

GREATER BULLITT COUNTY YOUTH FOOTBALL LEAGUE, INC.  
RULES OF CHEERLEADING  
2009-2010

ARTICLE I

Changes may be made to these Rules of Cheerleading between January 1<sup>st</sup> and March 1<sup>st</sup>.

ARTICLE II

The head sponsor has all responsibility for her/his squad's actions immediately prior, during and after each scheduled game. This includes the conduct of her/his assistant coaches and cheerleaders.

ARTICLE III

Any child found ineligible will be removed from the squad. A cheerleading squad must be at all games, cheering the entire game, including play offs, consolation and championship games, representing their team unless the game is forfeited. All squads will perform a "Hello" cheer sometime during every game; if they do not perform a "Hello" cheer they will not go to competition (the only exception is if game starts early and cheerleaders have not arrived). Squad consists of 50% of the total members. If a hello cheer is not performed, the infraction must be reported in writing to the Cheerleading Coordinator the day of the occurrence.

ARTICLE IV

After both teams have run out onto the field, the visiting cheerleading squad will come to the home team side to perform a hello cheer. Visiting team will perform first. Cheerleading squads will not be allowed to exchange gift baskets of any kind. A violation of this rule will result in a 20-point deduction from your total score at Competition.

ARTICLE V

There will be one A, one B, one Pee Wee and one Little Bullitt cheerleading squad. Cheerleading squads will not have a number limit. All Cheerleaders will be on the Competition Squad. If a cheerleader chooses not to compete in competition she/he does not have to. Upon the decision of cheerleader not to compete in competition, parent and child must sign a waiver and present to team sponsor and league cheerleading coordinator. **NOTE: Cheerleading Squads will still be required to perform if there is no football team in their division.**

ARTICLE VI

Cheerleaders below PeeWee cheering age may cheer for Little Bullitt squad or be mascot of their team district. Mascots will not be allowed to cheer in competition, but will be allowed to hold props and banners on the sideline. Mascots will also be allowed to walk on the floor with the squad,

but will leave the floor area before the cheer begins.

#### ARTICLE VII

Competition will be held on an open Saturday or Sunday. Competition will not be held on any scheduled game day. Competition will be held the week following Championship day. Time and place to be left to the Board of Directors discretion. Competition date subject to change on vote of Board of Directors. Any cheerleader or squad found practicing after December 31<sup>st</sup> and before the allowed time frame for attending a competition shall not be allowed to compete in County Competition for that year regardless of what squad the cheerleader will be on that year. Any Sponsor/Coach that breaks this rule is subject to disciplinary action by the Board of Directors.

#### ARTICLE VIII

Three (3) judges from outside Bullitt County with no affiliation with Bullitt County children will be used for competition. No judge may be affiliated with any Bullitt County team district. There will be three (3) timers. Each year the Cheerleading Coordinator will get three different judges, if possible. The League will provide each cheerleading sponsor with current National Federation rulebooks.

#### ARTICLE IX

No team will be allowed to practice on the gym floor where competition is held, the week prior to competition unless all teams have equal amount of practice time.

#### ARTICLE X

All squads will perform a 2-1/2 minute routine, **which must include cheer or chant. Music may play the entire 2-1/2 minutes.** Any squad over the time limit shall lose a point per every second over.

#### ARTICLE XI

All categories of the judging sheet must be judged. If no jump is performed in cheer, squad will receive a "0" for jump score. Competition score sheets to be used will be given to sponsors on weigh in day if possible. Scores will be kept in pencil on all score sheets. Final tabulations will be in ink. **NOTE:** In event of a tie, the teams involved will repeat routine for re-evaluation by the judges.

#### ARTICLE XII

Admission to competition will be same as charged for football championship games.

#### ARTICLE XIII

The entire competition squad must participate or the squad will be disqualified, except in case of illness, injury or emergency. If a squad

member becomes ill, or obviously injured, during competition, she may be excused without the squad being disqualified. League officials will make decision. **NOTE:** Individual squad's cheerleading sponsor will have discretion whether or not a girl will be allowed to cheer in competition if three (3) practices are missed in the four (4) weeks prior to competition.

#### **ARTICLE XIV**

No restarting of time will be allowed with the exception of technical difficulties with sound system. However, any repeat or recovery is allowed provided the time has not exceeded. Whether to restart a routine and risk exceeding the time is entirely at the discretion of the squad.

#### **ARTICLE XV**

A cheerleading squad may attend as many competitions as they like other than County Competition after the end of the season as long as they compete before March 31<sup>st</sup> provided the following are met: The Cheerleading Coordinator is notified at least four weeks prior to the competition day, practice for the competition starts no earlier than four weeks prior, only members of existing squads are allowed to participate. If teams go to post-season competitions modifications can be made to improve routine.

If squads go to an outside competition (i.e. Nationals) they may not pick up any additional cheerleaders.

#### **ARTICLE XVI**

##### **Rules Relating to Handling of Scoresheets**

1. The Coordinator shall write the names of the squads on the scoresheets before they are given to the judges.
2. The judges must finalize the score sheets for competition in such a manner as to have the score and comments remain as confidential as possible.
3. The judges should list the results for the announcement of awards on a separate sheet of paper and seal it in a separate envelope.
4. The judging sheets and results will be given to the Cheerleading Coordinator and each sponsor will receive a copy of their own score sheets as soon as possible after competition. Coaches/Sponsors can view their score sheets immediately following competition.
5. A copy of competition tally sheet, for each division, must be turned in to the Board of Directors for filing purposes before the annual Board meeting.

#### **ARTICLE XVII**

##### **Personal Appearance and Uniform**

1. Hair must be neat. The length and style is optional (bangs are acceptable, but must not obscure vision). However, we recommend that, for

safety reasons, long hair must be secured in some way -- dogears, pigtails, etc.). Any accessory must be uniform as far as possible. Wigs and hairpieces may be worn.

2. If makeup is worn, it must be moderate and not distracting. The appearance must be natural and appropriate for the cheering situation. **NOTE:** All squads may wear makeup left to the discretion of the head cheerleading sponsor. Team decals will be allowed.

3. Posture must be pleasing to watch at all times.

4. Uniforms must be neat, pressed and clean. The length must be proportioned to height. All parts of the uniform must be matched in color and style with some sort of team identification. Cheerleading uniforms do not have to coordinate with dominant team color. No bare midriffs allowed.

5. Socks and shoes must be neat and clean. The style is optional but must be alike.

6. No jewelry of any type may be worn. This rule is strictly for safety reasons. No fingernail polish is to be worn.

Floor cheer will be governed by the National Federation Rules of Cheer.

#### **Sportsmanship and Pep**

1. Good conduct toward opponents; officials and students should be enforced. Any unsportsmanlike gesture on the part of a cheerleader will result in five (5) points being deducted from total score at county competition.

2. Proper language should be used at all times.

3. Attitudes should be respectful in victory or in defeat.

4. Conduct of a cheerleader away from the cheering area should be a credit to her uniform and team at all times.

5. Overall and continuing pep and enthusiasm throughout the competition should be expressed.

6. Facial Expression: The smile should be constant and brilliant, but should be natural rather than strained or faked. Chewing of gum should not be allowed during cheering. Above all, enthusiasm and pep must be sincere and genuine.

7. Coaches: Cheerleading coaches must be too old to participate in the youth league.

#### **ARTICLE XVIII GAME SITUATION COMPETITION**

Cheerleading squads will be judged one (1) game during the season (at the

discretion of the Cheerleading Coordinator) to determine a Game Situation Champion. Squads will not know when they will be judged. Winner will be announced at Cheerleading Competition and presented with ribbons. This competition does not relate to County Competition in any way.

**ARTICLE XIX  
CHEERLEADER OF THE YEAR COMPETITION**

Cheerleading squad sponsors will present Cheerleading Coordinator names of cheerleaders from each Squad. This will be done midway through the season. The cheerleader with the best score overall for each division will be the "Cheerleader of the Year". On competition day each cheerleader will arrive one hour early and be taught the tryout cheer. Cheerleaders will be required to wear a plain white tee shirt and shorts of any color with no team logos during tryouts.

**ARTICLE XX  
PRACTICE TIME**

There will be ten (10) hours maximum practice time during the week when school is in session. This excludes games, scrimmage games, dance/cheer competition and weekend activities. Week will be defined as Sunday through Thursday.

**ARTICLE XXI  
ELIGIBILITY**

Cheer Coordinator will determine player eligibility, have ability to call meetings of the Board of Directors over player eligibility, has authority to determine player eligibility in emergency case for one game only. Decision can be overridden by Board of Directors.

**ARTICLE XXII  
MALE CHEERLEADERS**

A football player who also wants to be eligible to cheer at County Competition must sign up both as a football player and cheerleader and added to both rosters before the second game of the season.