

¹VYFL Cheerleading Rules



Section 1: Management

The Valley Youth Football (VYFL) cheerleading program is managed by a combination of VYFL officials and officials from each local area with the following chain of command:

- A. **Cheer Commissioner:** The Cheer Commissioner is responsible for the day-to-day administration of the program developed by the Cheer Commissioner, and approved by the VYFL Board of Directors. The Cheer Commissioner answers to the VYFL Commissioner.
- B. **Deputy Cheer Commissioner (s):**
 1. A Deputy Cheer Commissioner acts as the Cheer Commissioner in the absence of the Cheer Commissioner and is appointed by the Cheer Commissioner. It is possible to have more than one Deputy Cheer Commissioner.
 2. Each Deputy Cheer Commissioner is assigned a specific Local Area or group of Local Areas with the VYFL and duties include:
 - a. Enforce all VYFL Cheerleading Rules, and directives of the Cheer Commissioner.
 - b. Oversee all assigned games and activities pertaining to VYFL Cheerleading.
 - c. Assist the Cheer Commissioner in the physical and organizational operation of all Cheer Competitions.
- C. The local area Cheer Director is elected by each local area and is responsible to the local area President and local area Board of Directors. They are both charged with responsibility for the day-to-day operation of the area cheerleading program.
- D. **The Head Coach:** Each cheerleading squad must have an adult coach (18 years or older), responsible to the local area Cheer Director. The local area determines the selection method for coaches. All Head Coaches shall be CERTIFIED in CPR and first aid. Copies of certification must accompany team rosters. A CPR/First Aid Certified adult must be present for cheerleaders to practice and or perform. **PENALTY:** Will be suspended from coaching until presentation of CPR/First Aid certificates. ALL Coaches, Head or Assistant must have a cleared background check annually, complete YCADA online course (Head Coach Only) and attend the in person coaches clinic. One date will be made available for this training, if you are not able to attend training you must come to the Commissioner for training. **Jr Coaches must register online as a volunteer. No background check, no YCADA online course.**
- E. Complaints must be handled at the local level chain of command FIRST. The VYFL officials will not interfere with the management or complaint resolution of a local area. However, VYFL officials may listen to local problems and offer advice. The VYFL Cheer Commissioner and/or Deputy Cheer Commissioner will enforce the cheerleading rules as outlined in this rule article.

Section 2: Participation

- A. Application: Each cheerleader and mascot must complete online registration at VYFL registration system at www.teamsideline.com/vyfl.
- B. These contracts, copies of proof of age (as defined in Section 3: Squad Certification of this rule article) along with rosters, are to be present electronically at all practices, performances, and games. When the squad is gathered as a whole (example . . . parades, cheering for the school, etc.), Cheer Director and Cheer Coaches must have copies of everything present at all times. Copies of everything must be presented to the VYFL Cheer Commissioner at the September VYFL Board of Directors meeting.

B. Physical exams are required for all cheerleaders. (excluding mascots)

NOTES:

1. Minimum age (except mascots) is 5 years old (with a waiver) as of August 1 of the season.
5 year olds can be kept at the mascot level per area Cheer Director Discretion.
2. Maximum age is no more than 14 by November 15, 2021 (age cutoff date).
3. All cheerleaders must upload acceptable proof of their age each season. Acceptable proof is a color copy of their birth certificate as listed in Section 3 Squad Certification. NOTE: The names on the proof of age must correspond with the names on the certification program. If an adoption or name change has occurred, appropriate legal paperwork must be available to ensure both names are the same person.
4. 15 years old or ninth graders may not participate in VYFL Cheerleading.
5. Cheerleaders must complete a VYFL Contract electronically including a physical exam by an appropriate health care provider. (Excluding mascots no physical required)
6. There will be no exceptions to these rules.

VYFL Official -Exponent System 2021

(The section to be updated to line up with football divisions annually)

Division Age as of November 15th

Freshman	5 Years Old, 6 Years Old, 7 Years old, and 8 Years Old
Sophomore	8 Years Old, 9 Years Old, and 10 Years Old
Junior Varsity	10 Years Old, 11 Years Old and 12 Years Old
Varsity	12 Years Old, 13 Years Old, 14 Years Old

C. A participant will be permitted to participate in cheer programs outside VYFL jurisdiction. The practice hours and game times must not conflict with participation in the VYFL.

D. Mascots are left to the discretion of the local area Cheer Director/President. Mascots do not compete in the competition, but may perform in special, non-judged routines at competition.

Mascot's minimum age: none. Maximum age is 5 years old as of August 1st, of the current season. Mascot parents shall be present at all practices, performances, and games and may be asked to intervene if/when necessary.

E. Squad size: A squad (Mascots Exempt) shall consist of four or more cheerleaders. In the instance that an area has only three cheerleaders on a squad, the local area Cheer Director may ask the Cheer Commissioner to review the roster and move the cheerleaders up or down a squad.

F. LIST ON CONTRACT EVERY KIND OF MEDICATION THE CHILD IS TAKING.

Section 3: Squad Certification

- A. No cheerleader may compete in VYFL competition unless the cheerleader has been certified, did not exceed the absence requirements (3 missed games) and the cheer squad's certified roster includes that cheerleader.
- B. Cheerleader squad rosters must be certified by date to be determined by VYFL Season; by the VYFL Cheer Commissioner.
- C. NO parents, coaches, or anyone other than the Local Area President, Cheer Director or other approved representative by the Cheer Commissioner will be permitted in the certification area. The Local Area Cheer Director must provide a complete set of Certification paperwork to the Cheer Commissioner. For Each Cheerleader this will consist of:
 - 1. A completed online registration with VYFL.
 - 2. Clear evidence of a physical examination by a Medical Doctor or a Chiropractor certified to do sports physicals in the State of California. The Local Area must be able to produce this certification.
 - 3. Verification of date of birth: Each cheerleader must present to the Local Area a original or copy of either a Certified Birth Certificate, military ID, passport, or other proof approved by the Cheer Commissioner.
 - a. Any attempt by anyone to falsify a cheerleader's date of birth will result in disciplinary action by the VYFL Commissioner and/or VYFL Board of Directors – up to and including fines and or suspension.
 - b. Any questions regarding the acceptability of a proof of age document MUST be resolved with the VYFL Commissioner and Board of Directors BEFORE the date of certification.
 - 4. Photos are required for Cheerleaders.
 - 5. The Commissioner will provide a directive to Cheer Directors at Coaches training regarding Certifications.. Any League not having required documents on the online system will not be certified and will have to travel to the area of the Commissioner to be certified. AREAS MUST BE CERTIFIED TO COMPETE IN COMPETITION.

For Each Squad this will consist of:

1. Two (2) completed roster forms with required information. The forms must be typed or filled out neatly and legibly in ink. The forms are available for download from the FORMS section of the VYFL website at www.VYFL.org
- D. It is recommended that Local Areas utilize the checklist made available by either the Cheer Commissioner or in the FORMS section on the VYFL website at www.VYFL.org to make sure that all documents and information needed at the Certification meeting are complete.
- E. Each Cheer Director will turn in a list of their squad colors and total number of cheerleaders on each squad to the VYFL Cheer Commissioner at the September meeting.
- F. Residency requirements: To be eligible, cheerleaders must live within the boundaries of the Area for which they cheer. The Local Area President and his/her Area Board of Directors are responsible for complying with this requirement. Failure to comply with this requirement can result in severe penalties including expulsion of the Local Area from the VYFL. In the event of a question, the VYFL Cheer Commissioner shall resolve the question and may require documentation in the form of a school or other document acceptable to the Cheer Commissioner.
- G. The VYFL Cheer Commissioner may grant a cheerleader permission to cheer for a squad in an Area other than the Local Area in which the cheerleader resides upon receipt of a written request from the parent or guardian of the cheerleader. Permission will be considered when at least one of the following conditions is met:
1. To cheer for a squad where the Head Coach is the parent of the cheerleader;
 2. To cheer in the same Local Area as a sibling;
 3. When there is no Local Area division in which the cheerleader qualifies within the VYFL.
 4. The cheerleader has written permission from both Local Area Presidents.
 5. The cheerleader has moved out of the VYFL Local Area in which the cheerleader lived when the cheerleader's squad roster was certified. The cheerleader may continue to cheer for the cheerleader's original squad if the cheerleader meets all the practice, attendance, and other participation requirements of that squad. In addition the parent must supply the VYFL with a letter from the cheerleader's school verifying the change of address. Out of Area Cheerleaders are described as those cheerleaders who are found to be cheering for a VYFL Local Area other than the one in which they reside.
- H. Changes to Certified Rosters -Any proposed changes to certified rosters must be approved by the Cheer Commissioner or a Deputy Cheer Commissioner in writing. Execution via fax or electronic transmission is acceptable for the purpose of updating. The updated roster must be immediately forwarded to the Cheer Commissioner or VYFL Secretary. It is the responsibility of each Local Area President to ensure that the most updated version of their Area rosters is filed with the VYFL.
1. Additions to Certified Rosters clearly marked as additions with date.
 2. Deletions – Single line strike out only.
 3. No white-out permitted.

- 4.No reproductive/retype of certified rosters will be permitted with the exception of photocopying for distribution at games for announcing reasons and competition.
- I. The VYFL Cheer Commissioner, in consultation with the affected parties, may grant exceptions to this Section on a case-by-case basis.

Section 4: Appearance

- A. JEWELRY: NOT ALLOWED except medical bracelets or chains. These will be pre-wrapped and taped. NO EARRINGS, BRACELETS, WATCHES, RINGS, OR NECKLACES OR BODY PIERCINGS OF ANY TYPE.
- B. MAKEUP: May be used in moderation and with local area Cheer Director's discretion.
- C. HAIR: Must be pulled out of the eyes, and bangs above the eyes. Pulled up not down.
- D. There must be uniformity among the squads. Shoes must be white athletic shoes.
- E. NO GLITTER of any kind on persons or signs (unless clear coat over glitter on signs).

Section 5: Stunt Routine Guidelines

- A. VYFL will follow YCADA Guideline and Safety Rules. NO altering of Ycada rules.
- B. Score sheets used for competition judging will be provided by the Cheer Commissioner but may be downloaded from the FORMS area of the VYFL website at www.VYFL.org.
- C. Stunting This is a quick reference overview and does not include detailed rules and restrictions. Refer to YCADA and the training course for complete details.
- MASCOTS: YCADA Level 1 limited non mount
- FRESHMAN & SOPHOMORE: YCADA Level 1; Limited to Walkovers, Two leg prep level stunts, single leg below prep level, Tosses prohibited, two leg extended stunts must be braced on both sides, up to ¼ turn cradle dismount from prep level.
- JUNIOR VARSITY: Level 2; Limited to single front/back handsprings, two leg extended stunts, single leg at the prep level, ½ twist load in, no twisting dismounts, straight ride basket tosses with 4 catchers, NO single leg extended stunts.
- VARSITY: YCADA Level 3; Limited to front/back handspring series, back tuck from round off or back handspring, single leg extended stunts, 1 full twist load in or twist dismount allowed, tic tocs braced on both sides, tosses are permitted with single trick non twisting.
- D. SPOTTERS: A squad of 5 or less may have an adult spotter for all stunts. Squads consisting of 6 or more shall use a squad member as spotter. Spotters must be present at the stunt until the squad member is on the ground.
- E. Timing: Cheer routines for competition shall be a minimum of two (2) minutes and a maximum of three (3) minutes. Music may be used to emphasize cheers. Music shall be limited to a maximum 1 minute 30 seconds of total routine. A penalty of 10 points will be assessed when these time limitations are exceeded by the routine. Each competing team shall have a designated cheerleader to signal when their competition routine is to start and when it is completed. Competition will begin at the wave of a hand and end with a team rally. Time infractions will be indicated by flags and timers MUST NOT BE cleared until the Local area Director and Cheer Commissioner have confirmed their view of them. Any disputes over the time infraction shall be handled immediately following the performance and prior to any other performance.

- F. Props: The only props allowed will be pompoms, signs, and/or megaphones. Props are to be taken off the field by the Cheerleaders only (NO COACHES). After competing the squads will go to the designated areas with the exception of the mascots. Coaches can be with the mascots at all times.
- G. No squad shall pay for a routine to be prepared by any professional organization including, but not limited to, NCAA, USA Cheer, etc.
- H. A 10 point deduction will be assessed for any infractions of the VYFL and YCADA. In the case where a prohibited stunt is performed, that penalty is increased to a 15 point deduction.

Section 6: Practice/Games

- A. The first week of practice shall be devoted entirely and exclusively to conditioning. Preparation for Competition: There shall be NO increase in the maximum practice hours when preparing for Competition.
- B. Location and schedule shall be distributed in time for parents to adjust their schedules.
- C. Participants will meet in locations clearly covered by current insurance certificates only.
- D. Mandatory 20-minute warm-up at all games and practices.
- E. Routines shall be in accordance with Section 5 of this Article.
- F. Areas with Cheer Squads wishing to participate in events outside of the VYFL season will be permitted to do so as long as those events fall within the current insurance coverage period and all practice guidelines are followed.
- G. Mandatory Attendance: Attendance at Kick Off Carnival (if we have them), regular season games, and playoff games is mandatory for all cheer squads. Any area having a cheer squad that fails to attend an event scheduled for that squad will be subject to fines and may be suspended for the next scheduled game and/or the rest of the season in addition to placing their participation in jeopardy. At the first Board of Directors meeting after the incident, a discussion will take place. All involved parties will be heard from and then a closed discussion/vote will take place. The area that represents the team/squad does not have a voting right in the suspension.
 - a. At football games 20 mins prior to kick off Head Coaches and cheerleaders will meet by the scoreboard to verify opposing teams attendance. Coaches will initial opposing teams roster. If a team does not have a cheer team that area will provide a board member or representative to sign attendance. Attendance rosters will be turned into the cheer commissioner weekly prior to conference call.
- H. Squads who have a football team playing in a playoff game WILL cheer for that team. They are not to use that as a practice day for the competition. Squads not complying WILL be disqualified from competition.
- I. It will not be mandatory to field a squad at games after playoff competition or Super Bowl competition as the girls will have competed that morning, fulfilling the maximum time restrictions for participation that week; although it is highly recommended. It will be at the Area's discretion whether or not cheerleaders remain at these events.
- J. All local area Cheer Directors and local area Head Cheer Coaches MUST attend the VYFL Cheer Coaches Clinic for technical training (8/14).

Section 7: Sportsmanship

- A. Objective: The main objective of the Cheer Directors will be to promote goodwill within the Conference, setting a good example for their teams/squads. It is most important that we teach the meaning of real friendship and the ability to be a good sportsman.
- B. Cheers: There shall be no cross cheers allowed. No cheers showing any distaste or derogatory remarks will be tolerated. Violation of this rule can result in the suspension of the offending squad for the rest of the season.

Section 8: Competition (to be determined with the VYFL Superbowl outcome)

- A. Scheduling: Cheerleading Competitions at Super Bowl games will be scheduled to begin at 8:00 a.m. and end no later than 12:00 noon, preceding the football games. Check-in no earlier than 7 AM. If the area hosting the Super Bowl does not have access to an indoor facility for competition the VYFL Commissioner will ask area Cheer Directors if anyone is interested in hosting competition on a separate date from Super Bowl. Area Cheer Directors will vote on a final location/date for competition.
- B. Competition shall be held indoors with an approved cheer floor. Boundary lines shall be marked at 42' x 42'. Stepping out of boundaries will be an infraction.
- C. The first of October, before the Super Bowl, a typed roster will be given to the President of the Area that is hosting the Super Bowl to be used for a program to be printed up with the team's names and colors of all Football, Cheerleaders, and Coaches participating. It is recommended that this program be sold at Competition and the Super Bowl game.
- D. Judges: Judges for competition shall preferably be YCADA judges. If YCADA judges are unavailable we will recruit from a college and or high school. VYFL shall follow YCADA Cheer rules for judging, adjusted to incorporate Section 5 – Stunt Routine Guidelines of this Article. The Cheer Commissioner shall make sure that the judges have been made aware of the information in Section 5.
- E. Score Sheets: Copies of competition score sheets must be provided to local area cheer coaches in a timely manner either for information or to assist them in preparing for the next level of competition. The Cheer Commissioner will keep the originals for two years for information only.
 - 1. Upon completion of the Super Bowl Cheer Competition the VYFL Cheer Commissioner shall provide copies of the Super Bowl Competition score sheets to all local area Cheer Directors, including non-competing areas, regardless of placement in the competition results. This shall be accomplished no later than the next regularly scheduled VYFL Board of Directors meeting.
 - a. Local area Cheer Directors shall provide copies of the Super Bowl Competition score sheets to all of their local area Head Cheer Coaches. This shall be accomplished no later than one week after receiving the score sheets.
 - 2. Copies of the blank Score Sheets may be downloaded from the FORMS section of the VYFL website at www.VYFL.org
- F. No squad shall pay for a routine to be prepared by any professional organization including, but not limited to, USA Cheer.
- G. Coaching, in any form, by spectators or coaches during a cheer competition routine is not permitted. Any person observed coaching a squad during a routine may be removed from the competition site or facility; however, the performing squad will not be penalized.

H. Reporting Competition Results: At Super Bowl Competition the results must be reported to the designated VYFL Scorekeeper no later than 9:00 p.m. the Saturday of the competition by the VYFL Cheer Commissioner or **assigned** Deputy Cheer Commissioner.