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Rules and Regulations

Cheerleading

CODE OF CONDUCT	2
ADULT CODE OF CONDUCT.....	3
COACHES CODE OF CONDUCT.....	3
THE CENTRAL KEYSTONE STRUCTURE DEFINITION.....	4
INTRODUCTION TO THE RULES & REGULATIONS.....	4
CENTRAL KEYSTONE REGULATIONS	
POWER/AUTHORITY OF THE ASSOCIATIONS.....	5
BOUNDARIES.....	5
DUAL MEMBERSHIP.....	5
TRYOUTS.....	5
MANDATORY CUTS.....	5
VOLUNTARY CUTS.....	5
REGISTRATION.....	6
CERTIFICATION.....	6
RETENTION OF ELIGIBILITY.....	7
INELIGIBLE PLAYERS.....	7
DROPS AND ADDS.....	7
WAIVERS OF RULES/CHARTER COMMITTEE.....	7
COACH REQUIREMENTS.....	7
MANDATORY BACKGROUND CHECKS.....	8
FORMATION OF SQUADS.....	8
PRACTICES.....	9
CAMPS.....	9
NO ALL STARS.....	10
AWARDS.....	10
CHARGING ADMISSION.....	10
PROTESTS.....	10
IMPORTANT POINT – MEDICAL.....	10
ENFORCEMENT POLICY	
POLICE POWER/HEARING AND APPEALS.....	11
MINIMUM MANDATE PENALTIES.....	11
CENTRAL KEYSTONE SPIRIT RULES	
AGE / DIVISIONS.....	12
MASCOTS.....	12
GENERAL SQUAD REQUIREMENTS.....	13
PARTICIPATE APPAREL.....	13
SAFETY GUIDELINES	
SPOTTING.....	15
GAMES.....	15
DISMOUNTS.....	15
DROPS.....	16
PENDULUMS & FLATBACKS.....	16
PARTNER STUNTS & PYRAMIDS.....	17
EXTENDED STUNTS.....	18
POP/ SWEEP/ TOSS.....	19
TRANSITIONAL STUNTS.....	19
INVERTED POSITION.....	20
TUMBLING.....	20
USE OF POMS.....	20
USE OF SIGNS.....	21
STUNTING CHARTS.....	21
SPIRIT TERMS/JUMPS.....	24

CENTRAL KEYSTONE FOOTBALL & CHEER LEAGUE CODE OF CONDUCT

ADULT CODE OF CONDUCT

- 1) In order to uphold the goals of Central Keystone Football & Cheer League and ensure that all participants have the benefit of a safe and fun learning environment, ***all parents, guardians and other adults and attendees*** of Central Keystone Football & Cheer League events, including but not limited to practices, competitions, and banquets, must behave accordingly in a respectful, courteous and sportsmanlike manner at all times.
- 2) Any adult who is using alcohol, tobacco products in a non-designated area, illegal drugs, and/or appears intoxicated at a Central Keystone Football & Cheer League event, and/or who is flagrantly rude, attempts to intimidate, verbally abuse, heckles, taunts, ridicules, boos, throws objects and/or uses vulgarity or profane language/gestures with an official, coach, volunteer, staff member, participant or other event attendee, will receive a verbal warning and/or be asked to leave a Central Keystone Football & Cheer League event. The member organization may also provide a written warning to the individual regarding the misbehavior. The adult's children *may* also be removed from the event.

Any adult, who commits one of the above stated offenses a second time, will be banned from any and all Central Keystone events for a period of one year from the date of the second offense, and their children *may* also be removed from the program(s) for that time period.

- 3) Any adult who physically assaults an official, coach, volunteer, staff member or participant or threatens grave bodily harm may be banned from any and all Central Keystone events for one year from the date of the offense, and their children *may* also be removed from any and all Central Keystone programs for that same period of time.

After the ban has expired, if the individual commits another offense of the adult code of conduct, the individual will be permanently banned from any and all Central Keystone events and the individual's children *may* also be permanently removed from any and all Central Keystone programs.

COACHES CODE OF CONDUCT

All coaches will abide by a Code of Conduct, which includes the following provisions. If any of these rules are broken, the League shall have the authority to impose a penalty.

Coaches shall:

- 1) Not smoke and/or use smokeless tobacco on the field.
- 2) **Not criticize participants in front of spectators, but reserve constructive criticism for later, in private or in the presence of squad members if others might benefit.**
- 3) **Not criticize an opposing team/squad, its players, coaches, or fans by word of mouth or by gesture.**
- 4) Emphasize that good athletes strive to be good students and that both, students/athletes, are physically and mentally alert.

- 5) Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.
- 6) Emphasize that winning is the result of good "teamwork."
- 7) Not engage in excessive sideline coaching and shall not shout instructions from the sidelines.
- 8) **Together with team officials, be jointly responsible for the conduct and control of team fans and spectators, any fan who becomes a nuisance and out of control will be asked to leave.**
- 9) Not use abusive or profane language at any time.

3

- 10) Not receive any payment, in cash or kind, for services as a coach in Central Keystone Football & Cheer League. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.
- 11) Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant's physician.
- 12) Not permit an ineligible player or spirit participant to participate in a game.
- 13) **Not deliberately incite unsportsmanlike conduct.**
- 14) Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.
- 15) Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.
- 16) **Control their fans. Remember, as a team coach you are responsible for your team, and fan reaction will usually be in step with your reaction.**
- 17) Uphold all rules and regulations of Central Keystone Football & Cheer League.

PART I THE CENTRAL KEYSTONE STRUCTURE

DEFINITIONS

LEAGUE: The term "League" has two definitions, each separate and distinct as applicable:

- 1) It is a legal term to define a type of League/Conference, or
- 2) It is a grouping of squads of the same ages (division) into a "league" for scheduling purposes.

ASSOCIATION: Associations are organizations that sponsor and administer one or more teams. They raise money, buy equipment, recruit coaches, secure fields, etc. Associations are characterized by specific geographical coverage.

TEAM: A team is the universal, basic unit of organization. At minimum, a team consists of a group of participants organized under the direction of a coaching staff in a given Age/Weight division.

DIVISION: Division has several meanings, the most common of which refers to one of the three age classifications: Mighty Might, Pee Wee and Midget. The basis ages for each division of play are listed in Part IV under AGE DIVISIONS.

ELIGIBILITY: A player is eligible if they meet the criteria under the Age Divisions, has been physically cleared to play and has parental/guardian permission to play.

INTRODUCTION TO THE RULES AND REGULATIONS

- 1) The rules and regulations contained herein ARE REQUIRED to be enforced by each Association/Team/Division in Central Keystone Football and Cheer League.

- 2) For all purposes, the Central Keystone Football & Cheer League playing season shall be defined as August 1st through December 31st, or the last game/competition, whichever comes first. All associations, administrative personnel, coaches, players and spirit participants are subject to disciplinary action for violations of Central Keystone Football & Cheer League rules and regulations at any time during a stated playing season.
- 3) No rules will be added after May 1st unless it is a safety issue.

PART II

CENTRAL KEYSTONE REGULATIONS

POWERS/AUTHORITY OF THE ASSOCIATIONS

- 1) Each Association has, among its powers, the obligation and authority to enforce these rules. In addition, it has the right to make its rules more stringent than those appearing in this book.
- 2) An Association may not make rules less strict.
- 3) Associations participating in post-season games will follow all Central Keystone Football & Cheer League rules as printed in this book.

BOUNDARIES

- 1) No association will have set boundaries as to where players/participants must live; however, the player/participant must remain on a team within the original rostered association for their remaining eligible years in the Central Keystone Football & Cheer League.

Exceptions will be made for a player/participant to switch from one association to another for justifiable reasons, but a written release from the original rostered association must be obtained and presented to the Board of Directors to be voted and approved. If the original rostered association will not release the player/participant the parents/legal guardian may present their case directly to the Board of Directors at a regular scheduled league meeting to request approval by a vote.

DUAL MEMBERSHIP

- 1) No participant may play for the Central Keystone Football & Cheer League while at the same time play for another team, squad, or league.

TRY OUTS

1) Tryouts of any kind within Central Keystone Football & Cheer League are prohibited. Tryouts are defined as any means used to ascertain the ability of a participant where this information is used to place a participant on a team, including assessments, evaluations, or any other method used whereas at the end of such evaluation a child would be excluded from participation. Participants may participate in the above scenario at the discretion of each Association provided every child is placed on a team and no one is excluded. Placement of players shall be at the discretion of each Association, in accordance with their policies, provided those policies are not in conflict with the Central Keystone Football & Cheer League policies.

MANDATORY CUTS

- 1) Any participant must be cut who is found to have signed up as a result of parental pressure or tells team management he/she does not really want to participate.
- 2) Any participant must be cut who refuse or cannot furnish the three required items – Parental Consent, Medical Examination, and Proof of Age.
- 3) Any participant must be cut who attempts to intimidate fellow participants in practice by word and/or physical deed. No refunding of fees shall be required.

- 4) Any participant must be cut who is an extreme discipline problem (and then, only with the concurrence of the Association).

VOLUNTARY CUTS

A participant shall be considered a voluntary or "self-cut" participant when he/she simply no longer shows up at practices or games of his/her own free will.

While voluntary cuts are not charged to any team for the purpose of these regulations, a coaching staff may attempt to disguise its cutting pattern by arranging practices in such a way as to discourage participants of lesser ability into quitting on their own. While

5

these practices are not common, they have been known to occur and are considered intentional avoidance of the rules and regulations and are, therefore, punishable as a result of a hearing.

If a team loses 20% or more of its assigned participants prior to certification, it is mandatory that the Association investigate the causes for the participants voluntarily leaving the team, and take whatever appropriate action may be needed. The results of this investigation shall be reported to the League and the League shall have final authority as to where appropriate actions were taken.

REGISTRATION

A candidate cannot begin practice with a team until he/she has "signed up." To register, the candidate must sign a standard, locally-supplied form approved by the League. The sign-up fee, if any, may be collected at this time. All student demonstrators must be registered/certified in the same manner as all other minors participating in Central Keystone Football and Cheer League. All candidates must furnish the following:

- 1) **PARENTAL CONSENT:** A written statement from either a parent or legal guardian, stating that the child has his or her permission to participate. The Association may supply a standard form for this.
- 2) **MEDICAL EXAMINATION:** Each Association is responsible for ensuring that every participant has either
 - A. a signed waiver by the parent or legal guardian stating that the candidate has recently (within the last year) been examined by a Licensed State Examiner; (i.e. Medical Doctor, Registered Physician Assistant, Registered Nurse Practitioner, etc.) and is physically fit to participation in football or
 - B. Evidence of a current (within the last year) physical examination from any Licensed State Examiner; (i.e. Medical Doctor, Registered Physician Assistant, Registered Nurse Practitioner, etc.) to determine that the candidate is physically fit and there are no observable conditions, which would contra-indicate their participation in football.

Note: If regular school medical examination was performed and the results are releasable to parents, a copy of such a report may be used in lieu of a new examination.

SPECIAL NOTE: A person with a loss of limb may participate provided that the individual has a signed statement of approval from an examining physician and that the use of the limb is no more dangerous to participants than the corresponding human limb.

- 3) **PROOF OF AGE:** A certified copy of the birth certificate on file bearing the seal of the issuing office of the state of birth is the best guarantee of reliability of claimed date of birth and is form of proof most recommended. Passports are also reliable. Military ID cards are acceptable. Certified wallet-size certificates issued by a state or commonwealth are acceptable. Any other alleged "proof of birth date," including photo copies of "originals," are to be accepted only upon the willingness of the team administration to have its schedule forfeited should fraudulent application later be determined.

CERTIFICATION

Certification is that process whereby the squad or association will file with the League of which it is a member, a complete roster of participants for the regular season schedule.

- 1) A certified copy of each roster will be forwarded by the Association to Central Keystone Football & Cheer League by the announced deadline. This is a certified roster in that the Association has accepted the information at a pre-season session with its squads based upon information submitted, and the squads are restricted to these participants for the balance of the season.
- 2) This will be accomplished on the official Central Keystone Football & Cheer League roster form.

3) Certification must be completed prior to the opening game of the regular League schedule. The procedures for accomplishing certification are discussed hereafter. To be certified onto a squad a participant shall qualify under the following:

- A. Eligibility according to residence shall be decided by the League when the candidate resides in an area other than that area authorized for the Association by the League.
- B. Each Association shall attempt to assign a first-time participant to the lowest age division for which he/she is qualified.
- C. Once certified for a particular age division, a participant shall not be permitted to recertify to a lower division of play without the written approval of the Central Keystone Football & Cheer League board. D. Ages shall be verified by birth certificate as specified in the registration section.

6

RETENTION OF ELIGIBILITY

Once certified, a participant must meet the following requirements to retain eligibility:

- 1) Transfer policy in case of change of residence will be decided by the League.
- 2) Retain parental consent.
- 3) Maintain sound physical condition.

INELIGIBLE PLAYERS

Forfeiture of all games in which the ineligible player was a member of the squad shall be the penalty applied to the team involved. There shall be no exceptions.

- 1) There are three (3) unequivocal definitions of an ineligible player, from which there are no appeals:

- A. Overage or underage without an approved waiver.**

- B. Residing outside of legal boundaries without mutual agreement of appropriate Associations and approval from the Central Keystone Board.
 - C. Falsification of data concerning any of the above.

DROPS AND ADDS

- 1) A team may add participants to its certified roster as long as said roster was certified below the maximum number permitted, or to replace those originally certified and no longer on the team or squad for any valid reason.

COACHES REQUIREMENTS

A team's coaching staff is in complete charge of the team whenever it is together on the practice or playing field, traveling as a group to and from practice sessions and games, or together for any team function, such as a banquet. The coaching staff is under the direction of the Head Coach all other coaches are Assistant Coaches. The following applies to all coaches:

- 1) A Spirit Head Coach should be at least 21 years of age but an exception can be made for a person who is at least 18 year of age to be head coach if no one at least 21 years of age is available to hold the position; however, the association must inform the league and seek approval from the league for any head coach under the age of 21. The rostered Head Coach must be present for practices, games, and functions.
- 2) An Assistant Coach must be at least 18 years of age and a high school graduate. A squad should have one coach per every 12 participants.
- 3) Teams are permitted to carry a student demonstrator who must be at least 14 years of age. These Student Demonstrators are to be certified in the same manner as all other minors participating in the Central Keystone Football & Cheer League (parent permission, physical or physical waiver, and proof of age) but are to be rostered as part of the coaching staff of the squad. They are NOT permitted to in any way perform with the participants but be used to demonstrate moves, techniques and teach words to cheers. At no time are they allowed to coach or conduct a practice.
- 4) The Head Coach will determine the assignments of the Assistant Coaches.
- 5) In the absence of a specialized, trained person affiliated with the team/squad in the medical area (physician, paramedic, specially trained volunteer), one of the coaches must be the holder of a current Red Cross Certificate in Community CPR and

First Aid or the P.R.E.P.A.R.E. Course by the National Center for Sport Safety (www.sportssafety.org) or their equivalent.

- 6) Coaches are to be selected by methods approved by each Associations rules.
- 7) Once approved for coaching, a coach is automatically terminated at the close of each season. To coach the following year, the same Association approval is required. Any violation of the rules committed by a coach during the season, even though the hearing is not held until after the close of the season, is still under the jurisdiction of the sponsoring association.
- 8) Coaches do not make team or Association policy; rather, they carry it out. However, on the playing and practice fields, the coaching staff is in complete charge and shall not be interfered with except in cases of rules violations and any other conduct deemed by higher authority to be contrary to the welfare of youth.
- 9) The Head Spirit Coach has final responsibility for his/her actions, those of his/her assistant coaches, participants, staff and parents.
- 10) Each Association shall establish its own rules regarding the placing of coaches with sons, daughters, or siblings within its own boundaries.

7

MANDATORY BACKGROUND CHECKS

- 1) As a condition of service to Central Keystone Football & Cheer League, all Coaches, Board of Directors' members and any other person or volunteer workers who have repetitive access to or contact with players, must complete and submit an official "Central Keystone Football & Cheer League Volunteer Application" to their respective Association. Annual background checks must be completed prior to the applicant assuming his/her duties for the current season, and should **be** submitted to the Association President prior to the start of the current season. Refusal to submit a fully completed "Central Keystone Football & Cheer League Volunteer Application" annually must result in the immediate dismissal of the individual or denial of participation for the applicant.
- 2) Each Association shall require and be responsible for enforcing the submission by all association personnel to the Association President a fully completed official "Central Keystone Football & Cheer League Volunteer Application," prior to the applicant assuming his/her duties for the current season. The Volunteer Application must include signed permission from the applicant allowing the Association to perform the necessary background check. The official "Central Keystone Football & Cheer League Volunteer Application" shall only be modified in order to comply with local, state, provincial or national laws. Each Association shall also require and be responsible for enforcing that an Officer of said Association completes the background check on every volunteer. All volunteer applications must be maintained by the Association for the duration of the season.
- 3) No Association shall permit any person to participate in any manner, whose background check reveals a conviction for, or guilty plea to , any crime involving or against a minor. In addition, other charges and convictions may be an indication of an unfit volunteer, and therefore an Association may prohibit any individual from participating as a volunteer if the Association deems the individual unfit to work with minors, as long as the Association applies the same criteria uniformly for all individuals seeking to volunteer.
- 4) Each Association must require that all volunteers undergo a background check screening which at minimum includes a check of the records for the state in which the volunteer resides. Beginning in 2005, if an Association utilizes only a state sex offender registry check, that Association must also perform a national database or a Federal background check search, such as those offered by rap sheets. com, the National Center for Safety Initiatives, or the FBI, unless prohibited By law. If a local organization becomes aware of information, by any means whatsoever, that an individual, including, but not limited to, volunteers, players and hired workers, has been convicted of or pled guilty to any crime involving or against a minor, the league must immediately contact the applicable government agency to the accuracy of the information. Upon confirmation of a conviction for, or guilty plea to, a crime against or involving a minor, the league must prohibit the individual from participating in any manner. Due to the fact that Central Keystone Football & Cheer League has no direct operational control over the selection of volunteers, each Association shall be required to indemnify and hold harmless Central Keystone Football & Cheer League against all legal actions based upon allegations arising from a failure to enforce all or part of this regulation. Failure to comply with all or part of this regulation may result in the suspension or revocation of the association charter, the removal of the association and/or its volunteers, ineligibility for participation in play, and as well as significant legal liability.

FORMATION OF SQUADS

(Adopted 2012) It is understood that the varied number of participants each year for the different age divisions and the availability

of coaching staff can create difficulties when forming squads; however,

- 1) Every attempt by association should be made to form squads according to the league age divisions. The league views having at least 6 participants as constituting the formation of a squad and not justifiable reasoning for combining divisions.
- 2) If for any reason age divisions are placed together:

A. it must be with an agreement by all cheer coaching staff and association officers as to what is in the best interest of the participants.

B. **all participants are subject to following the stunting rules set forth for the age division they should normally participate in according to their age. The stunting charts can be found in Part IV of these rules.**

Any coach going against the age appropriate rules shall immediately be dismissed.

Any association permitting a coach to go against the age appropriate rules shall receive a \$100 fine for each occurrence

C. it shall be the Cheer coaches responsibility to make sure that older participants are not held back or restrained in their stunting due to younger participants being in their squad.

3) Every attempt by associations should be made to provide a cheerleading squad for each football team of each age division.

4) If a squad is divided for any reasoning during the regular season, it is to be done evenly and fairly, with no consideration to talent and ability which would resemble try-outs or cutting.

PRACTICES

DEFINITION: To prevent possible bending of the rules and as a protection for children, practices are defined as a gathering of players or spirit participants, without minimum number, in the presence of at least one coach, where one or more of the following activities take place:

- A. Viewing of fundamentals film
- B. Group conditioning
- C. Individual skills sessions
- D. Group skills sessions
- E. Cheers, sidelines, chants, dance, music, etc.
- F. Stunting, Jumps, Gymnastics, etc.
- G. Camps/Clinics

As can be seen, a so-called "party" at a coach's home, where films are shown, or where spirit squads are talked about, can be deemed a practice session, as can a "party" at a parent's home where one or more coaches are present. Use of a practice location is not required to satisfy the definition of a "practice session." Each Association is directed to establish a policy with respect to home videos and/or films of games and the viewing thereof. Central Keystone strongly recommends Associations discourage "parties/practice sessions" at coach's homes. All practice sessions must include a minimum of two coaches in attendance during the entire session.

- 1) Pre-season practice shall not begin until Central Keystone has deemed a start date (last week of July or later). The actual date will be determined in accordance with climate and other factors determined by the Association in establishing a common starting date for all teams within its jurisdiction.
- 2) All practices must be attended by one person holding a Red Cross Community CPR and First Aid Certificate, or its equivalent, if not by an EMT or volunteer physician (such as a parent of one of the participants).
- 3) **BEFORE LABOR DAY:** No team may schedule more than 10 hours of practice per week before Labor Day. A week is defined as seven consecutive calendar days. Not more than 2-1/2 hours of practice may be scheduled on any one day.
- 4) **AFTER LABOR DAY:** Practices after Labor Day weekend are limited to 6 hours per week. A week is defined as seven consecutive calendar days. Practices after Labor Day weekend are not to exceed 2 hours per day.
- 5) **BREAKS:** Break time is not counted against the 10 or 6 hours per week or 2-1/2 or 2 hours of allowed practice time.

6) Warm up and stretching should precede and conclude all practices and games.

7) The Cheer surface should be taken into consideration and practices should be held in a location suitable and reasonably free of obstructions and excessive noise, etc. Stunts should be modified to be appropriate to the performing surface/area. Stunting should be performed only when there is adequate space and lighting and where surfaces are not wet, icy or uneven.

CAMPS

9

1) No Central Keystone Football & Cheer League organization or personnel associated within shall require or mandate that a Central Keystone football team, in whole or in part, with or without coach(s) attend a spirit/cheer camp. There shall be no exceptions. However, a Central Keystone affiliated squad, in whole or in part MAY attend a camp if they so choose, provided the following conditions are met:

A. A coach or other team affiliated personnel does not make it MANDATORY.

B. The camp provides as part of its services an accident insurance plan for camp participants.

2) A camp which does not provide as part of its services, an accident insurance plan for the camp participants shall not be endorsed or sponsored by Central Keystone Football & Cheer League, or by and Association or team.

NO ALL-STARS

1) All Star teams or squads are prohibited in Central Keystone Football & Cheer League. Central Keystone Football & Cheer League rosters are valid from August 1st to December 31st of the current year, or after our end of year events (which ever comes first). Any coach or participant found to compete in a Central Keystone Football & Cheer League inter-league game(s) with All Star participants from different rosters of regular season teams will forfeit future eligibility for all Central Keystone Football & Cheer programs. Participation in events outside of Central Keystone Football & Cheer League inter-league play shall be exempt from this rule.

AWARDS

1) In compliance with the "team" concept and in view of the ages of Central Keystone Football & Cheer League participants, no participant will be singled out as "best base," "best flyer," "most valuable spirit participant," etc., for the presentation of a special award. Such adulation should be given to an athlete after his Central Keystone days, if he/she justly deserves it by performance at the High School level. Individual awards may be presented, but must be given to all team or squad members.

CHARGING ADMISSION

1) No mandatory admission shall be charged to participating players, spirit squads, or coaching staff members of a team playing in any Central Keystone Football & Cheer League game, whether it be a regular season game or postseason game. Donations may be solicited at the gate.

PROTESTS

1) Only protests involving the eligibility of a player shall be considered.

2) Protests are decided in accordance with the administrative procedures of the League.

3) Teams and Associations have the responsibility to communicate protest as soon as they are known to exist. Lack of prompt notification may result in denial of the protest.

IMPORTANT POINT-MEDICAL

1) The home team or hosting organization has the responsibility to provide medical coverage at each game with an ambulance on site. If beyond the home team's control an ambulance cannot be on site then the minimum safety requirement will be the presence of one individual who is currently EMT qualified until an ambulance can be brought on site.

Work together with your local EMT's to establish an emergency plan that fits your specific area and needs.

Your emergency plan should include, but not be limited to, the following:

- A. Introduce or identify EMT to visiting coach;
- B. Home team/host organization review emergency plan with visiting team;
- C. Designated duties for coaching staff and or athletes;
- D. "How to call EMS" next to phone;
- E. Specific directions to your facility for emergency medical service (EMS);
- F. Emergency numbers;
- G. Injury report forms;
- H. Treatment authorization card;

- I. List of administrators that the coach is required to contact.

10

Practice your emergency plan early in the season, and repeat often throughout the season. A similar plan should be in place for teams traveling to away games.

- 2) All teams are to have a staff member carry the entire team's medical release forms and emergency numbers for all players and spirit participants in case in an emergency their parent(s) or guardian must be reached. Having the family physician's number opposite the participant's name is also recommended.
- 3) All teams are to have a medical/first aid kit available to them at all times. It is advised that each head coach have a basic first aid kit included in their equipment bags at all times.
- 4) Any player rendered unconscious/apparently unconscious or incurring what is considered a serious injury that they must seek medical services, whether at practice or games, will not be permitted to resume participation without written authorization from a physician.(MD/DO)

Associations are responsible for notifying the designated league personal of any injuries to participants, staff, or observers that occur during practice or games.

PART III ENFORCEMENT POLICY

POLICE POWER/HEARING & APPEALS

All Associations chartered under Central Keystone Football & Cheer League may be called upon from time to time to do the following:

- A. Resolve disputes between member organizations and individuals
- B. Take action to enforce Central Keystone Football & Cheer League rules and regulations.
- C. Discipline both adult and juvenile members.

NOTE: Central Keystone Football & Cheer League DOES NOT HANDLE APPEALS. Each Association is advised to set up its own tribunal to handle matters in a timely fashion at the local level.

WARNING: Failure to do so could result in being taken to court.

MINIMUM MANDATE PENALTIES

Minimum mandated penalties for specific offenses are required to assure that punishment for the most serious infractions will occur on a uniform basis.

1) ADULT OFFENSES

- A. ENDANGERMENT OF JUVENILES: Suspension for one year, to permanent suspension upon repeated offense.
- B. **TEACHING PROHIBITED TECHNIQUES:** Suspension for one year, to permanent suspension upon repeated offense.

- C. **FIGHTING:** Suspension for one year, to permanent suspension upon repeated offense
 - D. **THREATS:** Suspension for one year, permanent suspension upon second offense.
 - E. **GAMBLING ON GAME OUTCOME:** Suspension for one year.
 - F. **LACK OF COOPERATION/OBSTRUCTION:** Suspension until compliance is achieved.
 - G. **FALSIFICATION OF OFFICIAL DOCUMENTATION:** Suspension for one year, to permanent suspension for repeat offense. This would include, but not be limited to, parental consent, medical examination and proof of age.
- Upon suspension of any penalty provided herein, an accused shall be placed on probation, among the general conditions of which shall be:

1. that the accused be and remain of good behavior and that he strictly enforce all rules and regulations of Central Keystone Football & Cheer League; and

11

2) JUVENILE OFFENSES

Fighting, intimidation, or disrespect for authority shall be cause for ejection from a game/competition. Any player or participant ejected from any game/competition for cause shall be ineligible for participation in their next game/competition. A second ejection during the same season shall be cause for removal from the team for the balance of that season.

3) TEAM AND ASSOCIATION OFFENSES

A. FAILURE TO KEEP FAITH WITH JUVENILES & PARENTS is defined as any deliberate practice of a team or association, which placed the health, welfare and safety of juveniles in jeopardy, or exploits or treats them in such a manner that the juvenile becomes a “tool” of the team.

To file this charge, the violation must result from team or association policy, and not be an aberration of one individual. This implies that the practice is carried out by order of, or with the knowledge of, the officership, and no steps are taken to end it. **MINIMUM PENALTY:** Probation of the Association coupled with permanent suspension of it's president and all others who participate in the practice. Upon a second offense, suspension of the Association until all officers are removed.

B. FIGHTING/RIOTING/INCITEMENT TO RIOT: Game related: forfeiture of the game for first offense; forfeiture of the season for second offense within the same season. Scrimmage-related: at the discretion of the Association.

PART IV CENTRAL KEYSTONE SPIRIT RULES

Central Keystone Football and Cheer League have established one set of spirit rules for all spirit participants. In addition to the general regulations found in Parts I – IV in this book, all Central Keystone Youth Cheer League Spirit Squads shall follow the rules outlined in this section. The term “Spirit” includes all squads. This section incorporates the current rules of the National Federation of State High School Associations, the National Spirit Group and existing Central Keystone Youth Cheer League rules/limitations

AGES DIVISIONS

- 1) **CUT-OFF LEAGUE AGE:** The spirit participant's age on August 1st of the current year shall be the participant's age for the coming season.

2) AGE SCHEMATIC

Division	Ages
Mighty Mights	5, 6, 7
Pee Wee	8, 9, 10
Midget	11, 12, 13

3) WAIVERS

- A. At age 7 a Mighty Might may waiver to Pee wee with one year of experience within your organization.

- B. At age 10 a Pee Wee may waiver to midgets with two years of experience within your organization.
- C. When waived they will go by the rules for that level. The waiver will only apply for regular season practice & games.

EXCEPTION: When you can't properly field a squad you may combine ages to form one team. Above Rules state 6 girls will make a team.

MASCOTS

The use of mascots is at the discretion of the Association. However, the following shall apply:

- 1) There shall be no tryouts for mascot. If you accept any mascots, you must take any who sign up. Mascots must be at least 4 years of age and parents/guardian must fill out a waiver to sign up for Mighty Mightys . (Adopted 2018)
- 2) A mascot must be certified and copies must be with each book. Effective with first game, they are locked in.

12

- 3) The number of mascots permitted per squad shall be left to the discretion of the Associations. However, a squad cannot consist solely of mascots.
 - 4) A mascot cannot and will not perform any stunts or any other activity limited to cheer squads with the exception of crowd participation sidelines/chants. Crowd participation sidelines or chants are small spirit segments that entice the crowd to participate in supporting the football team. A mascot can perform these segments of cheer on the sidelines or as part of the halftime routine but cannot perform any stunts (* See details below) or other activity limited to cheer squads not including jumps.
- **A mascot may prop 1 foot on another cheerleader's hand, leg, back, etc. Provided the other foot stays on the ground at all times.
- 5) A mascot must be placed in the back row near a coach for safety reasons. Parent must be present at all times.
 - 6.) Mascots may compete in our end of year competition, however, a new waiver must be signed to compete and rule 4 stated above will still apply. (Adopted 2020)

GENERAL SQUAD REQUIREMENTS

- 1) The coach should approve all cheers, chants, posters, music and other spirit activities of the squad. Inform squad that all new skills must first be reviewed and approved by the coach prior to performing them. Vulgar/Suggestive movements, words or music, as well as inappropriate language by any participant(s) are prohibited: this includes excessive hip thrusting, inappropriate touching, slapping or positioning to one another, etc.
- 2) Cheerleaders are not allowed to remove clothing or utilize tear-away uniforms.
- 3) Proper progression and spotting techniques shall be used at all times.
- 4) Advisors/coaches must recognize the entire squad's particular ability and limit the squad's activities accordingly.
- 5) All cheerleaders should receive proper training before attempting any form of partner stunts or pyramids. Training in proper spotting techniques is mandatory for all squads.
- 6) All practice sessions should be held in a location suitable for the activities of cheerleaders. Stunts (mounts, pyramids and tumbling) shall be modified to be appropriate to the performing surface/area. The spirit surface, location, and weather conditions should be taken into consideration before engaging in physical activity.
- 7) Warm-up and stretching should precede and conclude all practice sessions and games.
- 8) Accessories, apparel, and hair-style should be conducive to safe practices and performances. Reference participant rules on nail length for those assisting/instructing/spotting a stunting squad for the safety of the participants. It is highly recommended that all rostered staff members and demonstrators who participate in teaching, spotting and catching stunts in practice should follow the same rules for nails due to the same safety concerns.
- 9) Participants are not permitted to chew gum or have candy in their mouths during practices and performances.

- 10) The use of mini-tramps, springboards or any apparatus used to propel a participant is prohibited.
- 11) If it is detected that a participant is bleeding, has an open wound or an excessive amount of blood on the uniform, the participant must stop performing to receive proper treatment.
- 12) When a participant is rendered unconscious or apparently unconscious, the participant shall not be permitted to resume participation without written authorization from a physician (MD/DO).
- 13) It is highly recommended that the rostered coaching staff does not stunt with the squad or an individual member during a game or performance. It is the squad's time to shine and enjoy working with each other as a group. However, coaching staff should participate as spotters.
- 14) A coach must not permit a squad member to participate if in the judgment of the coach, the participant does not conform to Central Keystone Football & Cheer League rules.

PARTICIPANT APPAREL

- 1) Jewelry of any kind (i.e., post earrings, friendship bracelet, watch, necklaces, rings, pins, body piercings, etc.) will not be worn at practices or games except religious or medical medals, which must be secured to the body (without a chain) with tape under the apparel.

Cheer participants are not permitted to wear ornaments/decorations on their shoes/sneakers that would hinder the safety of a stunting squad (i.e., yarn pom-poms, ribbons/bows, bells, etc.)

13

Situations: A participant is wearing (a) jewelry in the naval (b) a stud spacer in the tongue (c) fish line through the holes in the naval (c) tape over earrings (d) jewelry or stickers adhered to the faces. RULING: All are illegal. Exception: One team oriented tattoo allowed at games.

- 2) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. The appropriate length for all members of a stunting squad means the nails are not visible beyond the fingers when viewed from the palm side of the hands. It is highly recommended that all rostered staff members who participate in instruction and spotting of partner stunts should follow the same rules for fingernails.

- 3) For stunting squads, all squad members shall wear their hair pulled back, away from the face, and off the shoulders.

For stunting squads, Hair Ribbons/Bows must also be pulled back and away from the face.

Hair Beads are prohibited for spirit participants. The beads may interfere with the safety of other squad members while performing in practice and games.

Bobby Pins are permitted.

- 4) Uniform - Participants shall wear apparel (uniform, costume, shoes, etc.) that is appropriate for the activity involved. Uniforms should be properly fitted to each participant. Appropriate undergarments should be worn at all times. (i.e., improper/revealing uniform fit/coverage, bikini briefs, lack of under-garments, extreme length of skirt, etc.)

MALE CHEERLEADER:

Top - Sweater, Shell, T-shirt, Polo, etc.

Bottom - Short, Pant, Sweat Pant

Sneakers, Socks

Sweat Band (wrist or forehead)

FEMALE CHEERLEADER:

Top - Sweater, Shell, T-shirt, Polo, etc.

Bottom - Skirt, Short, Sweat Pant, Bloomers, Tights

Sneakers, Socks

Bow/Ribbon

- ✓ No sequin letters on a uniform. All approved letters must be securely placed on the uniform.
- ✓ Megaphones are considered a prop.
- ✓ Gloves may be worn at games and/or practices provided no stunting is involved.

- 5) Uniform and Practice Apparel - Coaches should not permit loose, slick, or baggy clothes which are not appropriate for stunting squads. Also, apparel with buttons, zippers, or snaps should not be permitted.
- 6) Standard poms (i.e., plastic, vinyl, metallic, etc.) are an optional item of the basic cheer uniform. Cheerleaders can not use poms while loading into any stunt, but may have them handed to them by another member of the squad who is not involved in the stunt.
- 7) Non-Team oriented tattoos, facepaint, hair mascara, etc. are prohibited for cheer squads.
- 8) Make-up is permitted. It is the responsibility of the Head Coach to advise the participants on appropriate use of makeup for a youth squad.
- 9) Supports, braces, etc. which are hard and unyielding or have rough edges or surfaces shall be appropriately covered. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in a stunt. Further Clarification: This rule was referenced from the NFHS Football Rules Book and should be adhered to for spirit participants as follows: Hard, abrasive unyielding substances on the hand, wrist, forearm or elbow of any participant must be covered on all exterior sides and edges with closed cell, slow recovery foam padding. NFHS Football rules require no less than (1/2) inch foam padding or an alternative material. NFHS Spirit does not reference a thickness; therefore, we recommend that you refer to the participant's advising physician or medical training staff for the recommended thickness that is appropriate for that child and their injury. The rationale is to protect the other members of the squad from being accidentally struck by an uncovered hard cast.
- 10) Eyeglasses MUST be secured by a sport band while performing to ensure safety (i.e., eyeglasses shall be secured to the head and under the hair with a sport band). Note: Eyeglass bands must not be knotted or have beads on it. No access strap can be hanging. Strap must lay flat against head.
- 11) It is highly recommended that wrist tape, tumbling wraps, wrist supports, etc., be approved by and maintained under the direct supervision of a trainer, doctor and/or medical staff. The primary use of wrist aides is to provide support or assist in the healing process of an injury. A wrist aide is not to be used as a uniform accessory for effect.
- 12) When standing at attention, apparel must cover the midriff.

14

SAFETY GUIDELINES

SPOTTING

- 1) A Spotter is a person who is in direct contact with the performing surface and may help control the building of, or dismounting from, a mount. This person(s) shall not provide the primary support; meaning the mount or pyramid would remain stable without the spotter(s).
- 2) The primary responsibility of a spotter is to watch for safety hazards and be in a position to prevent injuries with special emphasis on the head, neck and shoulder/back areas.
- 3) An inattentive spotter is not considered a spotter.
- 4) The spotter must have hands up and maintain constant visual contact at all times with the top person/flyer/partner (from shoulder height and above). The spotter should not be looking at the crowd or making motions during the performance of the stunt (i.e., the spotter may not be involved in another aspect of the performance at the time of the stunt that would prohibit him/her from spotting the stunt properly).
- 5) A spotter's torso cannot be under a stunt.
- 6) A person is not considered a spotter (front/back) if the hand position includes: Grabbing the sole of the foot of the partner or

Grabbing the hand(s) of the base(s) beneath the top person's foot.

- 7) A spotter can hold/grab the ankles of the flyer/partner/partner and/or the wrists of the bases. Exception: A spotter may grab the sole of the foot as long as the other hand is on the ankle.
- 8) Spotters are recommended for all partner stunts. Continuous spotters are required for all stunts which are a shoulder stand, extension prep or higher (see also Extended Stunts). **An adult member of the coaching staff is required as spotters for all stunts in which the base(s) arms are fully extended above the head**

GAMES

- 1) Stunting shall not take place while the ball is in play.
EXCEPTION: quarter cheers and stunts are acceptable but must not interfere with the game. Meaning your sequence must be finished before the game is back in play.
- 2) Stunting shall take place only on a suitable surface.

DISMOUNTS

- 1) Definitions:

Dismount - The release of the top person to land in a cradle or on the performing surface. Either landing is considered the end of the stunt.

Backward Dismount - The top person dismounts backwards, with or without the feet being held, to catchers who are not the original bases to the performing surface from a stunt. Backward dismounts to different bases are prohibited.

15

- 1.) Cradle Catch - A catch when the catchers, with palms up, catch the top person in a face-up position, by placing one arm under the back and the other under the thighs of the top person. A cradle catch is considered the end of a stunt.
- 2) All dismounts from shoulder height or above (prep is considered shoulder height) must have assisted landings.
- 3) For all catch/cradle dismounts, the catchers shall have continuous visual contact with the top person.
- 4) No skill (toe touch, twist, etc.) without constant hand to hand contact shall be performed prior to landing on the performing surface (i.e., a toe touch dismount is allowed) when performed to a cradle. It may not be performed to the performing surface.)
- 5) Where two bases (multi-based stunt) are involved, cradle dismounts are allowed only if the original bases (who initiate the cradle), plus an additional head and shoulders spotter catch. Backward and cradle dismounts to different bases (fireman's catches, fallbacks, and pendulums that do not progress back to prep level) are prohibited.
- 6) Dismounts from single base stunts to a single base cradle must have an additional catcher/spotter under the head and shoulder area of the top person.
- 7) Non-extended stunts (single and multi-based) may dismount directly to the cheering surface with at least one spotter (can be original base(s)) assisting on the landing, must be hands on. Extended stunts (single and multi-based stunts) may dismount to the cheering surface with at least two spotters (can be original bases) assisting on the landing, must be hands on. Proper progression and safety procedures must be taken in mastering this skill at the youth level. Safety is the main concern in dismounting and must be properly supervised.
- 8) Twist cradle dismounts are limited to midget level from prep level only.
- 9) Full Twist Cradle - Prior to attempting a full twist cradle, it is highly recommended that a stunt group master a pop cradle from an elevator (prep position) and an extension. The twist cradle can be used to dismount from most partner stunts including elevator, extension, heel stretches and arabesques.
- 10) Prone position dismounts are limited to midget age only from prep level.

DROPS

- 1) Definition: Knee, Seat, Thigh Drops - Dropping to the knee(s), seat or thighs) onto the performing surface/floor from a jump or stand without first bearing most of the weight on the hands/feet which breaks the impact of the drop. When dropping on two knees you must put hands down first. Hands must go down not just fingers.

If a squad goes down on one knee, it can be done without hands if and only if it is controlled. It is recommended that hands go down first in every case to insure that a participant does not over-exaggerate a move while performing and drops uncontrolled to the floor.

- 2) Drop to a jazz sit is considered a seat drop, and is prohibited.
- 3) Body drops ("dead falls," or dropping directly onto the floor) are prohibited.
- 4) "Flying" or "suicide" splits (going into a split off the ground, and landing in said position, with the inner parts of the upper legs and/or thighs striking the ground first) are prohibited.
- 5) Front Drop - dropping to the horizontal, facedown position on the performing surface is prohibited.
- 6) A handspring/flip over to any drop is prohibited.
- 7) A Tension drop is a pyramid/mount in which the base(s) and top(s) lean in formation until the top leaves the base without assistance. Tension drops are prohibited.
- 8) Inverted stunts of any kind, being defined as a stunt in which the head is below the waist and at least one foot is in the air are prohibited. Flyers heads must be above their waist at all times.

PENDULUMS & FLATBACKS

- 1) Definitions:

Pendulum: A stunt in which the top person in a layout position falls forward (** "superman" Forward fall is prohibited at all levels) or backward away from the bases to (backwards permitted at MIDGET LEVEL ONLY) the required number of catchers while maintaining constant hands-to-feet/legs contact with the bases. It is not a dismount. **

Flatback: A horizontal, face up position of a top person between two or more bases. When a top person is transitioned from a vertical position to a horizontal (flatback) position, two separate head and shoulders catchers are required. It is not a pendulum or a dismount. (Midget Only)

Pendulums are permitted, provided:

✓ It is performed from shoulder height or below; a pendulum may not begin in an extended position. ✓ It doesn't pass through an extended overhead position; Pendulums must progress to the upright position. ✓ The top is caught in a face-up position.

- ✓ There are at least four catchers (on each side of a full pendulum).
- ✓ The catchers remain in original positions.
- ✓ No one is between the bases and catchers.
- ✓ The base(s) have constant visual contact with the catchers (full pendulum & half pendulums require two bases).
- ✓ The bases remain stationary.

- 2) A pendulum may end in an extension. (Midget Only)
- 3) A Half Pendulum requires two bases and a separate spotter on the opposite side of the bases from the catchers in order to have constant visual contact with the catchers.
- 4) Side Pendulums are prohibited.
- 5) Flatback is a horizontal, face-up position of a top person between two or more bases (i.e., floor to flatback, cradle to flatback,

flatback-reload to prep, etc.) These instances require two bases and one continuous back (head-shoulder) spot. These above mentioned examples are permitted with continuous contact.

PARTNER STUNTS & PYRAMIDS

1) Definitions:

Stunt - Any tumbling skill, tosses, mount or pyramid.

Mount - Any skill in which one or more persons are supported by one or more persons.

Pyramid - Multiple mounts.

✓ **Base** - A person who is in direct weight bearing contact with the performing surface and provides primary support for another person. A base shall not assume a back-bend, headstand or handstand position.

✓ **Flyer/partner/partner** - A person who receives primary support from another person.

✓ **Bracer** - A person who stabilizes a stunt by direct contact with a top person. The stunt would remain stable without the brace.

✓ **Spotter** - A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.

✓ **Two High Pyramid** - All individuals in the pyramid mount who are not in contact with the performing surface (top) must be primarily supported by one or more individuals who are in direct weight-bearing contact with the performing surface (base).

2) All mounts and/or pyramids are limited to two persons high, meaning the top person receives primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.

3) A participant shall not move under or over a mount or pyramid. Further clarification:

No spirit participant shall stand, kneel, sit or lie on anyone who does not have at least one foot on the ground. Partner stunts and pyramids may not pass over, under or through other partner stunts and pyramids. Individuals may not pass over or under other individuals. (Example: A leap frog performed on the floor (ground level) is prohibited (i.e., passing over an individual without constant contact.)

Further note: A Leap Frog Stunt is permitted as a Transition Stunt with constant contact. Reference Transitional Stunts.)

Partner stunts/pyramids may not pass under or over an individual(s). Individuals may not pass over, under or through a partner stunt/pyramid.

4) Hanging mounts are prohibited.

5) Collapsible pyramids are prohibited.

6) Suspended Splits

✓ Split mounts are prohibited.

✓ Single and Multi-Based suspended splits are prohibited (i.e., split catch).

A spirit participant shall not be held in a split position off the floor by one or more persons at any time. A spirit participant in a split position must not support any additional weight.

7) Suggested Partner Stunt Progressions: (Recommendations for Progressions)

These progressions are general in nature, and do not attempt to list every skill. All spirit stunts should be learned according to accepted progressions, which means lower to higher and from easy to more complex.

Partner Stunt Progressions Dismount Progressions

Step-up Drills Step off Drill

Double Base Thigh Stand Shove Rap/Bear Hug Double Base Shoulder Stand Cradle Drills (i.e.,
 Single Base Shoulder Stand Fall Back, Rebound
 Prep, Step Off Dismount into Cradle Catches, Cradle Drills Extension Prep Cradles, Prep, Cradle Dismount
 Prep Twist Cradles (midget only) Press Extension, Return to Prep (midget only)
 Cradle Dismount
 Press Extension, Cradle Dismount (midget only)
 Ground-Up Liberty to prep
 Ground-Up Liberty to Extension (midget only with a brace)
 Full Extension, Step-Up Liberty (midget only)
 Skills to Cradles (i.e., toe touches, twists, etc.)

Recommendation: Every stunt should be done to a count so that everyone in the stunt has the same timing. Every position in the stunt (flyer/partner/partner, bases, back spotter) should understand their responsibilities in the stunt prior to building/mounting to include climbing, spotting, arm motions/movements and dismounting.

- 8) Swing-up/down to a double-based elevator and/or extension prep is prohibited.
- 9) Backbends which support any additional weight are prohibited.
- 10) Free falling flips or swan dives from any type of stunt are prohibited.
- 11) Table Top - A stunt in which the partner is standing on the back of the base(s) who is leaning forward (i.e., Base Kneeling on the floor - A stunt where the base kneels on the floor and a flyer/partner/partner stands on the back of the kneeling base is permitted. Although at least one foot of the base is not on the ground, the base position has support evenly distributed on the ground.)

EXTENDED STUNTS

1) Definitions:

Extended Stunts: The supporting arm(s) of the base(s) is/are fully extended above the head. **Extended Stunts require an adult member of the coaching staff as a spotter.**

18

Extension: A stunt in which the supporting arm(s) of the base(s) is/are fully extended above the head, and the top person is standing with both feet in the hand(s) of the base(s). Each foot of the extended partner must be supported by at least one hand that is not supporting the other foot. **All extensions require an adult member of the coaching staff as a spotter.**

- 2) All double based extensions and preps must have a continuous spotter. The spotter must be positioned behind the stunt, may help support the stunt, but may not be underneath the stunt or be a primary support for the stunt (i.e., the spotter should not cross the plane of the partner when viewed from the side, if she does, another person must be spotting from behind).
- 3) Dismounts from all multi-based extended stunts to a cradle require at least two catchers and a separate head spotter, assisting in the cradle, at the head and shoulder area of the flyer/partner. Must cradle to the original bases and back spotter.
- 4) Extensions in which the partner/flyer has both feet in both hands of their base(s) may brace each other. All extended stunts require a spotter.
- 5) If a person in a partner stunt or pyramid is used as a brace for an extended stunt, the brace must not be supporting a majority of the top person's weight.
- 6) A Straddle Sit, sometimes called a V-Sit, can be double based or triple based. The hands of the bases are fully extended. The flyer/partner/partner is lifted into a sitting straddle position with legs open in front (knees facing up.) A spotter is required on stunts in which the supporting arms of the bases are fully extended (i.e., double based = 2 bases and one spotter, triple based = 3 bases and one spotter.) Situation: A participant is transitioned from a cradle-catch to a triple based, fully-extended straddle sit with a separate spotter; legal if constant contact is maintained.

- 7) Single Based Extended Stunts are prohibited.

POP/SWEEP/TOSS

1) Definitions:

Pop: A controlled pushing motion upward by a base(s) to increase the height of the top person or release top to a cradle catch.

Sweep: A controlled pushing motion forward by a base(s) to release a top person to a cradle catch.

Toss: A throwing motion by a base(s) to increase the height of the top person with the top person becoming free of contact with the base(s).

- A swan dive is prohibited.
- A log roll is legal provided it does not involve more than two rotations and the top person is not in contact with a person in another stunt.
- In multi-base log rolls
 - With fewer than four catchers, the top person must begin and end in a face-up, pike-cradle position;
 - With four catchers, the top person may be caught in a face-up, facedown position, and/or in a pike-cradle or layout position. This is an exception to the swan dive and dismount rules.

TRANSITIONAL STUNTS

- 1) In transitional stunts, physical contact must be maintained between the top person and the base(s).
- 2) When the transitional stunt involves changing bases, the new bases must be to the side or in front of the person moving the stunt except when the top person remains upright (vertical) throughout the transition to the new bases with the person moving the stunt making no more than a half turn to face the new bases.

3) The following stunts are permitted: Shoulder-sit to prep. Remember that constant contact and proper spotting techniques must always be maintained in stunts which the main base becomes the back spot in the progression/transition of the stunt. Also, note that a youth squad may need an additional back spot until the main base can safely assume the continuous back spot position. It is recommended that an additional spot be in place to insure the safety of the stunt and continuous spotting.

- 4) A leapfrog stunt (Up & Over) is permitted as long as constant contact is maintained and proper spotting is in place.

INVERTED POSITION

- 1) Definitions:

Inverted Position is when the person's head is below his/her waist (i.e., Chorus line flip.)

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

Legal Forward Roll - A roll beginning from a squat position with hands on the performing surface.

- 2) The top person in a partner stunt may not be in an inverted position (head below the waist) at any time during the building, transition, execution or dismount.

TUMBLING

- 1) Definitions:

Tumbling - Includes rolls (forward, backward), inverted extended skills (i.e. cartwheel, handstand, walkover, front/back handsprings, etc.) and flips.

Forward Roll - A roll that begins from a position with the hands on the performing surface.

Aerial - A stunt performed free of contact with a person or surface.

Flip - An aerial stunt involving head-over-heel rotation in a tuck, pike or layout position. Twist - An aerial stunt involving rotation perpendicular or parallel to the performing surface.

- 2) Stunts or tumbling skills should be limited or modified to be appropriate to the performing surface, area or situation. Proper matting should be used when needed (or appropriate).
- 3) Tumbling skills that exceed one flipping rotation and/or one twisting rotation are prohibited (no double backs or double fulls.)
- 4) Tumbling with poms is prohibited.

- 5) All gymnastic stunts must originate from ground level. The person performing a gymnastic stunt(s) may rebound (without hip overhead rotation) from his/her feet into a cradle.
- 6) Participants may not tumble over or under individuals or over, under or through partner stunts or pyramids.
- 7) Spotted or assisted tumbling is prohibited. Toe pitches and leg pitches are prohibited. All tumbling must originate from and land on the performing surface (i.e., chorus line flips would be illegal.)
- 8) A forward three quarter flip to the seat is prohibited.
- 9) The use of springboards and mini-tramps is prohibited.
- 10) Dive rolls are prohibited.
- 11) Double Cartwheels are prohibited. A double cartwheel is a stunt where two partners perform cartwheel(s) while holding each other's thighs, waist, etc. (i.e., Head Over Heels Rotation).

USE OF POMS

- 1) The use of poms is prohibited during tumbling, partner stunt/ pyramid building, transitions which require the use of hands and all dismounting. Mounting and/or dismounting with poms in hand is prohibited. A person up in a stunt may be handed poms, but they must be discarded before dismounting.
- 2) Hiding poms anywhere on the body or uniform is a safety issue and therefore, is a point deduction.
- 3) Please reference these additional Competition Guidelines for Use of Poms:
 - Stepping on poms may interfere with the safety of the performance.
 - A participant may kick a pom out of the way or step over a pom as long as they do not step or slip on the pom.

20

- A spotter can move poms out of the way if the spotter cannot safely reach/spot a stunt/pyramid.
- All pom-poms brought on the field must be utilized during the routine. There are not a minimum or maximum number of pom-poms required for your performance.

NOTE: TUMBLING OVER POMS IS PROHIBITED

USE OF SIGNS

- 1) The use of hand signs is permitted in sideline/half-time cheers and in competition cheers. The signs must be placed outside of the football playing area (i.e., bench area, coach's box, 25-25 yard lines.) The use of signs creates crowd participation and enthusiasm.
- 2) The use of signs is prohibited during tumbling, partner stunt/ pyramid building and transitions that require the use of hands in mounting and dismounting. Further clarification: Mounting and/or dismounting with signs in hand is prohibited. A person up in a stunt may be handed signs, but they must be safely discarded before dismounting.

NOTE: TUMBLING OVER OR WITH SIGNS IS PROHIBITED

STUNTING CHARTS - all of our stunts and restrictions are based off of USA Cheer 2020 Guidelines. This is the same structure our high school cheerleaders use. Any Stunts that are prohibited are due to safety reasons. If High School cheer is not permitted to do a stunt, we will not allow Midget level or below to do so. While we understand that participants may perform some of the prohibited stunts while participating in "All Star Cheer", we ask you to keep in mind their coaches are trained professionals. Our league is considered to be "Rec League/Sideline" Cheer and must abide by the regulations set forth by USA Cheer, as majority of our coaches are volunteers who have not completed any cheer coaching certifications.

LEVEL 1: Mighty Might Cheer Squads

Standing Tumbling	No flight skills with the exception of a round off. Both hands must be in contact with the floor. Back and front handsprings are not allowed. Front rolls, back rolls, front walkovers, back walkovers, cartwheels, handstands and round offs are allowed. Series cartwheels are allowed.
Running Tumbling	No flight skills with the exception of a round off. Both hands must be in contact with the floor. Front rolls, back rolls, front walkovers, back walkovers, cartwheels, handstands, back handsprings, front handsprings and round offs are allowed.
Partner Stunts	No partner stunts higher than THIGH/Knee level. No extended stunts allowed. Flyer cannot leave original bases. **Twisting load- in skills not allowed. ** **Please see mascots details above**
Cradles	No cradles, step outs only.
Release Moves / Inverts	No release moves allowed. Inverted stunts are prohibited.
Tosses	Absolutely no tosses allowed.
Jumps	All Jumps and jump combinations are allowed.

LEVEL 2: Pee Wee & Midget Cheer Squads

Explantation		Examples:
Standing Tumbling	No flips or aerials are allowed, unless waived by CKL Board. All skills with flight and hand support are allowed. Both hands must remain in contact with the floor. Series standing handsprings allowed.	Forward Roll (Forward Somersault) Backward Roll (Backward Somersault) Handstand Cartwheel Roundoff Front Walkover

21

	*1 handed tumbling is permitted at Peewee and Midget level provided the cheerleader has proved his/her ability to do so to the coach.	Back Walkover Standing Front Handspring Standing Front Handspring Walkout Toe Touch Back Handspring Series of Handsprings <i>All combinations/series of these skills are legal.</i>
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<p>Running Tumbling</p>	<p>No flips or aerials are allowed, unless waived by CKL Board. Cheerleader must have the stunt mastered outside of our organization.</p> <p>All skills with flight and hand support are allowed.</p> <p>Both hands must remain in contact with the floor. However, 1 handed tumbling is permitted at Peewee and Midget level provided the cheerleader has proved his/her ability to do so to the coach.</p>	<p>Cartwheel, Back Handspring(s) (aka: Cartwheel, Flip-Flop)</p> <p>Roundoff, Back Handspring(s) Front Handspring(s) – Multiple in a series</p> <p>Front Handspring Walkout, Cartwheel, Back Handspring(s) Front Handspring Walkout, Roundoff, Back Handspring(s)</p>
<p>Partner Stunts</p>	<p>MIDGET Single leg stunts are allowed at the prep / half level only.</p> <p>MIDGET ONLY - Single leg stunts can be an extension but must have a assisted stunt group also. This stunt will be illegal if you do not have the correct spotters & helpers to assist the stunt.</p> <p>Flyer cannot leave the original bases.</p> <p>Twisting load in skills limited to one half (1/2) twist by the partner/flyer (base cannot turn) for Pee-Wee Level</p> <p>Twisting load in skills limited to one twist by the partner/flyer (base cannot turn) to Prep/Half Level for Midget Level Only.</p> <p>Half ups are permitted as a load in technique. (Peewee & Midget Only)</p> <p>Twist load into full extension is prohibited at all levels.</p> <p>EXCEPTION: You can finish the turn after the initial half twist is finished by allowing your bases to walk the other half around however you have to show the 180 completed before allowing bases to walk.</p> <p>Pee Wee partner stunts may not exceed prep level.</p> <p>Midget partner stunts may include extended stunts with proper spotting.</p> <p>Any extended level stunts must have an adult member of the coaching staff present, with an assist group.</p>	<p>Pony Mount/Sit</p> <p>L or V Sit</p> <p>Thigh Stand (Single or Double Based Thigh Stand, Liberty/Heel Stretch on Thigh Stand, etc.)</p> <p>Shoulder sit</p> <p>Shoulder Stand (MIDGET ONLY)</p> <p>Prep Level Straddle Sit</p> <p>Prep Full Extension (MIDGET ONLY)</p> <p>Ground up Extension (MIDGET ONLY)</p> <p>Awesome (MIDGET ONLY)</p> <p>Prep Level Only – Liberty, Arabesque, Scales, Hitch, Heel Stretch, Scorpion, etc. (MIDGET ONLY)</p> <p>Extended Only – Liberty, Arabesque, Scales, Hitch, Heel Stretch, Scorpion, etc. (MIDGET ONLY, MUST HAVE COACHES AS SPOTTERS or ASSISTED STUNT GROUP)</p> <p>Retake to Prep</p> <p>Retake to Full (Midget Only)</p> <p>Reload from Cradle</p> <p><i>Transitional Stunts leaving the Original Bases are not permitted</i></p> <p>Transition – Arabesque at Prep Level to Heel Stretch at Prep Level</p> <p>Straight up extended liberty must be braced by at least one other flyer at prep level. (Midget Only)</p> <p>Shoulder Sit to Prep Level</p>

	<p>**Please note without the proper spotter a legal stunt may be deemed as illegal. Be sure you have assisted groups or coaches where they are required. Never at any time, other then a dismount, should the flyers foot not be in contact with his/her bases hands.</p>	<p>Prep Level Straddle Sit to Thigh Stand</p> <p>Extended Flatback (MIDGET ONLY)</p> <p>Prep Level Flatback, Sponge to Extension Prep Show N Go to Extension (Show N Go is a Continuous Motion) (MIDGET ONLY)</p> <p>Pendulum (laying backwards only) (MIDGET ONLY)</p> <p>Superman - Prohibited</p> <p>Hands/Prep Level to Awesome (MIDGET ONLY)</p>
Cradles	Only basic cradles are allowed from stunts.	Pop and Sit / Typical Cradle
<u>Tosses</u>	<u>NO TOSSES ALLOWED IN ALL LEVELS</u>	<u>EXTREMELY PROHIBITED</u>
Release Moves	<p>No release moves allowed other than a basic cradle or pop off to the ground.</p> <p>(A release is a stunt free of contact or surface. A transition may be a release.)</p>	<p>Basic Cradle</p> <p>Pop to Basic Cradle</p> <p>Pencil Cradle</p> <p>Step Out</p>
Pyramids	<p>Pyramids must follow partner stunt and cradling rules and are allowed up to two (2) high base/flyer) with the following exceptions: extended stunts with partner on one leg must be braced on both sides by a prep level stunt. The connection to prep can be hand or foot and must be established at or below prep level. Prep level partners must have both feet in bases hands. Partners/Flyers must maintain contact with a base at all times and may not lose contact with a prep when changing position.</p>	<p>Two Preps and a Full Extension in the Middle (any variations of these types of stunts) (midget only) Three Two Leg Extensions</p> <p>Connected(midget only) 2 Outside, Prep Level, Libs Hitched to a Prep</p> <p>Extended Stunt with Partner on One Leg Braced on Both Sides by a Prep Level Stunt (midget only)</p> <p>Dismount (from one leg stunt) should be an obvious part of the cradle</p> <p>Heel stretches in a braced pyramid is acceptable</p> <p>Midgets may do extended heel stretches while braced in pyramid.</p> <p>Straight Ride Cradles Only for pyramid dismounts.</p>

SPIRIT TERMS/JUMPS

Sunt TERMS

Aerial- A stunt performed free of contact with a person or surface.

Arabesque- A stunt in which the working leg is extended behind (close to 90 degrees) while the supporting leg is in the hands of the bases. Partner and bases using body position, as in the liberty, turn to the side. Partner's chest is up with legs directly behind her. Hips should be in line with the floor.

Arch- An arch is a position in which the back is curved.

Awesome- An extended stunt in which the flyer/partner has both feet tightly together in the bases' hand(s). Proper spotting techniques are required.

Back-Bend- Back Bend is a face-up body position where the hands and feet are in contact with the cheering surface and the hips are pushed upward into an arched position.

Ball-Ups- A stunt where the flyer/partner/partner starts on the opposite leg and then switches on the way up to the main leg. Also, in co-ed stunting, the flyer/partner/partner tucks the legs on the way up to the stunt.

Basket Toss- A toss with multiple tossers, two of which have their hands interlocked. Basket tosses or any type of multi-based tosses are limited to a total of four bases tossing the stunt. One base must be behind the flyer/partner during the toss and may assist the flyer/partner into the stunt. This base counts as one of the tossing bases.

Bear Hug Dismount- The spotter stands to the side and slightly in front of the person dismounting with their arms up in the air. As the person dismounts the spotter makes contact above his/her head and places the outside arm and shoulder in front of the person dismounting and the head, other arm and shoulder behind the person dismounting. The spotter's arms wrap around the person like a bear hug so as to cushion the impact of the person dismounting. The flyer/partner/partner/ person dismounting must keep her arms up at all times.

Brace- A brace provides stability to a partner without having weight-bearing contact. A stunt could remain stable without the brace.

Bow and Arrow- A heel stretch which is executed while the flyer/ partner holds the extended foot with the opposite hand. The extended knee/leg usually touches the ear. Proper spotting techniques are required.

Chair- A single based stunt in which the base places the right hand in the center of the partner's seat with arm locked. The base's left hand holds the flyer/partner/partner's left ankle and pushes upward for support. The flyer/partner/partner is in a sitting position on the hand of the base.

Chant- A short repetitive yell performed continually throughout a football game. A chant is a short routine to encourage crowd participation.

Cheer- A longer, spirited yell incorporating motions and stunting skills. A cheer is performed during official breaks in the game. A cheer should also encourage crowd participation.

Chorus Line Flip- A stunt where a cheerleader back-flips between two other cheerleaders with locked arms and waist. A Chorus Line Flip is prohibited.

Cradling Dismount Position- The bases reach up and look up with straight arms. The bases wrap their arms around the flyer/ partner/partner's upper back and legs. The flyer/partner/partner wraps her arms around the bases' shoulders.

Crunch- A crunch is a stunt position where both of a partner's feet or legs are in the hands of a single base whose hand(s) are in front of his/her body near the waist level.

Dead Man Lift- An extended stunt above the head. A stunt where the flyer/partner/partner is in a layout position, supported by the bases away from the cheering surface. Double Based Dead Man Lift requires a spotter. A Triple Based Dead Man Lift does not require a spotter.

Double Cartwheel- A stunt where two partners perform cartwheel(s) while holding each other's thighs, waist etc. This stunt is not permitted.

Extended/Extension (Full)- A stunt in which the flyer/partner/partner is standing with both feet in the hands of the bases. Each foot of the flyer/partner/partner must be supported by at least one hand that is not supporting the other foot. The bases each grab the heel and the toe of the flyer/partner/partner's feet. Partner with weight in arms pushing off the bases shoulders, bases looking at the partner the entire time. Partner has locked legs out and looking forward. The spotter grabs the wrist of the bases or the ankles of the flyer/partner/partner and pulls in. Dismounts from multi-base stunts to a cradle shall have at least two catchers and a separate head and-shoulders Spotter. .

Flat Body Position- The flyer/partner/partner is in a horizontal position (face up or face down).

Flip- A flip is an aerial stunt involving hip overhead rotation.

Fly Over Back Flip- A basket toss or multi-based toss with a backwards flip that is cradled to a new set of bases. This toss/flip is prohibited.

Fly-Over Toss- A basket toss or multi-based toss that travels and is cradled by a new set of bases. This toss is prohibited.

Gauntlet- A set of at least two basket tosses or multi-based tosses that toss in unison and cradle to each other's bases. (The partners switch bases during the toss.)

Hand Shake Grip- The partner and the base interlock hands as if they were shaking hands.

Handspring- A handspring is a spring from a standing position to the hands, and back to a standing position.

Heel Stretch- Similar to the liberty, a stunt where the flyer/ partner/partner holds the leg in an extended position while the other leg remains in the hands of the base(s). Partner pulls body to a "High W position. Proper spotting is required.

Inverted Position- A position in which the person's head is below his/her waist. An inverted stunt is prohibited. (Examples: Chorus Line Flip, Assisted Back Handspring, Assisted Back Tuck.)

Layout- A layout is a position where the partner is in a face-up flat body position.

Liberty- The main base should have a firm grip on the toe covering as much of the foot as possible while controlling the front to back motion of the partner's foot. The side base should grab underneath the foot with the right hand, on top of the foot with the other hand and control the side-to-side motion of the partner's foot. The back spot needs to hold the partner's ankle and seat of the partner with the other hand while pushing up with the bases. The flyer/ partner/partner should push off the bases' shoulders and step up into a liberty position while locking her leg and lifting to a high V.

Log Roll- A top person cradled in a horizontal position is tossed, rotates parallel (twists) to the performing surface before being caught by the original bases.

Prep (Half) Level- A non-extended stunt position where the flyer/partner is standing in the hands of the bases at shoulder level. The bases each grab the heel and the toe of the flyer/partner's feet and hold at chest level. The spotter grabs the wrist of the bases or the ankles of the flyer/partner and pulls in.

Prone Position- A position where the partner is supported by bases and is in a face down, flat body position.

Pyramid- A pyramid is multiple connected stunts.

Reload- A reload is a stunt that reloads from a cradle position to another stunt while maintaining constant contact with the bases.

Regrab- A regrab is landing from a multi-based toss in a new toss, stunt or any other position other than a dismount. **Retake-** A retake is moving down from one stunt to the floor and back up to another stunt.

Rocket/Kick Out- A double-based stunt where the flyer/partner/partner lifts one leg straight up in a kick position while the other foot remains in constant contact with the bases. The proper spotting techniques for shoulder height and above must be followed. A spotter is required on stunts in which the supporting arms of the bases are fully extended.

Sailor- A sailor roll is permitted and requires a head spotter.

Sassy- From a liberty position, the flyer/partner/partner crosses the opposite leg over the leg in the bases' hands. Flyer/partner/partner places hands on hips. Proper spotting is required.

Scale- A scale is similar to an arabesque but the flyer/partner/partner holds her ankle and pulls it up.

Scorpion- From a liberty position, turned to the side, partner reaches back, grabs toe and pulls it up behind head (hips in line with the floor). **Shoulder Sit-** A stunt in which the partner sits on the shoulders of a base. All dismounts from shoulder height or above shall have assisted landings. No skill without constant hand-to-hand contact shall be performed prior to the landing on the performing surface.

Shoulder Stand- A stunt in which the partner stands on the shoulders of a base. The base holds under the flyer/partner/partner's calves just below the knee, pulling down and pulling elbows forward. Dismounts from a single based stunt to a single based cradle shall have a separate head-and-shoulder spotter. All dismounts from shoulder height or above shall have assisted landings. No skill without constant hand-to-hand contact shall be performed prior to the landing on the performing surface.

Smush/Sponge- A stunt from an elevator and/or an extension where the bases bring the flyer/partner/partner back down to hips so that they are in the starting position.

Split Drop- The spirit participant drops forcefully to the surface from a jump or a stand, landing with legs extended at right angles to the trunk in a split position without first bearing most of the weight on the hands to break the impact of the drop. A split drop is prohibited.

Straddle Sit- A straddle sit can be double based or triple based. The hands of the bases are fully extended. The flyer/partner/partner is lifted into a sitting straddle position with legs opened in front (knees facing up). A spotter is required on stunts in which the supporting arms of the bases are fully extended.

Swan Dive- An aerial stunt in which the top person is caught in a prone (face down) position. This is prohibited.

Thigh Stand, Double Based- The bases start in a lunge position with the bent knee directly over the ankle and the back leg is straight. The bases' outside hand should grab the flyer/partner's toe with one hand and the inside arms wraps above the flyer/partner/partner's knee with a fist. The flyer/partner/partner starts with each hand on the bases shoulders and steps up into the pockets of the lunged bases. Dismount: The flyer/partner/partner takes the outside hands of each base while the bases place their hands underneath the flyer/partner's armpit to control the step down landing. A spotter is always recommended for safety purposes. **Toe**

Pitch/Leg Pitch- A single or multi-based toss in which the base(s) push upward on a single foot or leg of the partner to increase the partner's height. Toe and thigh pitches to a jump or tumbling skill are prohibited.

Torch- A stunt in which the flyer/partner/partner is standing on one foot with the lower part of her body turned to one side while the upper part of the flyer/partner/partner's body remains turned to the front. A spotter is required.

Tick-Tocks- A move within a stunt in which the partner is in an extended liberty variation and simultaneously switches (or hops) to the opposite supporting leg she is standing. A Tick-Tock is prohibited.

Traveling Basket Toss- A basket toss in which the flier is thrown from one set of throwers to another set of catchers. This toss is prohibited. **Twist-** A twist is a release involving rotation around the body's vertical axis.

Vault- A vault is a stunt in which the hands of the top person are used to assist in clearing a base(s). Vaults that involve head over heels rotation are prohibited.

Waterfall- A waterfall is similar to the arabesque, except the flyer/partner/partners holds the leg straight out to the front, leaning back just a little.

2. JUMPS

Banana- A jump in which you arch your back and reach upwards.

Double Nine- A jump where the arms and legs are in the same nine position. Bring legs to arms and keep your head up.

Herkie- A jump where one knee is bent facing down and other leg is straight facing forward.

Hurdler- A hurdler is a jump where the bent knee faces the crowd and you sit in a hurdler position. There are three positions, Front, Right Side and Left Side Hurdlers.

Pike- A jump where you bring the legs to the arms in a pike position while keeping the head up.

Spread Eagle- This jump is a straddle in the air but you do not need to rotate your hips. Keep the knees forward and a straight body in the air without piking.

Toe Touch- A jump where you keep the head and chest up, pull legs to arms and reach for the arch of the foot.

Tuck Jump- A jump where your arms hit a high "v" while your legs tuck up to the chest, not behind. Be careful not to drop the chest to the legs.

Updated original rules created by Jennifer Johnson in 2010, 2021 update included input from July 2021 meeting with CKL coaches, and MCHS Cheerleading staff.

These Rules and Regulations have been reviewed and approved July 2021

Erin Harvey - League Cheer Commissioner

Caitlin Noland - League Administrator

I have read these rules and understand that it is my duty as a coach with in Central Keystone League to follow all rules, regulations and guidelines set forth by the League.

Cheer Coach Name

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Team and Level