



CHEERLEADING RULES

REVISED: (2017 per board approval – 9/2016 Addition of Rules: Sec.V1 & II)

(Prev.9/2/14 & 8/26/2013 per SIYAA Minutes)

PURPOSE:

To provide a set of rules for cheerleaders and coaches in order that all participants are treated equal with

the main emphasis on:

1. To sponsor and develop a complete athletic program for the many, rather than the few, with a major emphasis on teaching sportsmanship, competition and team work.
2. To develop strong boys and girls for improved health and personal appearance reasons.
3. To develop individual competencies through the practice of individual skills.
4. To learn the rules of various games.

SECTION I – REGISTRATION

1. Each school shall establish its own beginning and ending registration dates.
2. Cheerleaders may not be added to the roster after the uniform order has been placed.
3. Mascots must register.
4. Flag cheerleaders can NOT cheer up with the 3-4 or 5-6 grade teams.

SECTION II – MASCOTS (optional)

1. No more than 3 mascots per team are allowed.
2. In the event of either schools combining to make one team or JV and Varsity squads at a single school combine to form one squad due to low registration numbers, you may increase mascots from 3 to 4.



3. Mascots must be in kindergarten, first or second grade (no exceptions)
4. Mascots are selected by the cheer coordinator from their representing school unless they give this privilege to the cheerleading coach.

SECTION III – ELIGIBILITY

1. A cheerleader shall cheer for the SIYAA participation school that he or she attends, except if he or she attends a private or Christian school in the other school district that does not have a cheerleading program.
2. All cheerleaders must meet the same eligibility requirements as football players
3. Each cheerleader must return the properly completed participation form to his or her coach before the cheerleader is allowed to practice. These will be forwarded to the SIYAA coordinator one week prior to the first regular season game.
4. Copies of birth certificates for each cheerleader will be obtained and retained by each team's SIYAA representatives before the first regular season game.
5. Each team is allowed only ONE head coach and ONE assistant coach.
6. A cheerleader may not be dropped from the squad except for bona fide disciplinary reasons.

Bona fide includes, but is not limited to:

- a. Use of profane language.
- b. Unexcused missed practices
- c. Unsportsman-like conduct at games or practices
- d. Disrupting inter squad relationship
- e. Rude behavior and lack of respect to any/all coaching staff

SECTION IV – PRACTICE

1. Practice may begin on August 1st.



2. Pre-season practices will consist of not more than three sessions per week with a two hour limitation per session.

3. In season practice, including the week of the first regular season game, will consist of not more than two sessions per week with a two hour limitation per session.

4. No child may participate in practice if they were absent from school due to an illness.

SECTION V – PARTICIPATION

1. Every cheerleader must participate at each game, unless they are held out for disciplinary reasons, at the discretion of the coach.

2. To be eligible to participate at the first regular scheduled game, a cheerleader must attend at least eight (8) scheduled practice sessions. However, the squad Board of Directors and the coaches of the individual squad may allow a child to cheer if he or she is in condition after six practice sessions.

3. To be eligible to participate at subsequent games, a cheerleader must attend one practice session during the week preceding the game. Coaches may excuse cheerleaders from the application of this rule in the event of injury, illness or a cheerleader's personal circumstances which prevents him or her from practicing.

4. No child who meets all requirements may be refused to participate.

5. **MINIMAL PLAY TIME** Upon investigation & review by the SIYAA Coordinator of Sport & Executive Board the following consequences will apply for any team that does not comply with rules of required minimal play time for each player on their team.

Regular Season Games:

- 1 st Offense Head Coach will receive Verbal & Written warning.
- 2 nd Offense Team will forfeit the game in which player did not receive minimal play time.

Tournament Games:

- No warning. Automatic forfeit of game.



6. AGGRESSIVE FORCEFUL ACTION

The Executive Board of the SIYAA will investigate any reports of aggressive, forceful action towards a child/player during SIYAA events. Several witnesses must verify the report. After investigation & review, if determined forceful action towards a child/player had occurred, the person/coach will receive an automatic two game suspension. (They may attend the game as a spectator only, not to sit or practice with team during two week suspension).

NOTE: Each Member school's cheerleading coordinator must provide to the SIYAA cheerleading coordinator, a completed SIYAA Cheer Roster (Master Registration Form) for each squad that is to participate that year. Along with completed & signed code of conduct for each participant, coach & coordinator. These documents are available to download at www.siyaa.org or can be emailed to you upon request. These documents must be provided to the SIYAA Cheer Coordinator one week prior to the first game.

SECTION VI - STUNTS

STUNTS: Flag Cheerleaders

1. Stunts are not to be above waist height.
2. Cheerleaders can be spotters for this group.
3. It's the coach's responsibility to keep safety the first concern of all stunts.
4. Only participants with the desire, strength and athletic ability can be used as bases (cheerleaders on the ground) and flyers (cheerleaders in the air). It is the coach/parent's responsibility to determine these qualifications.
5. The SIYAA & SIYAA cheerleading coordinator retain the right to disallow any stunt thought to be unsafe based on the ability, strength or etc.
6. Home team is closest to the gate. Each team lines up below the 45 yard line.
7. The SIYAA retains the right to add or eliminate any rules during the season.

STUNTS: 3 rd & 4th grades/5 th & 6th grades

ABSOLUTELY NO MASCOTS CAN GO ABOVE WAIST HIGH IN A STUNT!!



1. Stunts are not to be above shoulder/prep height.
2. Any stunt performed that includes a cheerleader being lifted (shoulder/prep high), may be lifted by cheerleaders but must have a coach/responsible adult/parent spotting in that group. No extension, liberty, heel stretch, etc. is allowed, however hitch stunts are acceptable.
3. It's the coach's responsibility to keep safety the first concern of all stunts.
4. Only participants with the desire, strength and athletic ability can be used as bases (cheerleaders on the ground) and flyers (cheerleaders in the air). It is the coach/parent's responsibility to determine these qualifications.
5. Pyramids are allowed for 3rd and 4th grade and 5th and 6th grade only. Pyramids consist of stunt groups connecting. Pyramids must stay connected at all times and follow the same guidelines as stunt groups.

The SIYAA & SIYAA cheerleading coordinator retain the right to disallow any stunt thought to be unsafe based on the ability, strength or etc.

6. Home team is closest to the gate. Each team lines up below the 45 yard line.
7. The SIYAA retains the right to add or eliminate any rules during the season

Consequences for not following the SIYAA guidelines will be:

- a. First offense – a warning will be given to the head coach
- b. Second offense – will result in a missed game for the head coach. (Coach not permitted to enter the gate)
- c. Third offense – Head coach dismissed as a coach in SIYAA for the current season & the next cheerleading season.

Documentation will be kept in the SIYAA Cheer Coordinator's file and a copy will be given to your school's coordinator.

SECTION VII

DEMONSTRATION:



1. Home team will do their demonstration first.
2. Time is limited to 4 minutes starting from the time you walk on the field and including the time it takes to walk off the field. Two teams will be doing their routines during each game so we need to stay on schedule.