

# TNYFL Cheerleading Competition/Exhibition Rules

- 7.1 TNYFL shall hold a competition and/or an exhibition for all squads, to be schedule by the Cheerleading Committee. The registration fee to be paid on TNYFL Fee Night. The fee will apply to competition and/or exhibition. No one can cheer down, no one can cheer up more than 1 division.
- 7.2 Competition squads will be formed by age divisions as defined by TNYFL Rule 7.3. The age of the cheerleader is determined by the TNYFL league age (as of July 31st of current year)
- 7.3 The age divisions for the TNYFL Cheer Competition will be as follows:
- Pee-Wee: 4-6 years of age
  - Youth: 8 years of age and below
  - Junior: 10 years of age and below
  - Senior: 12 years of age and below
  - All Mix: 4-12
- \*If we have a shortage of competing squads in one division, we may re-structure the age divisions.
- 7.4 A TNYFL Competition squad shall have no cheerleaders as members of that squad who currently cheer for any competitive school team, private competition squad (All-Star Cheer included), or are members of a dance team.
- 7.5 To ensure 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.

- 7.6a The total time limit is 2 minutes and 30 seconds. Each squad's presentation must include at least one cheer or sideline chant. A dance routine is required from all squads participating. Stunts may be performed during music but will not be included in their dance score. Timing will begin with the first movement, voice, or note of music whichever comes first.
- 7.6b If the squad exceeds the 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 competition and leave a several second cushion to allow for variations in sound equipment.
- 7.7 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 their dance score. Anything in question will be reviewed immediately after the squad's performance and a determination reached before the scoring is completed.
- 7.8 As long as accessible, the use of mats will be at each competition or exhibition. The mat size will be at least 40'x40' with no special markings.
- 7.9 Cheerleaders will be allowed to place signs/poms/etc. on the mat prior to the beginning of the routine. Time starts when the music starts or first movement after taking place on the mat. (Squads will be allowed to come onto the mat with that not counting toward their 2:30 time.) Time ends upon completion of the routine. However, it is recommended that the ending position be held for several seconds. Then all signs etc. may be removed from the mat upon exit.

- 7.10 Team mothers, assistance 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.
- 7.11 Coaches or a designated representative for each community may start their squad's music or may elect to have a TNYFL representative do so. Coaches are asked to bring their music in two formats in case of equipment failure. Coaches that are concerned about timing of their music are encouraged to start the music themselves as no protests or appeals will be tolerated concerning this matter.
- 7.12 Squads will be limited to a maximum size of 30, unless approved by the Board of TNYFL Cheer prior to Competition. Requests shall be made on or before the September board meeting.
- 7.13 All squads are to check-in at least 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 perform.
- 7.14 Only Cheerleaders, Coaches and Directors of performing squads are to be in their designated areas at all times.
- 7.15 Spectators are not permitted to be in the designated areas of the cheerleaders and coaches prior to the competition. Once the team has been checked in, the team must remain with the community designated coaches and personnel.
- 7.16 Poms, flash cards, and megaphones are allowed and are not considered props. A limit of 5 props can be used during a routine. Hats, gloves, etc. are not considered props if worn the entire length of the performance. 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.

7.17 Stunts and pyramids must follow UCA or NCA safety guidelines

7.18 Stunt Height limits are as follows:

Ages 4-6 may go to the waist

Ages 7-8 may go to shoulder (prep)

Ages 9-12 may go to full extension

\*The height limitations listed above are set on **age of the youngest base** in the stunt group.

7.19 Basket tosses are allowed but limited to Junior and Senior divisions.

7.20 Any violation of these limits will result in a score of zero (0) for the stunt category and the coach of the squad violating these height limits will be suspended from the TNYFL for a length of time as determined by the TNYFL Board.

7.21 If stunts are performed ABOVE WAIST HIGH, continuous spotters shall be required. High 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.

7.22 Any squad performing an illegal stunt (as defined by UCA and NCA for High School) will be disqualified and the coaches will be suspended from TNYFL for a length of time as determined by the TNYFL Board.

## Competition Judges

- 8.1 The judges used in TNYFL competition shall not have any ties with TNYFL and shall be UCA or NCA certified
- 8.2 There shall be four (4) judges for the TNYFL competition. One judge will serve as the violation judge and will keep the music time. They will be paid \$100 each.
- 8.3 The judges will give scores in the following categories:
  - 8.3A Spirit
  - 8.3B Cheer
  - 8.3C Stunts/Jumps
  - 8.3D Dance
  - 8.3E Presentation
- 8.4 Individual trophies will be awarded to each first-place overall cheerleader with a plaque/trophy for the winning community.
- 8.5 All score sheets are to be triplicate. The original will be on file with the TNYFL, one will be given to the respective Coach, the third copy to the Community's Cheer Director. There will be a sample score sheet in the back of this rulebook to keep it uniform from year to year.
- 8.6 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.
- 8.7 In the event of a 1st place tie in total score, both squads will perform their routine's chant and that portion of the performance will be rescored.

- 8.8 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 decision in this competition and each squad expressly waives any legal, equitable, administrative, or procedural review of such decisions.
- 8.9 **SPORTSMANSHIP** All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification