

KYFL Cheerleading Policy and Procedural Manual
Originally Written July 2005
Revised March 2006

Changes to the Policy and Procedure Manual may be generated by submitting a draft copy to the Vice President to be placed on the agenda for the next board meeting where it will be discussed and voted upon. Changes will be passed by a majority vote.

LEAGUE

1. The annual entrance fee for the Cheerleading Event/Cheer for Charity shall be \$200.00 per year, per team. The entrance fee must be paid by check to the KYFL on or before the September meeting to the KYFL Treasurer. Exception granted for SSVC. SSVC will owe \$100.00 per season.
2. Expenses will consist of trophies/medals, judges' fees, and other expenses deemed necessary to conduct the competition.
3. The sponsor team who is hosting the cheerleading event for the season shall have the right to determine if the event funds will be distributed to charity or kept by the sponsoring team.

CHEERLEADERS AND ROSTERS: Refer to KYFL Policy and Procedural Manual and/or KYFL By-Laws

TEAMS

1. Team Names
 - a. Chambersburg Steelers
 - b. Cumberland Valley Eagles
 - c. Fairfield Knights
 - d. Fayetteville Browns
 - e. Gettysburg Warriors
 - f. Greencastle Eagles
 - g. Greencastle Falcons
 - h. Hamilton Jaguars
 - i. Mercersburg Rockets
 - j. Quincy Panthers
 - k. Scotland Broncos
 - l. Scotland Cadets
 - m. Shippensburg Greyhounds
 - n. Waynesboro Stallions
2. Territorial Draw Areas
 - a. Refer to KYFL Policy and Procedural Manual and/or KYFL By-Laws

SCHEDULES: Refer to KYFL Policy and Procedural Manual and/or KYFL By-Laws

GAMES

1. NCA Competition Rules & Requirements for School/Recreation/All-Star Cheer will be used by the KYFL cheerleaders with the exceptions or variations adopted by the KYFL.
2. J.V. games will start at 12:30 PM (Sunday) or 4:30 pm (Saturday).

EQUIPMENT/UNIFORMS

1. Apparel should be conducive to safe practices and performances. Jewelry of any kind, including earrings, nose, tongue and belly button rings, bracelets, necklaces, rings, etc. should not be worn.

Jewelry must be removed and may not be taped over or covered. **Exception:** Medical ID tags/bracelets (must be taped to body) and rhinestones on uniforms.

2. Hair needs to be fashioned so that it out of the face and does not cause a potential hazard while stunting.
3. Appropriate footwear must be worn at all times. Soft-soled tennis shoes must be worn while competing.
4. Only the following props are allowed: flags, banners, megaphones, poms, and signs.
5. Casts, braces, etc. that are hard and unyielding or have rough edges or surfaces shall be appropriately covered.

GRIEVANCES/PROTESTS: Refer to KYFL Policy and Procedural Manual and/or KYFL By-Laws

PENALTIES AND FINES: Refer to KYFL Policy and Procedural Manual and/or KYFL By-Laws

CHEERLEADING GAMES/COMPETITION:

1. Code of Conduct
 - a. KYFL asks that the following code of conduct be adhered to during KYFL Cheerleading Season and Competition Day in order to ensure the most positive experience for all participants involved.
 - i. Any questions or concerns that affect a team's performance must be expressed by the coach to the appropriate KYFL Officer.
 - ii. Any unruly behavior by coaches, participants or spectators will result in removal from the game or competition. No spirit wars or cheerleading battles allowed.
 - iii. During competition:
 1. There will be no contact with the judges from any participant, coach or spectator.
 2. The judges' rulings are final on all decisions concerning deductions, specific rulings and final placement.
2. Grade/Eligibility Verification:
 - a. Refer to KYFL Policy and Procedural Manual and/or KYFL By-Laws
3. Legality Verification
 - a. Refer to KYFL Policy and Procedural Manual and/or KYFL By-Laws
4. Judging Panels (Use third party judges)
 - a. Head Judge
 - i. The Head Judge is responsible for overseeing conflicts during competition. The head judge will also fill out his/her own score sheet for each performance. Head judge's scores will carry the same weight as a Panel judge. The Head Judge judges appearance, execution, routine, and showmanship
 - b. Panel Judges
 - i. The Panel Judges are responsible for scoring each team's performance based on the KYFL score sheet. Each panel judge fills out his/her own score sheet for each performance. Panel Judges judge appearance, execution, routine, and showmanship.
 - c. Safety Judge
 - i. The Safety Judge will be responsible for scoring each team's performance for safety.
5. KYFL Competition Scoring Process
 - a. The scoring process for the KYFL Cheerleading Competitions will be based on appearance, execution, routine, and showmanship. Scores for each category will range from 0-10, (including tenths in points (Example 5.5, 9.2, etc.) All point deductions and/or penalties will be deducted as teams are competing.
 - i. Obvious Bobble/Mistakes

1. Obvious errors during technical skills will result in .05 deduction for EACH mistake. (examples: out of sync [step, clap, voice, movement])
- ii. Major Mistakes/Major Falls
 1. Major errors during technical skills will result in a .2 deduction for EACH mistake. (examples: fall or drop)
- iii. Time Limit Violations
 1. Total Routine is as follows:
 - a. 1-5 seconds overtime .1 deduction
 - b. 6-10 seconds overtime .3 deduction
 - c. 11 or more seconds overtime .5 deduction
- iv. Safety Violations/General Competition Guidelines
 1. A .5 deduction will be given for EACH safety/general competition guideline violation. Safety violations are in effect until the team leaves the performance floor. (Example: wearing jewelry, inattentiveness when spotting, illegal stunts, spacing and gawking)
 2. SPOTTERS: For stunts requiring spotters, the spotters must be squad members. For any stunt that requires a spotter, the spotter must be looking at the flyer at all times. The spotter cannot be looking at the crowd; he/she must remain focused on the flyer. The spotter must also be in a position to catch the flyer should he/she begin to fall. The spotter must either be bracing the stunt, or have his/her hands in position to catch the flyer. An inattentive spotter will result in a safety deduction.
 3. SAFETY PEOPLE: It is recommended that squads that whose routines includes stunts have at least 2 Safety People (do not have to be squad members) standing behind the performing squad who can move in to assist cheerleaders who may fall. Safety is their sole purpose. They cannot touch or assist climbers unless they are falling.
- v. Division Violations
 1. Refer to KYFL Policy and Procedural Manual and/or KYFL By-Laws
- vi. Inappropriate Choreography/Music
 1. A 1 point deduction will be given for any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another) words or music. Routines must be appropriate for family viewing and listening. Vice President, KYFL must approve all music by September meeting.
- vii. Uniform Distractions
 1. The judges have the right to stop a routine, assess a deduction and/or disqualify a team for a uniform distraction. Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance. (Examples: Skirts too short [follow the finger tip rule]. A uniform distraction will result in a .1 deduction.
- viii. General
 1. Any deductions for mistakes, time violations, safety guidelines or inappropriate choreography/music will be subtracted from the score where it occurs.
 2. Deductions/penalties are assessed at the sole discretion of the judges based on the criteria set forth. All judges' decisions are final.
 3. Tying teams will cheer off using their "Hello" cheer.
- ix. Music Information

1. Music may be on cassette tape or CD. Please be aware that most cassette tape players have slight variations in speed and pitch. Music should be recorded at medium volume. It is to your advantage to use a top quality CD and/or a high bias tape to record your music. Duplicate tapes and/or CDs must be available at the music table in case of lost or broken tapes/CDs. In addition to a backup CD it is a good idea to have a backup cassette tape. A representative from your team must know exactly when to start the music and the music must be cued when it is brought to the music table. The representative with your music should report to the music table when your team is called on deck. The person must stay at the music table throughout the team's performance and at the end of the performance; take the tape/CD with them. All tapes/CDs should be labeled with the team name. Coaches are strongly advised to create routines (mix music) that finish a few seconds under the time limit to ensure that the team does not go overtime. Judges' decisions on timing of total routine and music portion of routines are final.
- x. Performance Order
 1. Alphabetical with host team having choice of going first or last. Exceptions: if a football game is held the same day as Competition, the teams playing will go first (visitor team) and second (home team).
- xi. Interruption of Performance
 1. Injury
 - a. The judges reserve the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted, the team will have 30 minutes to regroup, while other team performances continue, before performing their routine again from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the judges. All point deductions accumulated to that point will carryover.
 2. Uniform Distractions
 - a. In the event the judges stop a routine due to a uniform distraction that occurs during competition, the team must perform their routine from the beginning. Judging will resume from the point at which the distraction occurred as determined by the judges. All point deductions accumulated to that point will carryover.
 3. Music
 - a. In the event a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance and begin immediately. Judging and timing will resume from the point at which the malfunction occurred as determined by the judges. All point deductions accumulated to that point will carryover.
- xii. Scores & Rankings
 1. Score sheets will be provided to the judges by a designated KYFL representative.
 2. Announcements of scores and rankings will not be done. Only winning teams will be announced. At the end of the competition, the head coaches will get their individual score sheets.
- xiii. Awards
 1. First for Group 1 & Group 2
 2. Second for Group 1 & Group 2
 3. Third for Group 1 & Group 2

4. Spirit for Group 1 & Group 2
 5. Sportsmanship – One overall award. All groups including the instructional league and dance teams are eligible to be considered for this award.
 6. Participation Award to teams that are not eligible to win.
- xiv. Routine Requirements and Grouping
1. Each team will perform a routine consisting of a hello cheer, a chant, and a dance for a total time of 2 minutes and 30 seconds (150 seconds) with no order requirement.
 2. Any league member who has a competition team or a dance team will be ineligible to participate for awards. They will be invited to participate in the event.
 3. Teams will be divided into Group 1 or Group 2 depending on the number of members by squad (JV, Mid, or Varsity.) (Example: Group 1 will have between 6-15 members and Group 2 will have between 16-30 members.)
 4. Timing will begin with the first organized word, movement, or note of music by the team after they are officially announced and have taken the floor. Cheerleaders must have at least one foot on the performing surface when the routine starts.
 5. Timing will end with the last organized word, movement or note of music by the team. Teams must exit the performance area immediately following the routine.
 6. Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music may result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

KYFL Cheerleading Policy and Procedural Manual, Part Two
Originally Written July 2005

General:

1. Use of mini-tramps, spring boards, or any apparatus used to propel a participant is not permitted.
2. Knee drops, seat drops, thigh drops, front drops, and split drops are prohibited.

Tumbling:

1. Tumbling skills that exceed one flipping rotation with no hands and/or two twisting rotations in the air are prohibited. (No double backs or triple fulls).
2. Tumbling over, under, or through a stunt, individual, or prop is not permitted.
3. All gymnastic stunts must originate from the ground level. The person performing a gymnastic stunt(s) may (without hip over head rotation) rebound from his/her feet into a cradle.
4. Spotted or assisted aerial flips are prohibited. This includes toe and leg pitch flips.
5. Double cartwheels are prohibited. (Defined as 2 person connected cartwheel).

Stunts/Pyramids:

1. All stunts and/or pyramids are limited to two persons high. Any partner must receive primary support from a base(s) that is in direct, weight-bearing contact with the performing surface.
2. A continuous spotter is required for extended stunts.
3. No extended stunt may brace another extended stunt. (Exception: Double based Extensions and double based Awesomes are the only extended stunts that may brace each other.
4. Teeter-totters (pendulums) are prohibited.
5. Partners are not allowed to hold or pass through an inverted position during a stunt, toss, or dismount. This includes needle stunts, suspended flips, supported handstand stunts, and roll-ups into stunts. (Exception: Double-based suspended forward roll dismounts from shoulder stand level or lower.)
6. Hanging pyramids are prohibited. No moving or rotating diamond heads.
7. Partners in a suspended split must have hand-to-hand contact with a base and must be supported on the back thigh. Single-based split catches are prohibited.
8. Vaults are prohibited.

Tosses:

1. Basket tosses or any type of multi-based toss must be performed from ground level and must be dismounted to a cradle position by the original two bases, plus a spotter. The partner may not be tossed to another set of bases or to another stunt or toss before the cradle. The bases must remain stationary during the toss. (No traveling basket tosses)
2. Basket tosses or any types of multi-based toss are limited to a total of four bases tossing the stunt. One base must be behind the partner during the toss and may assist the partner into the stunt. This base counts as one of the tossing bases.
3. No stunt, pyramid, or prop may move through or under a toss, and tosses are not allowed to be thrown over or through stunts, pyramids or props.
4. Helicopter tosses are prohibited.
5. The head of a partner must remain in line with the shoulders when hitting a back arch position during an aerial dismount from a stunt or pyramid. The partner may not snap their head backwards to increase the arch position.
6. Partners may not be inverted at any point during the toss.

Dismounts:

1. Dismounts from single-based stunts to a single-based cradle are permitted provided there is a separate spotter at the head-and-shoulder area of the partner. (Exception: No spotter is required when cradling stunts shoulder stand level or below)
2. Dismounts from multi-based stunts should or below to a cradle require at least two catchers, but do not require a separate spotter at the head and should area of the partner.
3. Dismounts from multi-based tosses or multi-based extended stunts to a cradle must be cradled by a least 2 catchers and have a separate spotter at the head and shoulder area of the partner.
4. Stunts may dismount to a new set of bases provided the original base(s) maintains contact with the partner. A partner may not be tossed from a stunt to a new set of bases.
5. Extended stunts may dismount directly to the cheering surface with at least 2 spotters on the landing. The original base(s) may spot the dismount.
6. No skills (i.e. twists, toe touches) are permitted when dismounting directly to the cheering surface without constant hand-to-hand contact with the base(s).
7. Suspended forward roll dismounts from a multi-based stunt, should stand level and below, are allowed if the partner maintains constant hand-to-hand contact with the base(s) on which he/she is standing. Suspended rolls must dismount directly to the performing surface.
8. Tosses or aerial stunts may not dismount to a prone, face down position in a cradle. (Exception: log roll)
9. Tension drops are prohibited.