

# *Bux-Mont League Cheer Rules*

## **Rule 1: Registration and Certification of Players/Cheerleaders**

Refer to Bux-Mont Tackle Playing Rules Section I

- A. Registration (Section A) 1-6
- B. Certification of Birth Date (Section B) 1-2

## **Eligibility:**

Refer to Bux-Mont Tackle Playing Rules Section II A-G/Pop Warner National Rule Book; Article 6 S1, S2, S3, and S4.

## **Rule 2: Ages/Divisions**

- S1** Refer to the current Pop Warner National Age Schematic
- S2** Only a League that requires the ages of the spirit squads correspond to the playing ages of the team with which they are associated shall be permitted to send spirit squads to any competitions sanctioned by PWLS outside their League. (Outside there League would be defined as PWLS Region or National Competition.)
- S3** A squad, regardless of the ages of its spirit participants, must be rostered, certified, and registered in the same age division as the football team with which it is associated (i.e. it cannot cheer at midget games and compete as a junior midget cheer squad).
- S4** The participant's age on July 31<sup>st</sup> of the current year shall be the participant's age for the coming season.

## **Rule 3: Formation of Squads**

Refer to Pop Warner National Rule Book: Part III Article 7/Rule 4 S1.

- S1** Tryouts of any kind within Pop Warner are prohibited.

## **Rule 4: Squad Size**

- S1** Every squad shall have at least one adult volunteer (21 years old) for every 12 participants (including mascots). The number of adult volunteers shall therefore, determine the maximum squad size (one adult volunteer—maximum 12; two adult volunteers—maximum 24, etc.).
- S2** Not more than 35 cheerleaders or dancers may be certified to a squad roster. Please note: mascots are not included in the total count of 35.

## **Rule 5: Practice**

- S1** 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, with out minimum number, in the presence of at least one (1) coach where one or more of the following activities takes place.
- A. Viewing of fundamentals film
  - B. Group conditioning
  - C. Individual skills sessions
  - D. Group skill conditioning
  - E. Cheers, sidelines, chants, dance, music, etc.
  - F. Stunting, jumps, gymnastics, etc.
  - G. Camps/Clinics
  - H. As can be seen, a so called “party” at a coach’s home, where films are shown, or where football or spirit teams/squads are talked about, can be deemed as a practice session, as can a “party” at a parent’s home where one or more coaches are present.

Refer to Pop Warner National Rule Book: Rule 9 for the following:

- S2** Pre-season games
- S3** Red Cross Community CPR and First Aid

## **Practice Hours**

- S4** Before Labor Day—8 hours per week (or before school starting)
- S5** After Labor Day—6 hours per week (or after school starting)
- S6** Breaks
- S7** Conditioning
- S8** Additions after a squad has formed
- S9** At least 10 minutes of warm-up exercises (to stretch and limber-up) shall be included prior to spirit practice, with a maximum of 30-minute warm-up period prior to games and competitions. A warm-up and stretching should precede and conclude all practices, games, competitions and performances.
- S10** No additional practices
- S11** Adult specification
- S12** Spirit surfaces A, B, C.

## **Rule 6: Cheerleader Rosters**

1. At the September League meeting, member associations shall submit official cheerleader rosters according to the following distribution table.
  - a. League President—one (1) copy
  - b. League Secretary—three (3) copies (1-League files, 1-Region files, 1-National files)
  - c. League Vice President of Cheer—two (2) copies
  - d. Member associations—one (1) copy to each
2. All rosters should be typewritten or neatly printed, submitted on official Pop Warner Roster Forms. Make sure the top portion is completely filled out with all association information, squad, size, etc. and includes full name of participant as it appears on the birth certificate, address, phone number, date

of birth as it appears on the birth certificate, and scholastic eligibility verification.

3. A squad will have a maximum size of 35 cheerleaders (Refer to Pop Warner National Rule Book).
4. A head coach/assistant coach can only be listed one (1) time on a roster per organization (Refer to Pop Warner National Rule Book).
5. For competition and playoffs, regional and National level in football or cheerleading, anyone listed on the roster, player or administrator, must be given the option to accompany the squad, with the option to decline.

### **Rule 7: Spirit Rules:**

Modified from Pop Warner National Rule Book. All spirit squads shall follow the National Federation of State High School Association Spirit Rules (NFHS). In addition to the general regulations found in Parts I-IV of the Pop Warner Rule Book, the following Pop Warner Spirit rules govern all participants for any Pop Warner Spirit Squad. The term spirit includes all performing groups (i.e. cheer, dance, drill, pep squads, etc.).

### **Rule 8: Mandatory Cuts**

Refer to Pop Warner National Rule Book Part III Article 8/Rule 5 S1, S2, S3, S4, S5, and S6 in its entirety.

- S1** Is found to have signed up as a result of parental pressure or tells squad management he/she does not really want to cheer/dance.
- S2** Refuses or cannot furnish all paperwork required.
- S3** Is found simultaneously trying out for school spirit squad, or who, once the season starts, is found to be participating on a school spirit squad or other non-Pop Warner spirit squad.
- S4** Is a member of any other organized Pop Warner football/spirit team/squad.
- S5** Attempts to intimidate fellow participants in practice by word and/or physical deed. No refunding of fees shall be required.
- S6** Is an extreme discipline problem (and then only with the concurrence of the League).

### **Spirit Organization:**

- S1** League Level
- S2** Association Level
- S3** Squad Level
  - A. The head coach of each spirit squad must be 21 years old
  - B. An Assistant Coach must be at least 18 years of age or a high school graduate. A squad may have a maximum of two (2) assistant coaches, plus a maximum of three (3) Coach-Trainees, and one (1) student demonstrator.
  - C. Squads are permitted to carry three (3) coach-trainees who must be a minimum of 15 years of age.
  - D. The Head Coach will determine the assignments of the Assistant Coaches
  - E. In the absence of a specialized, trained person affiliated with the squad in the medical area (physician, paramedic, specially trained volunteer) one of the coaches must be a holder of a current Red Cross Certificate in Community CPR and First Aid or it's equivalent.
  - F. The Head Spirit Coach has final responsibility for his/her actions, those of his/her assistant coaches, spirit participants, staff and parents.

- G. Each squad is permitted to carry one (1) Student Demonstrator. (Refer to Pop Warner Rule Book Section K-1, a, b, c, d, and sections 2, 3, 4, and 5 for rules regarding Student Demonstrators.)
- H. All spirit coaches are to follow the coach's requirements as outlined in Article 5, Coach's Requirements, in the Pop Warner National Rule Book.
- I. All coach-trainees and teen demonstrators under the age of 18 must be certified in the same manner as all other minors participating in Pop Warner Football, Cheer and Dance (i.e. parent permission, physical, proof of age, scholastic eligibility, photo ID). Refer to guidelines as specified in Article 6, Registration.

### **Rule 9: All-Stars**

There will be no All-Stars within Pop Warner Spirit Squads.

### **Rule 10: Safety**

Refer to the Pop Warner National Rule Book Rule 11 in its entirety

#### **S1 Coach's Responsibility**

- A. Spirit squads should be placed under the direction of a knowledgeable coach.
- B. The coach should be knowledgeable in first aid techniques and emergency procedures. Coaches should develop an emergency plan for dealing with injuries at practice/games. Participants should be made aware of these procedures.
- C. The spirit coach or another knowledgeable, rostered adult representative (21 years of age or older) should be in attendance at all practices, games and functions.
- D. All cheerleaders should receive proper training before attempting any form of cheerleading partner stunts or pyramids.
- E. All practice sessions should be held in a location suitable for the activities (i.e. tumbling mats, away from noise and distraction, free from obstructions, etc).
- F. Training in proper spotting techniques should be mandatory for all squads.
- G. Accessories, apparel, and hairstyle should be conducive to safe practices and performances (hair needs to be up and off the neck).

#### **S2 Participant Apparel**

- A. Jewelry of any kind, including earrings, bracelets, necklaces, rings, body piercing, etc. will not be worn at practices, games or competitions, except religious or medical medals, which must be secured to the body with tape under the apparel.
- B. Bandannas are prohibited
- C. Gloves and other hand/wrist accessories are prohibited during performance and/or practice.
- D. Glitter is prohibited (Reference NFHS R2, S2, A5, R3, and S1). No glitter to hair, face or body due to safety hazards. In addition, tattoos, face paint, hair mascara, etc. are prohibited.
- E. Fingernails, including artificial nails, shall be kept at an appropriate length. This means nails are not visible beyond the fingers when viewed from the palm side of the hands. Fingernail polish is prohibited at practices, games and competitions.

- F. Eyeglasses shall be worn in a manner to ensure safety while performing (i.e. a sports band shall secure eyeglasses).
- G. Pop Warner Spirit Patches may be sewn, ironed, glued or applied with Velcro. They may not be pinned or stapled to the uniform.

Refer to the Pop Warner National Rule Book/Rule 11/Safety for **S3-S13**.

## **Rule 11: Camps**

Refer to Pop Warner National Rule Book for these rules in entirety.

- S1** The term “camp”
- S2** The name Pop Warner cannot be used without written consent
- S3** The term “clinic”
- S5** A coach or other affiliated squad personnel may not make the camp MANDATORY and the camp must provide as part of its services an accident insurance plan for participants.
- S6** A, B, and C—League requirements for camp
  - A. Camps may be hosted by an organization with the following provisions
  - B. Prior permission for approval from Bux-Mont League/Region/National A League official will be visible during camp.
  - C. Camp Information Needed as Follows: A written letter containing a brief description of the camp, along with an attached letter providing the answers to the following questions.
    - a. What is the nature of the camp?
    - b. When and where do you plan to hold the camp? (i.e. field, gym)
    - c. Who will be running the camp? (i.e. Cheerleaders of America, Americheer, Cheer Ltd., etc.)
    - d. What ages does this camp allow? (i.e. Pop Warner age Matrix)
    - e. What will be offered? A brief description of the day’s events.
    - f. How do you plan to advertise for the camp? (i.e. newspaper, flyers, etc.)
    - g. Do you have insurance? The league requires a copy of a Certificate of Insurance for all the participants involved in the camp and/or a Certificate of Insurance from the company providing the camp. If the camp does not provide Insurance for the children, you organization must provide a plan for the participants. You may not use Pop Warner Insurance before August 1<sup>st</sup>.
    - h. Does the company teach based on Pop Warner Rules or the National Federation High School Rules? In the event that they only work with National Federation Rules, the Cheer Coordinator is responsible to be clear on any rules that are not legal due to Pop Warner Rules. The Cheer Coordinator is responsible to have someone who is familiar with Pop Warner Rules available during the stunting session for the purpose of alerting the coaches to illegal stunts.

## **Rule 12: Competitions**

Refer to Pop Warner National Rule Book for this section in its entirety **S1-S13**.

- A. Bux-Mont League will set the date for competition for the Jr. Pee Wee (95's), Pee Wee (110's), Jr. Midget (125's) and Midget (145's). Approximately the second weekend in October with Fun Day for Flags and Mighty Mites (75's and 85's) the weekend before or after.
- B. Every year the Host organization will alternate.

### **Bux-Mont League Executive Board will be responsible for the following:**

- 1. Judges [3]—a mandatory judge if available
- 2. Tally Sheets, tally's, pens and pencils
- 3. Team registrations and qualification
- 4. Trophies and/or banners
- 5. Video company
- 6. At least two (2) people to collect money at the door. (Proceeds from admission will go to the League Subsidiary fund to be used as directed by League Executive Board.)
- 7. First Aid personnel
- 8. Timers
- 9. Announcer
- 10. Score runners
- 11. Mandatory person to inspect for jewelry, nail polish, make-up, eyeglass safety band, etc.

### **The Host Organization/Cheer Coordinator will be responsible for the following:**

- 1. Ribbons
- 2. Team Spirit award, one per weight class
- 3. Snack stand proceeds from snack stand go to host organization
- 4. Tee-shirt (Proceeds from T-shirt sales go to host organization)
- 5. Security
- 6. Cost of the facility and clean up
- 7. High School cheerleaders for spotting, entertaining, etc.
- 8. Sound system with microphones

\*Bux-Mont League Executive Board will set the admission price for both Fun Day and Competition. The Executive Board will have final say on times. Order of performance will be determined at the Cheer Coordinator's meeting in September by drawing numbers.

\*If an organization is not in attendance at that meeting, the organization will automatically perform first at all levels.

\*On the day of competition all organizations on all levels will be announced into the gym.

\*First, second and third place squads will qualify for State competition from each of the weight classes.

\*Ribbons will be given out to all cheer squads on Fun Day. At competition all first, second and third place finishers will receive either a trophy or banner.

\*Score sheets and the place of each squad will be given to the Cheer Coordinators within two (2) weeks of the competition.

\*All competition rules and regulations will follow in accordance with the Pop Warner National Rule Book, Regional Rules for competition, the National Federation Spirit Rule Book and any rules set by Bux-Mont.

\*Any organization/squad violating any procedures and /or rules before competition will be subject to disqualification from competition.

\*Bux-Mont League Executive Board will have the final authority on any decision and procedure not specified.

### **Finality of decisions**

By participating in competition, each squad agrees that decisions by the judges and officials will be final and will not be subject for review. Each squad acknowledges the necessity for the judges and officials to make prompt and fair decisions in this competition and each squad therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

All decisions of judges, including mandatory safety judges are final.