

OCYFL 2018 CHEER RULES

OVERVIEW: With Cheerleading being the demanding physical activity it is, players are expected to follow the rules of the team, town and OCYFL league at all times. The OCYFL rules are primary, towns may increase the strength of enforcement but MAY NOT decrease in any way.

AGE: All Cheerleaders must be at least 6 years old but not older than 14 by December 1st and entering 1st grade but not 9th grade of the current season. Cheerleaders will be placed on teams according to their grade level. If 6 by 12/1 & in kindergarden that is OK (ie held back)

*Moving up or down a level - Appeals must be made to the OCYFL board.

Mighty Mites: 1st and 2nd grade Division I: 3rd and 4th grade

Division II: 5th and 6th grade Division III: 7th and 8th grade

MASCOTS: Mascots are not allowed to participate in the OCYFL league. Only registered players and coaches may be on the practice and playing fields.

ORGANIZATION:

A. The head coach of each team must be at least 21 years of age.

B. ALL coaches MUST be certified by the chosen program of the OCYFL.

C. A high school demonstrator may be used to teach cheers, stunts, etc. However, this individual shall be under the direction and supervision of the head coach

D. Each town shall have a board member called Director of Cheerleading who is an equal voting member of the town's board, and to whom all cheerleading teams report to.

Mandatory Cuts:

Mandatory cuts can occur for the following reasons: under the discretion on the town director

A. Cheerleader cannot fulfill registration requirements (see your town registration policy).

B. Absences: A **minimum of 75%** practices must be attended during the month of August or prior to the first game. From the start of the school year through the remainder of the season, the number of allowed absences will be at the discretion of the individual town.

C. Cheerleader refuses to abide by league rules.

D. Once a cheerleader quits she may not return for that season, for that town or any other town.

A transfer of a family moving will need OC board approval.

Registration:

A. Registration Form – signed by either parent/guardian.

B. Medical Release Form – signed by physician that the cheerleader is physically fit to participate.

C. Proof of Age – a copy of birth certificate.

D. Parents Code of Conduct – signed by parent/guardian

E. Proof of residence; ie utility bill or school issued ID. (per town by-laws)

Appearance:

A. All cheerleaders must wear the required uniform as determined by each town in order to cheer that week's game. The uniform is to be worn only at OCYFL organized functions.

B. All hair must be pulled back off the face, neck and shoulders in a neat like fashion. High straight pony tail or tight Bun (hair must not be hanging below the shoulders or fall in front of the face).

C. Nails must be kept short, NO false nails and NO nail polish at all while in uniform.

D. NO JEWELRY IS ALLOWED. With the exception of medical id tags or medals (which must be taped over and clearly marked), NO JEWELRY MEANS NO additional accessories other than bow

***ALL piercings MUST be removed. CANNOT be taped or bandaid over. NO EXCEPTIONS!!**

E. Makeup is prohibited for all youth functions other than Cheerfest and should be kept to a tasteful minimum. NO GLITTER OF ANY KIND!!!

F. Megaphones, poms and small signs are the only props allowed at any time.

Safety and Stunting:

- A. No stunt or pyramids shall be higher than 2 persons.
- B. **NO Tucks, flips or inversions of any kind.** (Exception self-propelled tumbling - see tumbling)
- C. No seat, knee or body drops directly onto floor/ground.
- D. Back spotters are required for **all** stunts. And must be Hands on at all times
- E. Front Spotters are required for all stunts higher than a thigh stand but can be removed at the discretion of the cheer director. Spotters must remain in position until the dismount is completed.
- F. Mighty Mites may not exceed Thigh/Waist stand level. (Single Leg Stunts allowed at thigh/waist level. May do single base thigh stands)
 - Division 1 may not exceed Prep level. (Single Leg stunts at prep level braced. All cradle catches must be approved by the director)
 - Division 2 may do Extensions. May do single leg stunts (lib, arabesque, scale etc) at prep level ONLY. Floor Level inversions are allowed.
 - Division 3 may do Extensions. May do single leg stunts (lib, arabesque, scale etc) at prep level and extension level braced. Prep level inversions are also allowed.
 - Division 3 may extend single leg stunts only in a pyramid as long as braced on both sides by preps

G. **ALL Basket tosses, elevator tosses and similar multi-based tosses are prohibited.**

H. **ALL Release moves other than a straight ride cradle and leap frog are strictly prohibited.**

Explanation: a flyer must remain in contact with at least 2 of the original stunt group members at all times.

A tic tack within a pyramid is allowed provided it is braced on both sides by complete preps.

- I. The total number of twists in a dismount from a stunt cannot be greater than one rotation and is limited to Division 3.
 - J. **No** stunting or tumbling during rain or on muddy ground. NO Stunting on hard surfaces
 - K. Coaches, trainers or helpers are not allowed to participate in stunting at any time.
 - L. **Tumbling:** All tumbling must be self-propelled hand to floor contact with the highest element being a back tuck. There is to be no tumbling after a back tuck.
- In general, **All** stunting is at the discretion of the cheer director but may not exceed the above levels.

Practices:

- A. Pre-season practice shall not begin until the designated start date of the OCYFL.
- B. At least 15 minutes of warm up exercise (to stretch and to limber-up) shall be included prior to practice, games and competitions.
- C. Practices shall not exceed the following
 - a. No more than 10 hours per week during pre-season.
 - b. After pre-season practices are limited to 6 hours per week.
 - c. No more than 2 hours of practice may be scheduled on any one day.
 - d. Water and bathroom breaks will be given during practices as a squad.
- D. No practice, stunting or participation at games shall be permitted without the head coach or approved certified coach.

Games:

Each town will provide a safe, convenient area to cheer, free of fan interference. All teams must be ready to go within 15 mins of the start time of the game and must be on the field prior the coin toss.

- A. The home team will welcome the visiting team with the "Hello" cheer first.
- B. A coach from each team will travel with the team during the "Hello" cheer.
- C. Half time to be shared by both cheer teams, the visiting team will use the field first for their routine. Each team's performance should not exceed 2:30.
Each team will watch each other's routine, cheer and support each other.
- D. Remaining time is to be spent with coach regrouping for the next half of the game.
- E. During an injury of a player on either team, all cheerleaders will stop and take a knee while the player is being administered to.
- F. No trips to concession stand or wandering the field during the game or half time. Eating in uniform is highly discouraged by OCYFL but will remain under the discretion of the individual town.

G. A cheerleader's job is not only to cheer, it's to observe the game, get involved, and know where their team stands.

H. Rain or shine all squads are to cheer at all games.

I. At the completion of the game congratulatory handshake by both teams will be done **prior to any traditional spiriting.**

Camps:

All cheerleaders associated with OCYFL may attend camp as an individual, group, team with or without their coach. Camp is defined as a meeting of one or more training sessions provided by an outside organization. Camps are optional and not a requirement to be part of OCYFL.

Cheerfest

All regular season rules will apply in addition to those set forth by the cheerfest committee.

This is an **exhibition ONLY**. Usually scheduled for early November

Competitions:

The OCYFL will not sponsor any competition team. There are NO competitions allowed within the regular season. Towns may attend competitions AFTER the full regular season including playoffs and super bowl as a private league and must provide their own insurance separate from the OCYFL. The OCYFL rules should be the base rules all follow with careful attention to the competition host's rules.