



Mid-State Youth Football & Cheerleading Conference

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

CHEERLEADING RULES

I. Practice:

- A. A coach with a minimum age of 19 must supervise all practices, or another person deemed responsible by the local board and is not under 18 years of age.
- B. Practice is defined as 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: [games and warm – up prior to games are not considered practice]
 1. View of fundamental films
 2. Group conditioning
 3. individual skills sessions
 4. group skill sessions
 5. cheers, sidelines, chants, dance, music
 6. stunting, jumps, gymnastics, etc.
 7. camps or clinics that are not sponsored by Mid-State Youth Football & Cheerleading Conference
 8. Team parties are considered practice when spirit/cheerleading teams are discussed and one or more coaches is present and any of the previously listed activities take place.
- C. Hours of Practice
 1. Practice will start on the 1st Monday in August (Never on August 1st). The 2nd Saturday there after is an “open scrimmage” weekend. The 3rd Saturday will be the start of regular season football games.
 2. Before Labor Day teams may practice no more than ten hours per week
 3. After Labor Day teams may practice no more than six hours per week
- D. Requirements for Practices
 1. The first week (ten hours) of practice are for conditioning
 - i. Running
 - ii. Aerobics
 - iii. Stretching
 - iv. chants (side line cheers no builds)
 - v. jumping drills
 - vi. arm motion drills
 - vii. *Note* No stunting, tumbling, or building is allowed in the first ten hours of practice
 2. The second week or after ten hours of practice may include all of the above and begin stunting, tumbling, and building
 - i. Coaches must require proficiency of lower level skills before progressing to skills that are more difficult, Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
 3. All practices must begin with a minimum of ten minute warm-ups
 - i. warm-ups shall include aerobic and stretching

4. Mid-State Youth Football & Cheerleading Conference Cheerleading Camp does not count towards hours of practice
5. Completion of ten hours of practice is mandatory before a cheerleader may participate in preseason or season games

I. Coaches/Director Meetings

- A. It is mandatory to have a cheerleading representative at the July and October meetings held by the Mid-State Youth Football & Cheerleading Conference Director of Cheerleading
 1. If Coaches/Directors would like to meet with the Director of Cheerleading they may contact and schedule such a meeting before the mandatory July meeting
- B. It is mandatory for all teams participating in the competition to have a cheerleading representative attend the September and October meetings.
 1. Meetings begin at 6:30 p.m., are held the same date at the Mid – State Youth Football and Cheerleading Conference board meetings, and are held in July, September (before competition), and October (after competition)
 - i. if the October board meeting should fall before competition/championship weekend the final meeting shall be held in November
 2. Coaches must have all required documents in their possession prior to the first practice
 - i. physical form
 - ii. emergency contact form
 - iii. proof of age signed off
 3. Coaches must email the Cheerleading team roster to the Mid-State Youth Football & Cheerleading Conference Director of Cheerleading by the first Friday in August

II. Apparel

- A. Uniforms
 1. Uniforms shall be properly fitted
 - i. uniforms must cover midriff when standing at attention
 - ii. boomers, spankies, or a body suit must be worn at all times
 - iii. long sleeves, leggings, and/or warm-ups shall be worn when the weather is cold – use common sense.
 2. No hats or other head gear – fabric head bands are allowed
 3. Hair should be pulled back out of face and in a manner to minimize risk for all participants
 - i. No metal barrettes allowed
 - ii. Hair ribbons are allowed
 - a. ribbons should not hang below athletes shoulders
 - b. should not present a safety hazard to any participants
 - c. no glitter in hair
 4. At completion: any team in violation of uniform guidelines will receive a 5 point deduction
- B. Jewelry
 1. No Jewelry shall be worn at games, practices, or competition

2. Medical Alert medallions must be taped with athletic tape to the athletes body without a chain
3. At competition: All instances of violation will result in a ½-point deduction per instance at competition. Teams will not be allowed to compete if jewelry is not removed.

C. Make-up

1. No Make-up
2. No Face paint
3. No body or hair glitter
4. No temporary tattoos
5. At competition: Violations will result in a ½-point deduction per instance at competition. If violation cannot be removed team disqualification is possible

D. Finger nails

1. Length
 - i. Finger nails must be kept at a safe length; no longer than the tips of the fingers
 - ii. At competition: Violations will result in a ½-point deduction per instance at competition. If violation cannot be corrected team disqualification is possible
2. Polish
 - i. only one color is allowed per team (clear is not considered nail polish)
 - a. team must wear the same color
 - b. whole team must wear finger nail polish or no polish
 - Exception: male team members do not need to wear polish
 - c. is considered part of the uniform
 - ii. At competition: Each violation will result in a ½-point deduction at competition and must be corrected before the team takes the floor

III. Game Day

- A. Must follow all rules under section **III Uniforms**
- B. All athletes must participate in a minimum of 15 minutes of warm-ups prior to games
- C. One (1) minute prior to half-time or before the start of announcing athletes' names of each game home team cheerleaders shall approach the visiting cheerleaders for optional "Hello Cheer"
 1. If the home team does not participate in a "Hello Cheer" they shall still greet the visiting team
- D. Teams must have a cheer coach or designee (18 or older), designated by the head cheer coach, in attendance with the cheerleaders on game day.
- E. Cheerleaders will be announced prior to the game – it is the coach's responsibility to give a roster to the announcer's booth prior to names being announced at the games

IV. Coaches

- A. Who May Coach
 1. Head coaches
 - i. must be at least 19 years of age
 - ii. may be 18 years of age if deemed responsible by the local board
 - iii. must complete all official Mid-State Youth Football and Cheerleading Conference required documents

2. Assistant Coaches
 - i. must be at least 18 years of age
 - ii. exceptions can be made by the local board
 - iii. must complete all official Mid-State Youth Football and Cheerleading Conference required documents
3. Coaching Trainees
 - i. must be at least 16 years of age and no older than 18 years of age
 - ii. must complete all official Mid-State Youth Football and Cheerleading Conference required documents
- B. All teams, coaches, and Directors must have an emergency action plan in the event of an emergency
 1. Plans shall include
 - i. Layout of facilities
 - a. fire exits
 - b. where to go for poor weather conditions
 - c. where to meet EMTs
 - ii. First Aid Kit Check list
 - a. Including but not limited to supplies for injuries and allergies
 - iii. Who will be at the practices/games to help (first responders, persons with CPR certification, etc.)
 - iv. Phone numbers for EMT, police, fire, and other important numbers
 - v. Who, when, and how to call emergency numbers, 911- what phone will you use
 - vi. Who is responsible to fill out any forms, refill first aid kits, and maintain emergency contact information
 2. Plans must be shared with
 - i. Athletes
 - ii. Parents
 - iii. Mid-State Football & Cheerleading Conference Director of Cheerleading
 3. Plans must be taught and practiced with team
- C. All coaches are required to bring emergency contact forms to all practices, games, and competition

V. Cheer Competition Rules

- A. Teams will comply to the NFHS Spirit Rules unless otherwise stated in the Mid-State Youth Football & Cheerleading Conference Cheerleading Rules and contained within
- B. Cheerleaders will be broken into the following categories
 1. Junior PeeWee: grades 3rd and/or 4th
 - i. Will follow the USASF Level 2 skill rules found at <http://www.usasf.net/pagebank/?id=258>
 2. PeeWee B: grades 3rd through 6th
 - i. Will follow the USASF Level 3 skill rules found at <http://www.usasf.net/pagebank/?id=265>
 3. PeeWee A: grades 3rd through 8th
 - i. Will follow the USASF Level 3 skill rules found at <http://www.usasf.net/pagebank/?id=265>

- C. Competition practice CANNOT begin until completion of the first ten (10) hours of practice by athletes
- D. Time
 - 1. Total maximum time of routine is two minutes and 30 seconds (2:30)
 - 2. A maximum of one minute and 15 seconds of the total routine time may contain music (1:15)
 - 3. Total routine will be timed including music
 - 4. music will also be timed separately
 - 5. Deductions for both categories as follows
 - i. 1-5 seconds over = 1 point deduction
 - ii. 6-10 seconds over = 3 point deduction
 - iii. 11 seconds or more = 5 point deduction
 - 6. Teams will be allowed to run on the mat to hit the crowd; time will start when organized cheer, music or stunt(s) start (teams will not be judged on entrance or exit)
 - i. No stunts or tumbling on to or off of the mat
 - a. will be considered a safety violation
- E. Safety Violations
 - 1. breaking of any rule about stunts or anything that concerns the safety of athletes
 - i. will result in a five (5) point deduction per infraction
- F. Boundary Violations
 - 1. stepping off of the mat
 - i. ½-point deduction per infraction
- G. Must abide by uniform rules under section II.
 - 1. 5-point deduction per infraction
- H. Signs and pompoms in competition
 - 1. use of sign(s) is allowed
 - i. Signs used during competition must be placed or drooped off the mat, not thrown, when not in use
 - a. Any sign left on the mat or thrown will be considered a safety violation per infraction
 - b. Any step on a sign will also be considered a safety violation per infraction
 - 2. use of pompoms is allowed
 - i. athletes may not stunt, tumble, or build with pompoms in their hands
 - a. each instance is considered a safety violation
 - ii. when pompoms are not in use they must be placed or dropped off of mat, not thrown, when not in use
 - a. each violation is considered a safety violation
 - iii. stepping on a pompom
 - a. each violation is considered a safety violation
- I. The routine must be in good taste
 - 1. No vulgar body movements
 - 2. No lyrics that imply vulgarity
 - 3. words to cheers must be in good sportsmanship
 - 4. Inappropriate Dance moves will result in a 5-point deduction per movement

5. When in doubt about a lyric or move ask the Mid-State Football & Cheerleading Conference Director of Cheerleading
- J. Injury during competition
1. The clock will stop at the time of injury
 2. The team will have a ten minute delay to reorganize routine after assessment and/or removal of the injured athlete
 - i. the team will have use of the mat and sound system to revise their routine if needed
 - ii. The team will have the choice to restart the routine or continue from the point of injury.
 - iii. Timing issues will be discussed with the Mid-State Youth Football and Cheerleading Conference Director of Cheerleading
 3. The routine and competition will resume after the ten minute delay
- K. Pre – Competition practice
1. Teams may use the mat without music for five minutes prior to the start of competition
 2. A Timer will time practices
 - i. time begins when the team takes the mat
 - ii. teams will be given a one minute warning
 - iii. must leave the mat when time is up
 - a. if the team does not leave promptly they will receive a 5 point deduction
- L. Order of competition
1. a drawing will take place prior to practice
 2. if a community's football team is playing in a game during the same community's spirit/cheer team is scheduled to perform their place in order will be moves so that the community can support both the football players and the spirit/cheer team
 3. practice will also take place in the order drawn
- M. Team Size
1. Mid-State Youth Football & Cheerleading Conference is unable to limit the size of spirit/cheer teams due to the difficulty in finding coaches
 2. Communities are allowed to have one cheer/spirit team in each division
 3. When determining how many participants to have compete consider the safety of all athletes. Do not over crowd the mat.

VI. Competition Hosting Requirements

- A. Hosting Community must provide a gymnasium with the following
1. A standard size wrestling match mat
 - i. minimum size of 42 feet by 42 feet
 - a. the mat must be taped down prior to gym opening
 2. A sound system
 - i. Microphone
 - ii. cd player
 - iii. a person who knows how to operate the system
 3. Timers
 - i. minimum of two stop watches four preferred
 - ii. minimum of two adults to time four preferred
 - a. one set of people to time entire routine

- b. one set of people to time music portion(s)
- 4. Blocked off areas
 - i. top of bleachers or other suitable location for judges, timers, and Mid – State Youth Football and Cheerleading Conferences video and still cameras
 - ii. in front of mat for coaches to coach during their teams routine
- B. Time of Competition
 - 1. Gymnasium is to be open no later than one and one half (1½) hours before competition time
 - 2. Teams will receive five minutes to practice on mats
 - 3. Practice times will begin no later than one hour prior to the beginning of competition time
 - 4. Teams will practice in the order they are drawn for competition
 - 5. Announcement about spectator signs must be made prior to the start of competition
 - i. “Spectators are reminded to keep all signs from obstructing the view of other spectators.”