



## **EOYFL CHEERLEADING RULES AND POLICIES**

**Revised 4/2025**

The EOYFL Cheer Program is overseen by the EOYFL Board Members, and they are to make all the final decisions regarding the rules and regulations of the cheer squads. They will have the same authority over the cheerleaders, advisors, and coaches as they do over the football program.

If a team has a cheerleading squad they are required to attend and cheer at every game, playoff, bowl game, and championship game. 75% of your squad must finish the season to be without penalty.

A cheerleading competition will be held once a year, and a regular gate fee will be charged.

At each EOYFL cheer meeting there must only be only one representative from each school. If you do not have a representative present, then your school will not have any vote or say in the next scheduled meeting.

Group me is our app for communication. Each school must have only one representative on group me per season.

### **PURPOSE:**

1. The purpose of the EOYFL Cheer program is to provide a wholesome recreational activity for individuals from kindergarten through 6<sup>th</sup> grade in support of our football program.
2. To teach the fundamentals of cheerleading, self-discipline, promote fitness and build positive attributes such as teamwork, respect for authority and good sportsmanship.
3. To teach the benefits of positive attitudes and lifting the spirits of others no matter the odds.

### **COACHING GUIDELINES:**

1. A cheer coach should try to the best of their ability to keep all cheerleaders interested in the program by establishing fun, organized, and informative practices. They should always allow everyone on the squad to be involved in the activities and show each member of the squad an equal amount of attention.
2. A cheer coach must never give insight to participants or parents by criticizing game officials, the opposing team, or judges.
3. All cheer coaches and directors must act accordingly and professionally at all times.

4. Any cheer coach or director that violates the code of conduct, or are removed from any EOYFL event will receive a fine of \$100 and possible expulsion.
5. All coaches are required to complete the concussion training prior to the start of practice.
6. All coaches must pass a background check and sign the EOYFL coaching waiver, prior to the start of practice.
7. All staff in your organization must wear the lanyard provided for them at all events to enter the field or designated areas.

**Athlete Guidelines:** All athletes must be living in or open enrolled through the school district they attend to be able to cheer in that school's youth cheer program. Each athlete will have to turn in proof of residency or open enrollment.

**Annual Cheer Competition:**

1. Any cheer squad not participating in the annual cheer competition shall be fined \$200. This money will be paid to the EOYFL and put towards insurance and trophies for the upcoming year.
2. An EOYFL Cheer competition shall be held once a year and will rotate among the participants of the EOYFL. (no outside schools will be permitted)
3. The cheer competition will be held at the end of the season date/location TBD
4. All uniforms must be age appropriate and acceptable for family viewing. Cheer teams must wear cheer/athletic attire while performing. The entire team must be in the same attire.
5. No gate fee will be charged for EOYFL football players who wear their jerseys to the competition.

### **Cheer Competition Guidelines**

**Performance Area:**

A 64' by 52' mat will be placed on the gym floor (if indoors) for safety. If outdoors the performance area will be outlined by at least 4 cones and be easily visible. There is no penalty for stepping outside the performance area during incidental movements, or when retrieving props. However, all stunting and tumbling must be performed, landed, and dismounted within the designated performance area. Additionally, all synchronized routine movements (such as dancing and jumping) must also be executed within the performance area. A 10pt deduction will be applied for any violation of this safety rule.

**Routine Format:**

Each routine must be between 2 to 3 minutes long in total and must include a cheer,chant, and a dance in any order.

A \*cheer\* is a longer, more structured performance that combines motions, words, and sometimes skills like building and tumbling.

A \*chant\* is a shorter, repetitive phrase or phrases designed to engage the crowd. The chant can be done as many times as you need, but must be repeated more than once.

Chant examples\*\*

Let's go Tigers Lets go!

Fans yell loud and proud Go tigers go!

Hey fans from side to side stand up and show your pride blue go blue, white go white.

A \*dance\* is a choreographed routine that typically includes a combination of upbeat, rhythmic movements, body gestures and arm patterns. It can be performed with or without poms but must be set to music.

Each routine must include at least 1 synchronized jump (those physically able) and either a stunt or tumbling skill. You do not have to stunt and tumble, you may choose one or the other or you can choose to do both. All teams will be judged fairly on the execution of their skills not by the difficulty or the number of skills. The stunting and tumbling skills do not need to be executed by the entire team.

Bantam squads may be assisted during their performance. Coaches must be on their knees in front of the athletes and judges, and the coaches' arms must not be fully extended. Small (mini) motions only! There will be a 10 pt deduction for violating this rule.

JV and Varsity teams may not be assisted at all. There will be a 10pt deduction per judge for violating this rule.

### **Entering the floor:**

The DJ will announce "NOW TAKING THE FLOOR XYZ SQUAD" This is your squad's cue to WALK on the floor. They should then take their starting formation.

BANTAM squads only may be marked and placed as they walk to their spots.

At cheer competitions individual names will not be called out. You may choose to do so at games, but competition is a long day with many schools, and this will take up too much time.

The hosting school should provide places for teams to warm up, be on deck, and communicate as to which side of the field your teams will be entering from. These should all be communicated clearly to all schools attending that competition beforehand. If the competition is held indoors the hosting school will need to make arrangements for the teams to be able to walk through their transitions on the mats beforehand.

### **Timing:**

Timing will start with the first organized movement of a cheer, chant or dance. Or the first notes of the music, or words of a cheer or chant.

Timing will end when the routine has clearly ended. Your exit from the floor should be a spirited exit (this is not included in your timing but will be judged upon).

Your entire performance must be between 2-3 minutes. There is a 10 point deduction for less or more.

### **Music:**

There is no limit to the musical portion of your routine. It may be divided up throughout your routine or played in its entirety. Hosting school will dictate when/where and how to turn in music. All deadlines for music MUST be met to ensure the DJ has plenty of time to prepare for competition. All music must be age appropriate and have no profanity. Absolutely no swearing or unacceptable music will be tolerated! If your music stops or skips at any point, or an athlete is injured you will be allowed 1 restart.

### **Stunting and Tumbling Skills:**

Each team must include either tumbling or stunting skills in their routine. They do not need to be performed by the entire squad. The scoring is based on the EXECUTION and INCORPORATION of the skills NOT THE DIFFICULTY. Cleanliness and added visual appeal are the purpose of including these common cheerleading skills. Absolutely NO poms or props will be allowed during stunting or tumbling skills. These can cause injury and are a major hazard.

### **Tumbling skills breakdown:**

- \*Somersault or forward roll
- \*Backward roll
- \*Bridge, and bridge kickovers
- \*Handstand
- \*Cartwheel
- \*Round off
- \*Front or back walkover
- \*Front or back handspring
- \*Ariel
- \*Back tucks
- \*Layouts and fulls

### **Tumbling deductions:**

There will be a 10pt deduction per athlete who tumbles with poms in their hands.

There will be a 10pt deduction per athlete who tumbles over poms or props.

### **Stunting definitions:**

**Base:** A person in direct weight-bearing contact with the performing surface who provides primary support for another person.

**Back Spot:** A person in direct, weight-bearing contact with the performing surface whose primary function is to protect the flyers head, neck, and shoulders. The back spot should be qualified to help minimize an injury by assisting the flyer.

**Flyer:** Is the person who is lifted and held in the air during stunts, requiring flexibility, body control and awareness of their own weight and position.

**Cradle:** A dismount from a partner stunt, or pyramid in which the catch is completed below shoulder level height by the bases and the back spot with the flyer in a face-up pike like position.

**Prone:** Belly down flat body position.

**Hitch Body Position:** A single-leg stunt where one leg is provided support while the flyer is in control of the other leg.

**Front spot:** This is an optional role that can add an extra layer of safety, aiding in lifting the flyer and providing additional stability to the stunt.

**Nugget:** A body position in which an athlete is in a tucked position on their hands and knees on the performing surface. The athlete who is in the nugget is considered a base.

**Shoulder Sits:** A stunt where a flyer sits on the shoulders of a base, with their feet wrapped around the base's waist. Shoulder sits require a base and a flyer. You may choose to have a back spot or a front spotter but they are optional and not required.

**V-sit:** The flyer's body position is in a sitting position in the stunt while their legs are straight and parallel to the performing surface in a "V" position. This stunt must be at prep level.

**Stunting rules:**

Stunting is limited to nuggets, thigh stands, and prep level.

BANTAM may only stunt to waist (thigh) level and below.

JV and VARSITY may stunt to prep level.

Thigh level stunts for bantam must have 2 bases and a back spot.

Thigh level stunts for JV and varsity are not required to have a back spot but you can.

Prep level stunts are REQUIRED to have 2 bases and a back spot.

Shoulder sits are allowed.

V-sits are allowed.

Front spotters are optional.

¼ and ½ turns and transitions are allowed, NO FULL TWISTS.

Stunts may move but prep level stunts must have a front spot to move.

Single leg stunts are allowed below and at prep level. Single leg stunts at prep level may be braced by an extra athlete.

NO INVERSIONS: the head of the flyer can never be below the hips at any time.

NO BASKET TOSSES

Pyramids are allowed.

**Dismounts:**

Prep level stunts may squish down or cradle.

Prone dismount is allowed. (flyer body position on belly)

NO POMES OR PROPS ARE ALLOWED DURING STUNTING OR TUMBLING!

**Stunting Deductions:**

10pt deduction for basket toss

10pt deduction for extension

10pt deduction for stunting with poms or props

10pt deduction for moving in a prep level stunt without a front safety spotter

10pt deduction for inversions

10pt deduction for full twists in stunts

10 pt deduction for bantam stunting at prep level

10pt deduction for prep level stunts without all required positions, 2 bases, 1 backspot and 1 flyer

10pt deduction for bantam stunting a thigh level without the required positions 2 bases, 1 backspot, 1 flyer.

If stunting skills are included in your routine, you may provide 1 additional safety spotter per stunt that is at prep level but is not mandatory. Safety spotters are NOT permitted to talk to the athletes, count for them, or touch the flyer or stunt EXCEPT to make a catch if necessary. A safety spotter may be a coach, or a high school cheerleader. The safety spotter is in addition to the back spot.

Cheer Coordinators must ensure that all stunting is done safely and within the limits of the cheerleaders. Safety is the priority!!!

### **Appropriate attire:**

Please ensure that while stunting during practice your athletes are not wearing baggy clothes or hoodies. These may get in the way of stunting safely and can cause an injury to occur. During performance the girls are not permitted to wear warm up jackets with hoods on them while stunting.

All cheerleaders must be matching. This includes the uniform, under liners, shoes and bows.

### **Jewelry and makeup:**

Hair must be pulled back securely.

Makeup is allowed but must be the same for the entire squad (including face tattoos).

We strongly encourage athletes to not wear jewelry. This includes bracelets, necklaces, or earrings. (if an athlete has a freshly pierced ear, they must have their studs covered with bandages.

The goal of these rules is to prevent jewelry from causing harm during physical activity and to ensure the cheerleader's safety is not compromised.

Medical bracelets and necklaces are allowed.

If an athlete has permanent jewelry we ask that it is taped to prevent injury to any athletes.

### **Props:**

You may include props in your routine, but they are not mandatory. Permitted props include signs, poms, flags and megaphones.

Cheerleaders MUST NOT tumble or stunt with poms or any props in their hands. There will be a 10 point deduction for each violation.

No removable props are permitted, including attire and accessories. If you want to add something to your routine other than poms, signs, flags and megaphones this must be approved by the executive board beforehand.

When transitioning from using poms to not using poms they MUST NOT be thrown overhead. They can be thrown from the shoulders down from the front, side or back. They MUST NOT be thrown in the middle of the performance area where they can cause an injury to an athlete.

### **Jump and tumble off:**

A jump and tumble off will occur at the annual competition, this will be optional for ALL athletes.

To participate it is \$5 per athlete per category.

Athletes must be signed up and paid for 2 weeks prior to the competition. There will be no last-minute signups on the day of the competition. And no refunds will be given.

To ensure that the jump and tumble off runs smoothly either a judge or an executive board member will be out on the mat or field queuing the girls through what needs to happen.

**Jump off:** the athlete must perform a toe touch first followed by a jump of choice. The jump of choice may consist of another toe touch, right or left herkey, front hurdler or pike. Double jumps are allowed.

**Tumble off:** the tumble off category will be divided into 2 categories, basic and advanced. Basic tumbling must perform a cartwheel first, followed by a pass of choice. The pass may not exceed 3 tumbling skills. Advanced tumbling must show a front or backhand spring (running or standing) followed by a pass of choice not exceeding 3 tumbling skills. If during your tumbling pass you exceed 3 skills, anything after 3 skills will not be judged and will result in a 5pt deduction. At the end of your tumbling pass you must land on your feet. Exited spirit will be judged upon. If your athlete chooses to do a split after their tumbling pass that will be judged as a spirited exit.

### **Skill breakdown:**

Basic tumbling skills may include somersault, cartwheel, roundoff, one handed cartwheel, one handed roundoff, front walkovers and back walkovers.

Advanced tumbling skills may include roundoffs, front walkovers, back walkovers, front or back handspring, tucks, ariels, layouts and fulls.

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place will be given in all 3 categories (jump, basic tumble, advanced tumble).

### **Concessions:**

Concessions will be available from the time the doors open to the end of the competition. No outside food will be permitted during the competition, snacks are allowed. Remember this competition is a fundraising opportunity for the hosting school. Food or drinks permitted in the gym (if indoors) will be up to the hosting school. No food or drinks other than water are permitted on the track or field. Please be considerate of the hosting school by cleaning up your area in the bleachers. The hosting school will give out details on how concessions will be ran.

### **Judges:**

There will be 5 judges at the cheer competition. Judges cannot be associated with anyone from any competing schools or have attended any of the competing schools.

Judges will be given a specific category (focus point) to judge to ensure that all teams are scored fairly and that nothing is missed.

Judges will be picked by the executive board and paid for by the hosting school. Each judge will be paid \$175 for the day, this will be paid the DAY OF COMPETITION!

Judges will have a copy of the rules and score sheets prior to the competition to ensure an understanding of the rules and expectations.

Judges will be required to use pens only and have to initial the score sheet that they scored.

There will be absolutely no talking to judges or interrupting of any kind (unless there is clearly an emergency).

Score sheets will be added by the judges and with executive board members present. No representatives from any of the competing schools will be permitted in the room where score sheets will be counted.

Executive board members will be there to oversee performances, check for deductions, and to make sure everything is fair for the cheerleaders.

Judges will have note cards available at the judges table to help them with any questions they may have during the competition. Also executive board members will be present to help with any questions or concerns they may have.

Score sheets will not be given out at the competition. The hosting school must provide a copy emailed to each of the cheer advisors for the schools that attended their competition. These must be emailed by midnight of the day of competition. All original copies will be given to the Executive board for record-keeping purposes.

Score sheets will have the placement written at the top of the sheet for advisors to see.

Tie Breaker: Ties will be determined based off of the team with the highest points in the overall routine category. If there is still a tie then the tie breaker will be based off of the total execution points.

**Deductions:**

- 10pt for stepping out of the performance area in build/tumble
- 10pt for entire performance not between 2-3 minutes
- 10pt for tumbling with or over props/poms
- 10pt for building with props/poms
- 10pt for basket toss, full twists or inversions
- 10pt for Jv or Varsity building higher than prep
- 10pt for Bantam building higher than thigh (waist)
- 10pt for moving in prep level without a front spotter
- 10pt for stunting without the required positions (2 bases and backspot)



- 10pt for coaching of any kind except for Bantam
- 10pt for Bantam coaches using more than just the mini motions

### **Awards:**

- Division awards: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place trophies and medals will be awarded to the top 3 highest scoring teams. These will be purchased by the league.
- Medals will be given to all athletes that do not place 1st, 2nd, or 3rd; these will be purchased by the hosting school.
- Jump and tumble off awards for 1st, 2nd and 3<sup>rd</sup> will be given and purchased by the hosting school.
- **The spirit award** is an award that will be given to the school that is recognized for their enthusiasm, positivity and sportsmanship. This award is not just for the school that is the loudest but the school that displays signs and visual spirit are equally as recognized. This award must be a spirit stick, megaphone, ect but must be a spirited item that the team can take back to display. Creativity is welcomed. This award will be given out to Bantam, Jv and Varsity. This award will be determined by the executive board. This award will be purchased by the hosting school.
- **The Football Fan Favorite Award** will be given out to the school who has the best football spirit section. This award must be a football related item, for example a dazzled or decorated football. This award will be given out to Bantam, Jv and Varsity. This award will be purchased by the hosting school.

Awards will be given out to the remaining teams who do not place 1st, 2nd or 3rd. The hosting school may choose which they would like to use. These awards must be a plaque. These awards must be purchased by the hosting school.

- **The Golden Megaphone Award:** This award will be given to the team that exemplifies leadership, enthusiasm and spirit.
- **The Golden Bow Award:** This award will be given to the team who shows great dedication and teamwork.
- **The Golden Star Award:** This award will be given out to the team who stood out during their performance.
- **The Golden Heart Award:** This award will be given out to the team who showed kindness and outstanding sportsmanship.

### **Cheer competition meeting:**

All hosting schools must meet and check in with the executive board to ensure proper planning, and coordination to ensure a smooth and successful event for all athletes.

All hosting schools must get their cheer competition theme approved before planning.

All hosting schools must have a meeting prior to the competition with the schools that will be in attendance. This meeting must occur at least 2 weeks from the event and must be at the competition location site.

At this meeting names will be drawn for the order to be determined in which teams will compete. The hosting school has 48 hours to have the final competition schedule done and emailed out to all schools attending.

### **Turn-ins**

- All music must be turned in by the deadline per the hosting school.
- All team rosters must be turned in by August 12th.
- Jump and tumble off participants must be turned in and paid in full by the competition meeting 2 weeks before the competition.
- All attending schools are required to bring a raffle basket to the competition. This basket must be at least \$50 in value. The hosting school will decide how many baskets each school will be responsible for bringing. The hosting school will also determine when and where these will need to be turned in.
- Any school that does not meet deadlines risks a penalty per the Executive board of disqualification. These events take a lot of planning and organization. We ask that each school be respectful to the hosting school and these deadlines.

## JUMP OFF SCORE SHEET

NAME: \_\_\_\_\_

SQUAD: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

Toe Touch	Score	Max Score
Form		5
Height		5
Execution		5
<b>Total</b>		<b>15</b>

Optional Jump	Score	Max Score
Form		5
Height		5
Execution		5
<b>Total</b>		<b>15</b>

**TOTAL SCORE:**    \_\_\_\_\_ /30

JUDGE: \_\_\_\_\_

## BASIC TUMBLE OFF SCORE SHEET

NAME: \_\_\_\_\_ SQUAD: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

Cartwheel (Required)      Score      Max Score

Technique		5
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3 Skill Pass:                      Score      Max Score

Skill 1 Technique		5
Skill 2 Technique		5
Skill 3 Technique		5
Overall Execution		5

Deduction                      Score      Max Score

More Than 3 Skills		5
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TOTAL SCORE: \_\_\_\_\_/25

JUDGE: \_\_\_\_\_

**ADVANCED TUMBLE OFF SCORE SHEET**

NAME: \_\_\_\_\_

SQUAD: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

Back Handspring (Required)    Score    Max Score

Technique *running or standing*		5
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3 Skill Pass:                                  Score    Max Score

Skill 1 Technique		5
Skill 2 Technique		5
Skill 3 Technique		5
Overall Execution		5

Deduction                                  Score    Max Score

More Than 3 Skills		5
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TOTAL SCORE: \_\_\_\_\_/25

JUDGE: \_\_\_\_\_

**EOYFL CHEER COMPETITION SCORE SHEET**

**School:** \_\_\_\_\_

**Squad:** \_\_\_\_\_

Cheer	Max Score	Score
Motion Technique	10	
Execution	10	
Creativity	10	
Volume	10	
Synchronization	10	
<b>Total</b>	<b>50</b>	

Comments:

Dance	Max Score	Score
Motion Technique	10	
Execution	10	
Creativity	10	
Synchronization	10	
Facials	5	
<b>Total</b>	<b>45</b>	

Comments:

Chant	Max Score	Score
Motion Technique	10	
Execution	10	
Creativity	10	
Volume	10	
Synchronization	10	
<b>Total</b>	<b>50</b>	

Comments:

Routine Formations & Transitions	Max Score	Score
Execution	10	
Creativity	10	
Formations	10	
Transitions	10	
Synchronization	10	
<b>Total</b>	<b>50</b>	

Comments:

Overall Routine	Max Score	Score
Overall Impression	10	
Jumps	10	
Tumble/Builds	10	
Uniform Appearance	10	
<b>Total</b>	<b>40</b>	

Comments:

Spirit	Max Score	Score
Facials	5	
Exit Spirit	10	
<b>Total</b>	<b>15</b>	

Deductions	Max Score	Score
Stepping out of performance area in build/tumble	-10	
Entire performance NOT between 2-3 mins	-10	
Missing (1) Jump & Gymnastics (Tumble or Build)	-10	
Tumble with or over poms/props	-10	
Building with poms/props	-10	
Basket Toss, Full Twists, Inversions	-10	
JV & Varsity build higher than Prep	-10	
Bantam build higher than waist (thigh)	-10	
Moving in prep build w/o front spot	-10	
Stunting without required positions (2 bases & back spot)		
Coaching of any kind (except bantam)	-10	
<b>Bantam ONLY-</b> Coaches using more than mini motions	-10	
<b>Total Deductions</b>		

**Total Score:** \_\_\_\_\_/250

**Judge:** \_\_\_\_\_