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League website: www.ccyfl.org

CHEER SECTION OF RULE BOOK-2023

Cheerleaders ages 5 through 12 may participate on a CCYFL cheer squad. (4) Year olds are permitted to cheer at the discretion of each home organization, **but must then remain on their age appropriate team all the following years.**

All "NEW" cheerleaders signing up for the 2023 season **MUST** be put on squads **based on the school district they reside in and their age prior to Aug. 1, 2023.**

Cheerleading Head Coaches, Asst. Coaches, Team Moms, and anyone over 18 working directly with the squad are required to follow the "Coaches Code Agreement" section and CCYFL requires NYSCA or USA Certification, Lindsey Law Education, and State of Ohio Concussions Education Course.

No unsportsmanlike conduct will be tolerated of cheerleaders, coaches, parents, or spectators before, during, or after a game, Expo, or cheer competition. One (1) warning will be given, the second warning will result in the squad being disqualified from exhibition or competition or removed from the sidelines. Head Coach(es) of a squad that is disqualified or removed from a game/competition will be suspended for one event and the home organization will be fined \$250. **THIS WILL BE STRICTLY ENFORCED.**

There are no tryouts for CCYFL squads, and NO minimum cheer skill requirements for participation. All willing participants from each squad will be given the opportunity to perform in ALL events

TEAM BOOK - A copy of the official cheer roster, emergency medical form, birth certificate, and **current year** picture of each cheerleader must be kept with the squad always

SIDELINE CHEER SQUAD: If a squad has less than 6 cheerleaders, it can be combined with another cheer squad. If a cheer squad has more than 6 cheerleaders they are not permitted to combine with another squad. **All organizations are strongly encouraged to field 6 Age appropriate Cheer Squads if possible.**

- ❑ Video cameras are permitted but NO tripods. Video cameras must be hand held in the stands.
- ❑ Concessions will be available throughout the day.
- ❑ NO PETS OR ANIMALS OF ANY KIND. (THIS INCLUDES ANIMALS USED AS TEAM MASCOTS)

**FAILURE TO COMPLY WITH RULES
COULD RESULT IN A DEDUCTION OF
POINTS OR DISQUALIFICATION!!**

ADVANCED & INTERMEDIATE DIVISIONS:

(Divisions can be divided into **ADVANCED & INTERMEDIATE** at discretion of the host organization when there is a minimum of 2 squads signed up in each division)

DEFINITION OF DIVISIONS:

INTERMEDIATE DIVISION: Tumbling that consists of cartwheels, round offs, walkovers (front & back), & forward & backward rolls. You may also have ONE (1) CHEERLEADER who has advance tumbling. **More than one (1) cheerleader doing advanced tumbling & your squad is considered in the ADVANCED DIVISION.

ADVANCED DIVISION: Two (2) OR MORE CHEERLEADERS with the following... Tumbling that consists of handsprings (front & back), aerials, and any tumbling greater than aforementioned will be considered ADVANCED and your squad need to be in the ADVANCED DIVISION.

WHEN A COMPETITION IS DIVIDED INTO INTERMEDIATE & ADVANCED DIVISIONS a squad that is registered and has declared the division they are competing in MAY NOT change divisions.

Other Important Details...

- ❑ NO JEWELRY or GLITTER OF ANY KIND!! (This includes glitter on signs unless covered by laminate) LIGHT GLITTER MAKEUP IS ACCEPTABLE... BUT NO GLITTER SPRAY
- ❑ CHEEK CHEERS (FACE TATOOS) ARE ACCEPTABLE!
- ❑ NO ONE is permitted to stand behind the judges table. No sideline coaching!!
- ❑ NO ONE will be permitted to enter or leave during a performance. Doors will remain closed during performances...

One coach will be permitted to bring their cd to the sound table. Phone or iPod can be used BUT you must bring your own connection cord. We suggest you bring more than one copy of your music.

COMPETITION CHEER SQUAD: If a squad has less than 10 cheerleaders, the Organization has the option to combine ONLY with the next age group up for Expo/Cheer Competitions. If a cheer squad has more than 10 cheerleaders they are not permitted to combine with another squad. **All organizations are strongly encouraged to field 6 Age appropriate Cheer Squads if possible.**

ALL CCYFL cheer squads are **REQUIRED** to attend all regular season & post-season CCYFL games & cheer Expo. RAIN OR SHINE. If the Football teams are playing, the cheerleaders must be cheering. Failure to perform at a game may result in team suspension.

All Cheer squads must do a '**HELLO CHEER**' or welcome cheer at each game. Home team should go over to opposing team during the 1st quarter of the game, then opposing team to home team to do their cheer.

Head Coaches are responsible for all choreography of the squad's cheers & dances. ALL choreography, music, outfitting and overall team image/appearance must be suitable for family viewing and always be in good taste. Inappropriate music/words/profanity (in music or implied), inappropriate moves and/or body positioning, or inappropriate uniform or appearance will not be tolerated within CCYFL. ALL squads within a member organization must be monitored by their league Cheer Rep. Head Coaches who do not comply with this rule will receive one (1) warning. The second warning will result in the squad being disqualified from the event or removed from the sideline during the game. Head Coach(es) of a squad that is disqualified or removed from a game will be suspended for one game & the home organization will be fined \$250. THIS WILL BE STRICTLY ENFORCED.

Any CCYFL member organization hosting a Cheer Competition during the season must follow the CCYFL Cheer Comp Rules.

Any CCYFL member organization that uses the CCYFL Cheer Mats for any event (including Expo & CCYFL Cheer Competition) is responsible for picking up & returning the mats to storage. Cheer Mats MUST be vacuumed & free of dirt/debris BEFORE they are returned.

CCYFL Cheer squads may start mandatory practice on July 17, 2023. If a Cheer Camp is scheduled before this date it must be open to everyone & has to be advertised to all. CCYFL cheer squads may have "pre-season OPEN GYMS" which is limited to skill building and conditioning only. (No choreography or organized cheering permitted)

CHEER CHECK IN

(MANDATORY FOR ALL CCYFL CHEER SQUADS)

ALL COACHES, TEAM MOMS, & ANYONE OVER 18 WORKING WITH THE SQUAD AS WELL AS ALL CHEERLEADERS MUST ATTEND. CHEER REPS WILL BE REQUIRED TO HELP WITH CHEER CHECK INS. A SCHEDULE FOR TEAM CHECK-INS WILL BE MADE IN ADVANCE OF THE SPECIFIC DATE.

SQUADS WILL NEED TO HAVE THE FOLLOWING PAPERWORK IN ORDER AND READY TO BE SUBMITTED:

ALL PAPERWORK MUST BE HANDED IN ON THIS DAY.

CHEERLEADERS: IN ALPHABETICAL ORDER

CCYFL Team Roster Form
Copy of cheerleader's birth certificate
Current picture
Signed CCYFL Player Contract
OHIO Concussion Sign off
OHIO Lindsey Law Sign off

COACHES & ANYONE OVER 18 DIRECTLY WORKING WITH SQUAD WHO WILL BE ON THE SIDELINES:

Coaches Code of Ethics
Nays or **USA** Cheer Specific Training
Concussion Education Certificate
Lindsey Law Sign off
Background Check

Drops (knee, thigh, front back & split drops) from a jump, stand, or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop. (Ex.: splits from a cartwheel).

- ❑ Tumbling with a prop is prohibited! This includes when spiriting on/off the floor. This includes Poms even if they have an elastic band attached to them.
- ❑ Poms, signs, flags, and megaphones are the only props permitted.

5-6 yr. Old Squad

- ❑ Coach may place poms & signs on the floor prior to the start of the routine. Anything carried onto the floor, should be carried off by same squad.
- ❑ Coaches may sit in front of the girls during their routine, but they may not help!! Any coaching from the stands or from coaches will constitute a 25 pt. deduction from the total score. (after all judges scores are added together)

7, 8, 9, 10, 11 yr. Old Squads...

- ❑ Cheerleaders must place their own poms & signs. This may be done before the start of the routine. Anything carried onto the floor, should be carried off by same squad.

Coaches may sit in front of their squad during their routine but may not help!!! Any coaching from the stands or from coaches will constitute a 25 pt. deduction from the total score. (after all judges scores are added together)

A 42 x 42 mat will be provided for the event.

Any Organization using the CCYFL CHEER MATS for their event is responsible for picking up & returning the mats to storage. Cheer Mats MUST BE vacuumed & free of dirt/debris before returning them to storage.

- ❑ Timing will begin with the first note of music -or-organized word by the team after the team is officially announced to take the floor.
THERE WILL BE A 5 PTS PER JUDGE DEDUCTION FOR GOING OVER THE 5 MIN. LIMIT!
- ❑ Timing will end with the last organized word, movement, or note of music by the team. Teams must exit the floor immediately following their routine. In the event that your music messes up your time will stop and will not begin until the music starts. If your music failure is due to no fault of the coach your squad will be permitted one restart with no type of penalty.
- ❑ Spiriting on and off the floor will not be counted in the time.
- ❑ The order of competition will be determined the day of competition.
- ❑ Teams should be prompted to set the "Floor", and then take the floor once the Judges are ready.

This is a Non-building Competition...

****ANY SQUAD THAT HAS A MOUNT IN THEIR ROUTINE WILL BE DISQUALIFIED****

A MOUNT is also defined as a STUNT- any skill in which a top person is supported above the performance surface by one or more persons. ALL cheerleaders MUST be in control of their own body.

- ❑ No partner stunts (holding hands cartwheels are permissible).
- ❑ No dive rolls. Definition of dive role: A forward roll where the feet leave the ground before the hands reach the ground.

CCYFL

COMPETITION RULES & GUIDELINES- 2023

JUDGES FOR YOUR EVENT SHOULD MEET MINIMUM STANDARDS OF THE FOLLOWING:

KNOWLEDGE OF THE SPORT OF CHEERLEADING & SOMEONE WHO HAS CHEERED OR COACHED CHEERLEADING. FORMER OR PRESENT COLLEGE CHEERLEADERS ARE MOST ALWAYS A GOOD CHOICE.

MUST HAVE A MINIMUM OF AT LEAST (3) THREE JUDGES, BUT NO MORE THAN (5) FIVE.

*JUDGES SHOULD NOT HAVE ANY AFFILIATION WITH ANY ORGANIZATION OR SQUAD COMING TO YOUR EVENT.

JUDGES SHOULD PRESENT THEMSELVES IN A PROFESSIONAL MANNER. BUSINESS CASUAL DRESS. PLEASE.

JUDGES SHOULD BE PAID A MINIMUM OF \$100. ADDITIONAL COMPENSATION AT THE DISCRETION OF THE HOST ORGANIZATION.

YOU SHOULD REQUEST A BIO FOR EACH JUDGE AS WELL AS SENDING THEM AN EMAIL WITH A LIST OF ATTENDING SQUADS AS TO RULE OUT THEM HAVING ANY CURRENT AFFILIATION WITH ANY ORGANIZATION OR SQUAD. **JUDGES SHOULD BE INTRODUCED TO THE CROWD AND THEIR BIO READ OVER THE P. A.**

*ALL JUDGES NAMES & CONTACT INFORMATION SHOULD BE SENT TO THE CCYFL CHEER DIRECTOR PRIOR TO THE EVENT.

IF YOU NEED HELP FINDING JUDGES FOR YOUR EVENT PLEASE CONTACT THE CCYFL CHEER DIRECTOR.

OFFICIAL SCORE SHEET TO BE USED AT AN EVENT WILL BE PROVIDED BY EVENT HOST.

POINT DEDUCTION MAY ONLY BE GIVEN OUT BY THE JUDGES!!! NO INPUT FROM CHEER REPS, COACHES, OR PARENTS.

IF YOU ARE A CCYFL MEMBER ORGANIZATION THE FOLLOWING RULES NEED TO BE INCORPORATED INTO THE RULES YOU SEND OUT FOR YOUR EVENT.

SQUADS WILL BE PLACED IN DIVISIONS ACCORDING TO **THE OLDEST CHEERLEADER ON THE SQUAD BASED ON AGES AS OF 8/01/23**. OFFICIAL ROSTER WHICH INCLUDES BIRTHDATE OF PARTICIPANTS SHOULD BE HANDED IN NO LATER THAN ONE WEEK PRIOR TO SAID EVENT.

REGISTRATION FORMS, OFFICIAL LEAGUE CHEER ROSTER (WHICH SHOULD INCLUDE BIRTHDATE OF EVERY PARTICIPANT) & MONEY IS DUEBY NO LESS THAN ONE (1) WEEK PRIOR TO THE EVENT.

No all-star squads or youth squads that have try-outs. Squads **MUST** cheer for a football team.

All youth squads must provide a photo & a copy of each participant's birth certificate upon request.

Each squad must perform a routine consisting of at least a cheer, chant and dance and an element of crowd participation. It must not exceed 5 min. but be at least 2 min.