



Fernley Youth Cheer League (“FYCL”) Division Rules, Created on January 23, 2018

(**Revised January 1, 2020)

Preamble

To the Parents/Guardians...

This is a special time in your and your children’s lives. Cherish these moments because they pass so quickly. Remember there is a time for winning ...a time for losing. This is a time for learning and a time for understanding. Young people are watching your actions as a parent. What you do will be deemed as acceptable behavior in the lives of our children. This is more than just a game... when these enhancements are in place in a youth’s life they act against negative forces that often derail them from positive social development and lifestyles.

To the Youth Participants...

Cheerleaders are admired and they exert a significant influence over the actions and behavior of the spectators. Opponents and officials must be treated with respect as fellow human beings. Self-control must be exercised at all times; decisions must be accepted (without complaint).

To the Coaches...

The idea of coaching is to teach the principles of personal endeavor, performing well as a team member, governed at all times by the rules of the game, good sportsmanship, and a sense of humor.

To All...

No one person “runs” the FYCL. It consists of a Board of Directors, Committees, Members, Coaches, Team Managers, Parents, Guardians, and the Youth that love cheerleading. Please be respectful toward everyone involved. The FYCL reserves the right to deny membership and/or participation to anyone. The FYCL is a youth organization and we are the role models for our youth.

Objectives

1. To promote balanced competition within the scope of our rules and regulations and to ensure the safety and welfare of the youth cheerleaders.
2. To provide responsible cheerleading programs with organized and trained adult volunteers based upon where the youth participants are zoned to attend public high school.
3. To teach the fundamentals of cheerleading and influence good sportsmanship, teamwork, the highest moral and physical standards, and the importance of academic achievement.
4. To allow participation by ALL youth regardless of weight and/or ability.
5. To offer participation to ALL interested and dedicated youth despite financial hardship.
6. To create a family environment by giving parents/guardians the opportunity to participate with their children in a drug and alcohol free environment.

Infractions to Rules

Infractions to the FYCL Division Rules, High School Rules (NIAA), and/or National Rules of American Youth Football & Cheer (AYF/AYC) may result in formal disciplinary action by the Executive Board of Directors, up to and including permanent dismissal from the FYCL, depending upon the severity of the offense, i.e., physical violence during an FYCL event, continued or repeated violations, cheating, etc. Once the Executive Board of

Directors receives a formal complaint, it shall investigate the matter and, *where deemed necessary*, schedule a meeting with the parties to hear the evidence and render a written decision. If any of the parties disagrees with the decision of the Executive Board of Directors, the matter may then be heard by the Grievance Committee in accordance with the Grievance Procedures set forth below.

Grievance Procedures

The Grievance Committee must consist of the Chairperson, Co-Chairperson, and three (3) impartial members. After receipt of the written decision rendered by the Rules Enforcement Committee and/or the Executive Board of Directors (the “Decision”), an intent to file a grievance must be given in person or email within seventy-two (72) hours followed by a written grievance within (48) hours (this time period may be extended at the discretion of the Board of Directors). The Grievance Committee shall notify all interested parties and convene within seventy-two (72) hours after the grievance was filed (this time period may be extended by agreement between the party and the Grievance Committee). Fifteen (15) minutes will be allotted for the party to plead his or her case and all evidence to be considered must be presented at the time of the grievance hearing. The Decision shall not be invalidated unless direct evidence proves the Decision was unjust. The Grievance Committee shall uphold the Decision if it determines that the party was in direct violation of FYCL Division Rules. After the Grievance Committee has made its ruling, the party shall be notified of such ruling in writing (and also verbally at the discretion of the Grievance Committee). The Grievance Committee’s ruling is final and no further action may be taken.

General Rules and Rules of Conduct

All rules are to be followed at all FYCL events. FYCL events are as followed but not limited to Practice, Games, Camp, Competition, All Stars, Play-offs, any other event on and off school grounds that you are representing FYCL

FYCL 1 Every player/cheerleader shall register for a team/squad based upon the public high school zone in which he/she resides. All participants legal guardian are required to provide proof of residency for the high school they are zoned for during the registration period. As of 2015, participants requesting to play outside of their zoned high school will be required to complete the variance process which will be considered by the executive board (see FYCL 1A). These participants will be required to complete the variance process every season they remain with the FYCL. A cheerleader who “overflows” to another camp/team will be required to follow the variance process to remain on the team the following season and thereafter. All players who are participating on teams outside of their zone as of the end of 2014, whether it be due to “overflow” or a previously approved variance, will be grandfathered into that team as long as they remain with the FYCL. If an out-of-zone player leaves the SYFL for a period and returns, they will no longer be grandfathered in as an out-of-zone player and will need to complete the variance process.

FYCL 1A The variance application process will need to be completed for any player that is requesting to participate within a camp/team outside of their high school zone. The application will be considered and approved/denied by the Executive Board during the period of team reconciliation. An application will need to be completed, including current address, current high school zoning, the camp/team request move, a detailed reason for the request, and supporting documentation (as requested by the executive board). The FYCL will mirror the variance request policy of the Lyon county and Washoe County School districts. During the reconciliation of teams, the needs of all teams will be considered along with the variances requested. The executive board will determine the need of the teams as a priority and the need of the participant secondary. No variance requests will be considered until the period of team reconciliation begins. Coaches may be considered sooner along with consideration from the respective Area Coordinator in accordance with rule FYCL 1B.

FYCL 1B Any head coach, with a cheerleader, considering moving to a different camp/team outside of zone will also need to complete the variance process. The Area Coordinator of the respective camp/team will also need to approve/deny the variance request along with the Executive Board. A head coach will only be allowed to have one assistant coach, with a cheerleader. A variance will need to be submitted by any coach to move outside of zone in order to participate on his/her coaching staff. The participant of any participants of variance coaches will not be grandfathered into the team for future seasons. Head coach and assistant coaches, with a participating player or cheerleader, will be required to follow the variance policy as stated in FYCL 1A.

FYCL 2 League age is determined based upon the participant's age on June 30th immediately preceding the current season. Cheerleaders will be required to provide an original, certified birth certificate and a photocopy for the league records at the time of certification-as proof of age to ensure each player is placed in the correct division. If an original birth certificate is not presented, the player will not be eligible to participate. High school students are not permitted to participate in the FYCL except as noted below. Divisions are as follows:

Cheer:	Bandit, ages 5, 6, and 7 years old
	Maverick, ages 7 and 8
	Renegade, ages 8 and 9
	Freshman, ages 9 and 10
	Junior Varsity (JV), ages 10 and 11
	Varsity, ages 11 and 12
	Collegiate, ages 12, 13 and 14

Note: CHEER ONLY: Certain high school students are permitted in the Collegiate cheer division if their high school does not have a freshman team.

FYCL 3 Head Coaches must be at least 21 years of age. Assistant coaches must be at least 18 years of age. Junior coaches must be in High School. Junior Assistant Coaches at least three (3) years older than the cheerleaders they will be coaching. Assigned Head Coaches of each team take full responsibility of their assistant, junior coaches, assistant junior coaches, staff members, players and parents. Junior coaches and Assistant Junior Coaches are on the practice and game fields to assist the Head or Assistant Coach. Junior Coaches are not to be helping with discipline or tumbling and Assistant Junior Coaches are not to be helping with discipline, tumbling or stunting. **NO EXCEPTIONS!**

FYCL 4 All FYCL members, coaches and staff age 18 or above must submit to a background check to ensure that all adult volunteers are suitable to work with children. An adult will not be permitted to have a volunteer assignment in the FYCL if the results of the background check reveal unsuitability for working with children, as defined by NRS 179A.180-240. Financial concerns may result in financial restrictions. Upon successful completion of a background check, a League Identification Badge will be issued. This badge must be visibly worn and in plain view at all times any member, coach, staff, or other team/squad personnel are acting in any official capacity. This includes at all practices, games, and functions.

FYCL 5 At least one head coach for each team/squad must hold a valid CPR & First Aid certification and be present during all FYCL events in which the squad participates. The head coach will then choose 1-2 other coaching staff members to be certified as well. In the event an athlete is injured, a First Aid/CPR certified coach or team personnel, or other properly licensed medical provider, must attend to the athlete. Each squad will be provided with a team binder containing necessary documentation for each cheerleader that must be on hand and accessible during all FYCL events in which the team/squad participates. There shall be no more than six (6) approved badges issued per squad allowing no more than six (6) staff members per team/squad on the sidelines of any scrimmage or game. Staff members shall include coaches, managers, "team mom" or other "team parent," and any team media persons (photographer/videographer).

FYCL 6 Attendance at all coach meetings is mandatory for each team/squad. In the event the Head Coach is unable to be present, it is acceptable for an Assistant Coach or other staff member to attend.

FTCL 7 Head Coaches of each squad shall schedule a meeting with parents/guardians to inform them of the FYCL rules and squad rules, if any. Cheer squads are required to conduct the meeting prior to or during the first week of practice. Signed Parent's and Athlete's Code of Conduct forms will be kept in the Team Binder. All comments and concerns regarding the team/squad should be addressed directly to the Head Coach, Area Coordinator, or the Executive Board of Directors, if appropriate.

FYCL 8 All practice times, dates, and fields will be designated by agreements between the Head Coach and the Field Committee and/or Coach Coordinator. Each squad will be assigned a practice area for all regularly scheduled practices. Any teams or squads intending to use an alternate location must clear said alternate location in advance with their Coach coordinator as well as the Executive Board of Directors (Cheer with Cheer Director). Field use permits issued by local government bodies must be kept in Team Binder. Practicing on weekends is not permitted with exception to Winter Classic practices. Violations will result in the suspension of the Head Coach from the FYCL for one (1) year.

FYCL 9 Water breaks must be given at a minimum of once every 30 minutes during practice and games and more frequently during extreme temperatures.

FYCL 10 Any cheerleader who does not meet required practice days during any week will not be permitted to participate during half or all of that week's game unless the team/squad rules identify an alternative penalty that is enforced for all cheerleaders equally. All absences must be excused or discussed with the Head Coach. Documentation of attendance at all practices, games and other FYCL events is mandatory. Attendance sheets must be kept in the Team Binder and provided to an FYCL representative upon request.

FYCL 11 Any cheerleader who misses four (4) consecutive practices without prior notification may be cut from the squad. The Head Coach must contact the Coach Coordinator and the Executive Board of Directors in writing within forty-eight (48) hours if the cheerleader is cut and collect the appropriate uniform/equipment to be returned to the league within two weeks. A Head Coach may suspend any player/cheerleader for cause. The suspension must be documented and provided to the Coach Coordinator and Executive Board of Directors.

FYCL 12 Under no circumstances will a Head Coach accept a player not on his/her original roster, or transfer a cheerleader from his/her original roster, without first providing a written request to the Executive Board of Directors. A Head Coach must notify his/her Cheer Coordinator and the Executive Board of Directors of any cheerleader who drops/quits, and must collect the appropriate uniform/equipment to be returned to the league.

FYCL 13 All cheer squads are required to participate in all scheduled games and other FYCL events. Failure to participate may result in the suspension of the Head Coach.

FYCL 14 The FYCL requires that grade checks be done twice during the season. The first grade check is considered a progress report. The head coach is to distribute grade check forms to all registered athletes. All players must have the forms completed no later than the start of game 4 of the regular season. These grade checks will be considered unofficial and should be kept in the team binders although not required for eligibility. Head coaches will be responsible for verifying grades and ensuring participants are in compliance with the standards set by the FYCL. All players will be eligible to play, however, the head coach must use sound judgment to determine whether a participant should continue to participate until they meet the FYCL minimum requirements. The second grade check will be an official grade check. These grade checks are to be completed when official report cards are released to the students. Original report cards will be required for verification and 1 copy will be required to be in the Team Binder no later than the official team binder check before the cheer competition. The deadline will be set by the executive board for cheer. For the second grade check, eligibility

for all participants will need to be verified and approved by the executive board. If a student is deemed ineligible at the time of the second grade check, they will be ineligible to participate at the cheer competition.

A child must have at least a 2.0 GPA, or equivalent, to be eligible to participate in games/competition, with no grade in any subject being an “F” or below a 59.4 percent or otherwise unsatisfactory (“U”). GPA will be determined by the following point system: Any A, deemed an 89.5 percent or higher, is worth 4 points; any B, deemed a 79.5 to 89.4 percent, is worth 3 points; any C, deemed a 69.5 to 79.4 percent, is worth 2 points; any D, deemed a 59.5 to 69.4 percent, is worth 1 point; any F, or below 59.4 percent, makes the child ineligible. All classes, core and elective, must be reported for GPA to be determined. Those children who do not have a grade check form on file with the head coach, or who do not have at least a 2.0 GPA with no “F” or equivalent, are ineligible to participate in games/competitions until their grades meet this standard and a proper grade check form has been turned in. Those children who do not receive letter or percentage grades must have at least an “S-“ (or “Satisfactory”) in all subjects to be eligible to participate (no “unsatisfactory” or “U”). All players who receive a 3.0 – 3.49 GPA or equivalent, will be awarded with a Scholar Certificate in recognition of their scholastic achievement. All players who receive a 3.5 or higher GPA or equivalent will receive a Gold Scholar Medal in recognition of their high scholastic achievements. No child is exempt from this requirement. Children who are on Individualized Education Plans (IEP’s) will need to provide the progress reports as provided by the student’s teacher and/or school. Those who are home-schooled are to have their grade reports completed by the person responsible for their instruction. Any coach who allows a child to participate in any game or competition without a proper grade check form on file meeting eligibility requirements is subject to suspension from his/her position for one year, and the team is subject to forfeit any game or competition in which an ineligible child has participated.

FYCL 15 Animals are not permitted at any FYCL event, with the exception of service animals.

FYCL 16 Members, coaches and other FYCL representatives are not permitted to transport cheerleaders to or from any FYCL event in an open-air vehicle.

FYCL 17 Fundraising events are sponsored from time to time to help subsidize the League. Some events include pictures, concession stands, tournaments, camps, auctions, and raffles. Any coach, any member of a coaching staff, or any individual that circumvents the League in a League-Sponsored Fundraising Event will be permanently dismissed from the FYCL and required to reimburse the League in an amount equal to the loss of revenue from the event. A written Fundraiser Request Form must be submitted to and approved by at least one Executive Board member in writing or email prior to the fundraiser. The Executive Board of Directors must approve all fundraisers in advance. (See financial procedures.)

FYCL 18 All monies collected for team activities, whether fundraising, equipment or education, must be directed through the Treasurer. Members, coaches, and any other FYCL volunteers or representatives are not permitted to receive money either by check made payable to themselves or cash to be deposited in a personal account. Those engaging in this practice of collecting funds in this manner under the guise of collecting funds for the FYCL will be dismissed from their position permanently. (See financial procedures.)

FYCL 19 All monies raised by a team/squad must be given to the Treasurer before making purchases, and if by check must be on deposit at least two weeks before fund can be released. (See financial procedures.)

FYCL 20 An administrative fee will be assessed on all monies from fundraisers and any sponsorships from a company or individual using the FYCL’s Tax Identification Number for charitable donation reporting purposes. (See financial procedures.)

FYCL 21 **All FYCL board members, coaches youth participants, parents/guardians and guests of the above must not be in possession, use or offer any alcohol, tobacco, vape, recreational drugs or RX pill before or during**

a **FYCL Events. If the youth participant is removed from the event because of alcohol, recreational drugs, tobacco or RX pills no refund will be given.**

Snacks having shells (such as sunflower seeds, peanuts, pistachios, etc.), are prohibited at all FYCL sites and facilities. Excessive celebration either prior to or following any game must not include any items that may damage the fields or cause potential health risks to the cheerleaders. Items include but are not limited to, silly string, confetti, sparkling juices, smoke bombs, fireworks or pyrotechnics, etc. Any violations will result in disciplinary action, up to and including removal from the event and/or permanent dismissal from the FYCL, as appropriate. In addition, any costs for damages will be charged to the squad(s) responsible for the damages.

FYCL 22 There is zero tolerance for any act of physical or verbal abuse in which any person within the FYCL feels threatened by members, coaches, FYCL representatives, officials, youth participants, parents/guardians, and all other persons during any FCYL event will not be tolerated and will result in serious disciplinary action after a full and complete review by the executive board to determine the seriousness of the action.

First offense of a badged volunteer will result in being stripped of the volunteer badge and responsibilities/privileges as related to participating as a volunteer with the FYCL as well as a suspension as determined by executive board for no less than 2 weeks but may be longer depending on the severity of the action. First offense of a parent or participant will result in suspension as determined by the executive board for no less than 2 weeks, but may be longer depending on the severity of the action.

Second offense of any member, parents, or participants will result in immediate dismissal from the league.

FYCL 23 Any officer, director, member, coach, or other FYCL representative who commits a moral offense against the League or whose actions or activities are detrimental to the League is subject to disciplinary action, up to and including permanent dismissal from the FYCL. Any youth participant whose actions or activities are detrimental to the League is subject to disciplinary action, up to and including dismissal from the FYCL without refund.

FYCL 24 Any director, official, or other FYCL representative with authority may eject any person from any FYCL event with cause. Any coach or staff member ejected from a game must leave the facility and will be automatically suspended from the next game.

FYCL 25 **FYCL Concussion Policy:** The following steps are required in the event a cheerleader has a head injury and demonstrates signs of a concussion.

- **Immediate Removal From Play** – Any athlete who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion will be immediately removed from the game or practice. Any referee, head coach, assistant coach, or volunteer trained in concussion signs and symptoms is empowered to make the on-site determination that an athlete has received a concussion. Once it is determined that there may be a concussion that decision is final. The athlete will not be allowed to return to the game or practice on that same day. The parent or legal guardian of the athlete will be notified of the suspected concussion as soon as possible.
- **Required Medical Clearance** – Any athlete who has been removed from a game or practice for a suspected concussion must provide written medical clearance to the head coach in order to return to play. The written medical clearance must be from a licensed health care provider and state that the athlete is medically cleared to return to play. Written medical clearance will be kept in the team binder. If a player who has been medically cleared experiences a return of any concussion signs or symptoms he/she will be immediately removed from play.
- **Required Training for Coaches** – All head and assistant coaches, football and cheer, will be required to complete concussion training annually. The Executive Board will determine the type of annual

concussion training required. Coaches will not receive their badges until the mandatory training has been completed.

- Informed Consent of Parents and Athletes – All parents/legal guardians and athletes will be provided a written copy of the FYCL Concussion Policy as well as concussion education. The parent/legal guardian and athlete will sign a form acknowledging receipt and understanding of the FYCL Concussion Policy. The signed acknowledgement form must be signed before the first day of practice. The signed acknowledgement form will be kept in the team binder and will be part of the binder check conducted by Executive Board Members.

FYCL 26 Closing of practices – It is up to the discretion of the head coach to have open or closed practices.

FYCL 27 Social media pages for the cheer squads are to remain private and not secret. For each social media page that is created at least one (1) executive board member will have access to that page. This is to decrease issues with social media.

FYCL 28 There is a zero refund policy once a child has registered with the FYCL. The only exception to this rule would be on a case by case medical scenario brought to the Executive Board of Directors for approval.

Cheer Rules

CH 1 Cheerleaders may change divisions, with permission of the Board of Directors, where necessary (due to lack of coaches, insufficient number of cheerleaders to form a squad, etc.) and provided the parent/guardian signs the appropriate waiver/release form. Requests for a division change where a squad is available for the participants age/grade requirement may not move up more than one division.

CH 2 Each squad should be certified and registered in the same age/grade division as the football team for which it is associated. In the event there is no football team for the age/grade division in which the squad should be associated, that cheer squad may cheer for a different division, however, they will participate in the cheer competition at the age/grade level the squad is certified and registered for.

CH 3 Every squad shall have at least one (1) adult volunteer (21 years of age or over) for every twenty (20) participants. If more than twenty (20) participants are registered for a single squad, then two (2) adult volunteers are required.

CH 4 Change requests will only be taken in the event that all squads in that specific area are noted full or no football team in the appropriate age group is available.

CH 5 Each squad must have at least eight (8) participants and may not have more than twenty (20) participants in the Bandit through Freshman divisions or twenty-five (25) participants in the JV through Collegiate divisions. Any additions to the roster shall be up to head coaches' discretion with a hard cap set at twenty-four (24) in the Bandit through Freshman divisions and twenty-nine (29) participants in the JV through Collegiate divisions. The soft cap will be the head coaches' choice and may be declined by the head coach. Wait lists will be available for no more than 6 participants per squad. If a rostered participant decides not to participate before the deadline date and notifies the registration chairperson of that decision in writing, a waitlisted participant can be moved into that position. A waitlisted participant must be normally registered, and will be rostered on an alternative squad while waiting to see if a position opens on the waitlisted squad. The number of participants on any given squad will be determined as of the last open registration date (first weekend in June) which is also the deadline date. If a squad is full as of that date, no additional participants will be allowed. If a squad is not viable as of that date, the participants will be moved to viable squads. Placement on any given squad or with any given coach is not guaranteed, and no refunds will be issued.

CH 6 There must be at least fifteen (15) minutes of warm up exercises performed prior to any practice, game and/or competition.

CH 7 Practices during the preseason may not exceed ten (10) hours per week, with no practice on the weekends.

CH 8 The first two (2) weeks of practice are considered conditioning practices and may be held a maximum of five (5) nights per week, not to exceed ten (10) hours of practice per week. At the beginning of the traditional school year, practices will be limited to a maximum of six (6) hours per week.

CH 9 Jewelry of any kind, including earrings, nose rings, tongue rings, plugs/spacers for piercings, bracelets, anklets, rings, necklaces, belly rings, watches, hairclips, belts, etc. will not be permitted during practice or performing. Medical alert bracelets may be worn provided they are secured to the body with tape. They need to be removed immediately or they will sit out.

CH 10 Bandanas are prohibited.

CH 11 Gloves and other hand or wrist accessories are allowed during sideline cheering only. Gloves may not be worn when the cheerleader is involved in tumbling or stunting.

CH 12 No Nylons/Panythose may be worn.

CH 13 No gum is allowed at all, anywhere or anytime.

CH 14 Make up is to be age appropriate and light for any FYCL event. Colored hairspray is not permitted. During competition, points will be deducted for excessive make up.

CH 15 All cheerleaders must wear their complete FYCL uniform, including cheer shoes, for all FYCL games and competitions. Athletic type clothing and shoes with soft soles must be worn to practice and cheer camp. Sleeves, body wraps, turtle necks, and similar under uniform attire are permitted, so long as not distracting from the uniform (must be plain, complementary color). The only exception would be allowed for breast cancer awareness month.

CH 16 During any FYCL event, including practices, no constricting or revealing attire is permitted to be worn at cheerleading functions. Bare midriff may not be exposed. Practice attire should cover private parts. No undergarments can be showing. No spaghetti straps, no bare midriffs or bare backs. This rule also applies to all coaching staff and will be strictly enforced. If a coach or cheerleader is dressed inappropriately at any FYCL event, the coach or cheerleader must change into suitable attire immediately and will be placed on probation. In the event it happens again, the coach or cheerleader will be suspended indefinitely.

CH 17 Hair must be in a high pony on top of the head including long bangs secured with an elastic hair band. Hair must be secured during practices, performances and all FYCL/SYFL/FYFL events. No colored hair. Hair must be natural.

CH 18 Nails must be kept short, near the end of the fingers. No artificial nails will be allowed. Nail polish may/may not be allowed at the coach's discretion.

CH 19 No Glitter may be used or worn unless the glitter is infused into the original product itself. Any glitter that can flake or fall off is illegal at all FYCL events. Disciplinary action will result for the head coach and/or the squad will be disqualified from competition for any violations.

CH 20 Football cheer squads may compete in outside competitions (beyond the local SYFL competition) only upon the following circumstances:

1. The majority of the athletes rostered on the squad and their parents/guardians must agree to participate in outside competition (no child rostered for football cheer shall be forced to participate in competitive cheer, or required to change squads or drop out because the coach or others on the squad wish to compete);
2. The Coach Coordinator must be notified in writing as to which outside competition or competitions the squad plans to attend as soon as possible, but in any event no less than thirty days before any outside competition, and must thereafter have the squad's full itinerary in writing no less than ten days before any outside competition;
3. Every cheerleader, and any traveling junior coach(es) must have a permission slip on file with the league, similar to a field trip permission slip used by the school district (the form will be provided to you by the League);
4. All costs associated with outside competition must be paid through team funds (unless paid directly by the parents or the coach, which must be documented), with proper accounting and financial procedures followed at all times;
5. Any outside competition must be completed before February 1st (as returning player registrations begin in February and new squads are formed at that time); AND,
6. All other FYCL Rules must be followed (practice limitations, safety rules, grade checks (must be done before each outside competition), attending all games and other scheduled FYCL events, etc.).
7. Any outside competition must not interfere with any FYCL event.

CH 21 Following are the guidelines set for the Winter Classic Game:

- A. Divisions: Only the Freshman, Junior Varsity, Varsity, and Collegiate divisions are eligible to participate.
- B. Coaches: Coaches for the teams that placed first and second place in the Cheer Competition and will be assigned to coach the All-Star Classic teams.
- C. Player Selection: Teams will consist of a maximum of thirty (30) players. The selection will be as follows; Blue Team is compiled of teams placing ODD (1st, 3rd, 5th, 7th, 9th) numbers at the cheer competition. Red Team is compiled of teams placing EVEN (2nd, 4th, 6th, 8th, 10th) numbers at the cheer competition. Number of girls per team will be determined based on the number of teams per division with a cap of no more than 30 girls per team.
- D. Practices: Practices will be no more than eight (8) hours per week and must be held on Saturdays and Sundays unless you have no outlying areas on your team as to allow for outlying areas to attend. You will not be permitted to practice during the week, unless you have no outlying areas on your team.
- E. Payment for Winter Classic participation must be cash or money order only. Payments must be made prior to receiving the Winter Classic uniforms.

CH 22 Cheerleading squads at all levels may rent space at any All Star Gym or other locations. However, the All Star Gym may not assist in coaching or choreographing routines. Nor may choreography be purchased by the squad or donated to the squad.

CH 23 Supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production, do not require any additional padding in order to stunt or tumble. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids, tumbling, or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, or tumbling. They may however, continue to participate in other cheer activities. A medical professional must clear the participant for all stunting activities prior to being involved, even if the cast

is removed. The participant may, however, continue to participate in other cheer activities that do not involve stunting or tumbling until medical clearance is provided.

CH 24 Banners, flags, poms and signs are the only props allowed. The use of poms and/or props is prohibited during tumbling, partner stunt/pyramid building, dismounts and all stunt transitions which require the use of hands. The flyer may obtain and use poms or props when secure in a stunt. (Tumbling exception: a forward/backward roll may be performed with poms in hand) The placement of poms and props should be a safe distance away to eliminate a safety hazard. Hiding poms or props anywhere on the body or uniform is a safety issue and therefore prohibited. Poms and props should not be flung across the mat from the floor level or from a stunt. During cheer competition, banners may not be used at all.

CH 25 During cheer competition, members of the audience may bring poms and signs to show appreciation and provide encouragement, NO BANNERS. However, all such props must be removed from the premises and/or properly disposed of before the fans/squads leave the facility. NO CONFETTI.

CH 26 Any single pod stunt at/above the chest will require one back spotter. Bandit cheerleaders are not permitted to lift above the chest in single pod stunts.

CH 27 Spotters must have hands up and maintain constant visual contact in all stunts.

CH 28 All spotting must be done from the ground level.

CH 29 Single Pod Stunts shall not be higher than two (2) persons.

CH 30 Back-bends, which support any additional weight, are prohibited.

CH 31 Bandits, Mavericks, and Renegades are limited to a pony sit, thigh stand, and shoulder sits for single based spots. A back spotter is required.

CH 32 Freshman, JV, Varsity, and Collegiate may perform any single based stunt at shoulder level or above, however, will require a strong spot. A strong spot must remain in constant contact until the dismount and then assist with the catch. Shoulder sits are excluded.

CH 33 When two (2) bases are involved, cradle dismounts are allowed provided the original bases plus an additional spotter catch. Bandit and Maverick cheerleaders may not cradle dismount.

CH 34 Backward dismounts are prohibited below the Freshman Division, including fireman catches, fallbacks, and pendulums that progress back to upright.

CH 35 Full down dismounts are prohibited in the Bandit, Maverick, Renegade and Freshman Divisions. Varsity and Junior Varsity divisions can only full down dismount from a prep position. Collegiate can full down from a prep and extension position.

CH 36 Single Pod/Partner stunts may not pass over, under, or through other pyramids or stunts.

CH 37 Any cheerleader on a waiver due to playing up a division must not fly in a basket toss. Any violation in this rule will result in disciplinary action for the head coach and/or immediate disqualification of the team from competition.

CH 38 Basket Tosses are prohibited in all divisions with the exception of Varsity and Collegiate (stunts in which two (2) or more bases and one back spot form a basket with their arms and throw the partner in the air, catching the partner in a cradle). Stunts must "hit" at some point before a dismount is executed. Qualified

Collegiate and Varsity teams are teams whose head coach is NFHS and ACCAA certified and approved by the cheer director to perform approved UCA stunts.

CH 39 Varsity squads are limited to a straight ride only. Collegiate squads are limited to one element.

CH 40 One-legged stunts are permitted in all divisions. A Bandit, Maverick and Renegade cheerleader may not execute any one-legged stunt above the chest. For Bandits, Mavericks, and Renegades, the stunt must be returned to the prep position (two (2) feet) before dismounted.

CH 41 Free Falling flips or swan dives from any type of stunt are prohibited. For Renegade levels and above, a Superman/Prone are allowed as long as the back spot maintains contact with the flyer at all times.

CH 42 Flip mounts and dismounts are prohibited, regardless of bases constant contact with a flyer. A flip is considered any movement that causes a somersault effect, either head over heels or hips over heels. No running tumbling and “landing” or being caught in a cradle or pyramid is allowed. A back or front walk-over is permitted into a stunting formation, however the flyers must make contact with the floor with at least one foot before making contact with the base and is never free-flying.

CH 43 Inverted partner stunts are prohibited in all divisions. No cheerleader is allowed to be in an inverted position as part of a stunt or pyramid. Head must not be lower than hips.

CH 44 All stunts must be executed on a padded surface including grass, mats, or artificial tracks. All other surfaces are prohibited for stunting. Performing stunts on prohibited surfaces will result in disciplinary action against the head coach.

CH 45 All stunts must remain in constant contact with at least one original base/back spot at all times. No Flips, no ball ups, no Tic-Tocs, etc. under any circumstances for any stunts or pyramids

CH 46 Collapsible pyramids are prohibited.

CH 47 A pyramid may consist of connected single pod stunts but not higher than 2 persons.

CH 48 While in a pyramid, Bandits, Mavericks, and Renegades divisions may perform an extension while braced on both sides, single leg excluded.

CH 49 While in a pyramid, Freshman and JV divisions may do one-legged extensions braced on both sides.

CH 50 In a pyramid, a bracer must stay at the prep level or below through the entire pyramid

CH 51 While in a pyramid, Varsity and Collegiate divisions may do a one-legged extension with one bracer.

CH 52 Bracers must remain in constant contact with the center pod of the pyramid at all times even in dismounts. Bandits and Mavericks divisions must return to a prep level before a dismount. All other divisions may dismount from extensions as long as they are still braced.