

BOONE COUNTY PEE WEE FOOTBALL LEAGUE 2010 CHEERLEADING RULES & GUIDELINES

****BOONE COUNTY PEE WEE FOOTBALL RULES PRECEDE BOONE COUNTY CHEERLEADING RULES.**

****Any violation of the rules will be reviewed by the Review Board. Penalties from any violation could result in suspension from game and/or forfeiture of game.**

I. PLAYER ELIGIBILITY

- A. MASCOTS –Mascots must have reached their 4th birthday by October 1st of the current year.
- B. STARTER DIVISION – No one will be permitted to cheer unless they have reached their 6th birthday or are in the first grade by August 1st of the current year and shall not have reached their 8th birthday by August 1st of the current year.
- C. MIDGET DIVISION – Anyone entering the Midget Division must not have reached their 10th birthday by August 1st of the current year.
- D. JUNIOR DIVISION – Anyone entering the Junior Division must not have reached their 12th birthday by August 1st of the current year.
- E. SENIOR DIVISION – Anyone entering the Junior Division must not have reached their 14th birthday by August 1st of the current year.

II. REGISTRATION

- A. Registration fee for the cheerleaders and mascots is \$35. A family with more than one child in the league will pay for the first two children and additional children will not pay a registration fee to the league. If families have multiple children, they will pay for football players first
- B. Late registration will take place during all of the football registrations, permitting there is room on a team and if there is a possibility of ordering and receiving a uniform before the start of the season. If registration occurs after the last registration date, there will be a late fee of \$10 assessed.**
- C. The Division Cheerleading Athletic Director must approve all late walk on registrations. Walk on registrations will not be permitted unless all teams in that division have an equal number of cheerleaders. Walk on registration will not be permitted unless walk on can be provided a uniform in a timely manner and parental agreement.
- D. A cheerleader cannot attend or participate in practices or games UNTIL a registration form, Birth certificate, (no hospital record) and liability sheet has been COMPLETED and FEE paid.

III. TEAM ASSIGNMENTS

- A. Returning cheerleaders will be given first priority to cheer on the same squad as last year. If they are changing divisions, they will receive priority over new cheerleaders.

- B. Second priority is given to daughters, nieces, sisters and granddaughters of Coaches, Team Moms, and Sponsors REGARDLESS of which squad they wish to cheer on.
- C. Third priority is given to sisters of football players AND/OR cheerleaders already on that team.
- D. The Head Football Coach will release cheerleaders with recommendation from the Cheerleading Director. All requests must be submitted in writing and will be reviewed.
- E. Once each squad has met the maximum number set for their division, additional cheerleaders may be added per rule III A, III B, and/or III C, and at the discretion of the Cheerleading Director. Maximum number of cheerleaders per squad:
 - Starters – 20
 - Midgets – 20
 - Juniors – 20
 - Seniors – 20

IV. UNIFORMS

- A. The budget for cheerleading uniforms in all divisions is \$135 maximum.
The uniform budget includes:
 - Complete uniform (skirt, shell top/vest, embroidery/lettering)
 - Bodysuit/turtleneck/bodyliner
 - Briefs
 - Shoes
 - Socks
 - Hair bows/ribbon

Note: All other items (such as shorts, t-shirts, sweatshirts, warm ups, and pom-poms) are considered **OPTIONAL** and cheerleaders are **NOT** required to purchase any other uniform pieces.
- B. Shoes **MUST** be athletic shoes. Keds and other such shoes with no support are not acceptable.
- C. The league will provide one fundraiser prior to the official start of practices as a means to offset individual uniform costs. This is the **ONLY** opportunity participants have to raise funds during the regular season (first day of practice in July through last league-sponsored event the end of November). The Walk-A-Thon and Raffle fundraiser are the only other fundraiser permitted by the league during the season. Please refer to the BCPWFL fundraising policy for more details.
- D. Uniforms will be kept for 2 years in ALL divisions, unless the uniforms can not be duplicated.

V. BUILD GUIDELINES

Buils in **Bold MUST** be performed on mats, not permitted on field.
Pyramid is stunt that is connected on **BOTH SIDES**.
Braced stunt is connected on **ONLY 1 side**.

2010 BUILD/STUNT GUIDELINES				
<u>Buils</u> MUST be performed on MATS				
Pyramid is stunts connected on BOTH sides				
Braced is stunt connected on ONE side				
Stunt	Starter	Midget	Junior	Senior
Thigh Stand	Yes Must have backspot	Yes Must have backspot	Yes	Yes
L-stand	Yes Must have backspot	Yes Must have backspot	Yes	Yes

Shoulder sit	Yes Must have backspot	Yes Must have backspot	Yes	Yes
Shoulder stand	Yes Must have backspot	Yes Must have backspot	Yes Must have backspot	Yes
Extension Prep	Yes Must have front & backspot	Yes Must have front & backspot	Yes Must have backspot	Yes Must have backspot
One Leg Prep Stunt-Pyramid	<u>Yes-LIBERTY</u> <u>Must have front & backspot</u>	Yes Must have front & backspot	Yes Must have backspot	Yes Must have backspot
Step-off Dismount	Yes Must have front & backspot	Yes Must have front & backspot	Yes Must have backspot	Yes Must have backspot
One Leg Prep Stunt-Braced	No	Yes Must have front & backspot	Yes Must have backspot	Yes Must have backspot
One Leg Prep Stunt-Free Standing	No	<u>Yes</u> <u>Must have front & backspot</u>	Yes Must have backspot	Yes Must have backspot
Extended Stunt	No	<u>Yes</u> <u>Must have front & backspot</u>	Yes Must have front & backspot	Yes Must have backspot
One Leg Extended Stunt-Pyramid	No	<u>Yes</u> <u>Must have front & backspot</u>	Yes Must have front & backspot	Yes Must have backspot
One Leg Extended Stunt-Braced	No	<u>Yes-LIBERTY</u> <u>Must have front & backspot</u>	Yes Must have front & backspot	Yes Must have backspot
Cradle Dismount	No	Yes Must have front & backspot	Yes Must have backspot	Yes Must have backspot
Twist Cradle Dismount- One Rotation	No	<u>Yes-Extension Prep</u> <u>Must have front & backspot</u>	<u>Yes-Prep Level</u> <u>Must have backspot</u>	<u>Yes</u> <u>Must have backspot</u>
One Leg Extended Stunt-Free Standing	No	No	<u>Yes-LIBERTY</u> <u>Must have front & backspot</u>	<u>Yes</u> <u>Must have backspot</u>
Toe Touch Cradle Dismount	No	No	Yes Must have backspot	Yes Must have backspot
Suspended Forward Flip Dismount	No	No	<u>Yes</u> <u>Must have backspot</u>	<u>Yes</u> <u>Must have backspot</u>
Moving Prep Stunt	No	No	<u>Yes</u> <u>Must have backspot and at least 1 foot of the flyer must be in contact with 1 base's hands at all times</u>	Yes Must have backspot and at least 1 foot of the flyer must be in contact with 1 base's hands at all times
Moving Extended Stunt	No	No	No	<u>Yes</u> <u>Must have backspot and at least 1 foot of the flyer must be in contact with 1 base's hands at all times</u>

- A. To be permitted to build, the Team Mom and all Sponsors **MUST** attend the building workshop conducted by the Cheerleading Director or her appointed representative. If the Team Mom and all Sponsors having any direct instructional contact with the team does not attend, that team will not be permitted to build for the entire season - including competition, unless prior arrangements are made in advance with the Cheerleading Director.
- B. Any team found to be performing stunts without the appropriate supervision will NOT be permitted to build for the entire season – including competition.
- C. The league will provide each cheer team a MINIMUM of three stunting safety mats to be used for practice. The Team Mom is responsible for storing, handling, condition and the returning of the stunting safety mats.
- D. Each Team Mom will be given a breakdown of acceptable stunts/builds.
- E. The league will follow the National Federation of State High School Coaches Spirit Rules Book AND the American Association of Cheerleading Coaches and Administrator Guidelines with the following modifications: Stunts will be updated once Insurance okays or vetoes the information.

VI. GYMNASTIC /TUMBLEING GUIDELINES

- A. Cheerleading Team Moms are advised to only allow tumbling in cheers or competition routines that has been mastered elsewhere (i.e. at a gymnastics class). It is not the responsibility of the Team Mom, or Sponsor to serve as Gymnastic instructor. **Inclusion of tumbling skills is left to the sole discretion of Cheerleading Team Mom.** If a cheerleader is at all fearful of performing a skill on a given surface or at a given time, the Team Mom, and/or Sponsor is NOT permitted to force her to do any gymnastic skill which she is not comfortable executing,
- B. Only Cheerleading Team Moms or Sponsors with experience spotting tumbling techniques are permitted to spot tumbling skills at practice.

2010 GYMNASTICS/TUMBLING GUIDELINES				
<u>Skills</u> MUST be performed on MATS				
Skill	Starter	Midget	Junior	Senior
Forward Roll	Yes	Yes	Yes	Yes
Cartwheel	Yes	Yes	Yes	Yes
Round-off	Yes	Yes	Yes	Yes
Front Walk-over	Yes	Yes	Yes	Yes
Back Walk-over	Yes	Yes	Yes	Yes
Front Handspring	Yes	Yes	Yes	Yes
Back Handspring Standing	Yes	Yes	Yes	Yes
Back Handspring Standing series	Yes	Yes	Yes	Yes
Round-off Back Handspring	Yes	Yes	Yes	Yes

Round-off Back Handspring Series	Yes	Yes	Yes	Yes
Round-off Back Tuck	No	<u>Yes</u>	Yes	Yes
Round-off Back Tuck preceded by trick	No	<u>Yes</u>	<u>Yes</u>	Yes
Standing Back Tuck preceded by trick	No	No	<u>Yes</u>	Yes
Round-off Full Twist	No	No	No	<u>Yes-1 rotation</u>
Round-off Full Twist-preceded by trick	No	No	No	<u>Yes-1 rotation</u>
Other Twisting Skills	No	No	No	No
Back Tuck Standing	No	No	No	No

*** NO TUMBLING ON CHEER PAD

VII. PRACTICE SCHEDULE

- A. Team Moms will establish a regular practice schedule at the beginning of the season.
- B. Practices will be held at the same location as the football players for their team. If at any time you wish to move your practice location you must request permission from the Cheer Director and the Head Coach.
- C. A minimum of 2 practices MUST be held on the same day as the football players.
- D. Practices are limited to 4 practices per week PRIOR to the start of Boone County Schools AND 3 practices during the school year.
- E. Practice sessions are NOT to exceed 2 hours in duration.
- F. Practices on Friday, Saturday, or Sunday will ONLY be permitted in an emergency situation AND must be approved by the Cheerleading Director in advance. If a practice occurs on Friday, Saturday, or Sunday, then it will count as weekly practice day.
- G. Practice location can be moved to a site other than where the football team is practicing because of weather or emergency situation with prior approval of the Cheerleading Director. Cheerleading Team Moms must notify Head Coach of the change of location.
- H. With permission of the Cheerleading Director, competition practices can be moved to a different location. The Head Coach must be notified of the new competition practice location.

VIII. MASCOT RULES

- A. A mascot is a child that is under school age or a child that has special needs, who is older than school age, which makes it impossible for them to participate as a cheerleader in their age group.
- B. Same priority for assigning mascots to teams as outlined for cheerleaders refer to III A, B, and C.
- C. Practices for mascots will be left up to the discretion of the Cheerleading Team Mom.
- D. A parent or designated guardian must remain at all practices and games. No mascot will be left without parent or parental designee supervision at ALL functions.
- E. Teams may choose not to have mascots. This will be left to the discretion of the Cheerleading Team Mom.

IX. GAME PERFORMANCE

- A. Cheerleaders must cheer on the cheer pad. EXCEPTION: The field Cheer.
- B. No builds, stunts or tumbling are permitted on the cheer pad.
- C. No drinks permitted on the cheer pad. EXCEPTION: Water can be kept close by for liquid replenishment.
- D. Starters will cheer for the starter game; **Optional:** may cheer half of the midget game.
- E. During the half-time performance, each team will have NO LONGER than 4 minutes for their performance. Half-time performances may be a cheer, chant, dance routine, or any combination of these elements. If a team abuses the time limit or the build/stunt and gymnastics/tumbling guidelines, half-time privileges will be suspended or revoked from the next game. Second offense will result in the suspension from competition.
- F. Team Moms MUST review all chants for poor sportsmanship. Any chant that is derogatory must be removed from the chant list.
- G. Cheerleaders, Sponsors and Team Mom(s) MUST shake hands with the opposing teams cheerleaders, Sponsors, and Team Mom(s) at the conclusion of the game.
- H. Cheerleading team MUST cheer all quarters.

X. COMPETITION RULES

- A. Routines will be no longer than 2 minutes 30 seconds in length. Musical portion must be at least 5 8counts of dance but no longer than 1 minute 30 seconds.
- B. Routines MUST include at least 1 cheer, at least 5 eight-counts of dance, and at least 1 team jump. Additional cheers, chants, dance counts, and jumps MAY be included provided the time limit set forth in section X, A is followed.
- C. Only acceptable props will be signs, poms, megaphones, and flag.
- D. Performance surface will be wrestling mat or cheer floor (40x40 or 42x42). Routines must be choreographed to fit a 40x40 area. There will be no points deducted for stepping of the mat. All builds/stunts and gymnastics/tumbling MUST be performed on the mat. Failure to perform a build/stunt or gymnastics/tumbling on the mat will result in a point deduction (see deduction guidelines in section J in this section)
- E. Teams will be permitted to spirit onto the floor. No points will be deducted if a team chooses not to spirit onto the floor. NO organized entrances OR exits are permitted - points will be deducted if a team chooses to enter or exit in this manner. Timing will begin with the first word, motion, or musical sound of the competition routine. Timing will end when the squad had finished their routine and holds a pose for a few seconds.
- F. The Cheerleading Director will set the order for divisions performing. The performance order within the division will be done by a draw held at the pre-competition meeting. If the Team Mom is not present, the Cheerleading Director or Athletic Director of that division will draw for that team.
- G. Mascots are NOT permitted on the floor with the cheerleading squad. All mascots will perform together.
- H. All guidelines for builds/stunts, gymnastics/tumbling, safety and appearance as outlined in this document also apply to the competition.
- I. There will be five qualified, knowledgeable judges that will be hired by the league.
- J. There will be at least one (1) qualified, knowledgeable, technical/safety guideline monitor.
- K. **PENALTY ASSESSEMENT AND DISQUALIFICATION:**

10 pt deduction, **assessed one (1) time from final score**, for infraction of routine time limit.
10 pt deduction, **assessed one (1) time from final score** for infraction of musical time limit
15 pt deduction, **assessed per technical/safety monitor(s)**, for a prohibited element included in the routine or in violation of the safety guidelines
Automatic disqualification for wearing jewelry
Automatic disqualification for chewing gum/candy
Automatic disqualification for building/stunting/gymnastics/tumbling performed off the mats

Penalties are assessed at the sole discretion of the judges, and/or the technical/safety monitor(s).

ALL DECISIONS ARE FINAL.

- L. Each team will receive a copy of each judge's score sheet. The originals will be kept by the League. . The score sheets will be tabulated and combined to come up with a composite score. The overall score will be ranked amongst all other scores in their division to come up with final placement. In case of a tie, the high and low score will be dropped for each team involved in the tie and a new composite will be tabulated. This new composite will be used to determine placement of the teams involved in the tie. In the Starter/Midget division, the Starters will not be judged for competition purposes. The Starters will have an Exhibition. All Starter Teams are required to have a routine that follows the rules and guidelines set forth in section **X**.
- M. The score sheets will be tabulated and combined to come up with a composite score. The overall score will be ranked amongst all other scores in that division to come up with the final placement.
- N. In case of a tie, the high and low scores will be dropped for each team involved in the tie.
- O. In the Starter/Midget division, the starters will perform for exhibition only and will receive comments sheets for that performance. Starter performances are to follow the guidelines set for in Section X.
- P. The first, second, and third place teams will be given trophies. EXCEPTION: If there are only 4 teams in a division, only the first and second place teams will receive trophies.
- Q. A Pep Award – This award will be awarded to the one team whom the judges deem to show the most spirit throughout their session.
- R. It will be required that the Team Mom and Sponsor will sit in front of the announcer during their respective team's performance.

XI. TEAM MOMS

- A. The Team is ultimately responsible for the operations, organization and coaching of her squad.
- B. It is strongly recommended that the Team Mom find an Assistant Team Mom to help with duties.
- C. The Team Mom may choose to "coach" the team or enlist help. The Team Mom should attempt to recruit a qualified individual to handle the coaching duties if she does not wish to coach the team. Additional sponsors may be recruited to coach. (See XII for the Sponsors section)
- D. Team Moms MUST attend 6 Booster Meetings each calendar year AND the leagues pre-season Team Mom meeting, per our league by laws. If the Team Mom is unable to attend, then she may send a suitable representative.
- E. Team Moms will help the Cheerleading Director recruit new cheerleaders to the program.
- F. Team Moms will assist the Cheerleading Director in the registration process of returning cheerleaders.
- G. An adult (Team Mom, Sponsor over 21, or another adult designee) will be at each practice. They should arrive 15 minutes before the scheduled practice and remain at practice site until all cheerleaders are picked up.
- H. Team Moms are responsible for organizing the purchase of cheerleading uniforms, other cheerleading apparel, supplies, and remain under the set budget limit for the league.
- I. Team Moms will serve as the primary communication link to her squad's cheerleaders, and their parents regarding team activities. It is recommended that the Team Moms supply a monthly calendar for each family on her squad. The calendar should contain time, location and activity where applicable. Team Mom's phone number should be on the top of each calendar.
- J. Team Moms must maintain accurate records including: attendance, financial, documentation for injuries, and incidents.
- K. Team Moms must write a receipt for all monies collected at the time of receiving the money.
- L. Team Moms will assist the players' Team Moms in coordinating fundraisers, pep rallies, and banquet.

- M. Team Moms must carry with them at all times the Liability Sheet. If a cheerleader does not have one completed and signed she is not eligible to participate in cheerleading.
- N. Team Moms are responsible for coordinating their squad to participate in all league fundraisers and functions.
- O. Team Moms are responsible for assisting the players' Team Moms in recruiting workers for field duty.
- P. Team Moms will be responsible for all cheerleading issues the day of their respective field duty. If an issue cannot be solved to the satisfaction of the parties involved, then you are required to follow the chain of command. Teams with no cheerleaders, an Athletic Director will be at the team's field duty and assume the responsibility of any cheerleading problems for that time period.
- Q. Team Moms must attend the training sessions provided by the Cheerleading Director. The build/stunt clinic is mandatory for all Team Moms each year. If the training sessions and build/stunt clinic are not attended by the Team Mom, you will be asked to step down and a replacement will be found.
- R. Team Moms must hold a pre-season meeting for all parents and cheerleaders (this can take place the first day of practice). A Parent and Cheerleader Guide to Boone County Pee Wee Football Cheerleading guide must be given to each family. Team Moms should collect the acknowledgement page and keep it for her records.
- S. Team Moms must attend the CPR or present a copy of certification before the first day of practice.

XII. SPONSORS

- A. Teams should have additional "adult helpers" to coach the team. The Team Mom should solicit parents first. If parents are not available, willing or qualified, the team may choose other sources. We prefer sponsors that are 18 or older, however, will allow younger sponsors. All sponsors under 18 are subject to review and approval by the Cheerleading Review Board.
- B. Sponsors under the age of 18 are SOLEY responsible for instruction of the team and at no time as disciplinarian. The Team Mom or other adult designee is to serve as a monitor and disciplinarian.
- C. Sponsors must attend the build clinic.

XIII. ALL STARS

- A. Teams may select 8 cheerleaders to cheer at the All Star game. Cheerleaders will be selected by the Team Mom based on attitude, ability, and attendance. Mascots and Starters are not eligible.
- B. The Football Team that wins their division, the Cheer Team Mom will coach the All Star team for their respective division.
- C. Announcement of All Start cheerleaders will be made after cheer competition.