

YSFL CHEERLEADING RULES

SECTION I - TEAM OPERATIONAL RULES

1. General Roster and Team Rules

- There will be no cheerleader additions to a team's rosters after the start of the 4th week of games of the YSFL regular season. This deadline is irrespective of the amount of games a given team has cheered up to that timeframe. An addition is determined by completed certified paperwork and full payment of the registration fees to the YSFL registrar.
- No additional teams can be added after the 4th week of games of the season

2. Divisional Ages

Division allocation is determined by the "league age" of a child. A child's "league age" is determined by whatever the child's age was on July 31st the year **PREVIOUS** to the year in which the current YSFL season is being played. The YSFL Cheerleading program provides for divisional age teams as well as "Open" teams that allow coaches to field mixed age group teams. The YSFL Cheerleading competition will include a championship event for each of the 9 divisions. Teams may enter their cheerleaders into multiple division events at the YSFL Cheer competition.

Age Divisions

- 6U 5 - 6 year olds
- 8U 7 - 8 year olds
- 10U 9 - 10 year olds
- 11U 10 - 11 year olds
- 12U 11 - 12 year olds
- 14U 13 - 14 year olds
- 15U 15 year olds

Open Divisions

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

3. Parents on the sidelines

All parents must stand behind the parent line, caution line, or designated area 5 – 10 yards off of the sideline. The only representatives allowed on the playing side of the parent line, caution line, or parent designated area are individuals with proper YSFL identification.

4. Coaches

Each cheer team in the tournament is allowed 4 badges. Organizations with multiple teams can combine their teams for a total badge count regardless of which teams the coaches are part of. (i.e. 5 teams x 4 badges = 20 total badges) All Head and Assistant coaches, Team Moms and Administrators fall under this 4 badge requirement.

There are two processes for obtaining an YSFL Coaches Badge for the season.

- a. Coaches with a verifiable coach badge valid from their immediate previous fall season only will be allowed to obtain a free YSFL Badge replacement by uploading a copy of their fall season badge and requesting an YSFL badges.
- b. Coaches without a fall program badge must complete the YSFL background check to apply for an YSFL badge. The YSFL background check is on the YSFL website <http://youthspringfootball.com/background-checks/>.

The procedure for obtaining an YSFL Coaches badge is completed entirely online through the "Coaches Page" on the Team Console.

- a. All coaches applying for badges should be entered into the Team Console
- b. All Coaches should upload their pictures (*This picture will be used on their badge*)
- c. If a coach has a Fall badge, a picture of that badge should be uploaded and then click the "Apply for Badge" button. The coach will receive an email informing him that their badge has been submitted.

- d. If a coach does NOT have a fall badge they should click on the “Background Check” button and fulfill the background or go to the YSFL website <http://youthspringfootball.com/background-checks/> (This is a \$20 cost program). Once they have completed this process they should return to their coaches page and click on the “BG Check completed” button and also click the “Apply for Badge” button. The coach will receive an email informing him that their badge has been submitted.
- e. Once the YSFL has approved their badge the coach will receive an email informing them their badge is approved and they will then see the “Print Button” become active and the coach can click on this button and print their badge.
- f. Coaches badges can be laminated, or placed into a lanyard for use.

5. *Cheerleader Injuries*

Due to liability and insurance issues the YSFL does not provide their own on field EMT coverage. If a severe injury occurs on the field coaches are instructed to call 911 to allow for qualified EMT personnel to deal with the issue. Only the parent or guardian of the child will be allowed onto the field in these circumstances.

SECTION II – OFFICIAL CHEERLEADING RULES

1. *NFHS Rules Stipulation*

Unless otherwise amended below, the current year’s NFHS (National Federation of State High School Association) Spirit Rules for Cheerleading shall apply. NFHS Spirit Rules available at www.nfhs.com

2. *Uniforms*

Each Cheer Team is responsible for determining their own uniforms. The YSFL will provide a spirit cheer pack to each entrant. There are no rules governing cheer uniforms. Teams can determine their own uniforms.

3. *Game Day Rules*

- All cheerleaders will cheer at a safe distance from the football game
- If two cheerleading teams are at the same game teams will avoid cheering during the other teams cheers. Teams will also be considerate in terms of timing of their cheers to allow the opposing squad to cheer.
- Coaches of each cheer team cheer on the same side of the field as their football team
- During halftime, each cheer team shall be allowed three (3) minutes to do a “half time show”. In the event of there only being one cheer team then that team may take up the full six (6) minutes of half time.
- Cheer teams will desist from doing any stunts in poor weather conditions.

4. *Music*

- Music is allowed during the game days for use at half time presentations
- Music that includes any explicit, offensive or incendiary lyrics is prohibited.

5. *YSFL Cheerleading Competition Rules*

- All teams/cheerleaders that are registered in the YSFL tournament are entitled to enter into the YSFL State Championship Cheerleading Competition. For this competition YSFL partners with Spirit Championships (www.spiritchampionships.com) a spring program that offers a variety of cheer competitions. The YSFL cheer teams can participate in the YSFL final season competition and also participate in the other Spirit Championships competitions offered through our partnerships program.
- Cheer teams may enter the competition in any of the 9 division groupings. (See Rule # 2 in YSFL Operational Rules above for division breakdowns). Teams may enter multiple divisions. (i.e. an organization that has a 8U and 10U can enter those divisional competition groups and also join their teams together to enter the Junior Open group)
- The YSFL will provide a trophy for the Group Champion and Runner up.
- The Cheerleading Competition will be held at a venue in the same city and on the same days as the YSFL State Football Championships.
- The YSFL will provide all venue accommodations and equipment necessary for the competition.

- There will be a 3 minute time limit for each routine.
- Competition scoring criteria will be as follows:

Category/Points (maximum 100)

- ✓ Appearance 10 points
- ✓ Fundamentals 20 points
- ✓ Projection 20 points
- ✓ Dance 10 points
- ✓ Routine Execution 20 points
- ✓ Stunting 10 points
- ✓ Overall Appeal 10 points

Tie Breakers

- ✓ 1st - Routine Execution Total Score
- ✓ 2nd - Fundamentals Total Score
- ✓ 3rd - Projection Total Score
- ✓ After 3 tiebreakers still not being resolved the Tie will be awarded.

6. State Championships

All Cheer Competition winners and runners up of each division grouping will be provided an opportunity to do their competition routine at the State Championships during each of the half time breaks.