

SECTION 6 - CHEER RULES

General

1. The Cheer Competition Committee shall preside over cheerleading related matters.
2. All coaches must agree to abide by these by-laws by signing the Coach Code of Ethics.
3. All Head Coaches must attend a preseason meeting as determined by the League Cheer Director.
4. All Cheerleaders must agree to abide by these By-laws by signing the Participant Code of Ethics.
5. Cheerleading squads will be formed based on the criteria outlined in Section 3 – Cheer Divisions with Ages. If an association does not have enough cheerleaders to support separate squads, then combined age groups are allowed.
6. Coaches are responsible for appropriate age verification for each cheerleader. Reviewing a copy of each registrants Birth Certificate, DMV I.D. or other Government issued I.D. is sufficient. Any additional questions arising with regard to a student's age/eligibility should be elevated to the League Cheer Director.
7. Once a squad is established, cheerleaders must remain on that squad. Squads may have a maximum of 25 participants. Any changes or exceptions thereafter must be made with approval from League Cheer Director.

Cheer Coach Rules

1. All cheerleading coaches shall be prohibited from using any form of tobacco, alcohol, or illegal drugs, as well as, any form of profanity while on the playing field or practice field, or at any time while in contact with children.
2. The Head Coach shall be responsible for completing and submitting the Serious Incident Report form for Cheerleaders to the League Cheer Director within 48 hours of incident occurring. The form shall be maintained by the League Cheer Director for a period of not less than 1 year. Forms should be completed for bee sting, ankle twists and major accidents.
3. Coaches shall be familiar with cheerleading techniques, stunts and jumps. While not required, it is highly suggested that all cheer coaches complete the NAYS online coaches training found at <https://www.nays.org/>.
4. Coaches shall set a positive example for their squads and communities at all times.
5. Coaches shall represent good sportsmanship at all times, whether at games or practices.
6. Coaches shall treat all cheerleaders, parents, and other coaches with respect.
7. Coaches shall treat all cheerleaders fairly, teach all cheerleaders equally and make them feel a part of the squad.
8. Each team may have 1 head coach and 2 assistant coaches.
9. Coaches are responsible for notifying all participants of rules/regulations and by-laws set forth by the league, scheduled games, playoff's and practices times/locations and cancellations and/or make-ups as indicated by RCYFL.
10. Teams may hold up to five (5) two (2) hour practice sessions per week before Labor Day. Teams may hold three (3) two (2) hour practice sessions per week after Labor Day.
11. All children must be properly supervised by an adult during practices.

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12. Team coaches shall carry their team rosters, signed RCYFL player and parent code of conduct, and blank injury report forms at all times.

Game Day Protocol

1. Half-time cheers, dances or stunts are optional and shall be limited to four (4) minutes per squad, however if the playing teams are represented by a cheer squad, the two squads will meet at center field during half time. The visitor/guest squad will perform any prepared routine first, while the home squad kneels, and then the home squad will perform their routine, while the visitor/guest squad kneels. After both squads have performed, each will return to their sideline and perform for their own fans.
2. At the end of the game all cheerleaders shall shake all players' hands.
3. If a player becomes injured during a game, cheerleading squads are to stop cheering, kneel on one knee, or stand quietly, until the injured player is removed from the playing field, at which time the injured player shall be applauded.
4. All cheers and chants shall be free of vulgar words, phrases, and motions. No type of derogatory cheers will be allowed.
5. Cheerleading coaches are to keep their cheerleaders off the playing field, except at half-time (this includes before/after games).
6. Each squad shall be accompanied by at least one (1) rostered coach on game day.
7. All participants must be in uniform. A uniform may be as simple as a tee-shirt, but all members of the squad must dress accordingly and have matching uniforms. It is not necessary that every detail of a cheerleader's attire and/or appearance be identical, but a uniform element must be established and squads should appear as a cohesive team.
8. All participants must cover their midriff when standing at attention.
9. Music and boom boxes are only allowed during half time performances.
10. Poms and flash cards are allowed.
11. No cheer or dance should incorporate inappropriate body movements.

Cheer Rules

1. Coaches shall spot for all routines that involve a cheerleader leaving the ground.
2. Coaches are to remain in close proximity of her squad during practices and games, and half-time performances.
3. All stunts, pyramids, jumps and tumbling must be taught in sequence. Cheerleaders must master one skill before moving onto the next.
4. Pyramids over two (2) levels high are not permitted.
5. All basket tosses should have a minimum of three (3) catchers; two (2) bases and one (1) back spotter, with the required involvement of coaches as detailed below:
 - a. In the Rookies and Freshmen divisions; all basket tosses must have a minimum of two (2) coaches in the catching position.
 - b. In the Sophomores, Juniors, and Seniors divisions; all basket tosses must have a minimum of one (1) coach in the catching position.
6. All jumps are allowed for all ages.

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7. Tumbling restrictions are as follows:
 - a. Any cheerleader is able to perform cartwheels, round-offs, front and back walkovers and handstands.
 - b. Front handsprings, standing back handsprings and any more sophisticated tumbling should only be attempted by cheerleaders appropriately trained/skilled to perform them. Coaches must assess each cheerleader's ability to perform a maneuver safely, and communicate any restrictions clearly to the student.
8. Cheerleaders shall be taught proper spotting techniques and proper spotting should always be used.
9. If stunts are performed above waist high, continuous spotters are required. Thigh stands do not require spotters once the technique has been considered mastered by the coach.
10. All stunts must be done on mats or flat grassy areas. When cheering on other surfaces all cheerleaders must be GROUND BOUND!
11. Each child must follow the guidelines stated above for their age group regardless of the squad level for their participation.
12. All cheers and dances shall be respectful, no explicit lyrics.
13. All music used for cheering shall be clean, no explicit lyrics.
14. Lace up athletic/tennis shoes with socks must be worn for practice and games. No heeled, platform soles, or slip on shoes are to be worn. Cheerleaders shall wear shoes designated for cheerleading only. Any cause for an exception is to be submitted to the League Cheer Director for approval.