

Black Hills Junior Football League

CHEERLEADING RULES FOR ALL AGE DIVISIONS

SR-1 ELIGIBILITY

FLAG: Kindergarten to 1st grade.

BANTAM: 2nd grade to 4th grade.

YOUTH: 5th grade to 6th grade.

JUNIOR: 7th grade to 9th grade.

SR-2 UNIFORM COSTS

Uniforms will include the following items; Shell, bows, socks, skirt, briefs, poms, and shoes. The total cost for uniforms should not exceed \$175. After \$175 it is required that the head cheer coach provide fundraisers to help the cheerleader get reimbursed for any amount above the \$175. This price does not include the league fee of \$25 which is used to pay for insurance. The payment date for uniforms is the first Monday in August. If payment arrangements are made with the head coach, they have the ability to take the uniform back from the cheerleader until it is paid in full. This option is generally only available to cheerleading teams with high fundraising dollars.

Coaches are required to keep uniforms the same for at least two years in a row to help make the costs more affordable.

SR- 3 GAME DAY ELIGIBILITY

All cheerleaders and mascots need to pay their insurance fee for the league by the first practice. All cheerleaders and mascots must be paid in full by the first Monday in August. Any cheerleader or mascot not paid in full is ineligible to perform in game(s). The league must have on file all cheerleader applications. Late additions to the cheer teams will have to pay higher uniform costs and will not get their uniforms right away because of ordering process times.

SR-4 GENERAL SAFETY RULES/GUIDELINES

- a) All cheer teams must be supervised by a BHJFL coach who is 18 years or older. Starting in the year 2015 badges are required for head cheer coaches, assistant cheer coaches, and junior coaches during practices, events, and games. One cheer team may have a max of one head coach, one assistant coach, and two junior coaches.
- b) Stunts may only be performed during practice when a head coach or assistant coach permits. All stunts performed during games must have a head coach or assistant coach present. No stunts may be performed when it is raining. Mats must be used during practice if the cheerleaders are practice on non-grass surfaces
- c) All participants assigned as spotters in a stunt group must remain in the ready position and looking at the flyer during the entire stunt. All cheerleaders assigned as bases are required to keep eyes on their flyer.
- d) Flags, banners, signs, poms, and megaphones are the only props allowed. Use of poms and/or props is prohibited during tumbling, stunt/pyramid load-ins, stunt/pyramid dismounts, and during stunt transitions.

The top person may obtain and use poms or props when secure in a stunt or pyramid. When discarding poms/props (signs, ect) that are made of solid material or have sharp edges/corners, team members must gently hand off or place the props so that they are under control (e.g. throwing a hard sign across the mat from a stunt would be illegal). The placement of props or poms should be a safe distance away from skills being performed to eliminate any safety hazards.

- e) Mascots in full head and/or body costume must not spot/stunt/tumble except for a forward roll or cartwheel. This rule also applies to participants wearing hooded sweatshirts, any type of warm-ups and any form of gloves/mittens that aren't legal stunting gloves. Long socks may not be worn by a top person when in any type of stunt.
- f) Cheerleaders who exhibits signs, symptoms or behavior consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the activity/practice/event/game and shall not return to play until cleared by an appropriate health-care professional.
- g) A cheerleader who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity until the bleeding has stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or uniform is changed before returning to participation.

SR-5 APPERANCE

- a) Apparel must cover the midriff when the participant is standing at attention. Safety pins may not be used on uniforms as they present a safety hazard. Apparel and accessories must be appropriate for the activity involved to minimize the risk for the participants. This can include tops, shorts, leggings, socks, bows, ect.
- b) Cheer shoes must be worn during games. During practices it is preferred to have cheer shoes but sneakers may do for non-flyers. Coaches may ask cheerleaders to sit out of practice if their shoes do not have solid soles or proper coverage.
- c) Cheerleaders should not be chewing gum or have candy/food in their mouths while performing during any events, practices or games.
- d) Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, anklets, bracelets, necklaces, ropes, hair elastics on wrists and pins on uniforms are prohibited. Jewelry must be removed and may not be band-aid/taped over.
- e) Nails must be kept short at all times during the cheer season for the safety of stunting.
- f) Hair must be worn back and off the neck/shoulders during any practice or game unless the coach specifies. Hair must be secured away from the face and not interfere with the cheerleader's ability to stunt safely or obstruct vision.
- g) All loose glitter in hair, on hair accessories, on signs or on the body, excluding glitter/shimmer eye shadow, is prohibited.

SR- 6 CHEERLEADER RECRUITMENT AND ASSIGNMENT

Cheerleaders shall be accepted on a first come, first served basis until teams are full (16 cheerleaders). Should teams at the cheerleader's respective school be full, the cheerleader shall have the opportunity to play on another team at the school closest to the player's school or go on a waiting list for teams at the their school. Under no circumstances shall a cheerleader be denied the opportunity to cheer because of arbitrary roster size limits. Recruitment: All persons associated with the league are encouraged to recruit cheerleaders for the league. Under no circumstances shall any person recruiting

cheerleaders make any promises as to team assignment or entice a roster cheerleader on another team to request a change of team. Any coach violating this policy shall be subject to immediate suspension or dismissal from his/her position in the league. All cheerleaders shall perform for a team at the school they attend. Any situations that arise which fall outside the rules regarding cheer assignments as written above shall be submitted in writing to the cheer coordinator prior to the cheerleader starting practice. A final decision shall be rendered by league board.

RETURNING CHEERLEADERS:

Cheerleaders are assigned to the same team/franchise from the previous year unless released by the Head Coach after consulting with the Cheer Coordinator or by a participant's own request and such is approved by the board.

SR- 7 PRACTICE TIME AND DATES

All coaches are required to keep attendance records. Cheer coaches should make every attempt to have practices at the same time as the football team they cheer for during the season. No practice shall take place before the assigned start of the season. A practice is described as a coach and two (2) or more cheerleaders from a team. Eligible practice days are Monday through Thursday. Friday and Sunday practices are NEVER permitted. Coaches may require for cheerleaders to come up to one hour of practice time on game day Saturdays. Coaches may also require girls to be at the field for longer during bake sale days but would not have the cheerleaders practice. No practice shall start before 5:00pm.

Junior teams may practice four (4) days a week until school starts. Junior teams may practice three (3) days a week for the rest of the season after school starts with a max of six hours between Monday and Thursday.*

Youth teams may practice four (4) days a week for the first four (4) weeks. Youth teams may practice three (3) days a week for the rest of the season after school starts with a max of six hours between Monday and Thursday.*

Bantam teams may practice four (4) days a week for until Jamboree. Then they can practice for three days a week until the start of school. Once school starts Bantam is only allowed to practice two (2) days a week with a max of 4 hours between Monday and Thursday.*

After Labor Day, cheerleaders who fail to make a minimum of two (2) practices per week for an unexcused reason shall have the following restrictions:

- Cheerleaders missing one (1) unexcused practice shall not play in the first quarter.
- Cheerleaders missing two (2) unexcused practice shall not play in the first half.
- Cheerleaders missing three (3) unexcused practice shall not play in the game.

**Two weeks before cheer competition cheer teams may up their practice by 1 day for up to 2 additional hours for bantam and 2 days for up to 4 additional hours for Youth and Bantam. If coaches are going to apply this rule they need to let the cheer coordinator know that they are adding a practice.*

Teams breaking the rules for practices times can be penalized by not being allowed to participate in the end of season cheer competition and those teams will not be eligible for special end of the year awards.

SR- 8 TUMBLING RULES

- a) All tumbling must originate from and land on the performing surface. A tumbler may, without hip-over-head rotation, rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.
- b) Tumbling over, under, or through a stunt, individual, or prop, is prohibited.
- c) Tumbling while holding or in contact with any prop is prohibited.
- d) Forward and backward rolls, front and back walkovers, handstands, cartwheels, and round offs are allowed.
- e) Front and back handsprings are allowed but both hands must remain in contact with the floor when executing these moves.
- f) Tumbling should not be performed on wet surfaces.
- g) Tumbling should only be performed with head coach or assistant coach present.

SR- 8 INJURED CHEERLEADERS

Head coaches must submit in writing to the board within seven (7) days all available information with regards to cheerleader who have been injured and require a Physicians assistance. Coaches are to obtain from a parent a doctors or parent release and submit this to a board official A.S.A.P. Injured cheerleaders will not be allowed to participate in practices or games until this has been cleared by the board.

Cheer coaches should be aware of the concussion safety and policies. Team cheer coaches should have a first aid kit and basic knowledge of first aid. Coaches may treat minor injuries with bandages and/or ice pack as necessary.

SR- 10 CHEER COMPETITION RULES

Cheer teams are required to pay their entry fees by the submission date in order to participate. As stated in the practices time rules section, any team that violates the allowed practices times may forfeit their right to participate in the cheer competition.

Cheer teams can perform for up to 5 minutes. They can have two (2) cheers or chants and may perform one dance that is a max of 2 minutes long.

Flag teams may do a performance. During their performance they are allowed to use props. This is for flag only.

Awards:

- a) During completion trophies are placed from 1st to the last place of the total number of participating team for the division.
- b) Every participate is awarded a participation medallion.

- c) A sportsmanship award is given for the Junior division.

All major stunts need to be approved by the cheer coordinator and assistant cheer coordinator for safety. Cheer coaches should follow the Spirit National Federation of State High School Association rules.

The judges for the cheer completion will be a mix of multiple cheer coaches or dance coaches throughout the school districts represented in BHJFL.

SR- 11 SCHOOL AND GAME SUSPENSION

Should a cheerleader be given an out-of-school suspension for any reason, that cheerleader is suspended from participating in practice on the days of their suspension. If a cheerleader is suspended one day they will miss the first quarter of their next scheduled game. If a cheerleader is suspended two days they will miss the first and second quarter of their next scheduled game. If a cheerleader is suspended three or more days they will not perform in their next scheduled game. If a cheerleaders school suspension starts on a Friday and is more than one day, their league suspension will start the following Monday. If a cheerleader is suspended on a Friday before the last scheduled game of the year their suspension will be enforced for the last game. There shall be no appeal to this rule. Cheerleaders given a long term suspension, who then transfer out of their district or are home schooled will not participate until they have been reinstated in their original district. Coaches are to encourage high academics and good behavior from their cheerleaders while in school.

SR-12 HEAD COACH CONDUCT AND GENERAL RESPONSIBILITIES

Head coaches will provide a non-smoking, weapons free, drug free, alcohol free, and profanity free environment during practice and games. This rule will be strictly enforced in compliance with existing Washington State law(s). Parents, coaches, and cheerleaders who repeatedly violate this rule will be removed from participating in practices, games, and/or removed from the league.

Head coaches are responsible for the conduct of their assistants and cheerleaders. General Conduct Any coach who by his/her actions, conduct, or public comments, is found to be in conflict with the best interest of the League, cheerleaders, parents, or school district is subject to immediate removal from his/her position in the League. The decision of the Executive Board in such matters shall be final.