



ESYFL CHEER RULES

SECTION I - TEAM OPERATIONAL RULES

1. Sideline and Competition Cheer

Cheer teams will be allowed to cheer at all games on Saturdays with their age level football teams. They will also be able to compete with Spirit Championships Competition in late April, with a chance to qualify for Globals. Spirit Championships offers competitive game day, traditional, and performance cheer divisions for the 2024 season. Teams must classify as one of the divisions for competition.

2. Roster Rules

The minimum of 5 and maximum of 36 cheerleaders per team is consistent with the regulations of Spirit Championships. Division splits will be small (5-12), medium (13-19), and large (20-36) for competition purposes when there are at least 2 teams left in each division.

3. ESYFL Certification Process

ESYFL does NOT use team folders. All information related to a team and their given cheerleaders is maintained online within the Team Management system. The ESYFL runs an ONLINE TEAM FOLDER process. **ESYFL HAS AN ONLINE "PLAYERS PORTAL" THAT ALLOWS PARENTS TO UPLOAD ALL**

DOCUMENTS FROM THEIR HOMES - ** [Elite Spring Youth Football League](https://elitesyfl.com) ** (elitesyfl.com)

The ESYFL Sports Engine portal allows your parents to sign their Medical, Liability and Photo Release forms online as well as upload their Pictures and Birth Certificates. Send this website link to your parents. **** [Elite Spring Youth Football League](https://elitesyfl.com) ** (elitesyfl.com)**

Teams should take the following steps with regard to the documents required for ALL of their cheerleaders:

- a. ALL cheerleaders must be added to the Team Console and all required information filled out.
- b. ALL player photographs must be uploaded into each of the players pages on the Team Console. These photos can be uploaded through the Players Portal by parents.
- c. Parents should take a photograph of the players copy or original birth certificate and upload it into the players page of the Team Console. These birth certificate photos can be uploaded through the Players Portal by parents
Players/Parents must then also bring their original birth certificate to their actual certification event in order to verify that the picture of the birth certificate in the Console is the same as the actual original birth certificate. These originals will then be returned to the parent once certified.
- d. Players/Parents must also bring an ID of the player or parent/guardian of the player to their actual certification event so that ESYFL can verify that the birth certificate uploaded is the players actual birth certificate. (See detailed description of the birth certificate and ID requirements below)
- e. Medical, Liability and Photo Release forms can be e-signed online using the Players Portal.



Player Certification Procedure - The ESYFL offers multiple opportunities to certify players prior to the season at certification events held at the game fields. Teams can certify their players incrementally or all at one event. All dates for certification events will be announced on the website, social media, and through Coach Updates. When you bring your players to a certification event the ESYFL will proceed to certify your player by checking the photograph, player information, verifying the player's BC and parent ID, and verifying the Liability, Medical, and Photo Release Forms are completed.

ORIGINAL BIRTH CERTIFICATES AND ID REQUIREMENTS *IMPORTANT* - The ESYFL

requires an original birth certificate verification and a copy of parent or player ID in order for players to participate and become certified. Players can satisfy this BC and ID verification process by choosing ANY of the following choices.

- **Choice #1** - Original or Certified Birth Certificate **of the player** AND photocopy of **parents** ID
- **Choice #2** - Original Passport **for player**
- **Choice #4** - Original Federal or State ID card **for player**

Notes

- *Parent's names on birth certificates* - If using the parents or family members ID this name must also be on the birth certificate.
- *IDs should contain picture and birth date* - Federal or State ID cards are acceptable if they contain the birth date of the player as well as a picture identification
- *Foster/Adoptive/Grandparent* - In situations where the player is under a Foster, Adopted or Grandparent scenario and the name on a child's birth certificate and or parent ID is different from the player's then legal paperwork will be required to verify this difference prior to the child's certification. Both documents above are still required.
- *Presentation of Originals* - In all cases Original documents will only be required to be shown **ONCE** at the ESYFL Certification office event and can then be returned to the parents/players immediately. A photograph of the birth certification only will be uploaded through team consoles.

If parents are concerned about releasing their originals to the coach, they can attend any of the precertification events and/or offices to show the ESYFL official their originals and then retain them.

In order for the ESYFL to certify a player fully, the player MUST be present and ALL paperwork complete. Parents are not required if a player has all their correct information in hand at the event. Coaches can certify their players incrementally at various locations and/or events or bring all their players to one event. The ESYFL advises teams to do as much in advance of the first game as possible to reduce delays.

There are TWO ways in which players can be certified prior to their playing in a game:

- a. **ESYFL Regional Certifications at Pre- Season Jamborees**- These certifications are held approximately 1-3 weeks prior to the season start. They will be at Jamborees scheduled independently by ESYFL teams and the ESYFL certification team will travel into all regions and conduct the events. The ESYFL will provide dates and locations for these meetings a month prior to the season on the ESYFL website, social media, and through Coach Updates.



- b. **ESYFL Game Day Certification-** For the first 3 weeks of the season the ESYFL provides certification offices that are situated at every game field where the ESYFL is conducting tournament games for that week. Players can be certified immediately before their games.

4. *Adding cheerleaders after season start*

Additional cheerleaders can be added to a team after the start of a season; however the deadline for adding cheerleaders is the 4th week of regular season games.

5. *Player Photo Rules*

All Cheerleaders can use the Cheerleaders Portal to upload a picture of each of their Cheerleaders to the Team Console along the following guidelines:

- a. Photographs must be small enough to fit into the upload box on the Team Console.
- b. Player photographs can be taken with the Player in any type of jersey or t-shirt. A number is NOT necessary on the photograph as the ESYFL certifies the player's jersey number separately.
- c. The player's FULL face with some of the shoulders must be taken in the photograph.
- d. The photographs can be taken with an ordinary digital camera and then uploaded into the player page of the Team Console.

6. *Coaches Badges*

Every Organization will be allowed four Admin badges for their Board Members/ Coordinators. Each team in the tournament is allowed 6 Coaches badges. All Head coaches, Assistant coaches, and Team Manager fall under this 6-badge requirement. Each team may also have 2 Junior Coach badges for youth members of the coaching staff ages 15- 17. Junior Coaches will register like players on the ESYFL system in lieu of Background Check due to their age.

There are two processes for obtaining an ESYFL Coaches Badges for the season.

- a. Coaches with a verifiable coach badge valid from their immediate previous fall season only will be allowed to obtain a free ESYFL Badge replacement by sending a copy of their fall season badge to info@elitesyfl.com and requesting an ESYFL badge.
- b. Coaches without a fall program badge must complete the ESYFL background check to apply for an ESYFL badge. The ESYFL background check portal is on the ESYFL website.

8. *Tournament Divisions*

7. *Parents on the sidelines*

All parents must stand behind the parent line, that will be required to be marked clearly by field teams with physical barriers. The only representatives allowed on the beyond that barrier are individuals with proper ESYFL identification.



8. *Player Injuries*

Due to liability and insurance issues the ESYFL does not provide their own on field EMT coverage. If a severe injury occurs on the field coaches are instructed to call 911 to allow for qualified EMT personnel to deal with the issue. Only the parent or guardian of the child will be allowed onto the field in these circumstances. If a major injury occurs during the game, the EMT and ESYFL staff will make a discretionary call as to whether the game is to be cancelled. If the game is cancelled prior to halftime, the game will be made up on a future date and will be picked up where it was left off. If a game is cancelled after halftime, the game is considered final. In the event of a postponed game, the referees will have both head coaches sign the referee score card with details of how the game ended, to ensure the same scenario will be applied at the start of the makeup game.

9. *Payments*

There are 2 ways for coaches/players to pay their fees:

- Organizations/ coaches can pay fees through the ESYFL invoicing system online. This system does charge a processing fee that will be added to the total invoice amount paid by the organization.
- Organizations/ coaches can pay fees through Zelle to send payments without the processing fee.

Due Dates:

- ❖ Final player payments due by the 1st Game which for the 2024 Season will be February 24.



OFFICIAL COMPETITION RULES

Unless otherwise amended below, the current year's Spirit Championships Teams Division and Rules Guidelines apply. Spirit Championships Guidelines and other resources are available at [** Elite Spring Youth Football League ** \(elitesyfl.com\)](http://elitesyfl.com)

All teams **MUST CLASSIFY** as one of the following:

- **Game Day**
- **Traditional Rec**
- **Performance Rec**
 - Total routine time cannot exceed 2.5 minutes
 - Timing begins with the first organized movement and/or first word of cheer or beat of dance.
 - Organized entrances that involve cheers or run on with jumps, tumbling, or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
 - Timing will end with holding of the final movement, pyramid, or stunt.
 - Partner stunts and pyramids are permitted by level guidelines.
 - Routines should be choreographed so that the routine flows from one segment to the next.
 - Gymnastics and jumps are permitted and encouraged by level guidelines
 - There are to be no props used in the routine with the exception of pom poms, flags, and megaphones.
 - **Performance Rec and Traditional Rec Teams must follow the U.S.A.S.F. Rules**
 - All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.
 - Division Splits will be split small, medium, and large when there are at least 2 teams in each division
 - Small= 5-12 members
 - Medium= 13-19 members
 - Large= 20-36 members



Game Day Rec Guidelines

- The program must be affiliated with, report to, and be governed by an organization such as YMCA, Boys and Girls Club, City/ County Parks and Rec Program, Pop Warner Association, or other community run program not associated with All Star.
- Each team must cheer for a sport during the 2023-2024 cheer season.
- MAY NOT crossover to a Performance Division.
- **MAY NOT have another team in Performance Recreation.**
- **Routines must include a cheer.**
- **No tosses allowed.**
- Will follow USASF Allstar Prep Rules.

GAMEDAY RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1			
MINI (8U)	2014 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
LEVEL 2			
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male

The age of the athlete will be based on BIRTH YEAR
for the 2023-2024 competitive season.

Traditional Rec Guidelines

- The program must be affiliated with, report to, and be governed by an organization such as YMCA, Boys and Girls Club, City/ County Parks and Rec Program, Pop Warner Association, or other community run program not associated with All Star.
- Each team must cheer for a sport during the 2023-2024 cheer season.
- MAY NOT crossover to a Performance Division.
- Routines may include a cheer & music combination.
- **No tosses allowed.**
- Will follow USASF Allstar Prep Rules.

TRADITIONAL RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1			
TINY (6U)	2016 and later	6 years and younger	5-36 members, Female/Male
MINI (8U)	2014 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1			
PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2			
PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1			
YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3			
YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
RECREATION EXHIBITION			
EXHIBITION	06/01/04 and later	18 years and younger	Unlimited members, Female/Male
CHEERABILITIES (SPECIAL ATHLETE) EXHIBITION			
CHEERABILITIES	Any Age	Any Age	Unlimited members, Female/Male

Performance Rec Guidelines

- The program must be independent of town/ city/ county organization. Does not necessarily cheer for a sport during the 2023-2024 cheer season.
- MAY NOT crossover to a Performance Division.
- Routines may include a cheer & music combination.
- Will follow USASF Allstar Elite Rules.
 - Exception: Level 4- Fulls are allowed in running tumbling only and will be counted toward the running tumbling difficulty and technique scores.

PERFORMANCE RECREATION DIVISIONS			
DIVISION	BIRTH YEAR	AGES	# OF PARTICIPANTS & GENDER
LEVEL 1			
TINY (6U)	2016 and later	6 years and younger	5-36 members, Female/Male
MINI (8U)	2014 and later	8 years and younger	5-36 members, Female/Male
PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2.1			
PEE WEE (10U)	2012 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 2			
PEE WEE (10U)	2014 and later	10 years and younger	5-36 members, Female/Male
YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.1			
YOUTH (12U)	2010 and later	12 years and younger	5-36 members, Female/Male
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3.2			
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 3			
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4			
JUNIOR (14U)	2008 and later	14 years and younger	5-36 members, Female/Male
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male
LEVEL 4.2			
SENIOR (18U)	06/01/04 and later	18 years and younger	5-36 members, Female/Male



2. ESYFL Specific Discipline Rules

All disciplinary measures apply to players, cheerleaders, parents, AND coaches. **There will be security at all game fields, paid for by ESYFL, to ensure the safety of all players, cheerleaders parents, coaches, and spectators.**

- a) All ESYFL Head Coaches MUST have signed the "Coaches Code of Conduct" form that informs ESYFL that they have had a formal meeting with their parents, coaches, cheerleaders, and players to explain all disciplinary rules.
 - a. **ESYFL Timeout Rule** - This rule applies to ALL aged teams. It can be executed by EITHER the ESYFL staff member or the head referee. This is where if teams start getting confrontational with each other, **OR** after any fight, we call a ESYFL Timeout. THE CLOCK KEEPS RUNNING, players go to their sidelines for 2-3 minutes, while the head referee gives a final warning to both coaches in the middle of the field to inform them that if this happens again, then the game will be stopped and both teams will lose.
 - b. **ESYFL Two Strikes Rule** – The first unsportsmen penalty issued to any player during the game results in a WHOLE team penalty of fifteen yards. All players or cheerleaders that commit an unsportsmen penalty from there on out are ejected from the game, the player may stay on the sidelines to watch the game. This penalty will be reviewed by the ESYFL to determine further suspension. There is zero tolerance for Fighting and ejection is mandatory.
 - c. **ESYFL Zero Tolerance** –Any player or cheerleader that throws a punch at another person will be ejected from the game and upon ESYFL review, will be suspended the following week and/ or the remainder of the season. If the ESYFL decides to enforce an additional game suspension rather than removal from the season, should the player have another incident of fighting they will be removed from the tournament for the remainder of the season with no exceptions.
 - d. **Step on the Field Rule** - While this rule is executed by ESYFL and not the referees, this is to inform you that any sideline player and or parent that steps onto the field of play in ANY event, including the event of a fight/disagreement etc. between players, will result in the termination of that parent's child from rest of the tournament.

25. Standard Disciplinary Procedures and penalties

1. All players, cheerleaders, and coaches (with ESYFL badges) can be in the coaches' box on the sidelines. The coaches' box is between the twenty-yard lines. These individuals must have proper identification to be on the playing side of the field barriers. Failure to comply with this rule will result in a fifteen-yard unsportsmanlike conduct. All parents, friends, and/or relatives must stay in the designated area, even if you are filming. Ladders and other filming equipment for cameramen's usage shall be no closer than 15 yards from the outside line of the player's box at each site in order to protect the children, fans, and staff.
2. Profanity and arguing with any game official, ESYFL staff, or opposing parent/coach is not allowed, ZERO TOLERANCE. This will be strictly enforced. Failure to comply will be handled as follows:
 - a. Coach will be ejected from the game and suspended by the league for up to three games.
 - b. Coaches can only be reinstated at the league coordinator's discretion.



- c. Parent(s)/Guardian(s) will be ejected from the game and suspended for the following week's game. If the problem persists, then the child of the parent/guardian may be suspended for one game.
 - d. Players will be ejected from the game and suspended for the following week's game. If the problem persists, then the child may be suspended for the season and banned from future participation in the league.
- 3. Any player, cheerleader, and/or coach who is ejected from a game and is determined to have been correctly removed is subject to a minimum of a ONE game suspension (additional sanctions may apply depending on the nature of the offense) If further occurrences take place, sanctions may result in up to and including banishment from the league. NO REFUNDS WILL BE GIVEN FOR THOSE IN VIOLATION.
- 4. Parents that are in violation of the parent lines or are not in the designated area determined by ESYFL at the game site will be asked to leave the field area and be suspended for one week.
- 5. Parents found engaging in verbal or physical violence with players, cheerleader, parents, coaches, referees, or ESYFL staff will be suspended indefinitely from the league.

All disciplinary decisions in the ESYFL are made by a special Discipline committee and all decisions are final.