

## IYFL Cheerleading 2025 Rules

### I. Age Division Breakdowns

July 31st is the age cut-off date. The age cutoff date is the deadline that decides which age group athletes will play for the season. For example, 9U includes any athletes who are 9 years old or younger as of July 31st.

Younger athletes can “age up” into an older division if needed, but older athletes are not permitted to cheer down.

- Flag 5/6 years old (typically Pre-K - Kindergarten)
- 7U - 7 years old & under (typically 1st - 2nd grade)
- 9U - 9 years old & under (typically 2nd - 4th grade)
- 11U - 11 years old & under (typically 4th - 6th grade)
- 13U - 13 years old & under (typically 6th - 8th grade)

### II. Game Day Procedures

- Sideline Behavior + Purpose - Cheerleaders are there to support the football team and encourage good sportsmanship. No taunting, booing, or negative chants—positive spirit only. Be respectful to officials, opponents, and coaches at all times.
- Uniform + Appearance - Cheerleaders must wear the full designated uniform (including bow and cheer sneakers). No jewelry (earrings, necklaces, bracelets, etc.). Hair should be tied back neatly and nails trimmed short for safety.
- Welcome Cheer - The home team welcomes the visiting team by walking over to the visiting squad area to exchange HELLO Cheers.
- Half time routine - Walk out to the center of the field together at the 50 yard line to cheer on the opposing team. Half time routine should consist of a cheer and a dance not exceeding 3 mins long.

### III. Director Responsibilities

- It is the director’s responsibility to make sure coaches have a copy of emergency information for each cheerleader. This should be kept with each coach for each team at all times.
- Directors should push all league information (clearance and membership requirements, dates, rules, etc) out to coaches
- Rosters of all registered cheerleaders will be due at the September meeting – NO EXCEPTIONS. They are to include names, addresses, birthdates and school that they attend.

### IV. Safety

- Coaches should be supervising cheerleaders at all times. There must be a coach (18 years or older) with the cheer squad.
- Stunting Safety
  1. Coaches or assisted spotters should be spotting stunt groups during half time performances and on the sidelines.
  2. Basket tosses are not permitted to be performed at half-time or on any field at any time.
  3. All athletes must be properly trained and the stunting skills mastered prior to performing at a game.

V. Inclement Weather

- If the football team is playing, cheerleaders should also be cheering.
- No stunting/tumbling is permitted when the field is wet. This is a safety hazard.

VI. Competitive Cheerleading

- IYFL Competition will take place at the end of the football season. Organization directors are required to provide up to 5 volunteers to work our hosted competition. Cheerleaders must attend a minimum of 50% of the regular season football games to qualify to compete.
- Post season competition is encouraged