



A division of



Guam National Youth Football Federation CHEER RULES AND REGULATIONS 2018

Chapter 1 – Eligibility of participants

Section 1: Age Eligibility/Dual Participants

1. Participant - GNYFF Cheer participation age will be between 5 and 14 years old. Ages will be determined by an original birth certificate, passport or a GNYFF ID showing participants date of birth. Participants must be no younger than 5 years old but no older than 14 years on July 31 of the participation year.
2. Mascot – Mascots must be no younger than 4 years old on November 15 of the participation year.
3. Participants are eligible to participate in football and cheer. Those participants must fill out 2 separate registration forms (1 cheer and 1 player, submit 1 physical, 1 proof of birth and pay double for the GNYFF ID card (1 cheer and 1 player). Registration fees for dual participants are to be handled by their organization.
4. Dual participants MUST participate in regular season games to qualify for the Cheer competition.

Section 2: Certification

1. All players are subject to certification prior to being placed on the official game day roster. Game day Rosters will be maintained by the Secretary of the GNYFF.
2. Certification requirements:
 - a. **Registration** – A current original registration form with a signature. (current revision June 2018) No participant may practice or play (including clinics, workshops and conditioning) without a completed and signed registration form.
 - b. **Proof of age** – birth certificate, passport plus one copy, or a GNYFF ID showing participants date of birth.
 - c. **Physical** - Current original physical stating that the participant is fit for participation. GNYFF shall observe an expiration date of one calendar year from the date of the physical. All physicals must have a live signature and stamp. No player may practice with gear/pads until a current physical has been submitted. Any player who's physical expires within the season becomes ineligible for practice or game play, until an updated physical has been submitted.
 - d. **Age Compliance** – Compliance with age requirements for respective division.
 - e. **Debt free** – All participants must be considered free of debt to any previous team whether from registrations fees, fundraising, other financial obligations or team issued equipment.

Chapter 2 –Regulations

Section 1: – COACHES

1. **Code of conduct.** Coaches are expected to adhere to the GNYFF Coaches Code of Conduct.
2. **Service:** All coaches must be approved by and serve at the pleasure of their team. Coaching assignments and terms are at the discretion of each team.
3. **Training and documentation.** All coaches must have attended any GNYFF mandated trainings, clinics or workshops and have completed all required documentation. Coaches who complete all required trainings are considered eligible for 2 concurrent seasons regardless of team unless otherwise stated by the GNYFF.

4. **Coaching Staff.** The following is the recommended staffing pattern. Head Coaches are encouraged to select their own coaching staff in conjunction with their team. Only certified coaches are permitted on the bench and sideline as indicated by the field markings.
 - a. **Head Coach**
 - b. **Assistant Coach or Trainer**
 - c. **Spotters** (as needed in accordance with stunts and pyramids)
5. **First Aid and CPR.** It is the recommendation of the GNYFF that at least one member of the cheer coaching staff shall be trained and currently certified in Community CPR and First Aid, its equivalent or higher. The holder of the certificate must be present at all times in which that team is performing, participating or otherwise displaying their abilities.
6. **Concussion Training.** It is the recommendation of the GNYFF that all Head and Assistant Coaches complete a Concussion Course.
7. **Junior Assistants.** Junior assistants are ages 14-18. Junior Assistants may only carry out the instructions of the Head or Assistant coaches. Junior assistants may not conduct a practice without the physical presence of a head or assistant coach. Junior assistants may not conduct any practice involving stunts or pyramids, but may serve as spotters. Junior Assistants may not oversee performances or other displays of ability.
8. **Responsibilities and qualifications.** Coaches must possess a relative degree of maturity and restraint. They must have satisfactory character and sincerity of purpose to be a positive influence upon the young participants, be a real sportsman who embodies the best qualities of leadership and by their own example, plant the attitudes, ideals and principles of sportsmanship and fair play in the minds of the youth. Coaches will not use abusive or profane languages towards the players, opposing teams, their coaches, and fans or officials by mouth or gesture. Misconduct by coaches, may be cause for suspension at the discretion of the GNYFF board of Directors.
9. **Coaches Misconduct**
 - a. Ejection from a game
 - i. 1st offense - Automatic suspension of the coach of the next scheduled game.
 - ii. 2nd offense – Permanent ban of the coach from any future game and season.
 - b. Other misconduct whether within or outside of any GNYFF sanctioned event by any coach will be cause for suspension from participation at the discretion of the GNYFF.

Examples of misconduct

 - i. Coaching (practice or game) under the influence of alcohol or drugs
 - ii. Crimes against the community
 - iii. Crimes against any youth
 - i. Physical violence or threats of physical violence against any participant, parent, coach, volunteer, spectator, official or game official

Section 2: – FORMATION OF TEAMS/ROSTERS

1. The formation of teams is based on a first come first serve participation policy.
2. Each child must be afforded the opportunity to cheer regardless of ability.
3. Tryouts are not permitted.
4. There is no cap for Cheer rosters, however coaching requirements must be met in accordance with Chapter 2, Section 3.

Section 3: COACH RATIO

1. Up to 12 participants (including mascots) – 1 head coach
2. Each 12 participants thereafter (including mascots) 1 additional assistant coach.
3. Spotters – one spotter per flyer and mount in active participation.

4. No practice, performance, or other displays of ability may be held without the appropriate requirement of coaches physically present.
5. Junior Assistant Coaches do not count towards the coach ratio however junior assistants qualify as spotters.

Section 4: ROSTERS

1. **Roster Size.** There is no roster minimum nor maximum size required by the GNYFF Cheer Division, however the Coach ratio must be maintained in regards to the number of rostered participants.
2. **Official Rosters.** Official roster of certified participants will be maintained by the GNYFF. Game day rosters of all eligible Cheer Teams will be made available to all other teams.
3. **Roster Closing Date.** Players may not be added to the Official Roster after the date set by the league for that season, usually mid-September . The GNYFF shall announce this date no later than the 1st day of July of the same season.
4. **Roster Adjustments.** Only certified players are eligible for play. Proof of certification must be provided for any player whose name is not preprinted on the official game day roster. Upon proof of certification of a player, that players name may be handwritten onto the official game day roster.
5. **Eligible Players.** The participation of a non-certified or ineligible participant in any capacity will result in disciplinary action to both the participant and the head coach and may result in ineligibility from competition.

Section 5: Conditioning and Practice

1. **Practice Schedule.** Practice must not exceed 10 hours per week, and two and a half (2.5) hours in duration per day. A mandatory 10-minute break (“Mandatory Break”) after each hour of practice is required. Mandatory Breaks do not count against the hours per week or the maximum hours per day. After the 1st day of public school begins, all practices may not exceed a maximum of eight (8) hours per week, with a maximum of two and a half (2.5) hours per day. Mandatory Breaks are still required.
2. **Conditioning.** All participants, regardless of when they join the team, must have at least 10 individual days of conditioning* (minimum of 1 hour per day) before they are allowed to engage in regular practice sessions. Conditioning is defined as basic warm-up exercises; conditioning for jumps & tumbling (not actual tumbling), arm motion drills. Dual Participants must coordinate with both Cheer and Football coaches on practice days and times.
3. **Prior Sports Waiver.** Any participant who participated in a previous organized sports league within sixty (60) days of beginning practice with a GNYFF team may be qualify for a Prior Sports Waiver. The previous organized sport must have required physical conditioning. Participants who qualify for a prior sports waiver may participate immediately in contact drills with their respective teams upon submission. This waiver is subject to verification by team and league officials.

Section 6: MASCOTS

Mascots are at the discretion of teams. The following are guidelines for teams that offer Mascots:

1. Mascots must be at least 4 years old by July 31 of the participation year.
2. A Mascot shall register as any other applicant and is required to fill out registration paperwork.
3. Mascots may participate in cheers or performances during game play provided that they remain completely on the spectator side of the sideline.
4. Mascots may not participate in any stunts or pyramids; however they may pose or perform to the front or side of a pyramid formation.

Section 7: Participant MISCONDUCT

1. **Misconduct.** Misconduct that occurs whether within or outside of any GNYFF sanctioned event by any participant in relation to any team and/or game will be cause for suspension from participation at the discretion of the GNYFF. Premeditated fights or actions by participants detrimental to the team, sponsors or GNYFF may be cause for permanent dismissal from participation with any team of the GNYFF.

Chapter 3 - General Regulations

Section 1: CHEER REGULATIONS

1. GNYFF Cheer Divison rules and regulations shall supersede any conflicting rules.
2. A qualified coach must supervise all participants during any official function.
3. Cheerleaders will check in after the Manha division checks in. Any cheerleader who comes after must check in with the cheer coach from the opposing team before participating.
4. Dual participants will participate for one division only after their football game has ended. Matua players must participate during Manha's division.
5. No tear away uniforms or removal of clothing is allowed. Items that may damage the performance surface are prohibited.
6. All choreography, material, music, and uniforms should be age-appropriate and suitable for family viewing. Teams using excessively vulgar or suggestive movements, words, or music are subject to suspension, deduction and/or disqualification.
7. When there is a music malfunction during a performance that **is not** the result of the coach, conductor or team representative error, the team will be offered the option to perform again.

Section 2: INAPPROPRIATE MUSIC/CHOREOGRAPHY

1. Age appropriate choreography and music must be used.
2. There cannot be a "bleep" over an inappropriate lyric(s).
3. Lyrics cannot lead up to an inappropriate word which then has a voiceover on the inappropriate word or cuts off right at the inappropriate word
4. Music legalities cannot be based on "meaning of the song", although specific lyrics should be appropriate for family listening i.e.: avoid lyrics in regards to drugs, sex etc.

Section 3: INAPPROPRIATE CHEERS

1. Age appropriate Cheers must be used.
2. Any cheers degrading or putting down the other team is prohibited.

Chapter 4 - Safety Rules and Guidelines

Section 1: PROPS

1. Banners, flags, megaphones, poms, and signs are the only props allowed. The use of props is prohibited during tumbling. Exception: a forward/backward roll may be performed with poms in hands.
2. Straight cradles are permitted with poms. All other props are prohibited during cradles.

3. When discarding props that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control. The placement of props or poms should be a safe distance away from skills being performed to eliminate any safety hazards.
4. Tumbling with poms in hand is prohibited.
5. Hiding or hidden type props are prohibited. Items that may damage the performance surface are prohibited.
6. The use of lighted signs with bulbs and/or batteries is prohibited.
7. Only performers may set up props, coaches may not assist with prop placement prior to a team's performance.

Section 2: JEWELRY/WATCHES

1. No jewelry or watches may be worn except religious or medical medals that may be taped to the participant's body without a chain.
2. Earrings must be removed – coverage with band-aids does not meet requirements for safe participation.
3. Jewelry includes any accessory that is not clothing, footwear or acceptable hair restraints. (Hair restraints worn on the wrist are considered jewelry)

Section 3: HAIR/RIBBONS/PINS/HAIR PIECES/ NAILS

1. Hair must not interfere with participant's ability to perform a stunt safely. Hair must be secured away from the face so as not to obstruct vision.
2. Ribbons must be securely fastened as not to fall out onto the performing surface. Length of ribbons must not impair vision.
3. Bobby pins and hair pins are discouraged, if they fall during performance a safety deduction may apply for each infraction, tension clips are recommended to secure hair.
4. All hair pieces must be securely fastened, if they fall onto the performing surface a safety deduction will apply.
5. Fingernails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participants.

Section 4: GLITTER

1. All loose glitter in hair, on hair accessories, on signs or on the body, excluding glitter/shimmer eye shadow, is prohibited. Exceptions, laminated signs where glitter is sealed inside, hair pieces with glitter strands from manufacturer.

Section 5: UNIFORMS

1. Uniforms must fit properly, covering the midriff when standing at attention.
2. Skirts must be of an appropriate length
3. Bloomers/kick pants must be worn with skirts.
4. Safety pins may not be used on uniforms as they present a safety hazard.
5. Flyers may not wear knee socks, leggings, stocking, tutus or tights during stunting.

Section 6: CASTS/BRACES/GLASSES/MEDICAL EQUIPMENT

1. Casts: Participants may participate in limited capacity while wearing casts or air casts as long as casts are covered. Participants wearing casts may not stunt, or tumble during the performance. Jumping with a cast or air cast is permitted unless the cast is on a foot or leg. Certification from a doctor must be provided.
2. Braces: Hard braces with metal hinges are prohibited. Braces may be made of fabric with covered hinges. Any covering may not restrict movement of hinges. Certification from a doctor must be provided.

3. Velcro: All Velcro closures must be completely covered with either medical/athletic tape or a neoprene or similar sleeve.
4. Glasses: Glasses may be worn, but must be secure. If they fall off, they must be quickly retrieved, a sport strap for all participants wearing eyeglasses is highly recommended.
5. Medical Equipment: Any participant requiring a medical device shall be allowed to participate as long as a medical documentation is available. The extent of the participation (ex stunting etc.) should consider the safety of all participants involved.

Section 7: SPOTTING

1. 1 spotter is required for each flyer (top) person.
2. All participants assigned as spotters in a stunt group must remain in the ready position during the entire stunt. Ready position means eyes are focused on the flyer/top at all times.
3. All participants assigned as bases are required to keep eyes on their flyer. Glances when transitioning and pyramid building are allowed however focus must remain on their stunt group.

Chapter 5: Approved and prohibited Skills

Section 1: STANDING TUMBLING

1. All basic skills with hand support performed from a standing position are allowed.

Ex: forward rolls, backward rolls, front walkovers, back walkovers, cartwheels, round-offs, handstands.

2. Connection of more than one of the above skills is allowed.

Ex: cartwheel/back walkover

3. At least one hand must remain in contact with the floor during skill execution.
4. Flips, handsprings (front or back) and aerials are **prohibited**.

Section 2: RUNNING TUMBLING

1. All basic skills with hand support are allowed. (see chapter 5, section 1)
2. Series tumbling is allowed.
3. At least one hand must remain in contact with the floor during skill execution.
4. Flips, handsprings (front or back) and aerials are **prohibited**.

Section 3: STUNTS LEVELS

1. Single leg stunts are only allowed at waist level.
 - a. -Prep level single leg stunts are allowed if the top person is braced by someone standing on the performance surface, the bracer must be a separate person other than the base(s) or spotter.
2. Two leg prep level ONE stunts and TINY prep level ONE stunts allowed.
3. One leg thigh stand stunts are allowed.
4. A two leg extended stunt is permitted as long as flyer is braced hand to hand/arm on both sides. Hand to hand/arm bracing must be connected before executing skill.
5. A one leg prep stunt is permitted as long as flyer is braced hand to hand/arm on both sides. Braced connection must be made and stay before executing and completing skill.
6. Twisting during the load-in is limited to one quarter (1/4) twist.
7. All inversions and Swing-up stunts are **prohibited**.
8. Extended stunts are **prohibited**.
9. Partner stunts such as: shoulder sit, shoulder stand, and pony sits are allowed.

Section 4: TOSSES

1. All tosses are **prohibited**. (i.e. quick toss, sponge toss and basket toss)

Section 5: PYRAMIDS

1. Pyramids must follow stunt and dismount rules.

A two leg extended stunt is permitted as long as flyer is braced hand to hand/arm on both sides. Hand to hand/arm bracing must be connected before executing skill.

A one leg prep stunt is permitted as long as flyer is braced hand to hand/arm on both sides. Braced connection must be made and stay before executing and completing skill

2. In pyramid transitions, the flyer (top) must maintain contact with at least one base at all times.
3. Pyramids are limited to 1 man high, and may not exceed over the shoulders except as noted in item 1 of this section.
4. Prep level single leg stunts: Single leg stunts
 - a) Single leg stunts must be braced by at least one top person (middle of the pyramid) at prep level ONE or below. The connection must be made prior to initiating the single leg stunt. Prep level top person must have both feet in bases' hands (middle of the pyramid). Exception if they are in a shoulder sit, straddle stand, or shoulder stand.
 - b) Top person (middle of the pyramid) may brace the legs (right side and left side) at waist level. Flyers legs must be braced by a baser at all time
5. Extended stunts may not be braced by any other extended stunts.

Section 6: DISMOUNTS

1. Straight cradles from prep level prohibited.

**Other positions during cradles are prohibited (i.e. twist, arch, toe touch, pike, tuck, etc.)*

2. Any inverted dismount, including double based suspended forward rolls, are **prohibited**.
3. Cradles landing in prone position (on stomach) are **prohibited**.
4. Cradle dismounts to different bases are **prohibited**

Section 7: RELEASE MOVES

1. No release moves are allowed other than those mentioned in the dismount sections.
2. Barrel or log rolls are **prohibited**

CHAPTER 6: CHEER GLOSSARY

Items listed in this chapter are for definition purposes only. Inclusion here does not indicate acceptance, approval or permission.

Section 1: STUNTS/TUMBLE

Forward/backward Roll – A foot-over-head rotation that is executed on the performing surface.

Stunt/Partner Stunt - One or more bases support one or more top persons off the performing surface.

Prep - The base(s) hold(s) a standing top person at approximately shoulder height.

Pyramid – Connected partner stunts.

Sponge – The base(s) absorb(s) the top person's downward momentum to push/lift the top person into position for the next stunt/skill.

Tumbling – Gymnastic skills including forward/backward rolls, inverted extended skills (cartwheels, handstands, walkovers, aerials, handsprings, etc.) twist and flips.

Section 2: STUNTING PERSONNEL

Base - A person in direct weight-bearing contact with the performing surface who provides primary support for another person.

Bracer - A top person who is in physical contact with another top person but does not provide primary support.

Post – A person in direct weight-bearing contact with the performing surface, who temporarily supports a top person during the execution of a stunt.

Spotter - A person in direct, weight-bearing contact with the performing surface whose primary function is to protect the top person’s head, neck and shoulders.

Top Person - A person who is either being supported by another person(s) while off the performing surface or who has been tossed into the air.

Flyer - A person who receives primary support from another person or prop at any time during a stunt. Also referred to as “top person.”

Section 3: BODY POSITIONS

Handstand – An inverted, straight-body position in which the arms are extended and beside the head, and the hips are directly over the head and shoulders.

Inverted Position – Shoulders are below waist.

Layout Position – A straight-body position

Pike Position – Bent at the hips with legs straight and together.

Prone Position – Face-down straight body.

Straddle Position – Bent at the hips with legs straight and apart.

Splits Position – Legs extended in opposite directions at right angles to the trunk.

Tuck Position – Bent at the hips and knees with knees drawn toward the torso.

Section 4: DISMOUNTS

Cradle – A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up pike position by a base or bases.

Dismount – Ending a stunt by releasing a top person to the performing surface or a cradle.

Section 5: DROPS

Front Drop - Dropping to a horizontal, face-down position on the performing surface.

Knee/Seat/Thigh Drop - Dropping to the knee(s), seat or thighs onto the performing surface.

Split Drop - Dropping to a split position on the performing surface.

Tension Drop – A partner stunt (e.g., shoulder stand) in which the base leans forward until the top person dismount to the performing surface without assistance.

Section 6: AERIAL STUNTS

Aerial - A skill performed free of contact with a person or the performing surface.

Flip - An aerial stunt involving foot-over-head rotation in a tuck, pike or layout position.

Twist - An aerial stunt involving rotation perpendicular or parallel to the performing surface in a straight body position.

Section 7: EXTENDED STUNTS

Extended stunt - The supporting arm(s) of the base(s) is/are extended above the head.

Extension – An extended stunt in which the top person has both feet in the hands of a base(s).

Section 8: SUSPENDED STUNTS

Forward Suspended Roll — A flyer (top girl) at prep level dismounts in a continuous heels-over-head rotation while having both hands in constant, hand-to-hand/arm contact with 2 bases or 2 posts who control the flyer’s descent to the performing surface or cradle.

Suspended Splits – A top person is supported in a split position between multiple bases.

Section 9: NONRELEASE, SPECIALIZED STUNTS*

Assisted Inverted Floor Stunt – An inverted participant on the performing surface is partially supported by non-inverted participant(s) who is/are also on the performing surface.

Chorus-Line Flip – A stunt in which a participant on the performing surface performs a backward flip while being supported by the connected arms of other participants.

Flatback – A stunt in which base(s) extend a top person overhead, face up or face down, in a horizontal straight-body position.

Hanging Pyramid – A stunt in which the top person(s) is suspended by another top person(s) who is/are in a shoulder stand.

Leapfrog – A non-release transition in which the top person moves over a front or back post while maintaining hands-to-hands contact with the post; or a skill in which a participant on the floor places hands on the back of another person on the floor, vaults over his/her back in a straddle and returns to the floor.

Liberty – A one-leg stunt, (usually extended) that may include variations such as a hitch, a torch, a heel stretch, an arabesque, a scorpion, etc.

Non-release Stunt – A top person is moved from one stunt to another while maintaining physical contact with original base(s), new base(s) or a post.

Pendulum – A stunt in which the flyer in a straight-body position falls forward and/or backward away from the base(s) to a horizontal position to catchers while maintaining constant hands-to-feet/legs contact with the base(s).

Side T-lift – A stunt in which the base(s) extend(s) a top person overhead in a forward-facing, horizontal straight body position.

Swedish Fall – An extended stunt in which the top person in a prone position supports her own upper body by placing her hands on the shoulders of a base while her lower body is supported by another base's extended arms.

Totem Pole – A pyramid that creates a tiered appearance by connecting stunts of increasing height, one behind the other.

**NOTE: Stunts in this section may also be known by other names. This section does not attempt to list every stunt mentioned in the NFHS rules book.*

Section 10: RELEASE SKILLS/STUNTS

Basket Toss – A top person loads into interlocked hands/wrist and is tossed by multiple bases.

Elevator/Sponge Toss – A person loads into a prep/elevator loading position and is tossed by multiple bases.

Helicopter – A top person in a horizontal position is popped then rotates like helicopter blades in a horizontal plane before being caught by the original bases.

Log Roll – A top person in a horizontal position is popped then twists parallel to the performing surface before being caught by the original base(s) in a straight body position or a cradle.

Pop – A controlled upward release by a base(s) to initiate a dismount or a release transition.

Quick Toss – A toss that begins with the top person in weight-bearing contact with the performing surface and ends in a partner stunt or pyramid

Release Stunt – A stunt in which the top person becomes free of contact from all personnel on the performing surface.

Toss – A throwing motion by base(s) that begins from below shoulder level to increase the height of the top person. The top person becomes free from all bases, post or bracers.

Section 11: TRANSITIONAL STUNTS

Release transition – A top person changes from one stunt to another during temporary loss of physical contact with his/her base(s).

Switch Liberty – A top person starts with one foot on the ground, is tossed and lands in a liberty on the other foot.

Tick-tock – A release transition in which a top person switches from one support leg to another.

Transitional Stunt – Involves a flyer moving from one stunt to another. The transition may involve changing bases.

Section 12: PROPS

Props – Items which may be manipulated (e.g., poms, signs, flags, etc).

Chapter 7: GAME DAY REGULATIONS

Section 1: Rules and Regulations

1. All rules, regulations and guidelines as listed in chapter 3, 4, & 5 of this book are applicable to all performances including jamborees, game days and competitions.

Section 2: PERFORMANCE AREAS

1. Cheerleaders, mascots and cheer division coaches are prohibited from entering the Coaches/players boxes.
2. Sideline cheers and performances must be completed between the end zone and the 30 yard line.
3. Halftime performances may be performed at center field, sideline or other agreed upon location.

Section 3: HALF TIME PERFORMANCE

1. Performances must not be longer than 5 minutes per team, to include any and all cheers and dance routines. This also includes any time used to stage participants.
2. Cheerleaders' performances occurring on the field may not extend beyond the allotted 15 minutes of halftime.
3. Teams shall rotate the first performer for each half time sequence. Teams must coordinate for first division performance. If home team performs first for the first division halftime, then visiting team shall perform first for the next division halftime and continue rotation through the day.

Example: Manha: Home then Visitor, Metgot: Visitor then home, Matua: Home then Visitor

Chapter 8: COMPETITION REGULATIONS

Section 1: Rules and Regulations

1. All rules, regulations and guidelines as listed in this manual are applicable to all performances including competition.

Section 2: REQUIRED COMPONENTS

1. Cheer component must be at least 60 seconds (may be broken into multiple parts).
2. Dance/music component must be longer than 240 seconds or (may be broken into multiple parts)

3. Components may be arranged as preferred by the team, however total performance time may not exceed 5:00. Teams will be responsible for providing their own music as well as a conductor to start or stop music as needed.

Section 3: JUDGES AND AUDITORS

1. An independent panel of judges and auditors shall be appointed by the GNYFF overall head Cheer coach.
2. The judging panel shall consist of no less than 4 people, but not more than 8.
3. In the event a shortage of judges happens the GNYFF overall head cheer coach will randomly select a representative from organizations not participating in the cheer competition. All judges will need to attend a clinic with the GNYFF overall head cheer coach to prepare them for judging the competition.
4. Judges names shall be kept confidential from teams, cheer coaches, and participants until the day of the event.
5. An auditing panel of shall consist 2 individuals.
6. Auditors must tally all final scores including deductions prior to announcement of team scores.

Section 4: SCORING

A competitive cheer routine will be judged by the following. Please see official score sheet at the back of this book. Failure to include required components in your routine will result in a zero (0) score in that category on your score sheet. All score sheets will be subject to an immediate audit prior to announcement of final scores.

All score sheets shall be relinquished to the respective teams upon completion of competition.

1. Cheer Fundamentals – 30 pts

- A. Crowd Appeal – crowd leading, spirit, execution, prop incorporation, encourages crowd participation
- B. Motion Technique – variety, placement, sharpness
- C. Voice and Pace – volume (loud and natural), moderate controlled pace, inflection

2. Basic Fundamentals – 50 pts

- A. Partner Stunts – synchronization, technique, variety
- B. Pyramids – synchronization, technique, variety
- C. Tumbling – synchronization, technique, variety
- D. Jumps – synchronization, height, form
- E. Props – Use of signs, poms, flags, megaphones, etc.

3. Overall Appeal – 20 pts

- A. Formations/Transitions – flow, spacing, use of floor
- B. Choreography of Routine – creativity, music incorporation, overall appeal

Section 5: ROUTINE GUIDELINES

1. Each team will perform a choreographed performance not to exceed 5:00 minutes.
2. Each team's performance must consist of a cheer component AND a music component. The total music component must not exceed two (4) minutes.
3. Formal entrances (i.e. crowd response chants, choreographed marching, cheers, tumbling or stunts) to the competition floor are prohibited. Entrances to the competition floor should be brief with the sole purpose of walking, running, etc to position. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine.
4. Timing begins with the first organized word, movement, or note of music following the team's announcement to take the floor. Timing will end with the last organized word, note of music, or

movement by the team. Please note, stunt groups may get into position, but flyers must keep one foot on the floor at all times. Once both feet are loaded into a stunt, timing will begin.

Section 6: PENALTY

The GNYFF hold the authority to issue deductions in addition to those issued by the judges.

Deductions will be taken from your total score for each infraction of the GNYFF Cheer Rules and/or NFHS Rules unless otherwise noted.

1. If multiple stunt groups and/or individuals make violation, in one sequence, a deduction will be made for the entire sequence, not each individual or group. Example: a team performs 3 out of category stunts in one sequence. The deduction will be 10 points in a whole, not 10 points for each group.
2. .5 point deduction will be given for hair piece, bow or ribbons that fall onto the performance mat or cheer shoe comes off during performance.
3. A 5 point deduction will be given if the hair bow interferes with the performance, i.e.: stepped on, tripped over. This deduction will only be issued once during the entire performance.
4. Please refer to Chapter 5 for specific skill allowances and restrictions. 10 points will be deducted for each prohibited skill performed.
5. Teams are responsible for following all NFHS rules as well as the skill restrictions that further restrict permitted skills within NFHS rules.

BOUNDARY PENALTY

Participants

1. 0.5 point per occurrence will be deducted from your total score if any team member steps or touches out of bounds with any part of the body. Stepping off (the entire foot) or touching (the entire hand or body part) outside the performance area is considered a boundary violation.
2. Performers may not use the non- performing surface for transitions; the entire routine including transitions must remain on the performing surface.
3. Stepping on or touching the edge of the mat does not constitute a violation.

PROPS

1. Props may rest partially out of bounds without a penalty.
2. A squad member may pick up a prop that is partially out of bounds; however a squad member may not step off the performance area to retrieve a prop outside of the performance area. When props are set up, they must be within the edge of the performing surface.
3. Discarded props that are completely out of bounds may not be touched without a penalty assessed during the performance. (.05 point deduction for prop, plus .05 point if participant must step out to retrieve)

TIME LIMIT PENALTIES:

1. 6 – 10 seconds over - 1 point deduction
2. 11 seconds or more over - 3 point deduction

Section 6: IN CASE OF A TIE

1. All ties will be broken at GNYFF competitions.
2. Using the Basic Fundamental scores on the score sheet will break ties. Those categories include: Stunts, Pyramids, Tumbling, Jumps, and Dance.
3. If it is necessary to break a second tie, the scores under Overall Appeal will be calculated along with the
4. Fundamental score categories.

Section 7: DISQUALIFICATION

1. Teams with illegal/ineligible competitor(s) will be disqualified. Reasons for disqualification include but are not limited to
 - a. overage competitor(s),

- b. competitor(s) not listed on official roster,
 - c. and/or illegal/ineligible competitor(s) listed on official league roster.
 - d. GNYFF ID card is not present at check-in of competition.
 - e. Recent Cheer roster is not present at cheer competition.
 - f. Expired physicals not updated in time for competition.
2. If a team is found with unregistered competitors, the team will be disqualified.

Chapter 9: PROTESTS AND LEGALITY QUESTIONS

Coaches and Coordinators are responsible to comprehend and comply with all GNYFF Cheer Rules and Regulations, GNYFF Requirements, NFHS Safety Rules for Cheer pertaining to the youth division.

1. The GNYFF will decide and rule on all protests and legality issues.
2. A protest can only be made if it is a matter of rules interpretations or if the eligibility of a participant is involved.
3. Scoring may not be protested.

Chapter 10: Score and Deduction Sheets

Cheer Competition Score Sheet

Judge #: _____

Team Name: _____

Season: _____

Points Scale: 1 - 10

(0 Does not meet Criteria, 5 meets criteria, 10 exceeds criteria/exceptional)

Maximum of 10 points per criteria, maximum total of 100 points

Category	Judging Criteria	Points Awarded
Cheer Fundamentals 30 points	Crowd Appeal – 10 points <i>Crowd leading, spirit execution, prop incorporation , energy, facial expressions</i>	
	Motion Technique – 10 points <i>Variety, placement, sharpness</i>	
	Voice and Pace – 10 points <i>Loud and natural, moderate controlled pace, inflection</i>	
Basic Fundamentals 50 points	Partner Stunts – 10points <i>Synchronization, technique, variety</i>	
	Pyramids – 10 points <i>Synchronization, technique, variety</i>	
	Tumbling – 10 points <i>Synchronization, technique, variety</i>	
	Jumps – 10 points <i>Synchronization, height, form</i>	
	Props – 10 points <i>Use of signs, poms, flags, megaphones, etc.</i>	
Overall Appeal 20 points	Formations/transitions – 10 points <i>Flow, spacing, use of floor</i>	
	Choreography of Routine – 10 points <i>Creativity, music incorporation, overall appeal</i>	
Total Points		

Points Audit total	
Auditor Name	
Auditor Signature	



Cheer Competition Deduction Sheet

Judge #: _____ Team Name: _____ Season: _____

Indicate tally mark for each Penalty

Category	Penalty	Qty	Total
Boundary	Participant - 5 points <i>Entire foot, hand or other body part</i>		
	Props - .5 point <i>Completely out of bounds</i>		
Time Limit	6 – 10 seconds over time limit – 1 point		
	More than 11 seconds over time limit– 3 points		
Uniform, accessories, hair, makeup	Uniform – 5 points <i>Tear away, midriff bearing, leg covering on flyers, skirt length, no bloomers/kick pants</i>		
	Jewelry/Watches - 5 point		
	Hair - .5 point <i>Loose hair (obstructs vision), falling hair pieces, hair accessories, loose glitter</i>		
	Make-up –.5 point <i>Loose glitter on hair or body (glitter spray is acceptable)</i>		
	Hair piece or accessory interference – 5 point		
Prohibited Skills/Items	Tosses – 10 points		
	Stunts – 10 points <i>Extended, swing up, inversions</i>		
	Prohibited tumbling – 10 points <i>Handsprings, flips aerials</i>		
	Prohibited Cradling – 10 points <i>Non-straight, cradle to stomach, different bases</i>		
	Release stunts, barrel rolls, log rolls – 10 points		
	Entrance – 10 points <i>Formal, longer than 10 seconds</i>		
Props	Use of prohibited props – 10 points <i>Light up, battery operated, hidden, surface damaging</i>		
	Use of props during tumbling or cradles - 5 points		
	Props set up by coaches or other non-performer .5 point		
Safety	Metal braces - 10 points		
	Lack of spotter – 10 points		
Other	Comment:		
Total Deductions			



Final Score Sheet

Judge #: _____ Team Name: _____ Season: _____

Judge #	Categories	Points	Total
1	Cheer Fundamentals		
	Basic Fundamentals		
	Overall Appeal		
2	Cheer Fundamentals		
	Basic Fundamentals		
	Overall Appeal		
3	Cheer Fundamentals		
	Basic Fundamentals		
	Overall Appeal		
4	Cheer Fundamentals		
	Basic Fundamentals		
	Overall Appeal		
5	Cheer Fundamentals		
	Basic Fundamentals		
	Overall Appeal		
6	Cheer Fundamentals		
	Basic Fundamentals		
	Overall Appeal		
7	Cheer Fundamentals		
	Basic Fundamentals		
	Overall Appeal		
8	Cheer Fundamentals		
	Basic Fundamentals		
	Overall Appeal		
		Total Score	
		Total Deductions	
		Final Score	