

**CENTRAL PIEDMONT FOOTBALL LEAGUE
CHEERLEADING RULES & REGULATIONS
2010**

ARTICLE I

PURPOSE OF PROGRAM

1. To lead and direct the fans in an appropriate manner; promoting good sportsmanship.
2. To learn teamwork, competition, sportsmanship, how to win and lose gracefully, etc.
3. To promote high standards of conduct.

ARTICLE II

JURISDICTION OF RULES

1. Cheerleaders should follow National Federation of State High School Association Rules.
2. Local league rules are established and shall have priority over the above rules.
3. Rosters are due by August 26th, 2010.

ARTICLE III

SQUAD COACHES

1. All squad coaches shall be selected and approved by each local organization or department.
2. Coaches should be willing to study and develop the skills required to coach this sport.
3. It is the responsibility of the coach to follow the rules.

ARTICLE IV

GENERAL RULES

1. All music, dances, cheerleading motions, moves, etc. will be done in good taste with **NO** vulgar actions or profanity. Music shall **ONLY** be played at halftime.
2. Only 3 cheerleading coaches will be allowed into each game. Squads should provide rosters to the gate of each site they visit.

3. All cheering will be done in a positive manner; i.e. no taunting, booing or negative actions by the cheerleaders. Cheerleaders should also work to get the crowd involved in a positive manner as well.
4. Cheerleading is a sport and cheerleaders are athletes. They are to act as such:
 - a. No eating during the game
 - b. NO JEWELRY IS TO BE WORN!
 - c. No gum chewing
 - d. Cheer until the game is over; this includes overtime!
 - e. All members of the squad need to dress exactly the same.
 - f. Squad should arrive in time for a sufficient warm-up before the game begins.
 - g. The cheerleading season ends AFTER the completion of ALL football games, INCLUDING the tournament.
 - h. GOOD SPORTSMANSHIP is to be promoted at ALL TIMES! Make the visiting squad feel welcome by introducing your squads to each other, doing a hello cheer at halftime for each other, etc.

5. STUNT RULES

Stunts should only be taught by someone with experience. Stunts should proceed at a progressive pace based on the skill level of the squad. Easier stunts are to be mastered before moving on to more difficult stunts. Stunt progression is as follows: FLAG & 7 and 8 Tackle (level 1 & 2); 9 and 10 (levels 1, 2 & 3); 11 & 12 (all levels). The above categories are the limitations for each group. They are to be strictly adhered to.

- a. LEVEL 1: Thigh Stands, Pony Sits
(An additional back spot is required and will be needed until stunt is mastered)
- b. LEVEL 2: Teddy Bears, Preps (elevators)
(Head and shoulder spot is needed. Prep may even need an additional front spot to support as well)
- c. LEVEL 3: Extensions
(Head and shoulder spot is needed. They may brace stunt by holding the wrists of the main bases, or the ankles of the flyers. They MAY NOT put their hands underneath the feet of the flyer. The stunt will also need a front spot until this is mastered)
- d. LEVEL 4: Liberty and Liberty Variations (heel stretches, arabesques)
(A front spot and a back spot is required.)

DISMOUNTS from Stunts:

1. NO sweeping of the feet. Only pop cradles are allowed. Flyer has to have a separate head and shoulder spot along with 2 side catchers. The front spot (if stunt requires one) will step to the side and help catch the feet of the flyer as she cradles.

2. Adults are allowed to be the spot during performances. The ARE NOT to be the support of the stunt, but only the extra spot that the stunt may need. If an adult needs to be a main support, then the stunt is not mastered and the squad does not need to perform this particular stunt.

6. COMPETITION:
A competition among the squads will be held at the end of the football season. ALL squads are encouraged to participate. ** A set of competition rules will be given to all squads who compete including time limits, etc.

7. One parent or guardian needs to be present at all home and away games.

ARTICLE V

PRACTICE SESSIONS

1. Flag – 1 ½ hours, 3 days a week while school is not in session, and no more than 2 days per week once school is in session.

2. Tackle – 2 hours, with a 15 minute rest period; 4 days a week while school is not in session, and no more than 3 days per week once school is in session.

3. Practice sessions are not to exceed the weekly limits. All session shall end no later than 9:30pm.

4. In the event of threatening thunderstorms during any practice, the coach should immediately stop practice and see that all players are secure inside a building, if available, or an automobile, never under trees or open shelters.

5. A coach or responsible adult must stay until ALL cheerleaders have been picked up by a parent or legal guardian.

ARTICLE VI

PARENTAL INFORMATION

1. Parents are encouraged to show sportsmanship at all times.
2. The League is striving to promote fellowship, team spirit, and a clean recreational environment to play in.
3. If parents are unruly, abusive to coaches, officials, players or recreational staff, they will be asked to leave the park or field. The League will not tolerate such behavior in front of the kids.
4. Alcoholic beverages or drugs will not be allowed on park or field premises.
5. Parents are also encouraged to insure that smaller kids not participating in organized sports do not engage in games in the spectator area. Please don't allow kids to bring balls to the park. This is dangerous. The League has had injuries occur while kids are unsupervised. Please be attentive to your children at all times.
6. **Dogs and cats are not allowed on the game fields.**
7. Bicycles are not allowed on playing surfaces. Please help us enforce these rules for the safety of all.
8. Central Piedmont Football League does not carry insurance on individuals participating in sports.
9. **Parents are NOT allowed on the playing field! Parents are also not allowed on the track if one exists around the field.**