

**TRI-COUNTY YOUTH  
FOOTBALL &  
CHEERLEADING  
CONFERENCE  
Cheerleading Rules**

## **RULE 1—TEAM COMPOSITION -**

- A. Each TCYFCC teams shall have no more than thirty-five (35) cheerleaders.
- B. Anyone not a registered player and over the age of 18 (excluding media personnel and chain gang) must have a valid Hillsborough County Parks and Recreation Department Coach's Card or its equivalent and pass their respected Counties/Cities Background Check— see Bylaws
- C. The staff of each TCYFCC team shall consist of the following:
  - 1. One (1) head coach,
  - 2. No more than Five (5) assistant coaches and/or trainers,
  - 3. No more than two (2) team representatives or team moms/dads.

## **RULE 2—TEAM ROSTER AND OFFICIAL BINDER**

- A. The team binder shall contain the following required information and shall be arranged in the same order as the official team roster. Included in the team binder shall be verification of CPR, First Aid, AED, Concussion Certification, and Coach's Certification for all Coaches per Hillsborough County, The TCYFCC Attendance Sheet, TCYFCC Roster, and Insurance Forms.
- B. Each TCYFCC team shall include, on a roster form supplied by TCYFCC, the following information:
  - 1. Member organization's name,
  - 2. Team name,
  - 3. Team ages,
  - 4. Color of uniforms
  - 5. Names, titles, and telephone numbers of all staff,
  - 6. Roster should have full name of each cheerleader in order of oldest to youngest,
  - 7. The name of the school each cheerleader attends or proof of homeschooling, and
  - 8. League Age, as of August 31<sup>st</sup>, and date of birth of each cheerleader.
- C. Organizations will not wait to seal their books until the last week of sealing, it is the expectation of TCYFCC that each organization will start sealing their books as soon as possible. Team rosters and official binders shall be due for inspection and sealing by a designated trustee from another member organization beginning at the first regular scheduled football game, except for a team who has a "Bye". In such case, those team rosters and official binders will be due for inspection at their first regular scheduled football game. Additional cheerleaders may be added each week thereafter only on game days until Game Week Four. Added cheerleaders must comply with all official requirements and can only be added and sealed by another member Trustee. No changes may be added to this roster after Game Week Four. This shall be the official roster. Any violation of this rule will result in the head cheer trustee being suspended for a term of one calendar year effective immediately. That specific team that the infraction applies to will be penalized a deduction of 15 points from their Cheer Off score sheet.
- D. Three (3) signed and sealed copies of each team's official roster shall be prepared and distributed as follows: these Three (3) copies shall be updated each week with any cheerleader additions or subtractions.)
  - 1. Two (2) to the team's official binder,
  - 2. Upon completion of the official roster (Game Week Four), in which rosters are sealed and closed, the designated Trustee will sign and affix an approved seal to it and all copies. Sealed and closed rosters should be given to the TCYFCC Cheer Trustee by Game Week Five of the current season.
  - 3. A copy will be given to the Cheer-Off Host Team Upon request.

E. Required documents:

Each organization will make up books for each cheerleading squad. The book will contain the following information about each cheerleader on the squad and be formatted in the following manner:

1. Left Side (in order)

Birth Certificate or Any proof of age documentation as follows:

- i. an official state, county, municipal, federal or foreign birth certificate or certificate birth registration as issued by a governmental entity, or,
- ii. an original court issued document attesting to the player's date of birth, or
- iii. an official passport

Name and birthdate highlighted – this should take up half a page

Waiver, not to obscure the Child's name or Date of Birth

Concussion Form

2. Right Side (in order)

A completed Florida High School Athletic Association (FHSAA) sports physical examination certification dated no earlier than May 1st of the current year, with physician's signature (stamp optional.) In the event of an injury or illness in which a physician has excused said participants from Physical activity, participant must upon returning present a medical release to be eligible to participate in practice or games. If said participant is released to play with injury or illness a medical release is required. Medical release is to be placed in the official binder.

Hard Card (printed on card stock paper) with a Current Cheerleader Picture (card must be signed by Trustee) – picture side should be on open end of the sheet protector.

A current, individual photo needs to be attached to the hard card with double stick tape (no staples or paper clips & NO POLAROID photos).

TCYFCC Waiver Directly behind Hard Card

Any other league forms

F. Any organization obtaining a waiver should receive a copy of the minutes containing the child's name and squad and place a copy in appropriate roster book in the front behind roster.

G. The books MUST be in the possession of Trustee or Alternate Trustee, whichever is in attendance, at all TCYFCC sports functions.

H. Inspection of books:

I. Preliminary book check will be held at the July Cheer Trustee Meeting. Each organization should bring books to July meeting for inspection.

J. Attendance/Book Check:

1. Cheerleaders must be present for book check.
2. The opposing team's Trustee compares the hard card, roster and proof age document for name and birth date and compares the picture with the cheerleader, verifies that Physical is signed, and that all other TCYFCC Designated Forms are present and complete.
3. If all information is correct and all required paperwork is present, the opposing team's Trustee seals the picture with their own league seal and initials and dates the hard card to the left of the picture and initials and dates participant name on roster. Do not seal picture if any information is incorrect and/or any paperwork is missing.
4. If there are cheerleaders or paperwork missing or incorrect the opposing team's Trustee Does NOT sign or seal the cheerleader.
5. The opposing team's Trustee draws a line on the next blank line under the last girl and signs the roster and seals their signature. There should be three original rosters that are sealed.

Any rosters not sealed can be completed and sealed at the next game by the Trustee of the opposing team once completed per TCYFCC until the 4<sup>th</sup> Regular Scheduled Game.

6. If a cheerleader quits, after book checks have begun, do not remove the paperwork. Turn the Hard Card over and write QUIT on it.

7. A special waiver may be obtained for any girl absent due to illness, or special family circumstances for an extra week by notifying the Executive Cheer Trustees of the conference, in writing (or email), explaining the circumstances and she will notify the opposing team's Trustee of the team they are playing that week (5th week) and she may seal the girl's picture at that time by initialing and dating her name on the roster beside the girls name and at the bottom of the official roster. Written approval must be place behind roster.

## K. Concussion Rule

1. Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

2. In Florida, an appropriate health-care professional (AHCP) is defined as either a licensed physician (MD, as per Chapter 458, Florida Statutes), a licensed osteopathic physician (DO, as per Chapter 459, Florida Statutes), or a licensed physicians assistant under the direct supervision of a MD/DO (as per Chapters 458.347 and 459.022, Florida Statutes).

3. Return To Play (RTP) Criteria:

a. No athlete should return to play (RTP) or practice on the same day of a concussion. "When in doubt, sit them out!"

b. Any athlete suspected of having a concussion must be evaluated by an ACHP (as defined above) as soon as possible and practical.

c. Any athlete who has sustained a concussion must be medically cleared by an AHCP (as defined above) prior to resuming participation in any practice or competition.

d. After evaluation and examination by an AHCP (as defined above), return to play must follow a step-wise protocol as defined by the "Graded Return to Play Protocol" form and under the supervision of an AHCP, athletic trainer, coach or other health care professional. FHSAA Form AT18 (Post Head Injury/Concussion)

e. A written medical clearance from an AHCP (as defined above) is required for return to competition along with FHSAA Form AT18.

## **RULE 3—AGES AND DIVISIONS**

A. The following age limits will be strictly enforces:

Mighty Mites: 5-6 year olds (4 yr. olds will be allowed at the discretion of each league's Cheer Trustee)

Peeweeps: 7-8 year olds

Midgets: 9-10 year olds

Jr. Varsity: 11-12 year olds

Varsity: 13, 14 15 year olds

League age is defined as the age the child is as of August 31st of the current year. For

example, if a cheerleader turns 9 on September 1st they are the league age 8.

B. By Florida Law, if school age they must be enrolled in an accredited school during the same calendar year of participation, and meeting all other rules of the conference in order to be eligible.

C. Each league may request a total of 7 waivers to move cheerleaders up or down one age group or for girls who cheer for middle school or JV High school teams. No Varsity High School and No all-star cheerleaders will be allowed.

D. Cheerleaders that are moved up with a waiver are exempt from flying at Cheer-Off.

E. Waivers must be present in Books on the same side as the Birth Certificate. If a Waiver Is given to move a child up the Waiver must state exempt from flying. Rosters must have a 'W' for waiver.

#### F. DEFINITION OF A CHEERLEADING TEAM

1. A cheerleading team shall be defined as viable with eight (8) members. If less than eight (8) Members RULE 3F2 may be exercised.

2. In order to form a viable team a member organization may move cheerleaders up or down one Division as long as the move would give the team(s) no more than 16 total cheerleaders, i.e. a cheerleader(s) may be moved up to the next division provided the oldest aged cheerleader(s) are the first moved, or cheerleader(s) may be moved down to the next age division provided the youngest age cheerleader(s) are the first moved. This rule can be utilized only on teams with less than eight (8) members, in the event THIS OCCURS, APPROVAL FROM THE TCYFCC Board of Trustees shall be required and all the organization's rosters must be presented to the TCYFCC Trustees for approval at the meeting prior to the final book check. This Rule may be utilized up to the Final Book sealing, no approvals permitted after the Books are closed. A maximum of 2 of the 7 waivers can be used when making a viable team. Any participant not sealed by 4th regular season game, and no waiver was requested for additional time, will be ineligible for any TCYFCC function including but not limited to practices, games, and the TCYFCC Cheer-Off.

### **RULE 4—PRACTICE**

A. Practice shall be defined as any gathering of a team of two or more individual cheerleaders to exercise or study cheerleading Under Direction of any Adult Member.

B. TCYFCC member organizations are prohibited from engaging in any organized physical conditioning prior to the scheduled first day of practice as designated by the Board of Trustees. The only activities in which a cheerleader may take part in prior to the designated first day of practice shall be registration, physical examinations, distribution of uniforms and equipment and fund raising. All team bonding events should be reported to the conference.

C. Practices shall be limited to a maximum of two (2) hours per day. All Sports Physicals are due by the first day of practice.

D. Teams shall hold no more than five (5) practices during any calendar week until the start of the school year in Hillsborough, Pasco & Polk County, unless otherwise approved by the Board of Trustees. When school starts (based on Hillsborough, Pasco, & Polk County Schools' calendar) practices shall be limited to no more than three (3) days per calendar week through the regular season. Practices shall not exceed six (6) hours per week through the regular season and post season play. Calendar week is defined as Monday – Sunday.

E. Exception to RULE 4—PRACTICE Two (2) weeks prior to TCYFCC Cheer off, teams may practice four (4) nights a week for a maximum of two (2) hours each practice.

F. Teams with a Bye shall be permitted to practice an additional two hours during the Bye week only.

- G. Curfew for practices shall be 9:00p.m.
- H. One Trustee Must be present at all practices, scrimmages and games.
- I. All practices MUST be held at a TCYFCC approved facility.
- J. The First Week of Practice is for conditioning only; Conditioning is defines as Jumps, Exercise, Motions, and words to cheers, no stunting or tumbling.

**RULE 5—TCYFCC SCHEDULE**

A. All TCYFCC games shall be scheduled on Saturday according to the following time frame:

	<b>Warm Up Time (Maximum of 1 Hour Prior to Game Time)</b>
Might Mites	9:00am
Peeweens	10:30am
Midgets	12:00pm
Junior Varsity	2:00 pm
Varsity	4:00 pm

- B. The Board of Trustees has the authority to cancel, postpone, or reschedule any game or part of a game when, in their opinion, such action will best serve the needs of the TCYFCC.
- C. Cheerleader teams shall be required to cheer for all official games of their designated football team as scheduled except if there is no team available – see ATTENDANCE RULE
- D. Cheerleading teams shall be allowed to participate in outside competitions during the season, ending as of December 31<sup>st</sup>.

**RULE 6—UNIFORMS AND EQUIPMENT**

- A. Each Cheerleader must have a complete uniform. A Uniform is defined as the regulation Cheerleader uniform (Top, skirt, Bloomers, Socks, Shoes and Hair bow) with the addition of a unifit only. The only additions that may be added to the uniform are the following accessories.
  1. Face Paint
  2. Hair Pieces
  3. Hair Bows (metal clips are acceptable)
  4. Gloves (NCA approved cheerleading gloves only)
  5. Hair and Body Glitter (No loose glitter permitted)
  6. Pom-poms

**RULE 7—GAME DAY ETIQUETTE**

- A. Roster: All teams shall provide a current list of cheerleaders to the press box prior to the start of the game. The list should contain rostered cheerleaders only.
- B. Inappropriate cheers: The use of inappropriate cheers is strictly forbidden and subject to disciplinary action by the Board of Trustees.
- C. Cheerleaders shall not cross the 50 yard line, in stadium conditions where the cheerleaders are not restricted by a football team, during game time. Otherwise, cheerleaders shall remain outside the 30 yard lines designated by the football box.
- D. Half-Time: 8 minutes in duration, will be split equally between the two teams. They will both go out onto the field in front of their fans. The visiting team will be announced first and then do their Half-Time performance, then the Home Team will be announced and do their Half-time performance. Each team shall designate someone responsible for announcing the cheerleaders’ names, first names only in consideration of time. Spirit Sticks containing enough candy for each child are to be exchanged after the Half Time Performance at every game excluding Exhibition Games. At least one coach from each

team will accompany cheerleaders through the line to act as example of good sportsmanship. Half time for Homecoming games: teams can either be announced at beginning of game or at half time, which ever league chooses.

E. Sportsmanship: Good sportsmanship is required at all times.

F. Providing adequate safety and first aid equipment and procedures, including the following:

1. Complete first aid kit,
2. Emergency procedures posted conspicuously, and
3. A telephone in the immediate area for emergency use only.

G. Adequate seating for teams and spectators.

H. Restraining lines between the spectators and the playing field.

I. Donations at the gate are permitted, but shall not exceed \$3.00 for adults and \$1.00 for Children except for Cheer-Offs and Super Bowl the Donation is \$4.00 for Adults and \$2.00 for Children.

J. Cheerleaders are not permitted to go through the line with the Football Players at the end of the game.

K. The home team shall provide and distribute Game Day Spirit Awards along with a TCYFCC Concession Coupon of \$5 in value to include expiration date 12/31 – current year.

### **RULE 8—CHEERLEADER ELIGIBILITY**

A. Anyone who has been or is a part of any school or other organized cheerleading team during the time period of August 1<sup>st</sup> of the current TCYFCC official season to the end of the season, shall be ineligible for participation in the TCYFCC with the exceptions of middle school and high school JV (see Rule 3 concerning Waivers).

B. Every participant must be enrolled in and attending an accredited school or registered with State of Florida county school for home schooling (appropriate documentation required), unless the participant is too young to attend school. Any Cheerleader who is not enrolled in and attending an accredited school shall be ineligible to participate. Any player who quits school after the season begins shall become ineligible to continue to play.

C. The responsibility of notification of withdrawal from school shall be the responsibility of the individual cheerleader. Failure to notify the organization of his/her withdrawal shall result in his immediate removal from the team.

D. Any other Cheerleaders knowledgeable of an individual's withdrawal from school shall be required to report such withdrawal to his/her organization's officials. Failure to do so may result in the individual also being subject to dismissal from the team.

E. Any organization official knowledgeable of an individual's withdrawal from school shall be responsible to investigate the situation in an appropriate manner and report it to the TCYFCC President in a timely fashion.

F. If failing to report the non-attendance of a Cheerleader by any individual—player, coach, or organization official—is deemed to be of a vindictive nature, disciplinary action may be warranted.

G. Each organization must provide upon request a copy of TCYFCC Attendance Sheet to the visiting organization by the end of the game day.

H. Cheerleaders Attendance Check in to be conducted by the end of half-time of each game day. A Trustees initial will be required on the Attendance sheet each game week. Game Attendance is required at a minimum of 70% of eligible rostered (not necessarily sealed) regular season games to be eligible to participate in Cheer offs. If a cheer squad does not have a viable football squad to cheer for then they must attend 50% or a minimum of 5 regular season game days. If there is not a Fielded Team then attendance is not required.

I. A violation of RULE 8—CHEERLEADER ELIGIBILITY.A.OR B. shall be cause for

exclusion from competition in Cheer Offs by the Board of Trustees. All rostered coaches will be suspended for one calendar year.

J. If at any time during the season the eligibility of a cheerleader becomes a question, after a majority vote of the Board of Trustees, the questioned cheerleader(s) may be required to provide documents to prove her/his eligibility (i.e. original birth certificate, school records, etc.)

K. A Cheerleader(s) may move from one member organization to another member organization in successive years with the written consent of both organizations. Not giving written consent is only for the purpose of collecting equipment or unpaid funds or any documented disciplinary actions to the organization. This rule may be waived with the written consent of both organizations or the approval of the TCYFCC Board of Trustees.

L. A player cannot move from one (1) organization to another after their first day of practice. This rule can only be waived by the Governing Board.

### **RULE 9—COACHES**

A. No head coach shall be selected for any team if that coach is under the age of twenty-one (21). Assistant coaches shall be at least eighteen (18) years of age. Trainers must be 2 Years older than the oldest league age of their Designated Squad.

B. No coach or organization official may transfer from one (1) member organization to another in successive or current years as a coach or organization official, except with the knowledge and consent of both organizations involved. Not giving written consent is only for the purpose of collecting equipment or unpaid funds or any documented disciplinary actions to the organization. This rule may be waived when written consent has not been granted by either of the two (2) involved organizations with the approval of the TCYFCC Governing Board.

C. If a rostered Coach or organization official resigns their position prior to or during the current season (December, 31<sup>st</sup>), they may not transfer from one member organization to another member Organization in any coaching/official capacity for the period of one (1) year (season). Cut Off date shall be 12/31.

### **RULE 10—CONDUCT**

A. Conduct of spectators or participants which is determined to be unsportsmanlike or detrimental to the cheerleaders' opportunity to cheer, or to TCYFCC, or to a member thereof, may subject their team to disciplinary action after a warning by the offended organization or Trustee whose responsibility it will be to warn the offending organizations Trustee or coach of such conduct.

B. Such conduct by spectators or cheerleaders before, during, or after an event may also subject their organization to disciplinary action by TCYFCC. If a disciplinary problem continues, refer to Bylaws ARTICLE X—DISCIPLINARY PROCESS.

C. TCYFCC Trustees and their organizations are responsible for controlling the conduct of spectators and participants, and have the authority to request the departure from the premises of any individual whose conduct is detrimental to peace and order.

1. Any removals should first take the form of a reasonable request.

2. Should the request be ignored or trouble is anticipated, a law enforcement officer shall be summoned immediately.

D. The press box announcer shall not be allowed to coach, officiate, or criticize from the press box.

E. Ejection for misconduct shall result in the cheerleader Trustee completing the Official Ejection Form. The form shall have the person's name, organization name, date, division, reason for ejection, and signatures from TCYFCC Trustees. Each TCYFCC Trustee and

TCYFCC President shall receive a copy of the Official Ejection Form. Ejection's for misconduct is as follows:

1. Cheerleaders:

- a. Any cheerleader ejected from cheering for unsportsmanlike conduct is automatically suspended from the next regular scheduled TCYFCC game. For purposes of this rule: "the next regular scheduled TCYFCC game" shall be defined as the next regular season game, mini game, make-up game, play off, or championship game scheduled or to be scheduled.
- b. Any cheerleader ejected a second time for unsportsmanlike conduct during the same year must appear before the TCYFCC Board of Trustees and show just cause why they should not be suspended for the remainder of the season.
- c. Any cheerleader ejected for fighting is automatically suspended for the next two (2) consecutive games (as described in RULE 11—CONDUCT) and cannot participate in any other regular scheduled games until they appear before the TCYFCC Board of Trustees and show just cause why they should not be suspended for the remainder of the season.
- d. Any organization's cheerleaders joining a fight shall be subject to the same disciplinary actions.

Coaches and Organization Officials:

a. RULE 10—CONDUCT.E.1.a, b., and c. shall be in effect for coaches and organization officials.

F. Any pending litigation against any TCYFCC member organization shall be reported to the TCYFCC Board of Trustees.

**RULE 12—SIDELINES RESTRICTIONS**

A. During all TCYFCC games no one is allowed in the cheerleader area except the following:

1. Cheerleaders
  2. Eight (8) organization representatives (coaches or team representatives). All Team Representatives must have TCYFCC Approved Badges.
  3. Hosting or Visiting TCYFCC Trustee/Alternate Trustee.
- B. The use of tobacco products on the sidelines is strictly prohibited.

**RULE 13—CHEER OFFS (See Cheer Off Handbook for specific rules and regulations that may not be defined here.)**

A. The Board of Trustees shall have the power to enforce all rules and regulations for Cheer Offs.

B. Eligibility: All teams shall be required to compete in Cheer Offs, regardless of ability. The only exception to this rule is if a cheerleading squad has 7 or less members on the team, it will be up to the individual team whether they participate. If an organization meets this requirement and chooses not to participate the organization is still required to pay fees to TCYFCC Hosting Team for the Cheer-Offs. A fine of \$200.00 per squad shall be charged to any organization if all eligible teams do not participate.

C. Check in Time: The hosting organization shall recommend the check-in time for Cheer Offs. At such time all official rosters shall be checked. Trustees shall review all late arrivals on an individual basis.

D. Time Limits: When the division is called, all teams in that division shall approach the end zone, in the order as established by the number drawn at the previous Board of Trustee's' meeting, teams will line one behind the other in their respective end zones. Time will start with the first word or movement. Time limits will be a maximum of four (4) minutes—to include one (1) minute minimum of dance and one (1) minute minimum of cheer. There shall be no penalty

for time below the four (4) minute maximum. A ten (10) point penalty shall be assessed for every fifteen (15) seconds over the time limit. Time will stop at last uniform motion. Penalty judge must have a stop watch.

E. Coaches: Coaches shall sit in a specified area during their team's performance. Coaches are to remain with their team until the team performs.

F. Cheer and Dance Routine: Cheers and dance routines are to be at the discretion of the coach.

The following regulations apply:

1. All restrictions and regulations of the TCYFCC Cheerleading Safety Rules.
2. No opposing team names shall be used.
3. Uniforms and Props: A uniform is defined as the regulation cheerleader uniform (top, skirt, bloomer, socks, shoes, and hair bow) with the addition of a unifit only. Hair bows with metal clips are acceptable. Accessories to the uniform may be the following; (Hair Pieces, TCYFCC approved cheerleading gloves, face paint, & body and hair glitter) these are the only accessories that may be added to the uniform. A prop must be carried on and off the field by the cheerleaders, cannot be worn during the entire routine, nor can it enhance the uniform in any way.

G. Judges: The TCYFCC cheer executives will make every effort to choose judges that are not affiliated with any league or have participated in any TCYFCC Competition prior to the Cheer Offs. The judges shall be selected by the TCYFCC Cheer Executives and all of the seven (7) judges must be current N.C.A. certified. The selected judges will be presented at the September TCYFCC conference meeting. The hosting team will be responsible to supply at least 2 copies of the TCYFCC Cheer Safety rules. One (1) judge shall be used to assess penalties. The judges shall sit in an elevated position; and, if at all possible, arranged in such away as to allow privacy of scoring. There shall be 4 Trustees (not from the same organization) in "Good Standings" to tally all scores. Trustees shall be appointed at the TCYFCC Monthly Meeting prior to Cheer Offs. Judges decisions shall be final.

H. The Executive Cheer Trustees shall oversee (review) the score sheets after each division has completed their routines to ensure points and penalties have been assessed properly. In the event that there is a valid question in regards to the judges applying the TCYFCC cheer safety rules appropriately, the executive cheer trustees will have the final say.

I. Rules for judging: 100 points per judge shall be possible. A combination of individual judge's scores shall determine the winners.

J. Tiebreaker: Overall execution, then overall appeal.

K. Conduct: All teams must show good sportsmanship and conduct.

L. An explanation of scores will be presented to each trustee at the conclusion of the Cheer Off day.

#### **RULE 14—RULE CHANGES**

A. TCYFCC Cheerleader Rules may be reviewed for possible changes by the Board of Trustees annually with Majority Vote.

B. Should any rule changes become necessary at any time, the procedure specified in ARTICLE VII—AMENDMENTS of the TCYFCC Bylaws shall be adhered to.

#### **RULE 15—RESTRICTED ITEMS**

A. Consumption of alcoholic beverages is strictly prohibited on the property of any TCYFCC facility before, during, or after games, practices, or any other TCYFCC event.

B. It is the responsibility of each organization to discourage the use of personal coolers by their spectators. No outside food or drinks will be allowed by spectators outside of team coolers.

C. Use of tobacco products by any member of a team is strictly prohibited.

#### **RULE 16—AWARDS**

A. A fee shall be set by the TCYFCC Board of Trustees to provide necessary funds for the seasonal cost of awards. This fee shall be based on a per cheerleader count from the sealed rosters and shall be paid by all organizations. Each organization will be responsible for submitting a check for 5.00 per cheerleader towards the cost of awards, due at the September monthly meeting.

**B. Cheer Offs**

1. First Place shall receive a Team Trophy and all cheerleaders shall receive a first place individual trophy.
2. Second Place shall receive a Team Trophy and all cheerleaders shall receive a second place award.
3. Third Place shall receive a Team Trophy and all cheerleaders shall receive a third place award.
4. All participants shall receive a participation award.

C. Two Cheer-Off Grand Champion Awards will be given out to the teams with the highest Score of the day. One Trophy will be given for the large team with the highest score and one Trophy will be given to the small team size with the highest score of the day. A total of two Grand Champion Awards. Team sizes will be determined at the TCYFCC October Monthly Meeting. Small and Large Divisions are determined by the Average for each Division per the October Meeting.

**RULE 17 – Choreography**

A. No teams are allowed to have paid professionals to choreograph any cheerleading routines. No team is allowed to exchange favors for professional services. Any Choreography must be performed by a rostered coach or trainer.



# **TRI-COUNTY YOUTH FOOTBALL & CHEERLEADING CONFERENCE**

## **Addendum to Cheerleading Rules Cheer-Off Handbook**

### **I. SET-UP**

#### **A. Performance Box**

1. The Cheer Off Performance Box shall be from the thirty (30) yard line to the thirty (30) Yard line in length.
2. Shall be eighty feet (80') deep.
3. Exterior lines must be painted to define the parameters of the box.
4. Interior lines must be painted in five (5) yard increments.

#### **B. Field**

1. Field yard markers shall be appropriately placed noting the following yardage lines;
  - a. Yard markers shall be placed at both thirty (30) and forty (40) yard lines and the Fifty (50) yard line.
  - b. The yard markers shall be placed on the judges (audience) side only.
2. Judges shall be seated at the fifty (50) yard line outside the normal side boundary as space permits. This means they shall not be inside the normal playing field boundaries. This area shall be restricted to the judges only and shall be referred to as the "judges' area." Only designated TCYFCC trustees may approach the judges during competition.
3. Team coaches [8 representatives] shall be seated to the immediate left of the judge's stand (this area shall be referred to as the "reserved area") during their team's performance.
  - a. Coaches are allowed to remain in the reserved area through their team's Performance only. Others with approved badges may sit in rows behind performing team's coaches.
  - b. The coach/assistant coach is permitted to assume this seat while a team is entering or leaving

the field—not while a team is performing.

c. Coaches are not allowed to distract or talk to the judges.

4. TCYFCC Trustees shall be seated to the immediate right of the judge's stand (this area shall be referred to as the "reserved area").

5. No other individuals shall be permitted in the reserved area or allowed to approach it. There shall be an official responsible for keeping parents from coming into the reserved area for picture taking or viewing. Any distractions to the team performing is strictly prohibited.

6. Hosting team shall be responsible for:

a. Providing the sound system for announcements, introductions of teams, and playing competition music,

b. Making arrangements for video taping of the competition, and

c. Making arrangements for a souvenir Cheer Off T-shirt for purchase on the day of the event, and

d. Designating each organization's bleacher area (both spectator area and team area) with the organization's name. Hosting team may ask for each organization to bring their own banners, if they have one.

C. Team competition order of appearance

1. Team order for competition shall be determined at the September meeting of the TCYFCC Board of Trustees' by drawing numbers from a hat. The cheerleader Trustee shall draw her/his number position and that shall be the rank for all division from her/his organization.

2. This number determines not only the order of competition, but also the arrangement for organizations equipment setup, and team seating during the Cheer Off day. The order of seating will be determined by the competition, Order begins Left to Right.

D. Judges shall be selected by the executive board cheer trustees with the approval of the TCYFCC.

Board of Trustees. Executive board cheer trustees will present the judges names at the September Trustee Meeting.

a. NCA: Phone 1-800-527-4422

b. CTC:

Fax 1-214-840-4010 P.O. Box 4660359 Dallas, TX 752-0359 Phone 1-800-462-8294 Fax 1-352-376-0487 P.O. Box 15267 Gainesville, Fl. 32604-5267

c. Hosting organization is responsible for supplying two copies of the TCYFCC cheer safety rules.

E. Accountant

1. There shall be 4 Trustees from separate organizations to tabulate scores. The TCYFCC executive cheer trustees cannot be used to tabulate scores, it is recommended that football trustees, preferably park presidents be used to tabulate scores.

2. He/She shall be seated in the judges' area on the field.

3. Adding machine with tape must be used to tabulate scores.

4. Executive board cheer trustees will review score sheets/penalty sheets before final results released.

5. Executive board cheer trustees can override judges' decision if the TCYFCC cheer safety rules were not followed or judging was not based on these rules.

F. Press Box

1. Shall not be used except in extreme situations as all judging, announcing, playing Tapes, etc. shall be done from the field in the reserved area.

2. If the press box must be used it shall be restricted to TCYFCC Trustee, judges, and the announcer.

## **II. PROCEDURES**

A. Judging

1.100 points per judge (penalty judge shall deduct points only from the totals of the other

Three (3) judges). Score/Penalty sheet shall be the approved TCYFCC.

a. Score Sheet (see attached)

b. Penalty Sheet (see attached)

c. Penalty points shall be assessed for going over the time allotment. Ten (10) point penalty for exceeding the time for every 15 second interval over. A deduction will actually start at the 16<sup>th</sup> second over the time allotment. This shall be deducted from the overall score by the time judge only.

d. Penalty points shall be assessed for coaches prompting in any way. Ten (10) point deduction for the first infraction, up to disqualification for continuing. This shall be deducted from the overall score by the time judge only. Mighty Mite and Pee Wee divisions are exempt from this rule.

e. No penalty will be assessed for going out of boundaries on the performance field/mat.

#### B. Check-in

1. Check in shall be determined by the hosting organization with the approval of TCYFCC.

2. A roster/attendance sheet check shall be conducted to determine if all girls/boys are present. The Board of Trustee shall review all later arrivals on an individual basis.

3. 3 weeks prior to cheer offs, during the cheer off trustee meeting; game attendance sheets will be verified. If cheerleader is not eligible to Cheer in the TCYFCC Cheer Off, the Attendance Sheet and Roster must be highlighted and initialed by the opposing Trustee.

4. A mandatory binder with roster/attendance sheet check shall be performed by Trustees. Team 1 checks Team 2. Team 2 checks Team 3 and so on....During the original line-up of organizations for the opening ceremony. Time Limits.

5. When the division is called all teams shall enter the end zone from their appropriate end and remain behind the twenty (20) yard line.

6. Each team in their assigned position will move on board to the thirty (30) yard line as they are called.

7. Time begins with the first word or the first movement of the routine. Music coach shall be in there reserved area prior to the team starting. The team may start on the thirty (30) yard line or may set up within the performance area.

8. Routines shall be a maximum of four (4) minutes—it shall include a minimum of one (1) minute of dance and a minimum of one (1) minute of cheer. Routines

9. The routine is up to each team but shall not use the name of another team in the TCYFCC in any of the cheer or chants.

10. All routines and/or stunts shall comply with TCYFCC cheer safety rules or previously agreed to changes, including TCYFCC Cheerleader Rules. Any changes to the Cheer Off Handbook must be in writing and presented to all Trustees by the September TCYFCC Board of Trustees' meeting. – See attached.

11. For the Mighty Mites and PeeWee division, one (1) coach shall be permitted to enter the performance area with the squad to assist with setup. The coach shall be allowed to remain on the field at ground level between the fifty (50) yard marker and the judges stand to assist in performing arm motion during the routine.

#### Tie Breaker

a. Will be determined by scores for overall execution and then by overall appeal.

### **III. ELIGIBILITY**

A. All cheerleaders shall perform at Cheer Offs. An organization Trustee can suspend a cheerleader(s) from participating in Cheer Offs for disciplinary reasons only—not because of lack of skill.

B. Organizations shall be fined \$200.00 if all rostered teams do not compete. This fine shall be made payable to the organization hosting Cheer Off.

#### **IV. ETIQUETTE**

A. All teams must show good sportsmanship and conduct at all times. No practicing, cheering, chanting, or any other type of team preparation shall be allowed on Deck in the End Zone once the competition has started. All warm-ups should be conducted in an area out of the view of the judges. Coaches are responsible for making sure their teams are in the line-up at the appropriate time.

B. Uniforms shall be defined as the regulation cheerleader uniform (top, skirt, bloomer, socks, shoes and hair bow) with addition of a unit or body suit and the following accessories Hair Piece, Body and Hair Glitter, NCA approved Cheerleading Gloves (they must have rubber grips) Metal Clip Hair Bows & Face Paint RULE 6-UNIFORMS AND EQUIPMENT A.

C. The only props that are permitted are megaphones, hand signs, and/or pompoms. Hand signs shall be restricted to a two-sided, non-embellished, three (3) foot by three (3) Foot sign. The only exception to this rule is that the sign may have glitter.

D. Crowd participation, as an audience response, to a particular cheer is permitted.

E. Hosting team may request an admission fee of \$4.00 for adult and \$2.00 for children at the gate. Football players wearing their TCYFCC jerseys are free. Hosting team shall allow spectators on one side only. Cheerleaders shall be seated on the opposite side and no unauthorized persons shall be allowed on the cheerleader side. Authorized personnel shall be coaches, assistant coaches, and/or team representatives for a maximum of eight (8) individuals per rostered team, organization total shall not exceed 43.

F. Enough seating shall be made possible for all spectators. The location of the cheer off must be approved by the TCYFCC executive cheer trustees no later than the May monthly meeting.

#### **V. COACH'S PREPARATIONS**

A. Hillsborough County Parks and Recreation Department's Coach's Certification Clinic, Concussion clinic, CPR, first aid and AED training is required or its Equivalent if approved.

B. Must have a copy and become acquainted with the TCYFCC Cheer Safety Rules and Addendum to Cheerleader Rules Cheer Off Handbook.

C. Any other approved preparation.

D. Each organization is required to have at minimum one coach per each division attend the mandatory TCYFCC cheer meeting to take place prior to the start of the season, if a division does not have coaches selected, it will be that organizations cheer director's responsibility to ensure that all information from the cheer meeting are relayed to the coaches.

E. TCYFCC coaches badge is required for cheer off participation.