



EOYFL CHEERLEADING RULES AND POLICIES

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 be a 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.

PURPOSE:

1. The purpose of the EOYFL Cheer program is to provide a wholesome recreational activity for individuals from kindergarten through 6th 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 incite participants or parents by criticizing game officials, the opposing team, or judges.
3. All coaches are required to complete the concussion training prior to the start of practice.
4. All coaches must pass a BCI background check and sign the EOYFL coaching waiver, prior to the start of practice.
5. All staff in your organization must wear the lanyard provided for them at all events to enter the field or designated areas.

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. The performance area will be outlined by at least 4 cones and be easily visible. There will be no penalty for stepping out of the performance area. However, all stunting and tumbling MUST be performed (executed), landed and dismounted in the performance area. There will be a 5-point deduction per judge for violating this safety guideline. All routine synchronized movements (dancing, jumping, ect.) must be executed within the performance area.

Routine Format:

Each routine must include (in no particular order) a cheer, chant and a dance. The entire routine must be at least 2 minutes, but no longer than 3 minutes. There is no time limit on the music portion of your routine. Each routine must include at least 1 synchronized jump, 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 difficulty or the number of skills.

Bantam squads may be assisted during their performance. Coaches must be on their knees in front of the athletes and coaches' arms must not be fully extended. Small (mini) motions only! There will be a 5pt deduction per coach violating this rule.

JV and Varsity teams may not be assisted at all. All violations are means of disqualification.

Entering the floor and timing:

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.

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.

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).

At cheer competition 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.

BANTAM SQUADS ONLY may be marked and placed as they walk to their spots.

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. 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 off the EXECUTION and INCORPORATION of the skills NOT THE DIFFICULTY. Cleanliness and added visual appeal are the purpose of including these common cheerleading skills.

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.

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.

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.

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

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

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!

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.

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.

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 5-point deduction for each violation.

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.

Jewelry and makeup:

Hair must be pulled back securely.

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

No jewelry allowed! This includes bracelets, necklaces, or earrings. (if an athlete has a freshly pierced ear, they must have their studs covered with bandages.

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 prior to the competition. There will be no last-minute signups on the day of the competition. And no refunds will be given.

The hosting school will determine the deadline for signups.

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 backhand spring (running or standing) followed by a pass of choice not exceeding 3 tumbling skills.

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, backhand spring, tucks, ariels, layouts and fulls.

1st, 2nd, and 3rd 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. No food or drinks permitted in the gym (if indoors). 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.

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.

Judges will have a copy of the rules and scoresheets 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.

Score sheets will be added by Executive board members, each school must have a representative present to recount their score sheets for discrepancies.

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.

Awards:

Division awards: 1st, 2nd, and 3rd place trophies and medals will be awarded to the top 3 highest scoring teams. These will be purchased by the league.

Participation awards will be given to each athlete that competes in the competition. These will be purchased by the hosting school.

Jump and tumble off awards for 1st, 2nd and 3rd will be given and purchased by the hosting school.

The Spirit award is an award that is given to the school that has the most spirit, that cheered the loudest all day, showed great sportsmanship etc. This award can be chosen by the hosting school as to if you wish to do a trophy, banner, spirit stick etc. This award will also be selected by the judges.

Cheer competition meeting:

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.

At this meeting names will be drawn for the order to be determined in which teams will compete.

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 deadline per the hosting school.

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.

