



OKCPS/OKCPAL Cheerleading Rules

Rules and guidelines are all adapted from the OSSAA rules and regulations handbook.

Philosophy

It is the philosophy of this competition to promote and support the concept of “Cheerleading as an athletic based activity,” the purpose of which is to lead and direct the cheering of students and adult fans in support of a school event. The term “athletic-based routine” is to emphasize the athletic skills involved in the performance of cheerleading routines. Music, dance, and sexually suggestive movements are not considered appropriate for cheerleading competition.

Cheerleading activities should promote cooperative spirit and good sportsmanship among all present at an event. Cheerleaders are recognized as playing a vital role in the promotion of school spirit. The final responsibility for determining what individual cheerleaders and cheerleading squads are capable of performing rest with the coach. Not every cheerleader or cheerleading squad has the ability to perform the gymnastic skill or partner stunts which are permitted according to the rule book. It is the goal of this competition to simulate a game situation. Coaches must recognize individual and squad ability levels and limit the activities accordingly.

Competition Guidelines

- Cheer teams may have up to 30 members on their team (cheer at games)
 - Teams will be allowed to only have 20 members for the cheer competition.
- The OKC PAL Cheer Competition will consist of two parts:
 - Dance (Pom) routine (music) and sideline cheer routine (no music)
- Each routine will consist of a time limit.
- The squad must use a minimum of 30 seconds and a maximum of 45 seconds for the sideline cheer and a minimum of 1 minute and a maximum of 3 minutes for the music portion.



- The timing begins after the squad has set in formation with the first motion, word, or skill.
- The timing ends after the last word or motion
- There will be an official timer at the competition.

Rules

- Signs may be used for the purpose of crowd involvement. Poms, signs, flags, and megaphones are permitted. No antagonistic or negative signs will be allowed. Each sign should only be one to two words per sign. There is no limit to the amount of signs that can be used by a squad. Signs may not be tossed or thrown.
- Costumed mascots will be counted towards the total number of squad members allowed to participate.
- Winners will be determined by the total of three to five judges' scores. Trophies will be awarded to the top 2 squads. 3rd place will get medals
- Squads are not permitted to lead or participate in inciting crowds with chants, cheers, gymnastics, jumps motions, clapping, etc., at any other time than their assigned performance time. This does not prohibit the parents or fans of the squad from cheering for their squad.
- All cheerleading attire and movement incorporated in the routine will be in accordance with the state philosophy.
- Jewelry will not be permitted. If Jewelry is worn the squad will be disqualified.
- Music(with the exception of the pom routine), dance, and sexually suggestive movements will not be allowed.
- The competitive cheering surface will be a gym floor.
- Use or attempted use of illegal stunts will result in a 10 point deduction per score sheet at the competition.
- Boom boxes or any type of device that plays music, sound or voices, and noisemakers of any kind such as air horns, cow bells, etc that interrupt the normal game/ contest procedures of announcers, routines or any other related activities will not be allowed. This applies to pre and post



competition.

- If the routine is interrupted by an injury of one of the participants, the coach may choose to finish the routine from the point of interruption or chose to take the score earned up to that point, without any deduction of the minimum time limit not being met.
- Head coaches are allowed on the floor during competition while their squad is participating. The coach must be situated in an area where they will not disrupt the competition. **TWO additional coaches will also be allowed on the floor, no injured squad members or any additional personnel will be allowed on the competition floor.**

Safety Rules

- NO STUNTS ABOVE THE WAIST, NO EXCEPTIONS.
- No tosses. The flier must be held by someone on the floor at all times.
- No free born flips. Hands must touch the ground.
- Rolls, walkovers, and other slow moving flips allowed
- Please use your discretion on what your team is able to safely do and what should not be attempted.

Sportsmanship

- The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and in practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. Further, awareness is expected of the measure of the understanding and commitment to fair play, ethical behavior and integrity.
- Cheerleading, more than any other activity, can directly influence the behavior of others. It is important that the coach, and total squad be aware of the sportsmanship guidelines.



Cheerleading Coach

- Cheerleaders, coaches and advisors should set an example by being cooperative and helpful to each other.
- Instruct the cheerleaders to
 - Have positive- not antagonistic- cheers at all times. Cheer for your team's success not your opponent's failure.
 - Divert the crowd's attention from booing by starting a positive cheer immediately.
 - Lead the crowd in a round of applause when an injured player leaves the playing area.
- During basketball games, instruct cheerleaders to
 - Set up a scheduled rotation of floor cheers when allowed to step onto court (after quarters 1&3 or 2&4)
 - Remain silent when the other team is doing a cheer of any kind.
 - Remain silent while the other team is shooting a free throw. Keep away from the basket area.
 - Do not interfere with gameplay or pre-game warm-up.

Coaches Ethics and Professional Standards

- Exemplify the highest moral character, behavior and leadership.
- Respect the integrity and personality of the individual athlete.
- Abide by the rules in letter and spirit, regardless of the consequences.
- Respect the integrity of and judgement of sports officials, never baiting or taunting officials in any way, or seeking out an official during halftime or at the conclusion of the contest.
- Encourage and respect all athletes and their morals.
- Display modesty in victory and graciousness in defeat.
- Promote ethical relations among coaches.
- Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
- Encourage the highest standard of conduct and scholastic achievement among athletes.
- Seek to inculcate good health habits, including the establishment of



sound training rules.

- Strive to develop in each athlete the qualities of leadership, initiative and good judgement.
- Achieve a thorough understanding and acceptance of the rules and the standards of eligibility.

Instructions for the Competitive Cheerleading Timer

The squad will be announced. The squad will set up in formation on the gym floor. The timing begins with the first motion, jump, or skill. The clock stops with the squad's last word or motion.

- Set the clock to 1:30 in countdown mode
- When the squad begins their performance, turn the clock on.
- Stop clock with the squad's last word or motion.
- Record time left on clock on timing sheet by squads name.
- If the squad goes over the allotted time, make a notation that they exceeded time.
- If the squad is under the allotted time, make a notation on the timesheet.
- Reset the clock