

# **TENNESSEE YOUTH FOOTBALL ALLIANCE**

**2010**

## **Football & Cheerleading**

**Rules; Regulations**

**and**

**Procedures**

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# **CHEER**

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**TYFA Football & Cheerleading  
Rules, Regulations, and Procedures  
2010**

SECTION VI – CHEERLEADING

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**28.00 THE CHEERLEADING COMMITTEE**

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- 28.01 The cheerleading program is a component of TYFA, known as the Tennessee Youth Football Cheerleading Alliance. It will also be known as TYFCA. TYFCA shall be under the direction of the Cheerleading Committee, a sub committee of the Executive Committee of TYFA and governed by the Constitution, By-Laws, and Rulebook of TYFA as administered by the TYFA Executive Board.
- 28.02 The Cheerleading Committee shall elect a Vice President of Cheerleading and Secretary from member communities.
- 28.03 The Vice President of Cheerleading shall appoint an Athletic Director for each Division.
- 28.04 The term of Vice President and Secretary shall be two (2) year terms, with no member community holding more than one (1) office of TYFCA.
- 28.05 The Vice President of Cheerleading shall be at all regular TYFA meetings to report on cheerleading matters.
- 28.06 The Cheerleading Committee may change any rules regarding competition at the April meeting only. Requests for changes will be proposed at the March meeting and voted on at the April meeting.
- 28.07 Changes in procedures and regulations may be made at any time during the year, with a majority vote of the members where a quorum of voting members is present.
- 28.08 All changes by the Cheerleading Committee must be reported to the TYFA Executive Committee.
- 28.09 The TYFA Treasurer and the Vice President of Cheerleading will set a budget amount for cheerleading to be combined with TYFA's budget for approved by TYFA's Executive Board. This amount may be spent for cheerleading matters with approval by the Cheerleading Committee. Any funds needed above the budgeted amount must be requested in advance and be approved by the Executive Board and the Voting Delegates of TYFA.
- 28.10 The Vice President of Cheerleading shall appoint an Ethics Committee comprised of one representative from each conference and one at large member. When an Ethics complaint involves one of the represented communities, the Vice President of Cheerleading will take the place of the respective community for that hearing only.

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**29.00 ROSTERS & ELIGIBILITY**

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- 29.01 All cheerleaders must be rostered with TYFA in accordance with TYFCA rules for Game Day squads on TYFA fee night. Game Day squads are to be formed at the discretion of each individual community as to age limitations.
- 29.02 A government issued proof of birth document (copies only) is required for all cheerleaders and are to be turned in with the game day rosters and a five (5) dollar fee per cheerleader on fee night. Rosters and birth documents are to be on file with the Athletic Director of Cheerleading.
- 29.03 To be eligible for TYFCA Competition/Exhibition and Cheerleading, a cheerleader must be five (5) years old as of July 31<sup>st</sup> of the current year and may not be fifteen (15) years old or older before August 1<sup>st</sup> of the current year.
- 29.04 No one under the age of five (5) as of July 31<sup>st</sup> of the current year is to be rostered and will not be allowed on the sidelines or the approved cheering area (NO MASCOTS). To be eligible for TYFCA Competition a cheerleader must be an active participant on a game day squad for the entire season

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**30.00 GAME DAY PROTOCOL**

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- 30.01 Half-time cheers, dances, or stunts will be limited to three (3) minutes per squad & are to be performed for the opposing crowd. Game day stunts shall follow the height guidelines set forth in Rule 32.18.
- 30.02 The visiting squad shall be introduced and perform first.
- 30.03 At the end of the game, all cheerleaders shall line up behind the football team for the purpose of shaking hands with the opposing team and their cheerleaders.
- 30.04 If a football player becomes injured during a game, both cheerleading squads are to stop cheering, kneel on one knee, or stand quietly, until the player is up or removed from the playing field, at which time the injured player should be applauded.
- 30.05 All cheers, chants, and music are to be free of vulgar words, phrases, and motions. No type of derogatory cheer will be allowed. This includes the Spirit cheer that is shouted across the field. The penalty for violation of this rule shall be: 1<sup>st</sup> offense – a warning for the coach; 2<sup>nd</sup> offense – the coach will be called to appear before the TYFCA Ethics Committee; 3<sup>rd</sup> offense – the coach is removed from TYFCA.
- 30.06 Unsportsmanlike conduct will not be tolerated and is subject to go before the Ethics Committee.
- 30.07 Cheerleading coaches are to keep their cheerleaders off the playing field and within the defined sidelines boundaries, as designated by the home team, except at half time.
- 30.08 Each squad must be accompanied by at least one (1) coach on game day. No squad should be on the field without a certified coach.

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- 30.09 All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners; however fringe would not count as a cover.
- 30.10 Basket tosses, elevator tosses, and similar multi-base tosses are prohibited on surfaces other than a mat, grass, or rubberized track.

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**31.00 GUIDELINES FOR CHEERLEADING COACHES**

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- 31.01 All coaches and directors that enter the playing field on game day or for competition/exhibition must be listed on the squad's roster and be NYSCA or UCA or TYFCA certified. A maximum of 4 (four) Competition coaches' names per squad will be submitted at Competition fee night for roster. Anyone not rostered and wearing their TYFCA badge along with a photo ID will not be permitted in approved cheerleading area.
- 31.02 All cheerleading coaches shall be prohibited from using any form of tobacco, alcohol, or illegal drugs as well as any form of profanity while on the playing field or practice field, or at any time while in contact with children.
- 31.03 Coaches are to be familiar with cheerleading techniques, stunts, and jumps.
- 31.04 Coaches are to be on time and should set a good example for their squads and communities at all times.
- 31.05 Coaches are to be in control at all times, whether at a game or practice.
- 31.06 Coaches are to treat all cheerleaders, parents, and other coaches (football and cheerleading) with respect.
- 31.07 Coaches should always look the part by dressing appropriately and with spirit in mind at games and practices.
- 31.08 Cheerleading coaches are to treat all cheerleaders fairly, teach all cheerleaders equally, and make them feel a part of the squad.
- 31.09 Cheerleading coaches are to present themselves in a positive manner, even when critiquing their squad.
- 31.10 Coaches and Directors are to carry certification badges at all games, practices, and competition/exhibition.

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**CHEERLEADING NOTES AND DEFINITIONS**

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NO SQUAD should perform any stunts without first performing skill progression drills and proper step and lock procedures. All skills should be mastered before progressing to the next skill level to ensure safety to the cheerleaders.

TOP PERSON – a person who is held off the floor by another person or persons

BASE – a person who supports the majority of a top person's weight while the top person is off the ground.

SPOTTER – a person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming off of a stunt or pyramid.

CRADLE- a dismount form a partner stunt, pyramid or toss in which the top person is caught in a face-up, piked position before being placed on the performance area or remounting into another stunt, pyramid or loading position.

LOADING POSITION – a position in which the top person is off the ground in continuous movement that puts the bases and top in a position to end the movement in a stunt.

STUNT – one or more bases supporting one or more top persons of off the ground.

CUPIE – a stunt in which both feet of the top person are in one hand of a base.

BASKET TOSS – a stunt in which a top person is tossed by bases whose hands are interlocked.

ELEVATOR TOSS – a stunt in which the top person loads into an elevator loading position and is then tossed into the air.

DOUBLE BASED SUSPENDED ROLL- dismount with a foot-over-head rotation where the top person has continuous hand-to-hand contact with two bases who are controlling the top person onto the performance surface or into a cradle.

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**32.00 COMPETITION JUDGES**

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- 32.01 The judges used in TYFCA competition shall not have any ties with TYFA and shall be UCA or NCA certified.
- 32.02 There shall be three (3) judges for the TYFCA competition. They will be paid \$100 each.
- 32.03 The judges will give scores in the following categories:
- 1) Spirit
  - 2) Music
  - 3) Cheer
  - 4) Stunt
  - 5) Overall

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Individual trophies will be awarded to each first place overall cheerleader with a plaque for the winning coach. A Spirit Stick or Trophy will be awarded to each squad placing first in Spirit. The trophies for Exhibition will differ from the Competition trophies.

- 32.04 Each cheerleader will receive an award for participation.
- 32.05 All score sheets are to be in triplicate. The original will be on file with the Vice President of Cheerleading, one copy will be given to the respective coach, the third copy to the Community Director There will be a sample score sheet in the back of this rulebook to keep it uniform from year to year.
- 32.06 The judges will make their final tabulations and send them to the scorer's table. They will then be entered into the computer before any awards are presented.
- 32.07 In the event of a 1<sup>st</sup> place tie in total score both squads will receive trophies for 1st place.
- 32.08 By participating in this Competition, each squad agrees that the decision by the judges will be final and will not be subject for review. Each squad acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each squad expressly waives any legal, equitable, administrative or procedural review of such decisions.
- 32.09 There will be a trophy presented to the Community exhibiting the Best Sportsmanship for the entire Competition. Voting will be by paper ballot from Directors and Administrators appointed by and known only to the Vice President of Cheer

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**33.00 CHEERLEADING COMPETITION/EXHIBITION RULES**

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- 33.01 TYFCA shall hold a competition/exhibition for all squads, to be scheduled by the Cheerleading Committee and approved by the Executive Committee. The registration fee to be paid on Competition Fee Day will be twenty (20) dollars which will include a t-shirt for each participant. The fee will apply to competition and exhibition. No one can cheer down. No one can cheer up more than 1 Division. 7/8 year olds will not combine with 9/10 year olds.
- 33.02 Competition squads will be formed by age divisions as defined by TYFCA rule 33.03
- 33.03 The Age divisions for the TYFCA Cheer Competition will be as follows;
  - Pee-Wee Div. 5-6
  - C Division 7-8
  - C Mix 5-6-7-8
  - B Division 9-10
  - A Division 11-12
  - A Mix 9-10-11-12
  - Varsity 13-14
  - Varsity Mix 11-12-13-14
- 33.04 A TYFCA Competition squad may have no more than two (2) cheerleaders as members of that squad who currently cheer for any school program's or private competition squad. To insure a sense of fairness between communities, no squad is to procure professional assistance. Such professional assistance includes, but is not limited to: coaching and professionally prepared routines, cheers, dances, stunts, tumbling, etc. Any professional assistance should be limited to coach's clinics and any community cheer clinics held before Jamboree. This does not apply to cheerleaders taking individual tumbling or gymnastic lessons.
- 33.05 Competition/Exhibition fee day will be at the regular September meeting of TYFCA.
- 33.06 A squad may participate in competition or exhibition – but not both.
- 33.07 Each squad's presentation must include at least one cheer or sideline chant. The musical portion must be a minimum of 30 seconds & not exceed one minute and thirty seconds, total time limit is two minutes and thirty seconds. Timing will begin with the first movement, voice, or note of music, whichever comes first – after the squad is in place on the mat (refer to rule 32.09). If a squad exceeds either time limit, a 5 point per judge penalty will be assessed for each violation. Because penalties are severe, it is recommended that all squads time their routine several times prior to the competition and leave a several second cushion to allow for variations in sound equipment
- 33.08 Community directors are responsible for the content of each squad's music. Vulgar or obscene music will not be allowed and any squad using such will receive a zero (0) for dance score. The TYFCA Ethics Committee will monitor all music. Anything in question will be reviewed immediately after the squad's performance and a determination reached before the scoring is completed.
- 33.09 The use of mats is required for competition and exhibition. The mat size will be at least 40'x40' with no special markings.
- 33.10 Cheerleaders will be allowed to place signs/poms/etc on the mat prior to beginning of routine. Time starts when the music starts or at the first movement after taking places on the mat. Time ends upon completion of the routine – but the ending position should be held for several seconds. Then all signs etc may be removed from the mat upon exit.
- 33.11 Team mothers, assistant coaches, and coaches will not be allowed to place poms on the floor for any squad. Coaches are to stay behind their squad to alleviate any prompting by the coaches

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- 33.12 Coaches or a designated representative may start their squad's music or may elect to have a representative of TYFCA do so. Coaches are asked to provide two (2) forms of music (CD and Cassette) in case of equipment failure. Coaches that are concerned about the timing of their music are encouraged to start the music themselves as no protests or appeals will be tolerated concerning this matter.
- 33.13 Squads will be limited to a maximum of 20.
- 33.14 All squads are to check-in one (1) hour prior to their scheduled performance time. Failure to do so may result in forfeiture of practice time. No squad will be allowed on the floor of the competition site before or during competition, except during their actual time to compete.
- 33.15 Cheerleaders and coaches of performing squads are to be in their designated areas at all times.
- 33.16 Poms, flash cards, and megaphones are allowed. All other items considered as props are not allowed. Glitter is allowed provided that it has been applied prior to entry to the competition building. Judges will be advised that this penalty will be enforced by the TYFCA Board. Hats, gloves etc. are not considered props if worn the entire time. As long as they are not removed, they are considered a part of the uniform. A penalty of five (5) points will be assessed to a squad's overall score for any violation of this rule.
- 33.17 Basket tosses are allowed for ages where full extension stunts are allowed.
- 33.18 Cheerleaders and coaches of performing squads are to be in their designated areas at all times.
- 33.19 Stunts and pyramids must follow NCA or UCA safety guidelines.  
Height limits are as follows:
- |             |                       |
|-------------|-----------------------|
| Ages 5 & 6  | may go to the waist   |
| Ages 7 & 8  | may go to shoulder    |
| Ages 9 – 14 | may go full extension |
- Any violation of these limits will result in a score of 0 (zero) for the stunt category and the coach of the squad violating these height limits will be suspended from TYFA for a length of time as determined by the TYFCA Board following a recommendation by the TYFCA Ethics Committee.
- 33.20 PW & C Division squads could combine with height limits to stay the same (i.e. waist high for PW and shoulder high for C). If combined, they would be competing as C Mix Division. 9 through 12 could combine and cheer as A Mix Division. 11 through 14 would combine as Varsity Mix Division.
- 33.21 If stunts are performed ABOVE WAIST HIGH, continuous spotters shall be required. Thigh stands and shoulder sits DO NOT require spotters. A penalty of five (5) points will be assessed against the overall score of any squad violating this rule.
- 33.22 Any squad performing an illegal stunt (as defined by UCA and AACCA) will be disqualified and the coaches will be suspended from TYFCA for a length of time as determined by the TYFCA Board following a recommendation by the TYFCA Ethics Committee.

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**34.00 COMPETITION FEES AND OTHER RULES**

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- 34.01 Admission to TYFCA Competition/Exhibition shall be \$5.00 at the door or \$3.00 by purchase of a wristband prior to the Competition date. These will be available for purchase from any cheerleader up until the Sunday before Competition.
- 34.02 Admission is free to all rostered TYFA football players wearing their game jerseys and to all children twelve (12) and under.
- 34.03 All TYFA certified coaches will be admitted to the Competition for no fee if they present a valid certification card.
- 34.04 Until such time as the TYFCA Board shall vote otherwise, the site of Competition will be Blackman High School in Murfreesboro.
- 34.05 The cheer director of each community participating in Competition/Exhibition will be required to be there all day on Saturday. Each Community Director will be assigned a specific area of responsibility (for example, t-shirt sales, trophies etc), which will be attended by the Director or workers from their community at all times. Any community in violation of this rule will forfeit their TYFCA fees rebate.

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35.00 TYFA OFFICERS & COMMITTEE CHAIRMAN

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**Sharon Samon**

Vice President Cheerleading

**Sharon Reeder**

Secretary

**Christina Matlock and Michele Kreidler**

Athletic Directors

**Kari Trammell**

NFC Ethics

**Tanya Rummage**

CFC Ethics

**LaTonya Myers**

AFC Ethics

**Tabitha Scruggs**

At Large Ethics

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**CHECKLIST FOR COMPETITION/EXHIBITION**

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1. Make envelopes for score sheets – on the outside, write each category, the squad and division.
2. Make badges for coaches.
3. Secure announcer and sound equipment.
4. Trophies and awards.
5. Contact video person.
6. T-shirts
7. Decorations
8. Print enough score sheets for the judges and fill in squad name, etc.
9. Hospitality room (be sure to have bottled water for judges).
10. Computer operator.
11. Beginning cash for gate.
12. Print forms for announcer (winners & places)
13. Contact Premier for mats and spotters
14. Secure judges

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**Play Field Locations**

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[www.tdot.state.tn.us/information-office/const.htm](http://www.tdot.state.tn.us/information-office/const.htm)

**ANTIOCH FALCONS**

Ezell-Harding School  
574 Bell Rd, Antioch

**ALTERNATE SITE** - Antioch High School 1900 Hobson Pk Antioch

**BELLEVUE STEELERS**

Bellevue Middle School  
655 Colice Jeanne Rd. Nashville

*Visitors are to park only in the parking lots on either side of Bellevue Middle School - **NO PARKING ON THE GRASS** violators may be ticketed or towed at the vehicle owner's expense.*

**BORDEAUX EAGLES**

Metro Center Football Field  
Ted Rhodes Field 720 Mainstream Dr. Nashville (field contact - 429-8050)

*There are limited bleachers available, so visitors may want to provide portable seats or lawn chairs.*

**BRENTWOOD BLAZE**

Crockett Park  
1500 Volunteer Pkwy Brentwood

**CLARKSVILLE GREYHOUNDS**

Tabernacle Baptist Church Field is located at the rear of the church  
303 Market Street Clarksville, TN

*There is limited bleachers available, so visitors may want to provide portable seats or lawn chairs*

**COOKEVILLE CAVALIERS**

Cookeville High School  
2335 N. Washington Ave. Cookeville

**DAVIDSON CO. COLTS**

Ewing Park Middle School,  
3410 Knight Dr, Nashville, TN

**DONELSON-HERMITAGE WARRIORS**

Ben West Sports Complex  
323 Stewarts Ferry Pk Nashville

**EAST SIDE BOBCATS**

Isaac Litton Middle School  
4601 Hedgewood Dr Nashville

**FRANKLIN COWBOYS**

Jim Warren Park - Cowboys Complex  
705 Boyd Mill Ave Franklin

*Park only in designated lined parking slots; **DO NOT PARK** on any grass area or medians. Tickets will be issued by the Franklin Police Dept.*

**GOODLETTSVILLE TROJANS**

Moss-Wright Park  
705 Caldwell Ln., Goodlettsville  
*Please follow the signs!*

(field phone is 566-9038)

**GRASSLAND GOLDEN EAGLES**

Grassland Middle School  
2390 Hillsboro Rd Franklin

**HENDERSONVILLE TITANS**

Drakes Creek Park North  
130 Cherokee Rd. N. Hendersonville

**LEBANON BLUE DEVILS**

W.J. Baird Middle School  
131 WJB Pride Ln Lebanon, TN

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**MADISON TITANS**

Stratton Elementary School  
310 Old Hickory Blvd Madison

**MT. JULIET BEARS**

Charlie Daniels Park  
1100 Charlie Daniels Pkwy Mt. Juliet (field phone - 754-7314)

*By order of the Mt. Juliet Police Department you must park in a lined parking space. DO NOT create additional rows of parking. DO NOT park in spots marked for the Community Center. Additional parking is available at Mt Juliet High School or The Joy Church. MJYFC is not responsible for any citations issued and/or your automobile being towed.*

**MURFREESBORO MUSTANGS**

Middle Point Sports Complex  
750A East Jefferson Pk. Murfreesboro

**NOLENSVILLE PANTHERS**

Rocky Fork Park  
2310 Rocky Fork Rd. Nolensville

**OLD HICKORY BULLDOGS**

DuPont Middle School  
1901 Old Hickory Blvd, Old Hickory

**SHELBYVILLE EAGLES**

Shelbyville Central High School  
400 Eagle Blvd. Shelbyville (field phone - 931-808-9715)

**SMYRNA BULLDOGS**

Lee Victory Recreation Park  
110 Sam Ridley Pkwy Smyrna (field phone - 220-4375)

*Park only in designated lined parking slots. **DO NOT PARK ON THE GRASS!** Tickets will be issued by the Smyrna Police Dept.*

**SPRING HILL RAIDERS**

Evans Park (Pete Boyd Fields)  
Spring Hill  
*Overflow parking up the hill at the elementary school*

**WAVERLY-BELMONT BULLDOGS**

Tennessee Preparatory School  
1200 Foster Ave Nashville