



CHEER LOCAL LEAGUE RULES AND REGULATIONS

The current issue of the National Federation of High Schools Rule Book will prevail other than the exceptions listed in this publication. FCPR as needed may issue Addendums and Clarifications to these rules. No other local league rule exceptions will be allowed. These are the sport specific rules – you must also obtain a copy of the Basic Rules for All Youth Sports for complete information.

1:00 AGE GROUPS / ROSTERS:

- 1:01 For boys and girls in the following age groups:
 - 6U (An Instructional Program is offered for ages 5-6).
 - 8U
 - 10U
 - 12U
 - 14U
- 1:02 League age is the age the player will be prior to December 1.
- 1:03 No more than 15-20 participants are recommended per cheerleading squad.
- 1:04 Each team is allowed a maximum of 3 coaches on the roster.

2:00 STUNTS:

- 2:01 Basic techniques and fundamentals must be taught and “mastered” prior to attempting any stunt.
- 2:02 Stunts must be performed in an appropriate area with a suitable surface.
- 2:03 At no time should cheerleaders be pressed to perform a particular stunt they are not comfortable with nor ready for.
- 2:04 It is the coach’s responsibility to closely observe, monitor and recognize a cheerleader or squad’s particular ability level and limit their activities accordingly.
- 2:05 No stunt should be performed during a game situation or other associated event until it is mastered at practice.
- 2:06 Cheerleading squads shall adapt their routines to the environmental conditions and playing surfaces for which stunts, pyramids and routines are used. Mounts, pyramids or gymnastics should not be

permitted during rain, on slippery surfaces or where there is not enough space. Hot and humid weather may also present problems.

2:07 Stunts will be regulated by FCPR as deemed age appropriate. A performed stunt is permitted provided:

- 7/8 year old cheerleaders are no more than **1 1/2 person high** (i.e. base on floor with no more than one person sitting on shoulders). No stunt may be performed in which the flyer breaks contact with the base.
- 9/10 year old cheerleaders are no more than **two-persons high** (i.e. base on the floor with no more than one person standing on shoulders). This allows for extended stunts while prohibiting extensions as defined in the NF High School Spirit Rules Book. All tosses must be spotted appropriately and performed from a ground level base and involve no more than **two tossers**.
- 11/12 and 13/14 year old cheerleaders will follow guidelines as required by the NF High School Spirit Rules Book.

2:08 Spotters shall be used in accordance with the NF Spirit Rules Book. The primary responsibility of a spotter is to watch for safety hazards. Therefore, an inattentive person is not considered a spotter.

3:00 REGULAR SEASON/HALF-TIME ROUTINES:

3:01 The head coach only should sign their team in with the site supervisor upon arrival. Questions as to cheerleading area, home or visiting team, etc., may be answered at this time.

3:02 It is not mandatory that a squad perform at half-time.

3:03 The head coach of each opposing squad should check in with the other to find out which squads will be performing at half-time.

3:04 The visiting team, as noted on the schedule, will perform first, then the home team.

3:05 Each squad will be allowed 1/2 the time scheduled for half-time of the football/soccer game to perform a routine or several cheers. Half-time is ten (10) minutes in length, therefore each squad may cheer a maximum of **five (5) minutes**. Visiting team must begin promptly.

3:06 A squad may perform their half-time routine to their side or to the opposing side.

3:07 When an opposing squad is performing, the viewing squad must remain quiet and show good sportsmanship.

3:08 Each cheerleader is to understand and agree to carry out the duties and responsibilities of the team through the team coach as established by FCPR.

3:09 Cheerleaders are not permitted to throw signs.

3:10 Each squad is expected to attend and participate at all scheduled games.

3:11 Each head coach will be responsible for signing his/her squad in with the site supervisor before every game. Failure to sign in will result in a mark of absence for that game.

3:12 By request, individual certificates may be obtained through the Recreation Center staff.

4:00 CHEER CLINIC:

4:01 The Cheer Clinic will be held prior to the first game of the season at a site determined by FCPR. Location and date may change from year to year.

4:02 The clinic is available to all registered FCPR Cheerleaders.

4:03 In order to participate in the clinic, all rosters, registration forms and the clinic registration form must be turned in to FCPR by the specified deadline

5:00 SPIRIT DAY

5:01 Spirit Day is held each year during the Football Playoffs based on the availability of facilities. Dates and sites are apt to change from year to year.

5:02 Cheerleaders will participate in their respective division/age group as a team. **No squad member may be excluded.**

5:03 Exhibition routines should be designed with the safety of the cheerleaders in mind. Stunts are to be structured appropriately for a regulation size basketball court as strongly recommended by the National Federation.

5:04 All squads will have a maximum of three (3) minutes to perform. **This includes the ninety (90) seconds of music.** Time will begin once the first squad member enters the exhibition floor, the first cheer begins and/or the first note of the music (whichever begins first).

5:05 Squads are allowed to use music as part of their exhibition routine providing:

- FCPR staff must screen all music 2 weeks prior to the Exhibition
- music is of standard quality
- music contains no objectionable language or terms
- music is limited to 90 seconds or less

5:06 No cheerleading squad will be allowed to use dance props such as hat, canes, etc. as part of their exhibition routine.

5:07 Special props will be limited to pom poms, megaphones and hand-held signs.

5:08 No team sponsored by FCPR can participate in any competitions/exhibitions using the FCPR name.

5:09 Participation ribbons will be presented at the conclusion.

THESE RULES ARE INTENDED TO PROMOTE AND PRESERVE THE SOUND TRADITIONS OF THE SPORT OF CHEERLEADING AND THE SAFETY OF ITS PARTICIPANTS. HOWEVER, THERE IS AN INHERENT RISK OF MAJOR OR MINOR INJURY FROM PARTICIPATING. EVERY INDIVIDUAL USING THESE RULES IS RESPONSIBLE FOR

PRUDENT JUDGMENT WITH RESPECT TO EACH CONTEST/GAME, ATHLETE AND FACILITY, AND IS RESPONSIBLE FOR EXERCISING CAUTION AND GOOD SPORTSMANSHIP.

LIGHTNING & THUNDER POLICY

All athletic activities conducted on Fayetteville – Cumberland Parks and Recreation facilities or any of its affiliated facilities or programs will follow the lightning policy as written below.

- 1. It shall be the responsibility of the umpire to suspend the game once lightning or thunder is noticed.**
- 2. However, if in the opinion of the field supervisor and/or center staff the umpire is not using good judgment they have the authority and the responsibility to suspend the game and clear the area.**
- 3. Once lightning or thunder is noticed the game shall stop immediately and the area cleared.**
- 4. The activity shall be suspended immediately for a minimum of 15 minutes and a maximum of 20 minutes.**
- 5. This delay will only be allowed if safe cover for all of the participants and players is available**
- 6. Once the game has reached the delay time limit the field supervisor and the umpires shall confer to make a decision to continue the game or to cancel the remainder of the game. If the 1st game of the day is cancelled, all remaining games for that site will also be cancelled.**
- 7. Under no circumstances will players be allowed to remain in the dugout during this delay.**
- 8. All participants must have a safe and protected area available for their use.**
- 9. Examples of safe and protected areas include permanent enclosed structures and automobiles.**
- 10. If one participant does not have a safe and protected area available for their use the event is to be cancelled.**
- 11. If a permanent site does not exist automobiles may be used.**
- 12. Do not let pressure from the coaches influence your judgment.**
- 13. Remember, Safety First. A game can always be rescheduled.**