mounts and tick tocks.
- Single Leg Extended stunts allowed with a front spot.

- Single leg extended stunts may not brace or be braced by any other extended stunt.
- Single based stunts are allowed at prep/shoulder level only. A front spot is required for any single based stunt.
- Single based stunts require a front spot for each top person.
- Twisting mounts and transitions are allowed up to 1½ twist by the top person.
Note: A 1½ twist by the top person performed with any additional turn by the bases would be considered illegal if performed simultaneously.
- Prep level or above Pendulum or Pendulum style transitional stunts where the top person falls away from the bases require three stationary catchers, one of which is positioned at the head/ shoulder area , at least two of which are not original bases.
- During pendulum and pendulum style stunts at least one base must remain in contact with the top person.
- During a pyramid transition, the top person may pass above two (2) person's high while in direct physical contact with at least one person at prep level or below. *Note: Primary weight must not be borne at the second level, the transition must be continuous and the top person may not become inverted at anytime.*
- May do Tick-Tocks.

Dismounts

- 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. *Note: Must be performed from ground level and must land in a cradle position by the original bases, one of which is positioned at the head/ shoulder area.*
Example: Basket Toss
- Bases must remain stationary during toss, no intentional traveling
- Up to (1) one trick permitted during a toss. *Example-Legal: toe touch, pretty girl or kiss out. Example – Illegal: Switch kick, pretty girl kick, double toe touch. The arch does not count as a trick.*
- Cradles from single based stunts must have three (3) catchers with at least one supporting the head and shoulder area through the cradle.
- Cradles from multi-bases stunts at prep level and above must have two (2) catches and a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- Up to 1½ twisting rotations allowed from all two leg stunts.
- Up to 1 twist allowed from all single legs stunts.
- During a cradle that exceeds 1 ¼ twists no skill other than the twist is allowed
- No Kick Fulls

Seniors

Stunts

- Front spot is required for all extended stunts.
- Single leg extended stunts allowed

- Twisting mounts and transitions are allowed up to two (2) twisting rotations by the top person.
- Prep level and above pendulum and pendulum style transitional stunts where the top person falls away from the bases, requires three stationary catches at least two of which are not original bases, one of which is positioned at the head/ shoulder area. One base must remain in contact with the top person.
- Tick – Tocks are allowed.
- During a pyramid transition, the top person may pass above two (2) persons high while in direct physical contact with at least one person at prep level or below. *Note: Primary weight must not be borne at the second level, the transition must be continuous and the top person may not become inverted at anytime.*
- Non-Inverted transitional pyramids may involve changing bases. At no time may the flyer move over a base or bracer. When changing bases the following must be followed:
 - The top person must maintain physical contact with a person at prep level or below.
 - The top person must be caught by at least two (2) catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.
 - Non-Inverted pyramid release moves must be caught by at least two (2) catchers. *Note: Leap-Frogs Wolf wall transitions are illegal*
 - Both catchers must maintain visual contact with the top person throughout the entire transition.

Dismounts

- Cradles from single based stunts must have two (2) catchers with at least one hand/arm supporting the head and shoulder area through the cradle.
- Cradles from multi-based stunts at prep and above must have two (2) catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- Dismounts to the performing surface from stunts or pyramids must be assisted by an original base.
- Maximum of two (2) twisting rotations allowed from all stunts.
- Tosses are allowed up to a total of four (4) tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- Tosses must be performed from ground level Top person must be caught in a cradle position by at least three (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. *Note: No intentional traveling tosses. Exception: a ½ turn is allowed by bases during a kick full basket.*

10. CHEERLEADING COMPETITION

10.1. *Scheduling*

- a) 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 Agents will oversee the coordination of the competition.

10.2. *Dues and Fees*

- a) Squad fees will be determined annually as necessary to fund the purchase of trophies and are to be divided equally between each member organization. These fees are to be given to the BCYFCA treasurer.
- b) 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.
- c) All county competition related fees, such as Advertisement, program, T-shirt money or any other fees associated with competition must first be paid to the member organization and one (1) league check is to be issued to the BCYFCA.

10.3. Trophies and Placement

- a) Participation medallions or trophies will be provided for each participant.
- b) Senior flag through Seniors will be placed First, Second and Third and will receive individual trophies for the respective places. A One Hundred and Twenty Five dollar (\$125) check will be given to the First place team in each division.
- c) Junior Flag will perform and receive a trophy but no money will be awarded.

10.4. Judges

- a) Priority will be given to finding judges from outside of Brevard County. If unable to find Out of County judges 10 weeks prior to comp all resources will be used. The pool of judges for the County Competition will be decided up and approved yearly by the Executive Board.
- b) BCYFCA County Cheerleading Competition Judges will be provided copies of our rules and By-laws when an agreement to judge has been signed.
- c) The BCYFCA President, Vice President and Vice President of Cheerleading will be the only ones to have contact with the judges. If a Coach, Coordinator, President, Player or Parent contacts a judge Disciplinary action will follow per BCYFCA By-Law #21.
- d) There will be a total of eight (8) judges, Two (2) of which will strictly be infraction judges.

11. GAME REQUIREMENTS

11.1. In order to participate in the BCYFCA county cheerleading competition, cheerleaders cannot miss more than two (2) regular season games. This does not include Jamborees. They 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 completion must meet the same game requirements as the cheerleaders. If they are out for work a letter from their employer must be presented.
- b) Sportsmanship awards at competition and spirit gifts at half-time throughout the season will not be done.

11.2. The verified game roster for each competing squad, showing no more than two (2) regular season games missed, is required to be turned in to the Vice President of

Cheerleading or the Area Cheer Agents within one (1) week of the end of the regular season games. (The date will be determined annually.)

- a) Any extenuating circumstances shall be brought to the attention of the Vice President of Cheerleading and Area Cheer Agents as soon as possible, if necessary a vote will be taken by the Executive Board of Directors to decide if participation of the squad or cheerleader will be permitted.

12. RULES AND REQUIREMENTS

- 12.1. Age Requirements per Rule 7.1
- 12.2. BCYFCA Cheer Rules for the 2011 season shall be followed for any and all Cheerleading activities.
- 12.3. Back spots are required for each top person. One person cannot spot two people, pyramids or stunts.
- 12.4. Two non-cheering spotters will be allowed or can be provided for squads with five (5) or less cheerleaders. A team requiring non-cheering spotters must notify their member organization cheer coordinator a minimum of one (1) week prior to competition. The member organization must then notify the Vice President of Cheer and the Area Cheer agents so that arrangements can be made.
- 12.5. Infraction sheets shall be provided to participating teams after the division has completed their routines will be handed to each leagues head coach. All protests shall be made during their protest time.
- 12.6. Routine time limit Senior Flag through Juniors three (3) minutes, Maximum of a minute and a half for music (1½). Senior Division is three minutes (3), maximum of two (2) minutes being music.
- 12.7. Squads may NOT leave after opening ceremonies to practice at any other site. Squads found in violation of this will be disqualified from cheerleading competition placement; the team will still be allowed to perform with no placement.
- 12.8. Routine Requirements
 - a) One Cheer
 - b) One Chant
 - c) One Pyramid/Stunt
 - d) One Squad Jump
 - e) Full Squad must do two (2) eight (8) counts of dance/music
- 12.9. Props and Uniforms
 - a) Approved props are megaphones, signs and pom-poms. These do not need to be used through the regular season. Prop sizes cannot exceed 36"x36". All props will be measured at competition, any item may not be used if it is larger than this size, and the props will be measured at cheerleader check-in. Any other props that have been used during the regular season must be brought to the coordinators prior to competition day.
 - b) Any clothing item worn for competition must have been part of the regular season uniform. Exceptions: Turtlenecks, hair bows and cheer shoes only.

- c) 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. The County Cheer Agents will provide a list of any medically flagged girls to the Judges. Medical flagged cheerleaders must provide proper documentation at the competition verification meeting. Any cheerleader with a hard or unyielding cast may not be part of any stunt or pyramid.
 - d) Signs may have glitter in the paint or lettering ONLY if the sign is laminated and the glitter does NOT rub, flake or peel off. Must be brought to the verification meeting for approval.
- 12.10. Competition performance area is 30x30 yards
- 12.11. Penalties/Deductions
- a) Shaky Element – 3 point deduction per incident
 - b) Falling Stunt or Mount – 15 point deduction per incident
 - c) Falling tumble – 3 point deduction per incident *NOTE: Sr. Flag – Rookies are exempt. No tumbling deductions are taken.*
 - d) Overtime in music or routine – 5 point deduction per incident
 - e) Failure to fulfill routine requirements – 10 point deduction per incident
 - f) Failure to keep eye contact with flyer – 5 point deduction per incident
 - g) Out of Bounds 10 point deduction per incident Note: Any part of the body that touches out of bounds will be deducted. Upper body, arms or props outside the line is not considered out of bounds. Example: tossing props and hands pass over the line will not be deducted.
 - h) Improper spotting for stunt – 10 point deduction per incident
 - i) Illegal Stunt, Mount or Dismount – 25 point deduction per incident
 - j) Unsportsmanlike conduct exhibited by a team, coach or parent at competition – 25 point deduction per incident
 - k) Coaches doing motions or mouthing words Rookie and Up - 5 point deductions per routine requirement Example: deductions if said for cheer, chant, dance or motions =20points. Mouthing the words for a chant and cheer =10 points.
 - l) Senior Flag coaches mouthing the words - 5 point deductions
 - m) Illegal props or uniforms – 20 point deduction per incident
 - n) Glitter or shimmer on cheerleaders or uniforms – 10 point deduction per incident
 - o) Day of Infractions – Examples not all inclusive: practicing outside of your warm-up tie, not leaving the practice field when your time is up, not verifying at your time etc.
- 12.12. No protest by a coach or coordinator for a-g. Protests must be made prior to the judging of the respective division. Protests must follow chain of command. Coach to League Coordinator, League Coordinator to Area Cheer Agent or Vice President of Cheer.
- 12.13. Cheerleaders must cheer and be verified in at all games to include play-offs and BCYFCA super bowl. A one hundred dollar (\$100) fine will be assessed to any league not having cheerleaders for playoffs and super bowl that had regular season representation. A minimum of 50% of the squad must be present to avoid assessment of fines.
- 12.14. No enclosed tents at cheerleading competition.

13. COACHES

- 13.1. 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 gestures. They may only clap and show emotion. May not say words of cheers/chants, counts or motions.
- 13.2. Junior Flag Division coaches may do the routine with the participants.
- 13.3. Senior Flag Division – Only one (1) coach may do arm movements in the designated area from a kneeling position.

14. UNSPORTSMANLIKE CONDUCT:

- 14.1. Unsportsmanlike conduct as determined by the Vice President of Cheer and Area 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 and Team Support
 - c) Imposition of fines on the member organization
 - d) Member organization disqualification from competition.
- 14.2. Proof of violation must be presented in writing to the Area Cheer Agents, BCYFCA President and BCYFCA Vice-President for Cheer for final decision.

15. DEFINITIONS- The following are definitions of terms frequently used in our Cheerleading meetings. Not all definitions contained here are legal. Refer to your cheer level for legality.

- **Aerial** – A stunt performed free of contact with a person or performance surface.
- **BCYFCA** – Brevard County Youth Football and Cheerleading Association
- **Base** – A person in direct weight-bearing contact with the performance surface who provides primary support for another person
- **Basket Toss** – Toss involving three or four tossers, two of whom have their hands interlocked.
- **Bracer** – A second-level person who is in physical contact with another flyer but does not provide primary support. The stunt should remain stable without the bracer.
- **Chorus-Line Flip** – A stunt in which a participant performs a backward flip while being supported by the arms of other participants.
- **Cradle** – Occurs when a catcher(s), with palms up, catches the flyer in a face-up, pike position, by placing one arm under the back and the other under the thighs of the flyer.
- **Cupie** – A stunt in which both feet of a flyer are in one hand of a base.
- **Dead man Lift** – A stunt in which base(s) fully extend a flyer overhead, face up or face down, in a horizontal straight-body position
- **Dismount** – Ending a stunt by releasing the flyer to:

- The performance surface
- Be cradled by the original bases
- Be cradled by catchers who are not the original bases.
- **Elevator** – skill in which the base(s) hold(s) a standing flyer at approximately chest height. Also called a “Prep or Shoulder Level”
- **Extended Stunt** – One in which the supporting arm(s) of the base(s) is/are fully extended above the head. Example: Russian Lift, Liberty, Cupie. Most extended stunts require an additional spotter.
- **Extension** – A specifically defined extended stunt in which the supporting arms of the base(s) are fully extended above the head and the flyer has both feet in the hands of the base(s).
- **Flat Back** – A stunt in which a flyer is transitioned from a vertical position to a horizontal position between two original bases
- **Flip** – An aerial stunt involving head-over-heels rotation in a tuck, pike or layout position. *Illegal*
- **Flyer** – A person who receives primary support from another person at anytime during a stunt. Also referred to as a “Top Person”
- **Forward Roll** – A roll beginning from a position with hands on the performance surface.
- **Front Drop** – Dropping to a horizontal, facedown position onto the performance surface
- **Handstand** – An inverted, straight-body position in which the arms are extended and beside the head, hips are directly over the head and shoulders. In direct contact with the performance surface.
- **Hanging Pyramid/Mount** – A stunt in which a flyer(s) is suspended from a shoulder stand.
- **Helicopter** – A release stunt, in which the flyer in a horizontal position is released upward, then rotates like helicopter blades in a horizontal plane before being caught by the original bases.
- **Inversion** – Anytime the participant’s shoulders are below his/her waist.
- **Knee/Seat/Thigh Drop** – Dropping to the knee(s), seat or thighs onto the performance surface.
- **Layout** – Straight-body position
- **Liberty** – A one-leg stunt (usually extended) that may include variations such as a hitch (front or side), torch, heel stretch, arabesque, scorpion etc.
- **Load In Toss** – A pop/toss that begins with the flyer in direct weight-bearing contact with the performance surface and ends in a partner stunt or pyramid.
- **Log Roll** – A release stunt in which a flyer in a horizontal position is released upward, then twists parallel to the performance surface before being caught by the original base(s).
- **Partner Stunt** – Any skill in which one or more persons supports one or more persons.
- **Pendulum** – A stunt in which the flyer in a straight-body position falls forward and or backward away from the base(s) to a horizontal position to catchers while maintaining constant hands-to-feet/legs contact with the base(s).

- **Prep** – A skill in which the base(s) hold(s) a standing flyer at approximately chest height. Also called a “Elevator or Shoulder Level”
- **Pike** – Bent at the hips with legs straight and together
- **Pop** – A controlled upward pushing motion by a base(s) to increase the height of a flyer to initiate a dismount or transitional stunt
- **Post** – A person in direct weight-bearing contact with the performing surface, generally standing in front of a base(s), who supports a flyer’s weight during the execution of a stunt.
- **Props** – Are items which may be:
 - Manipulated (example: Pom-poms, signs, flags etc.)
 - Used as a base *illegal*
- **Pyramid** – Multiple Partner stunts
- **Release Stunt** – A specifically designated stunt that is initiated by a moderate upward throwing motion by the bases to increase the height of the flyer.
- **Shoulder Level** - A skill in which the base(s) hold(s) a standing flyer at approximately chest height. Also called a “Elevator or Prep”
- **Shoulder Sit** – A stunt in which the top person sits on the bases shoulders.
- **Shoulder Stand** – A stunt in which both of the flyers feet are on the shoulders of the base.
- **Side T-Lift** – A stunt in which the base(s) fully extend a flyer overhead in a forward-facing, horizontal straight-body position.
- **Split** – Legs extended in opposite directions at right angles to the trunk.
- **Split Drop** – Dropping to the performance surface, landing in a split position
- **Sponge** – A skill in which the base(s) absorbs the flyer’s downward momentum to push/lift the flyer into position for the next stunt/skill.
- **Spotter** – A person in direct weight-bearing contact with the performing surface whose primary function is to minimize risk to a flyer. A spotter shall be in a position and location to prevent injuries, with special emphasis on protecting the flyers head, neck and back.
- **Straddle** – Bent at the hips with legs straight and apart.
- **Stunt**- Any tumbling skill, toss, partner stunt or pyramid.
- **Suspended Roll** – A flyer dismounts in a continuous heels-over-head rotation while having both hands in constant, hand to hand/arm contact with bases or posts that control the flyer’s decent to the performance surface or cradle.
- **Suspended Splits** – A flyer supported in a split position between two bases.
- **Swan Dive** – An aerial stunt in which a flyer is caught in a prone (face down) position.
- **Swedish Fall** – A stunt in which the flyer is in an extended prone (face-down) position, generally supporting her own upper body on a base, while being supported on her lower body by a base(s) with extended arms. One of the flyer’s legs may be lifted above her body.

- **Sweep** – A controlled forward pushing motion by a base(s) to release a flyer to a cradle.
- **Swinging Stunt** – A flyer is suspended and swung between multiple bases.
- **Tension Drop** – A partner stunt, example: A shoulder stand in which the base initiates a forward lean until the flyer leaves the base without assistance.
- **Tick-tock** - A one-legged transition in which a flyer switched from one support leg to the other.
- **Top Person** - A person who receives primary support from another person at anytime during a stunt. Also referred to as a “Flyer”
- **Toss/Pitch** – A forceful upward throwing motion by bas(s) to significantly increase the height of a flyer, which is then caught by the original bases.
- **Totem Pole** – A multi-base stunt that creates a tiered appearance by connecting stunts of increasing height, one behind the other.
- **Transitional Stunt** - Involves a flyer moving from one stunt to another. The transition may involve changing bases.
- **Tuck** – Bent at the hips and knees with knees drawn to torso.
- **Tumbling** – Rolls (forward, backward), inverted extended skills (cartwheel, handstand, walkover, front/back handspring etc.) and flips on the performance surface.
- **Twist** – An aerial stunt involving rotation perpendicular or parallel to the performance surface in a straight body position.
- **Vault** – A stunt in which the hands of the flyer are used to assist in clearing a base(s).