



DIABLO VALLEY YOUTH FOOTBALL CONFERENCE

OFFICIAL RULES AND REGULATIONS

"CHEER RULES"

Revised April 2010

Presidents Message

Welcome to all the players, cheerleaders, coaches, city board members, and parents to the 2010 Diablo Valley Youth Football Conference season.

I want to take this opportunity to say thank you to all the coaches, parents and participants for your time and commitment to the Diablo Valley Youth Football Conference.

This rulebook has been compiled for the safety and welfare of the boys and girls of this conference with emphasis on good sportsmanship, having fun, and encouraging good team conduct.

Please take a moment to review it carefully.

While we provide this as a written guide for you, please let common sense and the spirit of doing what is right guide you through this season. If you have any comments please go to www.dvyfc.net and contact any of my Executive Board members.

Please encourage the players and cheerleaders to achieve the DVYFC Scholar Athlete Award at our web-site.

As always, we wish each and every one of you a successful season and remember we must look past the scores to find the true measure of our success.

Good luck!

Bob McKnight

President, Diablo Valley Youth Football Conference

SECTION 3

ARTICLE XXI – CHEERLEADING

1. CHEERLEADING COORDINATOR

Each City shall have a Cheerleading Coordinator to whom all Cheerleading Coaches and volunteers report to.

2. SIGNUPS/TRYOUTS

- A. Tryouts are to be held at the discretion of the City.
- B. Cheerleading tryouts are allowed between December 31st and August 1st.
- C. Written permission shall be obtained from the DVYFC Cheer Coordinator and the Conference President.
- D. Medical Insurance shall be purchased through DVYFC covering all participants.
- E. Each participant must provide proper parent/guardian signed, medical authorization for treatment before being allowed to tryout. (See article IV paragraph 2, Medical Examination.)
- F. Each City will provide, within one week after completion of tryouts, to the Conference Cheer Coordinator, a list of the participants (including full name) that signed up to try out, the names of those that actually tried out and the names of those chosen for each squad for each division. Failure to do so will result in a fine and/or disciplinary action.

3. PARTICIPANT AGES

- A. The age of any participant as of August 1st will be considered the qualifying age for the entire season, regardless of whether or not the cheerleader has a birthday during the course of the season or anytime after August 1st.

B. Age Chart:

<u>Division</u>	<u>Basic Age</u>
Mascots	5 – 8 years old (maximum 2-8 yr. olds)

Jr. Pee Wee	8 – 10 years old
Pee Wee	9 – 11 years old
Jr. Midget	10 – 12 years old
Midget	11 – 14 years old

- C. Mascots must be no younger than five (5) years old and no older than eight (8) years old. Age determined same as for cheerleaders.

4. ROSTER SIZE

- A. The size of a squad at each division shall total no more than twenty (20) and no less than ten (10). This does not include mascots. Squads of less than ten (10) must petition the Conference Cheer Coordinator for exception. This exception will also allow those squads with less than ten (10) to be eligible to compete for awards at the Conference Competition.
- B. Proper documentation, a Conference Drop Form and the Participant ID Card, shall be submitted to the Conference Cheer Coordinator, for any drops after certification in a timely manner.

5. MASCOTS PRACTICE/GAME DAY/COMPETITION GUIDELINES

- a. Mascots must be no younger than five (5) years of age and no older than seven (8) years of age. Age determined same as for cheerleaders
- b. Mascots are not required by DVYFC and is at discretion of the City.
- c. Mascots are included in all certification requirements.
- d. Mascots are to perform only at the DVYFC Conference Competition
- e. There are 2 ways to have a Mascot team. Example:
 - 1. The number of mascots can be two (2) per squad
 - 2. A separate squad that has No minimum number of Mascots but a maximum number of 20, which would cheer for the Scout Team as an individual squad.

Note: City must choose either to have 2 per squad or to have an individual squad to cheer for the Scouts.

- A. Rules for two (2) Mascots per squad
 - 1. The number of mascots can only be two (2) per squad.
 - 2. Mascots are included in all certification requirements
 - 3. Practice time is at the discretion of the city.

4. Mascots must practice with their assigned cheer squad, except for two (2) weeks prior to DVYFC sponsored competition, when they practice separately to learn their DVYFC competition routine.
5. Mascot coaches are not allowed. A responsible adult shall be assigned to oversee the two (2) weeks of Mascot practice prior to competition
6. Mascots may participate in the Hello cheer and ½ time performance.
7. Mascots must practice with their assigned cheer squad, except for the 2 weeks prior to the DVYFC competition. At that time they will learn a separate routine for the DVYFC competition.
8. Mascots may participate in outside competitions as long as they go by the DVYFC guidelines
9. All Mascots perform their competition routine together with all cities at the beginning of the DVYFC competition day.
10. A mascot can perform a partner stunt no higher than a Prep Level. A Prep Level is defined, as both feet of the top is no higher than a shoulder level.
11. A Mascot that performs a Partner Stunt at a Prep Level must have a continuous spotter positioned directly in front and behind them at all times.
12. NO single legged Prep level stunt allowed.
13. Cartwheels and forward Tumbles with hands in front may be performed.
14. NO other stunts are allowed at this level except for the above.

B. Rules for a Mascot Squad of 20 or less

1. No minimum number Mascots, but a maximum number of twenty (20). Each squad of twenty (20) is allowed two (2) 8 year olds.
2. Mascots are included in all certification requirements.
3. Mascot coaches are required. See Coaches requirements for all Cheer squads.
4. Practice time is at the discretion of the city.
5. Check in for game day is to be done by Head Coach. If other team is not present for check in, a representative from the cities board will check in the opposing team.
6. No Hello Cheer is done for the opposing team
7. No gifts are allowed to be given to opposing team
8. No posters are allowed for football players/Scouts to run through
9. Mascots are allowed to perform ½ time Dance routine with no minimum but a maximum of 1 minute long. NO cheer routine is to be performed, only dance.
10. Check in time is 15 min before kick off- Under Score board.

11. Mascots may participate in outside competitions as long as they go by the DVYFC guidelines
12. Partner Stunts for Mascots are limited to one (1) people high. One (1) high is defined as the base (bottom person) having both feet on ground.
13. A Mascot that performs a Partner Stunt at a Thigh High level must have a continuous spotter positioned directly behind them at all times.
14. Cartwheels and forward Tumbles may be performed.
15. NO other stunts are allowed at this level except for the above.

6. DRESS CODE FOR GAMES, PRACTICES AND COMPETITIONS:

- A. Game uniforms are required for all games, except for the game prior to the DVYFC sponsored competition and Jamboree. The DVYFC pre-competition game and Jamboree attire shall consist of like clothing in City colors, (matching tops and bottoms). Full game uniforms (including team tennis shoes) must be worn to all games prior to outside competitions, i.e. Great America, Marine World, etc.
- B. No nylons are allowed. (Mascots may wear tights)
- C. Artificial nails of any kind are not allowed at any time. Natural nails must not present a safety hazard. No colored finger nail polish may be worn. Only clear polish is allowed.
- D. Jewelry of any kind is not allowed at any time. Taping down jewelry/body art is not allowed and failure to comply will result in fines and/or disciplinary actions.
- E. Hair curlers or any other hair-curling product may not be worn at any time during check-in and games.
- F. Hair clips, beads, metal or plastic cannot be worn only rubber bands and ribbons are allowed.
- G. Hair should be pulled back off the shoulders and face, i.e. ponytail, braid, etc.
- H. No glitter or like substance can be worn on body/hair.
- I. Only foundation can be worn during games and competitions. No mascara, eye shadow, lipstick, etc.

7. SQUAD CONDUCT
 - A. Squads are required to attend, participate and support all football teams at jamboree, regular season games, and post-season games.
 - B. Organizations can be fined, squads can be eliminated from Cheer Competition (not just Conference Competition) and/or a coach can be suspended or expelled for failure of a squad to attend a game or if a squad leaves before the game is completely over.
8. GAME TIME PERFORMANCE
 - A. A hello cheer is to be performed before the end of the first quarter. The home teams are to go to opposing side and perform and then invite the opposing squad to perform on the other side.
 - B. Half-time performance is to be done at each game. Visitors perform first, then the home team. Maximum time limit is five (5) minutes and minimum time limit is 1 minute 30 seconds. Any type of performance is acceptable.
 - C. The only participants allowed on the sideline cheering during any game are the members of the corresponding cheerleading squad.
9. GAME ATTENDANCE CHECK IN
 - A. Game attendance check-in is to be done, for all games, for each squad, by the opposing Head Coach, one half (1/2) hour prior to scheduled game time. No warm-up of teams prior to check-in, and only 30 minutes warm-up after check-in. Usually done under the score-board.
 - B. Home and visiting squads are to meet at the game scoreboard one half (1/2) hour prior to scheduled game time for check-in.
 - C. All participant cards for cheerleaders present shall be stamped with the organizations designated stamp. The stamp designation must be approved and filed with the Conference President by the August Conference meeting.
 - D. If a participant is absent, reason for absence must be indicated on Participant Identification Card and initialed by opposing squads head coach.
 - E. A participant arriving after check in will sit out the first quarter of the game. Participant's Identification Card must be stamped by opposing head coach prior to 2nd quarter.

- F. The DVYFC Cheer Coordinator must be notified of any participant who has missed three games (the three missed games do not have to be consecutive). A participant may be deemed ineligible for DVYFC Competition and/or remainder of season due to absences. Fines/penalties could result.
- G. The Participant Identification Card binder must be available to be checked by the Conference at all times.
- H. Failure to comply with these guidelines will result in a fine and/or disciplinary action.

10. DVYFC COMPETITIONS

- A. City Coordinators will notify the Conference Cheer Coordinator no later than the second Tuesday in September, in writing, which Cheer Competition Class they will be entering. Once the groups have been set there will be no changes allowed. If less than three squads sign up for any one group the Conference President and Conference Cheer Coordinator will make the necessary changes to fill the groups.

CHEER COMPETITION CLASSES ARE AS FOLLOWS:

Jr. Pee Wee	Pee Wee	Jr. Midget	Midget
Level 1- Small	Level 1- Small	Level 2- Small	Level 2- Small
Level 1- Large	Level 1- Large	Level 2- Large	Level 2- Large
	Level 2	Level 3-Elite	Level 3-Elite

- Small (Level 1 & 2) squads is considered 13 or less. Squad with 14 or more is considered a Large (Level 1 & 2) squad. Level 3 (elite) squad has no limits.

LEVEL DESCRIPTION

Level 1 (Jr. Pee Wee/ Pee Wee): Teams entering at this level have limited stunting experience or have never stunted before. Examples of skills allowed at this level include: Cartwheels, Round-offs, and Series Back Handsprings. Show-n-Go, Extension preps, Extensions, Single-Leg Extension Stunts at the prep-level shoulder-height, unless braced in a pyramid by an extension prep on each side, Single-Leg Extension/or full when braced on both sides by and EXTENSION PREP/or half, Straight ride cradles ONLY (no moving alternate positions or twisting).

Jr. Pee Wee's are allowed to do Liberties, ONLY with extension prep on both sides. *Pee Wee's* only at this level are allowed to do: 1- legged stunts such as liberties, full extension liberties, scorpions, scales and arabesques included.

Note: Flips, Sponge Tosses and Basket Tosses are NOT allowed for the Class 1 division. Article XXII Cheer Safety Rule for guidelines and or addition restriction regarding general items, tumbling, stunts, pyramids, tosses and dismounts.

Level 2 (Pee Wee/Jr. Midget/Midget): Teams entering this level have some stunt experience including solid extension prep with a clean cradle. Examples of skills allowed at this level include: Extension preps, Extensions, Single leg extended stunts, non-twisting alternate cradles (toe touch, tuck arch, bottle rockets, etc.), Straight ride cradles ONLY (from a single-leg extended stunt), no sponge tosses or basket tosses, etc. Examples of tumbling skills allowed at this level include but are not limited to: Cartwheels, Round-offs, Series back handsprings, and slip from a round-off or Round-off back handspring entry. Running front flips are also allowed. Please check the Article XXII Cheer Safety Rule for guidelines and or addition restriction regarding general items, tumbling, stunts, pyramids, tosses and dismounts.

Level 3 (Jr. Midgets/Midgets) (Elite): Teams entering this level have a high-level of stunt experience including a solid extension with a clean cradle. Examples of skills allowed at this level include: Extension preps, Extensions, Single-leg extended stunts, alternate and full twist cradles, sponge tosses, basket tosses, etc. Examples of tumbling skills allowed at this level include but are not limited to: Cartwheels, Round-offs, Series Back handsprings, Flips, Full-twisting Flips, etc. Running front flips are also allowed. Please check the Article XXII Cheer Safety Rule for guidelines and or addition restriction regarding general items, tumbling, stunts, pyramids, tosses and dismounts.

- a. Each squad will be issued wristbands for certified coaches for competition. Wristbands allow the coaches to be with their team in the performance area. In addition to the Coaches wristband each City Coordinator will receive a wristband.
- b. Mascots will be performing first. After they're performance, they will be excused as a group to go sit with family members.
- c. Practice hours for Conference Competition, see Article IX #5. Practice Hours for other competitions see Article IX #4.
- d. Judging & Scoring during competition comes from the representation of Various All Star Cheer Divisions from all parts of the country. Difference will be balanced in performances. All DVFYC Competition judges' decisions are final and cannot be protested. Each routine has a possible score of 100 total points per judge. Scores for each category will be added per judge and then averaged by the total number of judges. Any deductions of penalties will be subtracted from the final score. A random category will be used to break all ties. Score sheets may not be

available the day of competition, but will be handed out at the next scheduled conference meeting.

- e. Practice is NOT allowed during breaks and lunch. Stretching is allowed.
- f. Coaches are not allowed to go through dance or cheer movements on the floor during team performance.
- h. 5 points will be deducted from the total score for each infraction of DVYFC General Safety Rules and Guidelines. (With the exception of Time Limit penalties- See below)
- i. Time limits for Cheer is a minimum of 1 minute 30 seconds And a maximum of 2 minutes. Time limit for Dance is a minimum of 1 minute 30 and a maximum of 2 minutes 30 seconds. No more than 15 seconds in between routines. Timing shall begin at the first note of music for dance and the first sound of cheer from the performance.
- j. 1 points will be deducted from the total score if the routine goes from 6 -10 seconds over time requirements.
- k. 3 points will be deducted from the total score if the routine goes from 11 or more seconds over time requirements.

11. JUDGING & SCORING:

Judging & Scoring during the competition comes from representation of various All Star Cheer Divisions from all parts of the country, so that style difference will be balanced in performances. All DVYFC Competition judges' decisions are final and cannot be protested. Each routine has a possible score of 100 total points per judge. Every safety/stunt violation will have a 5-point penalty assessed per violation. Scores for each Category will be added per judge and then averaged by the total number of judges. Any deductions for penalties will be subtracted from the final score. Score sheets may not be available until next scheduled conference meeting. The designated penalty judge will determine all safety violations.

12. INFRACTIONS AND PENALTIES

- a. An infraction of a safety rule as stated in Article XXII will result in disqualification from the Conference Competition and or game participation. Automatic fine to the City will also result.

- b. Safety rules as stated in Article XXII, apply at times when practicing or performing as a member of DVYFC.
- c. An infraction of the code of conduct will result in a fine and or suspension, determined by the severity of the infraction.
- d. If any one city receives three (3) fines in any one season, that city may be disqualified from the conference cheer competition and or game participation. The city shall remain liable for all financial commitments to the conference cheer competition.
- e. Any city found in violation of any rules, procedures, or regulations governing DVYFC, shall be liable for a fine, suspension and or disqualification based on the severity of the infraction.
- f. All protest shall be handled in accordance with Article XIV.
- g. The decisions of DVYFC competitions judges are final and cannot be protested.
- h. Cheer squads are required to attend all scheduled games and remain on the sidelines until the conclusion of the game. Failure to do so will result in any combination of the following as deemed appropriate by the DVYFC Executive Board, fines, disqualification from cheer competitions including the conference competition (The city shall remain liable for all financial commitments to the conference cheer competition) suspension or expulsion of the Head Coach or Assistant Coaches.
- i. City Cheer Coordinators shall notify the DVYFC Cheer Coordinator of any participant who has failed to attend three (3) games (The absences need not be consecutive). A participant may be judged ineligible for the DVYFC competition and/or the remainder of the season based on absences. Failure of the City Cheer Coordinator to make the required notification may result in fines and/or penalties.

13. OUTSIDE CHEER COMPETITIONS

- a. DVYFC Cheerleaders may only enter competition with prior written approval from the Conference during the regular season. Requests are to be submitted in writing to the Conference Coordinator. Attendance shall not conflict with the City game schedule. Squads who qualify for outside competitions must follow all rules set forth by DVYFC.
- b. For liability purposes, no participant or squad can register for or participate in a competition while using any name affiliated with DVYFC between December 31st or until August 1st of the following season.

Competition on an individual basis is left to the discretion of the participant.

ARTICLE XXII- CHEER SAFETY RULES

NOTE: Some skills below are considered appropriate only for Level 3 teams and are labeled as such. Jr. Midget and Midget teams wishing to compete at Level 3 must commit to the Level 3 division prior to competition. This will ensure these teams practice Elite skills for an adequate period of time to prevent injuries and promote safety.

GENERAL

- A. Knee, seat, thigh and split/jump-split drops are not allowed from an airborne position. (Example: Performer jumps into the air and lands in the position mentioned.) Moving to these positions from a standing position would NOT be illegal.
- B. High kicks to a hurdler position are not allowed.
- C. Landings from all jumps must bear weight on the last one (1) foot (Example: a toe-touch to a push up or to the seat or to the knees is not allowed).
- D. Banners, Flags, Megaphones, Poms and Signs are the only props allowed. The use of props are not allowed during tumbling, partner stunt/pyramid building, dismounts and all stunt transitions, which require the use of hands. The flyer may obtain and use props when secure in a stunt. (Example: Poms may be handed to a flyer in extension prep. The flyer may then transition to an extension, but must discard the poms before dismounting.)
- E. No Glitter or any other substance except Paint may be used for props such as: banners, flags, megaphones and signs.

TUMBLING

Level 1 & Level 2 (Jr. Pee Wee/ Pee Wee/ Jr. Midget/Midget)

All skills with hand support performed from a standing position may be performed. At least one hand must remain in contact with the floor during execution. (Both hands must be in contact when performing front or back handsprings) Flips and Aerial are prohibited.

Level 3- Adv. (Jr. Midget/Midget)

Flips are allowed with one flipping and one twisting rotation. (Single standing back tucks). Full twist flips (one twisting rotation) is allowed for Level 3 Jr. Midget and Midget teams ONLY and may not exceed one twisting rotation. Forward $\frac{3}{4}$ flips to the seat and toe-pitch flips are prohibited.

TOSSES

- A. Full Helicopter tosses (flyer rotates horizontally 360 degrees) are not allowed. Half (1/2) helicopter tosses are allowed in the Jr. Midget and Midget divisions ONLY.
- B. Sponge tosses and Basket tosses are allowed in the Jr. Midget Advance and Midget Elite divisions ONLY with the following guidelines:
 - 1. Tosses may NOT exceed more than one full twist.
 - 2. Only non-flipping variations are allowed (i.e. toe touch, tuck arch, bottle rocket, etc.)
 - 3. Flyer must be caught by the original bases in a cradle position
- C. Free falling flips or swan dives from any type of toss, partner stunt, or pyramid are not allowed.
- D. Airborne tosses to stomach catches are not allowed.
- E. Single twist barrel (long) rolls are allowed in the Jr. Midget and Midget divisions ONLY. Barrel (log) rolls that exceed a single full twist are not allowed.

DISMOUNTS

- A. Backward dismounts are not allowed except from a shoulder sit.
- B. Cradle dismounts from all stunts at shoulder level and above require two (2) bases and spotter (positioned directly behind the player to protect the flyer's head and shoulder area). (Exception: Single-based stunts may be cradled by the one original base, as long as the additional spotter assists the single based with the cradle.)
- C. Only non-flipping cradle variations are allowed (i.e. toe touch, tuck arch, bottle rocket, etc.).
- D. Full Twist cradles are allowed in the Jr. Midget and Midget Elite division ONLY and may not exceed one (1) single full twist.
- E. Forward suspended rolls from prep-level or below ONLY (where the person flipping is continually holding the bases' hands) is allowed as long as the base or bases have their feet on the ground.
- F. Backward suspended rolls is not allowed.
- G. Front, back or side tension rolls are not allowed.

STUNTS/PYRAMIDS

- A. A flyer, base and/or spotter may NEVER pass through an inverted (upside down) position at any time.
- B. Splits stunts are not allowed.
- C. Swing-up stunts are not allowed.
- D. Extended triple-based straddle lifts (arms of the bases are extended) must have an additional spotter for the head and shoulders of the top person. Thus the stunt includes: one flyer, three bases and one additional spotter.
- E. Straddle lifts at shoulder-level may be double or triple-based and do NOT require an additional spotter.
- F. Participants are not allowed to move under or over a stunt or pyramid.
- G. Shoot/fly-out stunts are not allowed. (Example: Bases throw the flyer from a load-in position (waist level) back to a catcher. Back pendulums ONLY are allowed, but may not fall from a stabilized stunt.
- H. Back pendulums (flyer falls back to a cradle) are allowed with the following guidelines:
 - 1) Flyer may only fall back to a pendulum from extension prep (shoulder-level) or below.
 - 2) There must be four (4) separate catchers (not including the bases) to catch the flyer during a back pendulum. Thus, the stunt requires one (1) flyer, two (2) bases and four (4) additional catchers.
 - 3) There must be a front spotter in front of the flyer.
 - 4) The flyer may NEVER fall forward, sideways or twist during the pendulum.
 - 5) Main bases must remain in constant contact with feet of the flyer during the pendulum.
 - 6) Flyer must progress back to an upright stunt position (to avoid the stunt being classified as a "backward dismount"). "Upright" does not include a flatback or deadman.
- I. All pyramids and partner stunts are limited to two (2) people high. "Two (2) high" is defined as the base (bottom person) having at least one (1) foot on the ground.
- J. Stunts and pyramids at shoulder-level or above (including shoulder stands and extension preps) must have a continuous spotter for each flyer at shoulder-level or above. The spotter must be positioned directly behind the flyer.

- K. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, that person must not be supporting the majority of the top person's weight. The top person must have their leg in a bent hitch, arabesque or heel stretch position. (Stretch position being anything 45 degrees or greater from the bodyline).
- L. When a person is bracing another (including overlapping arms), one of the individuals must be at shoulder height or below. Exception: Double leg extensions (both of the flyer's feet are held by the bases) may brace other double leg extensions. Stunts where the flyer is not at a complete extended level, but the arms of the bases are extended (i.e. Chair, Triple-Based Dead Man Lift, Flatback, Triple-based V-Sit and Double-Based Vertical T-Lift) may brace each other.
- M. Vaults over, under or through partner stunts, pyramids or individuals are not allowed. Exception: Leapfrogs, (one base maintains constant contact with the flyer) are allowed.
- N. Hanging pyramids are allowed but must remain stationary, have spotters for each shoulder stand and the suspended person must be lower than the shoulder stands.
- O. Moving or walking stunts are allowed in the Pee Wee, Jr. Midget and Midget divisions ONLY! Stunt groups may NOT perform a cradle dismount during choreographed walking in a stunt.
- P. Moving or walking pyramids are allowed in the Jr. Midget and Midget divisions ONLY! Stunt groups may NOT intentionally perform a cradle dismount during choreographed walking in a pyramid.
- Q. Tumbling into a stunt is allowed (i.e. round-off back handsprings, cartwheels, etc.) as long as both feet land on the ground prior to the load-in or rebound into a cradle position.
- R. No tic-tocs allowed.

GLOSSARY OF TUMBLING NOT ALLOWED WITH DVYFC

- Dive Rolls are not allowed. (A dive roll is defined as a forward roll where your feet leave the ground before your hands reach the ground).
- Front or back double TUCKS (flips with toe flipping rotations) is not allowed.
- A forward three-quarter flip to the seat is not allowed.
- Toe pitch flips are not allowed.

- Partner tumbling (using 2 connected persons) including double cartwheels, double rolls, and chorus-line flips are not allowed.
- Use of mini-tramps, springboards or any other height increasing apparatus are not allowed.
- Tumbling with gloves is allowed only when using "Sure Grip" type gloves.
- Pom-poms are not allowed while tumbling (example: a forward/backward roll with poms is allowed).
- You may NOT tumble over, under or through partner stunts, pyramids or over or under individuals.

ADDITIONAL GUIDELINES DURING PERFORMANCE DAY

- Props of any kind are not allowed on the floor with the exception of crowd participation signs only. **Megaphones/Flags are not considered a prop**
- Pompoms are not required but can be used in the dance performance.
- NO music is allowed during the cheer performance
- All squads and squad members shall compete in both performance cheer and dance routine.
- All squads shall rally into the performance area performing within 30 seconds from being introduced.
- All Squads shall perform Cheer first followed by their dance routine with no more than 15 seconds in between routines.
- Stunts and tumbling are not allowed in the dance routine.
- Music must be in good taste with appropriate lyrics. Profanity and sexual innuendos will not be tolerated.
- Coaches are not allowed to go through dance or cheer movements on the floor during team performance. This rule does not apply for Mascots.