



# 2010 Competition Rules and Regulations

## Attachment I

1. At Final Book Check, all registration cards need to be brought for final inspection and approval through the Board. ALL cards not approved will remain in the possession of the board until the final meeting.
2. No more than twenty (25) cheerleaders per squad may be registered with a team at Mass Registration. No more than twenty (25) registered cheerleaders per squad are eligible to compete on competition day. All teams must have certified registration cards in order to compete in competition. **No exception. If registration cards are lost/stolen prior to competition, cheerleaders will not be able to compete.**
3. The number of girls per squad will determine which division that squad competes in.  
Small Group: 1-14 girls Large Group: 15-or more (25 max)
4. **All teams must choose at the September general meeting, to enter the competition as cheer dance or cheer dance with stunts. Competition division will be determined by the number of girls registered by the 3rd game.**
5. **All teams that register for the season must attend competition or club(s) will be fined \$250 per team.**
6. Numbers will be drawn at a meeting prior to competition to determine the order in which the squads will cheer. A master sheet of team's numbers will be provided to the computer operator's /scorekeeper for entry.
7. Each club representative, coaches and junior coaches must sign the Code of Conduct form prior to competition and attend coach's certification, so that they are aware of the Rules and Regulations as set forth by SFYFLC.
8. Only five (5) certified coaches will be allowed in the designated seating area at all times.
  - a. All coaches, junior coaches and Representatives must be SFYFLC certified.
  - b. Registered coaches must be present with their squad at all times, except during performance.
  - c. Temporary badges will be issued depending on the location (\$20 per badge).
9. Only appointed officials and Board Members will be allowed in the designated waiting area.  
**\*\*COACHES AND CHEERLEADERS ARE NOT ALLOWED TO CROSS SIDES AT ALL! \*\***
10. **Each girl must have a minimum of 6 games (ok or excused) in order to participate in competition.**
11. All squads at ALL TIMES are responsible for promoting good sportsmanship among other squads, as well as their own. The blatant use of profanity or any other un-sportsmanship like conduct (i.e., booing, while other teams are performing, etc.) is prohibited and will result in a 25-point deduction, upon investigation by the Executive Board.
12. **No more than 3 cheerleaders per coach are to be escorted to the bathroom at all times.**
13. Cheerleaders will be seated in an orderly manner at all times during competition, according to seating chart.
14. The only special effects/props allowed are: foam cards, place cards, poster boards, Pom-poms, cloth, and Megaphones. (No larger than 18" x 24"). If any special effects/props are left in the performance area, the squad will be subject to a point deduction and/or fine.
15. Warm-up, stretching and jumping will be allowed only when instructed by the escort at designated areas. A dry run of your routine will be allowed stunting will be in accordance with

location.

**Volume must be kept at a min. Any club found stretching or warming up in a non-designated area will be fined \$250.00, fifty (50) points will be deducted, and or disqualification.**

**16. No mascots (under age cheerleaders), flag teams, inner-city squads cheerleaders are allowed to cheer at competition.** Mascots are allowed to sit with their specific squad/team at competition.

**17.** A pep rally will be conducted while the cheerleaders are seated in the cheering section, at least 15 minutes before the ceremony begins.

**18. SFYFLC Organization is not liable for hair loses/ damage to cheerleaders' hair due to bonding glue, hair pins, etc. Hair styles are up to each squad/park.**

**19.** Each squad will perform a 2 1/2 minutes (not less than 2 minutes) cheer dance or cheer dance with stunt routine. There will be a **5 points deduction** for each cheer over or under the required time limit .

**a.** The individual squad determines the choice of the cheer.

**b.** Each performance must contain at least two (2) team jumps and two (2) changes of formations. A formation change consists of the squad moving from (example): a single line to a V. Failure to do required moves will be reviewed by the Rules Enforcement Committee and can result in a **five (5)** point deduction per violation.

**c. Cheer Dance** - The dance and music portion may not exceed 1 1/4 minutes, **CAN NOT** contain any formations where one girl will be supporting another, splits, aerial drop, or a **twenty-five (25)** point deduction will be taken. Teams in the Cheer Dance division can incorporate tumbling into their routine. No assisted tumbling allowed.

**d. Cheer Dance with Stunts can be either all music or traditional (music and cheer) routine. The dance portion may not exceed 1 1/4 minutes, and may contain formations where girls are touching as long as they are self-supporting, aerial drops, gymnastics, cartwheel, splits, fans, etc. If using all music, the cheer portion must be easily identified by the judges.**

**1. It is each club/teams responsibility to ensure their team is ready to perform stunting.**

If your team is not hitting the stunts you are planning on performing in your competition routine, make adjustments to perform stunts that your team is comfortable with and safely capable of doing. Although falls and bobbles do occur in stunting, please make sure your team is **READY** for stunting.

**2. All teams must follow the National Federation High School rules for approved stunting. No inversion stunting allowed. All illegal students will result in a 25 point deduction.**

**e.** Squads will enter the performance area quickly and in an organized manner without any gymnastics or introduction. The squad will stand and wait for the Master of Ceremony to say "Begin". Timing will start from the first movement or word. Immediately after the performance, cheerleaders must wait in position for the Master of Ceremony to say "Thank You". After which, the Loretta Pirrotta award is presented. Then the squad may exit the performance area.

**f.** All routines must be performed within designated performance area set forth by S.F.Y.L.C. Any squad going outside of the performance area will have **five(5)** points deducted.

**g. Music: Each team must have two (2) CD's with only the song(s) used for the performance. It is the team's responsibility to ensure their CD plays in a standard CD player.** The CD that is played at competition will be kept by the Executive Board for review and returned with final scores to the club's rep. Any music with subjective, foul, or provocative lyrics will be prohibited. **DISQUALIFICATION OF SQUAD** will be imposed if this occurs.

**h. Up to 4 coaches will be allowed to sit in an area set aside for the coaches to watch their team perform. Absolutely no Coaching will be allowed from this area.** Only one S.F.Y.F.L.C.

certified coach per team will be allowed in music area. **A 5 point deduction if coach is caught coaching while team is on the mat.**

**i. ABSOLUTELY NO VULGAR DANCING**, i.e...., booty shaking, hoochie coochie, or suggestive dancing allowed. **DISQUALIFICATION OF SQUAD** will be imposed if this occurs.

**\*\*\* INTERPERTATION OF VULGAR DANCING IS AT THE DESCRETION OF THE COMPETITION'S TECHNICAL JUDGE\*\*\***

**20.** No jewelry (with the exception of medical alert) or nail polish will be permitted. If any violations, two (2) points per violation per girl will be deducted. Violations will be determined at checkin and given to the scorekeeper.

**21. \*Food will be governed by rule of facility hosting competition day.**

**22.** If a squad is not scheduled to leave, an Executive Board Member should be notified if a cheerleader is requested to leave the designation seating area.

**23. Cheerleaders are expected to keep their areas clean. All clubs are required to bring trash bags. Failure to keep are clean, clubs will be assessed a fine of at least \$100.**

## **DUTIES OF STANDING COMMITTEES:**

### **1. SEATING ARRANGEMENTS:**

- a. There will be assigned seating for all participating cheerleaders and S.F.Y.F.L.C. certified personal. City/Clubs will be assigned seats upon entry, once seated clubs must remain in their area. **NO EXCEPTIONS.**
- b. There will be ample facilities for the Judges (tables, chairs, etc.). This area will be isolated from the spectators and coaches.
- c. There will be ample restroom facilities for the participants and spectators.
- d. There will be ample seating for spectators. This section will be separate from the cheerleaders section.
- e. Tables and chairs for timekeepers, check-in, and code enforcement and display of trophies will be set prior to competition beginning.

### **2. CHECK-IN AND INSPECTION:**

- a. On competition day at check-in make sure:
  - i. All clubs with squads that have declared is present at designated check-in times. If not present, club will be placed at the end of check in. Fine and point deductions will be imposed as deemed necessary by Executive Board.
  - ii. A Rule Enforcer is notified during inspection to verify any violations incurred and deliver inspection sheets to the computer operator(s)/score keeper.
  - iii. **ALL SQUADS ARE IN FULL UNIFORM UPON CHECK-IN** and remain in full uniform for the duration of competition or face disqualification.
  - iv. Each cheerleader has a sealed registration card; with medical release form attached stating any medical conditions.
  - v. No cheerleader is wearing heavy make-up, nail polish, or jewelry (with the exception of medical alert). **Medical alert has to be stated on Medical Release Form.**

### **3. AWARDS COMMITTEE:**

It is the responsibility of the Awards Committee to set up and disperse the awards and to secure any remaining awards at the end of competition.

- 1. One cheerleader that is chosen by their team will be given a Loretta Pirrotta award. The award is given to the cheerleader that has shown the true qualities or a**

**cheerleader throughout the year.**

#### **4. PERFORMANCE AREA:**

The performance area being used for the competition is accordance to the competition location. The competition mat for the performance will be a regulated size mat according to the National Federation Rules. The mat will be clearly marked according to the official rules for the SFYFLC. The cheerleaders will face the spectators while they perform.

#### **5. JUDGES COMMITTEE: (Executive Board)**

- a. Make available on Competition day judge's rating sheets, point system sheets and all forms necessary for scoring purposes.
- b. Time sheets, stadium chairs, clipboards, ball point pens, and large manila envelopes and judge's master sheets.
- c. There will be three (3) timekeepers available for competition.
- d. All judges are informed by SFYFLC Executive Board of procedures, rules; judge's rating system, schedule of events for the SFYFLC Annual Competition.
- e. Any City/Club Rep, Coach, etc., approaching the Judges table before, during or after competition will be disqualified and fined. **NO Exceptions!**

#### **6. ESCORTS:**

The SFYFLC Executive Board will secure all personnel for escorts and Pep Rally.

#### **7. COMPETITION RULES ENFORCEMENT COMMITTEE:**

Will enforce all rules set down by the SFYFLC and will bring any infractions to the Executive Board's attention.

#### **8. SECURITY COMMITTEE:**

S.F.Y.F.L.C. will be responsible for overall security. SFYFL Rule Enforcers will assist with security.

#### **9. PENALTIES AND DISQUALIFICATIONS:**

- a. All fines will start at \$50.00 and can be increased at the Executive Board's discretion if violation deems it to be necessary.
- b. All squads must have their sealed card in their possession at the time of Competition check-in. Failure to produce said cards would result in that squad's disqualification from competition.
- c. Jewelry, nail polish will result in a **two (2) points deduction per occurrence.**
- d. Warming up and stretching (practicing of routine) will be allowed when instructed by the escort at the designated area. Any club found stretching or warming up prior to being instructed by their escort will be penalized **twenty-five (25) points** and fined of \$250.00 by the Executive Board.
- e. **Five (5) point deduction if any member of the cheer team is off the performance mat. (Props may be placed off the mat, but the cheerleader cannot step off the mat to get the props)**
- f. Any props used must be discarded with caution or a two (2) point deduction will be imposed per occurrence or fined as deemed necessary by the Executive Board.
- g. Any City/Club Rep, Coach, etc., approaching the Judges table before, during or after Competition will result in a \$100.00 fine and automatic probation of the club/park involved. The violator will automatically be suspended for one (1) year. **The team will also be disqualified.**
- h. Any dance over acceptable time limits (see Item #14-c) will result in a two (2) point

deduction per judge for that squad.

- i. Removal of uniform **prior to the Awards ceremony** will result in disqualification of the squad.

## **10. FINAL SCORES**

Final score sheets will be available at the last general meeting of the year. There will be no reviewing of the score sheets on the day of competition. ALL SCORES ARE FINAL AND IS THE INTERPRETATION OF THE JUDGES.

### **Note**

All coaches need to govern their routines in accordance to the National Federation Handbook on what is legal and illegal where stunting is concerned except where the SFYFLC By-Laws and Rules and Regulations have super ceded a point.