

**RULES OF CHEERLEADING & DANCE  
GREATER BULLITT COUNTY YOUTH FOOTBALL LEAGUE, INC.  
2025 - 2026**

**ARTICLE 1**

**AMENDMENTS**

**Section 1:** Alterations or amendments to these rules shall be considered at any called meeting by the Board of Directors held between January 1<sup>st</sup> and March 1<sup>st</sup>.

**SEASON**

**Section 1:** The cheer season is January 1<sup>st</sup> to April 30<sup>th</sup>. Practice may begin June 1<sup>st</sup>.

**ARTICLE 2**

**SPONSORS/COACHES**

**Section 1:** The Head Sponsor of each division has the right to choose coaches. The Sponsor is responsible for his/her cheer squad/dance team's actions immediately prior, during and after each scheduled game. This includes the conduct of the coaches as well.

**Section 2:** The district Cheer & Dance Coordinator, all cheer/dance sponsors, and all coaches over the age of 18 must hold a current USA Cheer Membership (Professional or Coach). This certification is renewed every June 1<sup>st</sup> and all must be certified to participate in practice, games, and competition. Any coach under the age of 18 must be supervised by a USA Cheer certified individual at all times.

**ARTICLE 3**

**ELIGIBILITY**

**Section 1:** Any athlete found ineligible will be removed from the squad/team immediately. Cheerleading squads and dance teams must perform at all scheduled games, which does include post season games, including, but not limited to playoffs, consolation, and championship games. Any exception to this must be approved by the Director of Cheer and Dance at least 48 hours prior to game day.

**Section 2:** The League Director of Cheer & Dance will determine athlete eligibility, have ability to call meetings of the Board of Directors over eligibility, and has the authority to determine athlete eligibility in emergency case for one game only. Decision can be overridden by the Board of Directors.

**ARTICLE 4**

**GAME DAY PERFORMANCE**

**Section 1:**

**A. Cheer:** The "Hello" cheer will be performed during half time. Each team will perform the cheer facing their fans, with the home team performing first. Each team will perform the cheer facing their fans, with the home team performing first. Any team that does not perform a Hello cheer will not be permitted to

perform at the GBCYFL competition. This infraction is to be reported to the Director of Cheer & Dance Operations, in writing, on the day of the occurrence.

- B. Dance:** All dance teams are to perform their routine during half-time of every game. If both teams have a dance team, the home team will perform first.

**NOTE:** Cheer squads and dance teams are required to perform even if there is not a football team in their division.

**Section 2:** Cheer athletes can choose to

- 1) Register for competition cheer only.
- 2) Register for Competition and sideline cheer.
- 3) Register for sideline only cheer.

**Section 3: GAME DAY SITUATION**

Cheerleading squads and Dance teams will be

- Judged during their performances throughout the season.
- Each district will form a committee of 4 people. Each person will be responsible for 1 cheer division (baby Bullitts, little Bullitts, peewee, juniors).
- Each person will judge every team at a random game throughout the season and submit the scores to the director of cheer at least 2 weeks prior to the All-County.
- These scores will be combined and then averaged to determine a Game Situation Champion.
- Squads will not know when they will be judged. The winner will be announced at the GBCYFL Competition and presented with an award. This competition does not relate to GBCYFL Competition in any way.

**ARTICLE 5**

**ROSTER**

**Section 1:**

- A. **Cheer.** There will be one (1) Juniors, one (1) Peewee, one (1) Little Bullitts and one (1) Baby Bullitts cheerleading squad. The minimum number of athletes to form a squad is five (5). If a division has less than five (5), they can combine to form a squad. If a team division has 25 participants on a single team, they have the option to split into two (2) teams at that division. Competition cheer teams with more than 36 athletes must split into two teams.

- a. Registration deadline is the Saturday before Weigh-In Day.
- b. Teams do have the option to refuse sign-ups after May 31<sup>st</sup> but may keep registration open until weigh-in day.
- c. Once an athlete is turned away, no further signups are allowed.
- d. No one should be turned away due to lack of cheer or tumbling experience.
- e. Each team and division must provide two (2) rosters to the League, a Game Day only roster and a Competition roster. These are due by the 2<sup>nd</sup> Saturday in September, at which time no further changes are permitted.

- B. **Dance.** If a team district does not form a dance team by July 1<sup>st</sup>, it must release any probable dance team member to the nearest team district with a dance team.

- a. All team districts must take dance sign ups

**Section 3:** All teams are required to compete at the GBCYFL hosted competition (formerly known as All County), if they wish to attend any competitions outside of the GBCYFL hosted competition. Game Day only athletes or teams are not required to compete so long as they do not attend any other competitions outside of the GBCYFL.

**Section 4:** A cheerleader must compete at the GBCYFL Competition in the age division he/she registered for at the time of sign-up. Failure to comply disqualifies the athlete from further competitions after the league's.

## ARTICLE 6

### GBCYFL HOSTED COMPETITION

*Formerly known as All County*

**Section 1:** The league hosted competition will be held on an open Saturday or Sunday in October or November. The competition will be held at a date and location determined by the League Director of Cheer & Dance and is subject to change by a majority vote of the Board of Directors.

**Section 2:** Any GBCYFL cheerleading squad found practicing after April 30th and before June 1<sup>st</sup>, will not be allowed to compete in GBCYFL Competition for that year regardless of what squad the cheerleader will be on that year. Any Sponsor/Coach that breaks this rule is subject to disciplinary action by the Board of Directors

#### **Section 3: Registration**

Each participant must pay a \$15.00 competition fee to the GBCYFL for this competition. This fee assists in covering facility rental, judges, DJ, and any other costs associated with the competition.

#### **Section 4: Judges**

Three (3) judges from outside of Bullitt County, with no affiliation to the athletes competing, will be hired for the competition. No judge may be affiliated with any team district. The League Director of Cheer & Dance will hire three (3) different judges, each year, if possible.

There will be one (1) timer.

**NOTE: The League will provide each Sponsor with the current Rules or link that will be used for competition before by weigh in day if possible.**

#### **Section 5: Performance**

A. All squads will perform a 2 ½ minute routine, which must include a cheer or chant in accordance with UCA/UDA Rules.

Any squad over the time limit will be subject to penalties; One (1) point deduction for 1-5 seconds, and Two (2) point deduction for 6+ seconds.

B. All categories of the scoring sheet must be completed. Ex. If a jump is not performed in the cheer, the squad would receive a “0” in that area.

C. A copy of the competition score sheets that will be used, will be given the sponsors on weigh-in day, if possible.

D. Scores will be kept in pen on all score sheets. If the final score results in a tie, subtract high scores. If still a tie, subtract low scores. If this still results in a tie, the teams involved will need to repeat the routine for a re-evaluation by the judges.

E. A copy of each team’s final score sheet will be available following the end of the competition. In addition, the scores of all teams competing in that same division will be released.

F. A team representative must play music. Once the music begins, no restarting of the time will be allowed except for technical difficulties with the sound system. The representative must inform the DJ if the music messes up prior to stopping the routine.

#### **G. PERSONAL APPEARANCE AND UNIFORM**

a. Hair and uniform must be the same at the discretion of the Sponsor.

i. Uniforms (game day & competition) must be approved by the team boards. Uniforms must be neat, pressed, and clean. The length must be proportional to height. All parts of the uniform must be matched in color and style with some sort of team identification. Uniforms do not have to coordinate with the dominant team color. No bare midriffs allowed. **Note:** Team decals will be allowed.

- ii. Hair. The length and style are optional (bangs are acceptable but must not obscure vision). We recommend, for safety reasons, long hair must be secured in some way— (dog-ears, pigtails, etc.). Any accessory must be uniformed as far as possible. Wigs and hairpieces may be worn.
  - b. If makeup is worn, it must be moderate and not distracting.
  - c. Socks and shoes must be neat and clean. Brand may differ, but style and color must be alike.
  - d. No jewelry of any type (including earrings) may be worn. This rule is strictly for safety reasons.
  - e. Fingernails must be natural, neatly groomed, and all members of a squad wear the same color.

Floor cheer will be governed by the Rules of Cheer.

#### H. SPORTSMANSHIP AND PEP

- a. Good conduct toward opponents, officials and students should be enforced. Any unsportsmanlike gesture on the part of a cheerleader/dancer will result in five (5) points being deducted from total score at competition.
- b. Proper language should be always used, including music. A copy of the music and certificate of licensing must be given to both the Director of Cheer & Dance and Chairperson no later than two weeks prior to Competition, for reviewing. If music is not given, violation could result in points lost at Competition. Judges have the right to deduct points for inappropriate music.
- c. Attitudes should be respectful in victory or defeat.
- d. The conduct of an athlete away from the performance area should be always a credit to the uniform and team.
- e. Overall and continuing pep and enthusiasm throughout the competition should be expressed.
- f. Chewing gum is not allowed while performing.
- g. Coaches must be 14 years of age.

#### I. CHEER STUNT GROUPS

- A. Each age division will also have a stunt group competition. The stunt groups can be made up of a maximum of 5 cheerleaders in the same age group and no less than 3. B. The routine is no more than 18 - 8 Counts with music.
- C. Only buildings will be scored.
- D. Cheerleaders can only participate in one (1) stunt group.
- E. Stunt groups must sign up no less than 4 weeks before the competition.

**Section 6:** The entire competition squad must participate of the squad will be disqualified. This does not apply in the case of illness, injury, or emergency. If a member becomes ill or injured during competition, he/she may be excused without disqualification of the full squad. League Officials will make this decision.

**NOTE:** Individual squad's cheer sponsor will have discretion where or not an athlete will be allowed to compete if three (3) practices are missed in the four (4) weeks prior to competition.

**Section 7:** Admission to the GBCYFL competition will be \$10.00/person.

**Section 8:** Prior to dance team(s) performance, the mats must be rolled up.

## ARTICLE 7

### **Section 1: SCORE SHEET HANDLING**

- A. The names of each squad/team are to be written on the score sheets before they are given to the judges.
- B. The judges must finalize the score sheets in such a manner as to have the score and comments remain as confidential from the public as possible.
- C. The Director of Cheer should compile the list of results for the announcement of awards.
- D. The score sheets will be given to the Director of Cheer & Dance and each sponsor will receive a copy of their own score sheet, along with a copy of scores of the others competing in their division. Coaches/Sponsors will be able to view their score sheets immediately following the competition.
- E. A copy of competition tally sheet, for each division, must be turned in to the Board of Directors for filing purposes before the annual Board meeting the following season.

## ARTICLE 8

### **POST GBCYFL COMP**

**Section 1:** A cheerleading squad may attend as many competitions as they like, other than the GBCYFL Competition, but this must happen before April 30<sup>th</sup>. The following criteria must be met:

- The Team District Cheerleading Coordinator is notified at least four (4) weeks prior to the competition day. Only members of existing squads are allowed to participate if prior to GBCYFL competition.
- The roster given to the League Director of Cheer and Dance is the final competition roster and cannot be altered, except for removal of a cheerleader; no substitutions or additions are allowed until after the GBCYFL Competition.
- **After the GBCYFL Competition** cheerleaders will be allowed to move up 1 level (as long as age permits per UCA guidelines) but will only be allowed to cheer for 1 team per competition. NO CROSSOVERS without written permission from the League Director of Cheer & Dance. The parents, coach/sponsor from both teams, and district cheer coordinator must all approve this move.

## ARTICLE 9

### **PRACTICE**

**Section 1:** No more than ten (10) hours maximum of practice/scrimmage time during a calendar week when school is in session. This does exclude games, competitions and weekend events. In the event a football player is also on the cheer/dance team, a maximum of twelve (12) hours is limited.

## ARTICLE 10

### **FOOTBALL PLAYERS**

A football player, who also wants to cheer/dance competitively, must register as both with the team and is to be on the roster of both by the deadline. This athlete must be active in both sports