

# CHAPTER XVI

## CHEERLEADERS

### 1. **ORGANIZATION**

NORCALFED (hereafter called NCF) Cheerleading rules govern all participants for any NORCALFED affiliated football team. NCF cheerleading provides an opportunity to cheer in an organized, supervised, safety-oriented manner that emphasizes fun for all and encourages the development of qualities important long after cheering days.

The following rules apply to the cheerleading programs in NCF in addition to the rules established in the NCF football rules. If there is ever conflicting rules, the rules in the football section supersedes the rules in the cheerleading section. NCF follows the NFHS Spirit rules Book along with additional limitations imposed by the NCF Rule Book. Failure to follow NORCALFED rules and regulations shall result in the suspension or removal of any badge holder and may also result in the disqualification of a squad at competition.

The organizational structure for the cheer program in NORCALFED is as follows:

- A. **NORCALFED CHEER BOARD** - The Cheer board shall administer all rules and regulations concerning cheerleaders. This board will directly report to the NORCALFED Board of Directors and will be headed by a Deputy Cheer Commissioner who is appointed by the Commissioner.
  - 1. Each conference, North and South shall elect a conference representative on a yearly basis, at its December meeting.
    - a. All cheer coordinator and current cheer board members will have the chance to nominate representatives and the Presidents will vote for approval of nominated representatives.
    - b. Members of the cheer board are to be certified badge holders and are required to attend all NORCALFED cheer events their conference attends.
  - 2. Cheer Board meetings shall take place in the months of December for rule proposals by old and new members, and January to meet and prepare to answer questions from the NCF Board. They will meet prior to any NORCALFED cheer event. The location and time to be determined by the Deputy Cheer Commissioner. Additional meetings may be called by the Deputy Cheer Commissioner.
  - 3. Meetings are mandatory.

4. Voting
  - a. Voting by the Cheer Board shall be by majority. A quorum is required for all decisions.
  - b. Each member voted onto the board shall have one (1) vote. The Deputy Cheer Commissioner shall make the deciding vote.
  - c. The cheer board shall have the right and duty to determine the outcome of any unusual violation, whether specific or not specific in these rules, so long as the by-laws and rules and regulations of NORCALFED are not in conflict.

**B. NORCALFED DEPUTY CHEER COMMISSIONER -**

1. Is appointed by the COMMISSIONER OF NORCALFED.
2. Will serve a term of one (1) year.
3. Will oversee the entire cheer program for NORCALFED
4. Will chair all cheer board meetings
5. Will chair at least two (2) NORCALFED cheer meetings a year for all Associations to attend.
  - a. Meetings are mandatory for Associations. Failure to attend a meeting will result in a fine of \$100.00.
6. Is responsible for procuring the Conference and State competition awards and judges.
7. Will be required to co-ordinate cheer camp.
8. The Conference Cheer Coordinator shall assist with all the Cheer Commissioner duties.

**C. CONFERENCE CHEER COORDINATOR -**

1. Elected by each conference and is considered a member of the conference board.
2. Will chair monthly conference cheer meetings.
  - a. All issues determined at the conference cheer meeting are subject to approval by the Conference Presidents.
3. Will be responsible for certifying all participants to their respective rosters.
4. Will be in charge of the conference cheer competitions.
  - a. Is responsible for procuring the conference competition awards and judges.

- b. Will coordinate competition with the hosting town.
5. Will be required to attend both cheer camps and state competitions.

## 2. **MEMBERSHIP**

A cheerleading program attains membership in NORCALFED through affiliation with a NORCALFED Association. All cheer coordinators and coaches must pass a NCF rules test per Chapter 7 rule #4 on page 7.2. The organizational structure is as follows:

- A. **CHEER COORDINATOR** - Each Association with a cheer squad shall appoint a cheer coordinator who must be a responsible adult at least twenty-one (21) years old. A head cheer coach may hold the position of cheer coordinator. The Cheer Coordinator shall:
  1. Coordinate the cheer program with the Association's Board of Directors.
  2. Attend all Conference and NCF cheer meetings and report the results to the Associations Board of Directors and cheer coaches.
  3. Be present at all games, practices or NCF events or coordinate with their Assistant Cheer Coordinators to have someone present.
  4. Is responsible for knowing and enforcing the NCF and NFHS rules and shall supervise that all coaches are following the rules.
  5. Be responsible for ordering and distributing uniforms.
  6. Be responsible for cheerleader sign-ups.
  7. Be responsible for the contents of the cheer contract for each squad.
  8. Shall dress and act in the appropriate manner.
  9. All coordinators must send updated coaches/player rosters as stated on Page 10.4 #b, in addition to the Conference Cheer Coordinator and Deputy Cheer Commissioner.
  10. An updated copy of the certified roster must be sent to the Deputy Cheer and Conference Cheer Coordinator each time a coach/player is added or removed.
- B. **HEAD COACH** - Must be a responsible adult twenty-one (21) years of age or older, who:
  1. Is responsible for assistant coaches, instructors and cheerleaders at all practices, games and NCF events.

2. Is responsible for using proper drills and methods to physically condition and develop skills.
3. May only be head coach for one squad.
4. Is responsible for knowing and following the NCF cheering rules, their own Association's rules, and abide by the decisions of the Cheer Co-ordinator.
5. Must be stunt certified. If the Head Coach is not stunt certified That squad cannot stunt.
6. Is responsible for the rapport with players, parents and Association Board of Directors.
7. Will be able to accept suggestions, constructive criticism and mediate complaints.
8. Will dress and act in an appropriate manner.

C. **STUNT REPRESENTATIVE** - Must be a responsible adult twenty-one (21) years of age or older who must be:

1. NORCALFED certified (badge holder)
2. First aid certified
3. Stunt certified
4. May step in when a head coach or assistant head coach is unavailable and follow the same rules as the head coach.
5. Will abide by the decisions made by the coordinator.
6. Is responsible for seeing that their association knows and safely follows NORCALFED stunting rules and guidelines along with NFHS Spirit Rules.
7. Will dress and act in appropriate manner.

D. **ASSISTANT HEAD COACH** - Must be a responsible adult eighteen (18) years of age or older who:

1. Will step in when the Head Coach is unavailable and follow the same rules as the Head Coach.
2. Will abide by the decisions made by the head coach
3. Is responsible for knowing and following the NCF cheering rules and their own Association's rules.

4. Must attend stunt training to be eligible to step in for the head coach when the squad is stunting.
5. Will dress and act in an appropriate manner.

E. **INSTRUCTOR** - Must be at least fourteen (14) years old or a Freshman in High School, who:

1. Will be utilized to teach cheers, dances and stunting under under the direct control and supervision of the adult Cheer Coach.
2. Have the ability to teach effectively and maintain a good rapport with the cheerleaders.
3. Be present at their designated games and practices.
4. Will follow the same dress code as the cheerleaders and any additional dress code rules imposed by the Association.
  - a. Tennis shoes must be worn at all times at practice and games while coaching. (NO flip flops)
5. Will follow specific rules designated by each Association.
6. Understands that each Association has say over consequences for inappropriate conduct by an instructor.
7. Will dress and act in an appropriate manner.

E. **ADULTS** - All adults will abide by the same rules as the football coaches. The following rules are in addition:

1. Use of another person's ID badge is prohibited. Violation of this will result in removal.
2. Badges must be worn at games and all NCF events. Badges must be worn at practice except when instructing the cheerleaders. In that case the badge must be readily available.
3. No adult will be left in charge of a squad if they have not had a Megan's Law check and have not been certified as a coach.
4. Any adult physically working with the cheerleaders must follow the dress code. This includes the rule concerning jewelry. Adults not physically working with the cheerleaders must be appropriately dressed and follow their Associations standards.

3. **CHEER SQUADS**

- A. All cheerleaders, instructors and adult cheering personnel will abide by the rules and regulations as outlined in the NORCALFED Rules of Operation.
- B. Each Association may have a cheerleading squad for each football team it fields. The maximum numbers of coaches allowed are seven (7). This includes one (1) Head Coach and up to six (6) Assistant coaches or Instructors.
- C. Each Association and/or Conference shall have the right to determine its own method of forming cheer squads. There should be a squad for each football team an Association fields.
  - 1. Each squad's roster shall have at least three (3) members. The Maximum numbers for each squad are as follows:
    - a. Mighty Mites: Twenty (20) members with each Association Having the right to restrict the number of members to fifteen (15).
    - b. Junior Pee Weeps: Twenty-five (25) members with each Association having the right to restrict the number of members To fifteen (15).
    - c. Pee Wees: Twenty-five (25) members with each Association having the right to restrict the number of members to twenty (20).
    - d. Junior Midgets: Twenty-five (25) members with each Association having the right to restrict the number of members to twenty (20).
    - e. Midgets: Twenty-five (25) members with each Association having the right to restrict the number of members to twenty (20).
  - 2. Each cheerleading squad shall attempt to fill every available position on its roster.
  - 3. The policy of NORCALFED is a no-cut youth athletic program. Tryouts are not allowed.
  - 4. Cheerleaders need not have a relative on one of the football teams.
  - 5. All cheerleaders are covered with insurance by the same policy as the football players.
  - 6. Each cheerleader must furnish the following prior to participation:
    - a. A written consent form with a signature of a parent or legal guardian stating that the child has permission to participate. The same NORCALFED certified form used by the football players shall be used.
    - b. A written statement from an examining physician or registered nurse (RN) stating that the cheerleader is fit to participate in cheerleading. If it should be subsequently determined the cheerleader is no longer physically fit, said cheerleader is immediately ineligible.

- c. A certified copy of the birth certificate for proof of age. All 13 and 14 year olds must supply a report card, I.D. card or school letter to verify grade.
  - d. A cheer contract signed by both cheerleader and parents.
    - 1. The contract must include what is expected from the cheerleader in regard to practices, games, NCF events, uniforms and cover what happens when a practice or game is missed, arriving late to a game, or practice and removal from the squad. It must also include an acknowledgement of the maximum hours NORCALFED allows for practice from the beginning to the end of the season.
- D. The registration and certification of cheerleaders shall follow the same rules as for players except age provisions for older/lighter players . The ages of all cheerleaders in each division are as follows:
- 1. Mighty Mites: 6 and 7 years old
  - 2. Jr. Pee Wee: 7, 8 and 9 years old
  - 3. Pee Wee: 9, 10, 11 years old
  - 4. Jr. Midget: 10, 11, and 12 years old
  - 5. Midget: 11, 12, 13 and 14 years old\*\*

\*\*All ninth graders are ineligible  
 THE AGE CUT OFF DATE FOR ALL DIVISIONS IS NOVEMBER 1 OF THE CURRENT SEASON. (The current season is the calendar year in which the games are played)

Cheerleader eligibility can be challenged. Therefore, you must attach a copy of the proof of age document to the Cheerleader's registration form.

#### 4. **DRESS CODE AND UNIFORMS**

***Due to new, more revealing style type uniforms appearing in cheer clothing catalogues, all new strap type cheer uniform tops must meet NCF Cheer Board approval prior to ordering.***

- A. Cheerleaders must be uniformly dressed.
- B. Uniforms must fit so that if you raise your arm, you cannot see the mid-drift. If you can see the mid-drift, an undershirt must be worn.
- C. Uniform top straps in front must be at least two inches (2") wide. No mid-drifts, halters or open back uniforms are allowed. Racer back top, fly-away skirts with shorts, and cutouts on skirts with shorts are allowed.
- D. The skirt must be at least 3" in length from the bottom of the buttocks to the end of the skirt.

- E. There will be no rolling or tucking of practice shorts, pants or uniform skirts.
- F. Natural make-up is allowed. Colored eye shadow is not allowed.
- G. Proper hairstyles are considered part of the uniform.
  - 1. Hair must be away from the face and consistent with the long or short hairstyle selected by the coach.
  - 2. When stunting, hair must be pulled up off the neck and away from the eyes. (No "swept" bangs covering any area of the eyes.)
  - 3. Each squad may have a different hairstyle.
  - 4. Hair Accessories
    - a. Acceptable - elastic ponytail holders, ribbons, clip barrettes, hairpieces without hard accessories.
    - b. Not acceptable - Claws, headbands, other forms of barrettes and anything hard.
  - 5. When stunting, hair must be pulled up off the neck.
- H. Jewelry (Including belly button rings, all "oral" jewelry) is prohibited.
  - a. Medical alert medals are the only exception - Cheerleaders with a medical alert bracelet will have it noted on the players card when certified.
    - 1. The cheerleader who is not involved in stunting may have her medical alert taped to her wrist with flesh colored tape.
    - 2. Any cheerleader involved in stunting shall have the medical alert taped to the body under the apparel.
  - b. Taping over or plugging any piercing is not permitted.
- I. Fingernails must be stunt length. (If when making a fist, you leave a fingernail mark in your palm or you can see the nail over the top of the finger, the nail is too long). Artificial nails or nail polish are not allowed.
- J. Tattoos are not allowed. Real or fake they must be removed or covered up. Face painting is not allowed.
- K. No halter-tops, mid-drifts or spaghetti strap shirts are to be worn at practice. Shorts or pants may not be denim or jean style and must not have buttons, zippers or snaps and must be able to stretch.
- L. Shoes must be athletic tennis shoes without zippers or platforms and must have a back.
- M. Glitter is not allowed.
- N. Nothing hard can be attached to uniforms (including shoes), hair ribbons, or hair.
- O. The cheer and dance uniform must be the same.

5. **PRACTICES AND GAMES**

- A. A schedule of practices times and places must be turned into the Conference Cheer Coordinator by August 1st. You must also indicate your pre-game check off location.
- B. The schedule of practices and games shall conform to the rules for football players with the exception of half time. (see Chapter 12 of Football rules and K-1 for Mighty Mites).
  - 1. At least 15-20 minutes of warm-up exercise (stretch and limber routines) shall be done prior to cheerleading practice, games and NCF events.
  - 2. No practice or participation at games or NCF events shall be permitted without the squad's book present and a certified coach present.
  - 3. No physical practice allowed prior to the half time of the game Preceding the start of your divisional game
- C. No adult will be left in charge of a squad if they have not had a Megan's Law check and have not been certified as a coach.
- D. Check-Offs
  - 1. Check-offs will be done 1/2 hour before the scheduled kickoff. (ie 2:00pm scheduled game time, check in time is 1:30 p.m.)
  - 2. The opposing cheer coordinator will check for player card stamp. Each coordinator or assistant will be responsible for checking in their own associations before each game by initialing the player card.
    - a. Progression sheets must be kept in cheer book.
    - b. Penalties for being late or absent to be addressed in each associations cheer contracts.
  - 3. If a cheerleader misses the check in, it will be at the discretion of the Association coordinator to get her checked in to join her squad.
- E. Games
  - 1. A cheer squad must be at every game.
    - a. A cheer squad consists of 50% of the certified roster.
    - b. Failure to send a cheer squad to a game, including playoff games, is a fine of \$300 per squad.
  - 2. Only the cheerleaders and coaches of the squad performing may be on the sideline during the game.
  - 3. There shall be no cross cheers allowed. No cheers showing any distaste or derogatory remarks will be tolerated.

4. Playoff games:
    - a. Squads must practice the week of playoff games. (The amount of practice may be determined by the Associations Board of Directors but may not go over 6 hours a week)
    - b. Squads must attend the playoff game the day before competition.
      1. They will not use that as a practice day for competition. Squads not complying could be disqualified from competition.
        - a. The squad must be on the sideline performing sideline cheers relevant to the football game. There will be no going off to the side for a quarter or anytime to practice for competition.
        - b. You may perform either of your competition routines at half-time. Half time rules in section 16.10.F will apply.
      2. Cheerleaders may wear curlers only at the playoff game the day before their competition. There will be no stunting if curlers are worn.
  5. All cheerleading will stop when there is a player “down” on the field. When a player is down, the cheerleading squad stands at attention or takes a knee to support the injured player, and to show the fans that a player is down on the field. Once the player is back to his/her feet or removed from the field, cheerleaders are to clap in support of that player. Please note that this is to be done for both teams. This shows extremely good sportsmanship.
  6. Unless excused by the Cheer Coach, cheerleaders will remain in their designated area for cheerleading during the ENTIRE game. Parents are not to call cheerleaders out of the cheer area for any reason.
- F. Half-Time: Half time is fifteen (15) minutes (see page 13.2, #7 of the football rules)
1. Time limit for each squads performance is 2 ½ minutes.
  2. The two and one-half (2 ½) minutes must be their entire routine. (The routine can consist of just cheer, just dance or a combination of cheer and dance)
  3. The music for **half time** must follow the rules for music at competition.
  4. The order of half time is:
    - a. The home team performs their routine to the visiting side.
    - b. The visiting team performs to the visiting side.
    - c. The visiting team performs to the home team.
    - d. The home team performs to the home side.
    - e. If a town only wants to perform to one side it must be to the opposing side.

5. Only the cheerleaders and coaches of the squads performing may be on the field during half-time.
  6. Coordinators, stunt-rep. coaches or instructors may NOT spot, base or fly for any stunt, or be directly on the field while the squads are performing their half-time routines.
- G. STUNTING - It is the responsibility of the certified adult cheer personnel to put safety first in all cheering routines. Advisors/coaches should recognize a squad's particular ability level and should limit the squads activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected. The Advisors/coaches must follow the NFHS Spirit Rule Book.
1. No stunting will be done until the completion of 10 hours of conditioning.
  2. No stunting will be done:
    - a. in the rain or slippery/wet conditions
    - b. on concrete or asphalt
    - c. with poms, signs, megaphones, flags, or props while building or dismounting a stunt.
  3. Every cheerleader shall have a "stunt qualifications sheet" in their folder in the certified book. They can not stunt without this.
    - a. Each step must be practiced and mastered. Then performed in front of the coordinator, stunt rep and head coach. If performed correctly that step must be signed and dated by the coordinator, stunt-rep, head coach and cheerleader. Only then can the cheerleader move to the next step.
    - b. Every cheerleader in a stunt group must be at the same level on their stunt qualification sheet in order to perform any stunt at jamboree, half-time or competition (ie: to perform an elevator-cradle, all 4 cheerleaders must be signed off to the elevator-cradle level)
  4. Signing off on a stunt before it is mastered, just to move on to harder stunts will result in immediate dismissal of the coordinator, stunt rep and head coach.
  5. The only gymnastics allowed are front rolls, back rolls, cartwheels, round offs, \*front and back walkovers. (\*not allowed for Mighty Mites)

The stunt levels will be as follows:

<u>Squad</u>	<u>Stunting</u>	<u>Highest Stunt Level</u>
Mighty Mites	3 or more persons	Thigh Stand
Jr. Pee Wee	3 or more persons	Elevator
Pee Wee	3 or more persons	Extensions (each base must hold a foot)
Jr. Midgets	3 or more persons	Full
Midgets	3 or more persons	Full

Stunting and gymnastics will be allowed before the game starts; during the game between the 1st and 2nd quarter break and the 3rd and 4th quarter break, half-time and during time-outs with the exception of injury time outs.

- a. All stunts must have a back spotter.
- b. No hanging stunts allowed.
- c. No tosses allowed.
- d. No transitional stunts allowed that involve changing of the bases. No traveling stunts!

6. Stunting and gymnastics will not be allowed while the game is being played and during the tunnel.

H. At any time an Association that is stunting may have this right revoked for the remainder of the season when stunting rules are not followed. Depending on the severity an Association may lose the privilege of stunting into the following season. Determination upon review by the Cheer Commissioner and the NORCALFED Board of Directors.

## 6. **JAMBOREE**

- A. Mandatory for all squads of an Association
- B. All squads must be uniformly dressed (except shoes).
- C. Each Division will decide how the cheerleaders will perform.

## 7. **CHEER CAMP**

Cheer camp is not a required event, but is highly recommended to build and improve the skills of each individual and squad. (Mighty Mites will be limited to a half day).

- A. Camp must not cost more than \$25 per cheerleader (T-Shirt and Food not included).
- B. Cheer camp will be conducted by a recognized cheer organization (ie. UCA). The organization must be approved by the NORCALFED Cheer Board.
- C. NORCALFED Cheer Camp will be hosted by the Northern and Southern Conferences annually. The South on odd years and the North will host camp on even years and rotate who will be on the 1<sup>st</sup> weekend and 2<sup>nd</sup> weekend after the start of practice.
- D. Associations may only attend a NORCALFED cheer/stunt camp for certification.
  1. The schedule for this event is as follows:
    - a. Day 1 – Saturday. Coaches clinic and first day of stunt certification. (no cheerleaders on day 1)
    - b. Day 2 – Sunday. Cheer camp for cheerleaders and second day of stunt certification for coaches.

2. Badges of all Head Coaches and Stunt Representatives will be taken on Day 1 of camp and returned to the Association Cheer Coordinator after the completion on Day 2 of camp on Sunday.
  - a. Anyone eighteen (18) years of age or older who would like to be stunt certified, must attend both days as stated above.
3. Sign in / sign out sheets will be requested to verify attendance both days. There will be no exceptions; both days are required to receive certification.
4. If an Association is to stunt at anytime during the season, the Head Coaches and Stunt Representatives must be in attendance both days and complete the Stunt Certification. Stunting is not a mandatory requirement, but Certification is mandatory if you are going to stunt.
  - a. Associations who may not have cheerleaders attending camp, yet still need or want stunt certification, must attend and participate both days. You will be required to work with another Association and their cheerleaders.

## 8. **CONFERENCE COMPETITION**

- A. Each Conference will hold their competition on the third and fourth Sunday's of October as follows:
  1. Division I will hold competition as follows:
    - a) Even numbered years: third Sunday of October
    - b) Odd numbered years: fourth Sunday of October
  2. Division II will hold competition as follows:
    - a) Even numbered years: fourth Sunday of October
    - b) Odd numbered years: third Sunday of October
- B. All Associations must participate in Competition or be subject to a \$500 fine for each squad.
- C. There will be no extra practices allowed. If you perform at a high school football game it must count as a two hour practice. Violation of practice schedule will result in disqualification at all competitions.
- D. You may practice other than at the football practice field, but must follow the same rules applied at the football practice field and be approved by the Association Board of Directors.
- E. There shall be no cutting from the regular season roster, nor shall there be any substitutions. If a cheerleader drops or is removed during the season, you are to notify the Conference Cheer Coordinator and Cheer Commissioner. Disciplinary actions, which result in the removal of a cheerleader from competition, must be the result of a determination of the Association's Board of Directors or a letter signed by the parent removing the girl from the squad for competition. All removals or drops must be given to the Conference Cheer Coordinator and Cheer Commissioner one (1) week prior to competition.

- F. If a cheerleader misses the cheer portion of the competition but makes it for the dance portion, she will be able to compete in the dance portion. If her squad wins the cheer competition, she will not be able to go to the State competition.
- G. Spotting shall be done by Certified spotters at all competitions (ie: UCA, NCA, or other well-known cheerleading organizations)
- H. No squad shall pay for (giving of money or other tangible items) for a routine to be prepared.
- I. There will be no interaction or protesting to the judges or to anyone at an official table. The President or Association Cheer coordinator shall be the only persons allowed and not until the completion of the competition.
- J. The judges shall make the final determination and their decision may not be appealed. ***\*see video replay rule***
- K. Coaches must stand in the designated area during their squad's performance.
- L. Only cheer personnel with badges may be allowed on the cheerleader's side of the gym.
- M. The same dress code as listed in Rule #4 on pages 16.7 and 16.8.
- N. There will be no air horns, cowbells, etc. used at any competition.
- O. There will be two (2) categories of events: a **CHEER EVENT** and a **DANCE EVENT**.

The events are as follows:

- 1. **CHEER EVENT** - The following time limits apply in the cheer event. Any time violation will result in a 30 point deduction

Mighty Mites	1 ½ minutes
Jr Pee Wees	1 ½ minutes
Pee Wees	2 minutes
Jr Midgets	2 minutes
Midgets	2 minutes

Other CHEER EVENT items:

- a. Wait for the nodder before starting the cheer. (The nodder will be seated at or near the judges table and will signify when the judges are ready for you to proceed by nodding his/her head).
- b. Your time will start at the first organized movement or sound. *\*this will include sideline chants or marching.*  
Timing will be kept on the scoreboard.
- c. Props are not allowed. This includes gloves, and hats. Signs, poms megaphones and flags are not considered props and are legal to use.

1. Signs must be made of paper, cardboard or plastic with paper or painted words.
2. Flags must be made of cloth material and may not have a pole.
3. Signs and flags may not be bigger than 2' x 3'.
4. Flags may not contain glitter or anything that hangs off of it.
5. The squad performing must take the signs and flags on and off the floor.
6. Glitter may be used on a sign only if it is laminated or sealed.

2. **DANCE EVENT** - The following are requirements that must be met in the dance event. Any time violation will result in a 30 point deduction.

Might Mites	1 ½ minutes
Jr Pee Wee	1 ½ minutes
Pee Wee	2 minutes
Jr Midget	2 minutes
Midget	2 minutes

Other DANCE EVENT items:

- a) Your time will start at the first organized movement
- b) Props are not allowed in the dance event.
  1. Poms and gloves are not considered props.
  2. Gloves must cover palm and front of hand
- c) Dance must be of your own creation and not copied from a routine (ie: a high school cheer camp). No more than sixteen (16) counts of a copied routine may be used. A copied routine will not be able to win 1st, 2nd or 3rd place.
- d) Music
  - 1) Must be in good taste and not contain or insinuate any vulgar language, sex, drugs, liquor, gangs, heavy partying, body part, racist remarks or abuse of any kind. Music must be age appropriate per age division (ie: Mighty Mites to Midgets).
  - 2) All music shall be reviewed and approved by the Conference Coordinator in conjunction with all participating cheer coordinators. The Deputy Cheer Commissioner shall make the final determination when agreement cannot be reached.
  - 3) Music must be approved by the September meeting. If a squad does not get their music approved by the September date, they will be required to use Instrumental music only. There will be NO EXCEPTIONS.

- 4) Once music is approved or the instrumental version if not approved, a copy must be left with the Conference Cheer Coordinator. This is the copy to be used at the Conference and State Competitions.
  - 5) Music must be on CD. A backup is required to be brought at competitions. Music will be returned to coordinators at the end of their Conference or State competition.
  - 6) If the music is changed from the approved music, the squad shall be disqualified.
- e) Routines will follow the "All Music" format. Cheers are not allowed. Note: Although cheer(s) are not allowed in the "All Music" format, teams may choose to insert a word, or chant over/with the music.

3. **JUDGES:**

Judging will be done by professional judges (i.e.: UCA, NCA, or another well-known cheerleading organization).

- a) Shall use only the NORCALFED approved judging form and will take deductions for each of the following infractions:
  - 1. Stepping on poms (safety issue).
  - 2. Illegal moves (bumps, grinds, thrusts, body shakes).
  - 3. Leaving the stage area after entering. (This does not include a squad placing their signs or poms on the floor before the start of their routine).
  - 4. Interaction with anyone outside the staging area.
  - 5. Dress code violations.
  - 6. Safety Violations – This will be up to the discretion of the judges.
  - 7. Time limit violation will result in a 30 point deduction.

***VIDEO REPLAY IS ALLOWED TO VERIFY WHEN A TEAM IS DISQUALIFIED OR WHEN A PENALTY IS TAKING A TEAM OUT OF CONTENTION. THE JUDGES AND CHEER COMMISSIONER OR CONFERENCE CHEER COORDINATORS SHALL VIEW THE REPLAY. THE JUDGES SHALL MAKE THE FINAL DECISION.***

***IF THE EVENT FAILS TO BE RECORDED, THE JUDGES' DECISION STANDS.***

- b) In the event of a tie, the judges will be asked to break the tie.
- c) Interruption of Performance - In the event that the presentation of the squad is interrupted due to failure of equipment, facilities, etc. the squad will have the opportunity to start over or continue from the point of interruption. The squad will not leave the floor and will do the routine as soon as the equipment failure is fixed.
- d) All forms (judging and penalty) for each squad will be given to the town's cheer coordinator immediately after the awards are announced.

- e) Conference awards may be given to the squad placing 1st, 2nd, and 3rd in cheer or dance respectively for Pee Wee, Jr Midget and Midget. Mighty Mites and Jr. Pee Wee will be given participation awards.
- f) When announcing first place, the score will be announced so that the other squads can see how close they were to the winning score.
- g) A Conference perpetual trophy shall be awarded to the winners of cheer and dance respectively for Pee Wee, Jr. Midget, and Midget and to the town for Spirit and Sportsmanship respectively.
- h) 1st place winners in Division I and Division II in cheer and dance respectively for the Pee Wee, Jr. Midget, and Midget shall compete together at the NorCalFed State Competition to be held the Sunday after the Kernon D. Griffen championship.

## 9. **NORCALFED STATE COMPETITION**

- A. All rules for Conference Competition shall apply except for the following:
  - 1. The winner and runner-up shall be announced for all three (3) divisions for both cheer and dance.
  - 2. Squads must use the same routine and music that they placed with.
  - 3. If a member of the stunt team is unable to attend the state competition she may be replaced by another squad member. No other reformation of the routine is allowed.
  - 4. Competition shall be held in South on even numbered years and the North on odd numbered years.

## 10. **NON-NORCALFED EVENTS**

- A. Participation in community events (ie: parades, football performances, cheer camps, etc.) are encouraged, but not required. You must provide notification in writing prior to the event at the Conference Presidents meeting. The Conference Cheer Coordinator and Cheer Commissioner must be informed as well.
- B. Associations engaging in **NON** NorCalFed events or competitions which are not community oriented, must provide notification in writing prior to the event at the Conference Presidents Meeting. A video of the entire events and competitions (if more than one) must be provided to your Cheer Commissioner immediately following the completion of the event or competition.
- C. When attending an event in the above section B, there must be written approval from the Cheer Commissioner prior to the event. All NORCALFED rules shall apply and be enforced (stunting, dress code, practices, etc.) Disciplinary actions will be taken if above requirements are not met and if rules are broken. Determination of the severity will be set forward by the Cheer Commissioner in conjunction with the NORCALFED Board of Directors.

- D. Associations may not attend a competition or competitive event other than NORCALFED after the start of practice in July and until after the end of NORCALFED State Competition in November.

11. FORMS

The following page is the NorCalFed approved judging form.