



Mid-State Youth Football & Cheerleading Conference

<http://www.mid-stateyouthfootball.org>

YOUTH CHEERLEADING RULES

1. **PRACTICE:**

- a. Before Labor Day is no more than 10 hours a week.
- b. After Labor Day no more than 6 hours per week.
- c. Ten (10) hours of practice are needed by each cheerleader to participate in any preseason/season games.
 - i. The first week of practice is for conditioning-such as running, aerobics, stretching, chants, jumping drills, and arm motion drills.
 1. No stunting or pyramid building is allowed in the first ten hours
 - ii. The second week may include all of the above and beginning stunting, cheers and tumbling.
 - iii. Ten minutes of warm-up exercises shall be included prior to practice, along with at least 15 minutes of warm-ups before a game.
- d. Mid-State Cheer camp does not count in your ten hours for that week. You can practice 10 hours and also participate in camp. Must be a Mid-State camp so that everyone has the opportunity to participate, otherwise it does count in your time.
- e. There is to be no competition practice of any kind until after the 10 hours of required practice have been met.
- f. A practice is considered a practice when a gathering of spirit participants without minimum number, in the presence of at least one coach, where one or more of the following takes place-
 - i. View of fundamental films
 - ii. Group conditioning
 - iii. Individual skills sessions
 - iv. Group skill sessions
 - v. Cheers, sidelines, chants, dance, music, etc.
 - vi. Stunting, jumps, gymnastics, etc.
 - vii. Camps or clinics
 - viii. As well as a so called “party” at a coach’s home, where films are shown as well as at a parent’s home as long as one or more coaches are present and spirit teams/squads are talked about.

2. **Coaches Meetings:**

- a. Meetings are to be in May, August, September (before competition) and October after competition.

- b. Team roster is due at our August meeting; complete with age, grade and birthdates. Coaches must have all required papers in hand before first practice, which includes: physical, emergency contact form, proof of age, and report card. Bring a check list with each girls name and all items checked off to be turned into Cheer Director at August meeting.

3. Apparel:

- a. Apparel for Cheer Squad
 - i. No jewelry of any kind is to be worn at practices, games or competition except for medical medals, which must be secured to the body (without a chain) with tape under the apparel.
 - ii. No make up or glitter.
 - iii. Finger nail polish of school colors only is accepted and finger nails should be kept at a length appropriate for safe participation.
 - iv. Hair must be worn in a manner to minimize risk for all participants.
 - v. Uniforms shall be properly fitted with no tummies showing. Undergarments are to worn at all times.

4. Game Day:

- a. Cheerleaders will be announced at games - Cheer coach is responsible to give a roster to the announcer's booth prior to each game.
- b. Optionally include the "Hello Cheer" one minute prior to half time.
- c. Must have a cheer coach or designee by the cheer coach in attendance with the cheerleaders on game day.

5. Coaches:

- a. Head Coaches must be 19 years of age; exceptions can be made with community board approval.
- b. Assistant Coaches must be 18 years of age with the digressions of the head coach.
- c. Coaching trainees must be a minimum of 16 years of age and a maximum age of 18.

6. Cheer Competition Rules

- a. Cheerleaders will be broken into the following categories for competition:
 - i. Jr. PeeWee: grades 3rd or 4th
 - ii. PeeWee B: grades 3rd, 4th, 5th or 6th
 - iii. PeeWee A: grades 3rd, 4th, 5th, 6th, 7th or 8th grade
 - 1. Jr. PeeWee will use novice rules
 - 2. PeeWee A and B will use intermediate rules
- b. Competition practice can not begin until the 10 hours have been completed.
- c. Competition rules will include regular season/games rules as well.

7. Competition Specifics

- a. Time
 - i. Total time: 2 minutes 30 seconds with up to 75 seconds of music
 - ii. Both will be timed, deductions for both categories
 - 1. 1-5 seconds over = 1 point deduction
 - 2. 6-10 seconds over = 3 point deduction
 - 3. 11 seconds or more = 5 point deduction
 - iii. Teams will be allowed to run on the mat to hit the crowd; time will start when organized cheer starts (you will not be judged on your entrance)
- b. Safety Violations (examples: glitter, nails, step on pom)
 - i. 5 point deduction
- c. Space Violations (example: stepping off the mat)
 - i. ½ point deduction
- d. Signs in competition
 - i. Signs can be used during competition but must be placed on outer area of mat when not in use (not on mat.) **NO OTHER PROPS ALLOWED!**
 - ii. All signs must be discarded out of harms way. Example no throwing of signs.
 - iii. Announcement about signs of fans will be made to prevent blocking of vision in stands.
- e. Inappropriate Dance moves will result in 5 point deduction from total for each move
 - i. Pelvic thrusting
 - ii. Breast shaking
 - iii. When in doubt, ask for approval or don't use it!!
- f. Squads will get five minutes each before competition starts to practice with no music.
- g. If when places are drawn and a football team is playing in a game, positions may change to allow for football team to support cheerleaders.
- h. We are unable to limit the size of the squads, based on the difficulty of obtaining coaches.

8. Competition Hosting Requirements

- a. A standard wrestling match needs to be taped down by hosting community, prior to gym opening for practice.
- b. Music/sound system with microphone and CD and tape player and person who knows how to run it.
- c. Need to find two people to time the routine; along with two stop watches
 - i. One to time music
 - ii. One to time the whole routine
- d. Gym is to be open 1 ½ hours before competition time

- e. A place needs to be blocked off for the judges, timers and video camera at top of bleachers
- f. A place needs to be taped off in front of the mat for the coaches to sit during the routine
- g. Squads will get five minutes each before competition starts to practice with no music.