

## WHAT DOES THE CHEERLEADING PROGRAM OFFER?

### Age Divisions

- *Tiny-Mite* 5 - 6 year olds
- *Mitey-Mite* 7 - 8 year olds
- *Peewee* 9 - 10 year olds
- *Supers* 10 - 12 year olds
- *Midgets* 11 - 13 year olds
- *Junior Varsity* 12 - 14 year olds
- *Varsity* 13 - 15 year olds

### Open Divisions

- *Junior Open* 5 – 12 years olds
- *Senior Open* 11 – 15 year olds
- *Open* 5 – 15 year olds

*(\*\*ages of cheerleaders based on July 31<sup>st</sup> on the year previous to the year in which the tournament is being held. EXAMPLE: If the tournament is being held in 2018 then the age is based on July 31<sup>st</sup>, 2017)*

### INCLUDES:

1. **Cheer Spirit Pack** – this pack includes Softe shorts, Tank Top and a Cheer Bow with a couple of different style choices.
2. **Cheer at Football Games** – teams can cheer at each of their team's football games. This is optional, cheerleaders can cheer for any team, and can cheer as a group of *all* cheerleaders or as divisional groups.
3. **Regular Season Half Time Routines** – Cheerleaders can present their cheerleading routines at the half times of each of their team's football games.
4. **Cheer Competition** – Enter the YSFL Cheer competition. There are a total of ten divisions. Teams can enter as many divisions as they wish for the competition. Routines do not have to be the same. (i.e. if a cheer teams has many peewee age cheerleaders and only a few supers age cheerleaders, they can enter the Peewee division and Junior open division in the competition.)
5. **Present Competition Cheer Routines at the YSFL State Football Championships** – The YSFL provides up to 24 slots where cheerleading teams can present their routines on the field at state games. Cheerleaders will be introduced and their routines broadcast on the YSFL State Jumbotron.
6. **John Walters Spirit Award** – Each team will be entitled to nominate one cheerleader for this award that is presented at the YSFL State Championships. This award recognizes cheerleaders that have excelled in the educational and community service arena.
7. **Trophies** – All competition teams receive a team trophy and cheerleaders a winners or participation medal.

### GENERAL ITEMS:

1. Deadline for team registration – March 9<sup>th</sup> each year.
2. NFHS (National Federation of State High School Association) Spirit Rules for Cheerleading shall apply
3. Cheer Uniforms not compulsory. The YSFL does not provide these.