

FORSYTH COUNTY YOUTH FOOTBALL ASSOCIATION CHEERLEADING RULES

I. Purpose

The cheerleading program of the Forsyth County Youth Football Association (FCYFA) is organized to provide a wholesome recreational activity for the youth of Forsyth County. The program is designed for the following purposes:

1. To help participants learn the basic skills of cheerleading, which will help them become better prepared for the middle and high school levels.
2. To help participants develop moral character and self discipline through proper adult guidance.
3. To teach good attitudes and community support to the participants.

II. Organizational Structure

A. Governing Authority

The program is to be organized and supervised by the Executive Board of the FCYFA.

B. Governing Rules

This set of rules for the cheerleading program of the FCYFA shall be the governing rules for the cheerleading program.

C. Coaching Requirements

1. A cheerleading coach should be a person of high moral character who is a respected member of the community.
2. A coach should have the basic knowledge and understanding of the fundamentals of cheerleading. All head coaches must receive or renew their NYSCA (National Youth Sports Coaches Association) certification on an annual basis.
3. A coach should never conduct him or herself in any manner other than exemplary and never use profanity, alcohol, or tobacco products during any practice, game, or any other FCYFA sponsored event.
4. Any behavior deemed inappropriate might result in suspension of a cheerleading coach or assistant coach. Any coach who violates cheerleading practice rules set by the FCYFA may be subject to suspension or termination. Suspension or termination will be determined by the Executive Board of the FCYFA.
5. A coach must never incite participants or parents by criticizing a game official or judge.
6. A coach should try to the best of their ability to keep all cheerleaders interested and participating throughout the season.

III. Entrance to Program

A. Age Requirements

Participants entering the cheerleading program must be at least age 5 by September 1st of the current season or no older than 14 years of age by September 1st of the current season. Cheerleaders may cheer outside their age group with the permission of the cheerleading director of their park. Cheerleading experience will be taken into account when determining if a girl will be permitted to cheer at a higher age level than her current age during the regular season. Cheerleaders may only

cheer up one age group during Cheer Bowl competition; cheering down is not permitted during Cheer Bowl competition.

B. Registration

Cheerleading registration will be held on a minimum of 2 Saturdays. Any registrations taken after the 2nd registration will on the sole discretion of the park cheerleading director. Fees for entering the cheerleading program for each season will be determined by each individual park.

C. Participant Responsibilities

It is required that all squads cheer at all events in which their football team participates. (i.e. regular season games and Lanier Bowl)

Each squad has the option to participate in the annual Cheer Bowl at the end of the season. Squad participation in the Cheer Bowl is determined by the Cheerleading Director of each individual park. Guidelines for participation in the Cheer Bowl are outlined in the Cheer Bowl Rules which can be obtained on the FCYFA website.

D. Squad Sizes

Cheerleading squad sizes will be at the discretion of each Park Cheerleading Director with the minimum number of girls being 10 per squad unless not feasible for a particular age division.

IV. Practice

A. Location

All cheerleading squads are required to practice on the grounds of their park unless it is determined that there is no space available due to an increased number of football teams practicing at the same time. In the event that space is not available, the park cheerleading director must receive written permission from the Park President to practice outdoors off site at a specified location such as an elementary school or middle school.

B. Length of practices

Before school begins- 5-8 year olds can practice six (6) hours per week 9-14 year olds can practice eight (8) hours per week until school begins.

After school begins- 5- 8 year olds can practice no more than four (4) hours during the week and two (2) hours on Saturday. 9-14 year olds can practice no more than six (6) hours during the week and two (2) hours on Saturday.

When the season begins- 5-8 year olds can practice no more than four (4) hours per week; 9-14 year olds can practice no more than six (6) hours per week.

Bye Week- In the event that a team has a bye week (i.e. no game on a given Saturday), that squad may practice on that Saturday in place of not being scheduled to play a game.

Curfews

5 & 6 year olds cannot practice past 8:00 pm*

7- 10 year olds cannot practice past 8:30 pm*

11- 14 year olds cannot practice past 9:00 pm*

* This rule does not apply to any participant choosing to cheer up in age divisions.

If the county rain out line reads ALL county youth athletics are cancelled then cheerleading is also cancelled.

V. Sideline Restrictions

Cheerleaders must remain outside the coaching box (25-yard line to 25-yard line) during games.

Parents who are not coaches or assistant coaches are not allowed on the football field at any time before, during, or after any game and/or practice unless their child is injured and they are asked onto the field.

VI. Insurance and Liability

All coaches, cheerleaders, and parents are covered under the insurance policy provided by FCYFA. This insurance covers everyone while they are on Forsyth County Park and Recreation property, Forsyth County Board of Education property and any other property detailed in the FCYFA By-Laws. Cheerleaders, Coaches, Parents, Officials, and Spectators are not covered at any other location including but not limited to private cheer gyms, indoor facilities, and cheer competitions.

VII. Unsportsmanlike Conduct

All players, coaches, adult supervisors, officials, parents, and spectators are expected to conduct themselves in a sportsmanlike manner. Any violation of this principle shall be reported to the Commissioner of the FCYFA. Should a violation be severe and/or a violator(s) be reported a second time, the matter will be brought before the Executive Board of the FCYFA for disciplinary action.

VIII. Issues Not Covered in By-Laws

Questions or issues may arise that are not specifically addressed or covered by these written by-laws or the FCYFA rules. In such cases, said issues will be brought to the attention of the Commissioner of the FCYFA and taken into consideration by the Executive Board for decision and resolution and added to by-laws if deemed necessary.

IV. Cheer Bowl Rules

- 1) Cheer Bowl competition participants must participate in all pre-season, regular season and post-season games. Those teams not participating at a scheduled event will receive one warning before losing the right to participate in Cheer Bowl.
- 2) Cheer Bowl participants may not be competition cheerleaders for middle school competition squad.
- 3) Maximum number of cheerleaders on one squad is 25 girls (rec squads may combine).
- 4) Each cheerleader must wear the shell and skirt provided by the park (*the park uniform*). The uniform can be embellished, but must be the uniform from the park being represented.
- 5) Cheering down is not permitted. Cheering up one age group up is allowed.
- 6) Cheer Bowl competition teams cannot have a roster with more than 25% of cheerleaders who are on an All-Star or Park and Rec Competition Team.
- 7) Cheer squads may NOT hire or participate in any professional instruction (i.e. choreography, tumbling) for which a fee has been paid. However, squads may pay for professional music mixes.

- 8) Cheer squads may NOT use a professional routine of any type (paid or not paid) nor use a prior routine in its entirety.
- 9) Floor size is - 40 yard line to 40 yard line and 50 feet deep
- 10) Routine can be no more than 3 minutes in length. A designated adult per squad will assist sound technician in starting the music. Coach will raise flag to signal routine is ready to begin. Clock will start on the first team motion or beat of music. Motion does not include fixing placement errors, scratching nose, etc.
- 11) Teams may not start their routines out of the boundary lines. This will cause an out of bounds violation.
- 12) Teams are not to count out loud during routine.
- 13) Prior to competing, squads will wait on the track at the opposite side of field. Four coaches will be permitted to be with the squads. All other parents will not be allowed on the track area.
- 14) Squad may enter from desired side (left, right, or center of performance area)
- 15) Coaches may stand behind the judges (coaches must not be seen or heard by the judges) in order to direct the cheerleaders (or mimic the routine).
- 16) Cheerleaders may use props (i.e. pom-poms, signs). Coaches may place the props on the floor prior to the start of the routine. Time will not count against the squad for prop placement. Each Squad will have a maximum of 3 minutes to place props. Glitter, feathers and boas are NOT permitted.
- 17) Teams will be judged on Dance, Cheer Technique, Spirit, and Stunts. Safety (stunts and tumbling) and time violations will apply. See stunt and tumbling rules per age category. In the event of a tie, the cheer score, then the dance score will be used to break ties.
- 18) Any team not wanting to be judged or compete needs to let their Cheerleading Director know and they will be considered an exhibition participant.
- 19) Judges and Professional spotters will be provided through the FCYFA.
- 20) Cheer Bowl entry fee: Ages 15 & up \$5.00 – Ages 5-14 \$3.00 (Age 4 & under-FREE) - Competitors and Coaches do not pay entry fees
- 21) All participants will receive an award. Placement awards will be issued to squad scoring the highest (i.e. first, second, third) depending on how many teams compete.
- 22) Only current year board members are allowed inside the gated area
- 23) Two line judges will be in each back corner.
- 24) A Cheerleading Director is not allowed at the scoring table during their own child's age division.
- 25) ****Please advise each squad that a 5-point penalty may be assessed to their total score for unsportsmanlike conduct by other cheer bowl participants, coaches, or spectators. Unsportsmanlike conduct may include, but is not limited to, comments directed toward participants, coaches, judges, or scoring table.*
- 26) *Each cheerleading squad competing in the Cheer Bowl must cheer for the entire football game on the Saturday just prior to the Cheer Bowl on Sunday.*

Cheer Bowl
Stunt and Tumbling Rules
Age Groups 5/6 and 7/8

Partner Stunts

- 1 Stunts may go to prep level with single leg flyer.
- 2 7/8 may go to a prep hitch
- 3 Extension level stunts are not allowed.
- 4 **Front spots (hands must be on the flyer at all times) are required at prep level;** however are not required at waist level stunts.
- 5 Inverted stunts may only originate from the floor. Inversion is not allowed during a stunt.
- 6 No suspended forward rolls or tic tocs.
- 7 Flyer cannot leave original bases. The only release move allowed is to pop off to ground or basic cradle.
- 8 Thigh stand requires a backspot.
- 9 Pyramids must follow partner stunt and cradling rules and are allowed up to 2 high with the following exceptions: extended stunts with flyer on one leg must be braced on both side by prep level stunts.
- 10 The connection to preps can be hands or feet and must be established at prep level or below.
- 11 Flyers must maintain contact with a base at all times and may not lose contact with preps when changing to a different position.

Cradles

- 1 Only basic cradles are allowed from all stunts (quarter turn cradles are considered basic). Not allowed: Twisting, arch, toe touches, pike, tucks, etc...
- 2 Cradles may not land in prone position (on stomach).
- 3 Flips are not allowed. Anything other than a straight pop off must be caught in a cradle position.

Tumbling

- 1 All skills with hand support are allowed.
- 2 **One hand** must remain in contact with the floor on all gymnastics skills. (Front and back handsprings are allowed).
- 3 No tucks, flips or aerials are allowed.
- 4 No aided tumbling is allowed.

Tosses

- 1 No tosses of any kind are allowed. This is to include squishy, basket or scrunch.

Shoulder Sit

1. Must have a back spot.

Basket sit

1. Must have a back spot

Cheer Bowl
Stunt and Tumbling Rules
Age Groups 9/10 and 11-14

Partner Stunts

- 1 Stunts may go to extension level with single leg flyer.
- 2 **Front spots (hands should be on the flyer during extension. Once extension is reached they should be on the flyer or the bases wrists) are required for all extensions;** however are not required at prep level.
- 3 Stunts may originate from the floor inverted. Inversions are allowed but must start, end and can only travel through prep level or lower.
- 4 Tic tocs must have constant contact. The only release move allowed is to pop off to ground or cradle.
- 5 Back spot is not required in a thigh stand.
- 6 Pyramids must follow partner stunt and cradling rules and are allowed up to 2 high.
- 7 Flyers must maintain contact with a base at all times in a pyramid.

Cradles

- 1 Only basic cradles are allowed from any one leg stunt.
- 2 Full twist cradles from prep level or extensions are only allowed from two leg stunts.
- 3 Twists may not exceed more than one full rotation.
- 4 Other positions during cradles are allowed (kick, tuck, pike, toe touch etc...).
- 5 Cradles may not land in prone position (on stomach).
- 6 Flips are not allowed. Anything other than a straight pop off must be caught in a cradle position.

Tumbling

- 1 Flips may be performed in tuck position only.
- 2 Tuck flips may only be performed from a round off or round off back handspring entry. No tumbling is allowed after a back tuck.
- 3 **The following tumbling skills are not allowed:** standing back tucks, standing back handspring-back tucks, aerials, punch front flips, X-outs, layouts, layout step-outs, whip backs, and Arabians.
- 4 No twisting is allowed in any flips.
- 5 Standing back handsprings or running front handsprings are allowed.
- 6 No aided tumbling is allowed.

Tosses

- 1 All tosses must be caught in a cradle.
- 2 Flyer cannot leave original bases.
- 3 **The following tosses are not allowed:** flipping, traveling, helicopters, or twists that exceed more than one rotation.
- 4 All other basket tosses are allowed.

Shoulder Sit

1. No back spot needed.

Basket sit

1. No back spot needed.