

Mountain Football League Cheer Rules Recreation Division



Rule I – League Fees and Regulations

1. Membership is \$10.00 per cheerleader.
2. All fees and rosters must be submitted before Opening Day of the season.
 - A. All rosters must be finalized three (3) weeks prior to first event date.
3. All staff, football, and cheerleading coaches must have league ID card to be on the field or around the field.
 - A. Absolutely no spectators are to be present on the sidelines/track.
 - i. All spectators must remain in the stands.

Rule II – Cheer Squads

1. All athletes shall be placed on teams according to age for safe play purposes.
2. Minimum team participants shall be 8.
3. Maximum team participants shall be 32.

Rule III – Cheerleader Eligibility

1. All registered cheerleaders on a squad from a member Agency/Association must meet one of the following conditions:
 - A. Attend school for that Park's or Association's school system
 - B. Be districted to attend school in that Park's or Association's school system.
 - C. No cheerleader may cheer on any squad other than their originally declared squad from the date of the roster check-in forward unless otherwise approved by the MFL Board.
 - D. Exception 1: Cheerleaders and cheer squads not participating in the MFL Cheer Competition are not required to submit eligibility paperwork.

Rule IV – Age Requirements

1. Definitions
 - A. Sideline Squad – Cheerleading Squad cheering on the sidelines during football games or competing in the MFL sanctioned sideline cheer competition.
 - B. Competition Squad – Cheerleading Squad composed of age appropriate cheerleaders for the purpose of competing in the MFL sanctioned cheer competition.
2. Sideline Squad Age Requirement
 - A. Each Agency/Association may determine their own policies regarding sideline age divisions.

3. Competition Squad Age Requirement

- A. 5 & 6-year olds
 - i. A player who has reached his 7th birthday prior to May 1st must be promoted to the next age level.
 - ii. A player must be 5 years old before May 1st of current year to participate.
- B. 7-year olds
 - i. A player who has reached his 8th birthday prior to May 1st must be promoted to the next age level.
- C. 8-year olds
 - i. A player who has reached his 9th birthday prior to May 1st must be promoted to the next age level.
- D. 9-year olds
 - i. A player who has reached his 10th birthday prior to May 1st must be promoted to the next age level.
- E. 10-year olds
 - i. A player who has reached his 11th birthday prior to May 1st must be promoted to the next age level.
- F. 11-year olds
 - i. A player who has reached his 12th birthday prior to May 1st must be promoted to the next age level.

- 4. Age groups may be combined as needed by the MFL on competition day in both divisions to create a viable competition.

Rule V - Practice Regulations

- 1. It is recommended that all guidelines be followed by administrators and coaches in such a way that the safety and best interests of our athletes be made our number one priority.
- 2. Pre-Season practice is the time prior the week of Opening Day.
 - A. Week 1 – Conditioning Practice
 - i. Cheerleaders may practice three days lasting no longer than 105 minutes.
 - B. Week 2-4
 - i. Cheerleaders may practice four days only lasting no longer than 105 minutes.
 - a. Preferably three weeknights and Saturday.
- 3. Regular Season Practice
 - A. Cheerleaders may practice up to three days per week.
 - i. Cheerleaders may practice two practices lasting no longer than 105 minutes
 - ii. Cheerleaders may practice one practice lasting no longer than 60 minutes.
 - iii. Exception – If a team has a Bye Week, they may practice three days for 105 minutes.
- 4. If a team is in violation of the practice rules, the head coach will be suspended for 2 games.

5. It is the responsibility of all administrators and coaches to provide ample supplies of water and appropriate care to our players.
6. During all practices, pre-season and season, the following Wet Bulb Guidelines must be followed:

A.

<u>WBGT READING</u>	<u>ACTIVITY GUIDELINES & REST BREAK GUIDELINES</u>
UNDER 82.0	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
82.0 – 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of 4 minutes duration each.
87.0 – 89.9	Maximum practice time is 105 minutes. <u>For Football</u> : players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : provide at least four separate rest breaks each hour of a minimum of 4 minutes each.
90.0 – 92.0	Maximum length of practice is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : there must be 20 minutes of rest breaks distributed throughout the hour of practice.
OVER 92	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

B. All appropriate guidelines should be followed based on the reading at the time.

Rule VI – General Rules and Regulations

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.

5. Athletes must always practice and perform on an appropriate surface.
 - A. Technical skills (stunts, pyramids, tosses, or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces, or surfaces with obstructions.
6. Soft-soled shoes must be worn while competing.
 - A. No dance shoes/boots, and /or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to ear, nose, tongue, belly button, facial rings, clear plastic jewelry, bracelets, necklaces, and pins on uniforms are not allowed. Jewelry must be removed and may not be taped over.
 - A. Exception: Medical ID tags/ bracelets.
8. Any height increasing apparatus used to propel an athlete is not allowed.
 - A. Exception: spring floor.
9. Flags, banners, signs, pompoms, megaphones and pieces of cloth are the only props allowed.
 - A. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling.
 - B. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal).
 - C. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material.
 - A. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
11. On the level grid, all skills allowed for at a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Competition routines/half-time routines shall not exceed 2 minutes and 30 seconds.

14. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins.
 - A. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
15. The competitors who begin a routine must remain the same throughout the course of the routine.
 - A. A performer is not permitted to be “replaced” by another performer during a routine.
16. An athlete must not have gum, candy, cough drops, or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.
17. Any coach, cheerleader, or spectator ejected from a game or facility for any reason will serve a minimum of a one competition suspension in addition to the suspension from the current competition.
 - A. The coach will not be allowed in or around the facility while serving their suspension. After the first ejection/suspension the coach will be placed on a one-year probation period.
 - B. If a second ejection occurs during the probationary period the coach is suspended for 1 full regular season and playoffs, if applicable.
 - C. Any and all appeals will be brought before the MFL Executive Board.

Rule VII – MFL Sanctioned Competitions

1. The MFL will hold a sanctioned cheerleading competition which may have both Sideline Cheer and Competition Cheer divisions (NOTE – for 2018 only a Sideline Cheer competition will be held).
 - A. These competitions are an opportunity for squads to compete against one another and perform their routines for scores.
 - B. Squads entering into the cheerleading competition must adhere to the rules set forth by the MFL.
2. Each team entering in the competition must submit a team roster complete with birthdays for each athlete. Competition venue will be selected by committee.
3. Cheerleading Squad composed of age appropriate cheerleaders for the purpose of competing in the MFL sanctioned cheer competition
 - A. Squad may be composed of the Sideline Squad or may be a Competition Squad formed from cheerleaders who cheered on multiple Sideline squads during football season (See Rule IV.3).
 - B. Cheerleaders must cheer on a sideline squad to be eligible to participate in an MFL competition squad (either Sideline or Competition).
4. Sideline Cheer
 - A. Age divisions are based on participant age as of May 1, 2018 using the 75% rule.
 - i. This means that 75% of your squad must be of age (or younger) to register in a certain age division.

1. This is calculated by taking the number of girls on your squad and multiplying that number by .75 (round DOWN to the next whole number).
2. This allows for the Sideline Squads composed of girls of mixed ages and does not penalize squads for having a wide range of ages.
3. Minimum participant age is 5, maximum participant age is 11 (but 75% of your squad must be 11U to enter into the 11U age division).

B. Eligible Age Groups

- i. 6U
- ii. 7U
- iii. 8U
- iv. 9U
- v. 10U
- vi. 11U

5. Competition Cheer

A. Competition Cheer will be by strict Age Groups. (See Rule IV.3)

B. Eligible Age Groups

- i. 6U
- ii. 7U
- iii. 8U
- iv. 9U
- v. 10U
- vi. 11U

6. Squads must declare an age and performance division (Sideline or Competition) upon registration. A Squad may not change levels/divisions once the registration has been submitted.

7. Competition admission will be \$3.00 for adults, \$2.00 for 18 & Under, and six (6) & under free.

Rule VIII – MFL Sanctioned Competition Rules – Sideline and Competition

1. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

2. General Tumbling

A. All tumbling must originate from and land on the performing surface.

a. Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.

i. Clarification: Rebounding to a prone position (1/2 twist to stomach) in a stunt is allowed.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: an individual may jump or step over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

- D. Dive rolls are allowed. Exceptions: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

3. Standing Tumbling

- A. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- B. Cartwheels and round offs are allowed.
- C. Front and back handsprings are allowed.
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position.
 - a. Example: Front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
- E. No twisting while airborne.
 - a. Exception: round offs are allowed.

4. Stunts (not connected “free standing”)

- A. A spotter is required for each top person at prep level and above.
 - a. Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc...) are considered prep level stunts.
 - i. Clarification: the center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.
 - ii. Exception: shoulder sits/ straddles are not considered prep level stunts; and therefore, do not require a spotter.
- B. Stunt Levels
 - a. Single leg freestanding stunts are only allowed at shoulder (prep) level or below for 8U and younger.
 - i. Clarification: If the primary bases squat, go to their knees or drop the overall height of the Stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot’s positioning.
 - b. (For 8U and Under) Single leg extended stunts are not allowed.
- C. (For 8U and Under) Twisting mounts and transitions are allowed up to a ½ twisting rotation by the top person in relation to the performing surface.
 - a. Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would NOT be legal if the resulting cumulative rotation of the top person exceeds ½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e.

prep) and the athletes show a definite and clear stop, and THEN they may continue to walk the stunt in additional rotation to make a legal full rotation.

- D. During transitions, at least one base must remain in contact with the top person.
- E. (For 8U and Under) Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
 - a. Example: A shoulder sit walking under prep is illegal.
 - b. Exception: An individual may move (not tumble) over another individual.
- G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s). When lifting a top person from the flat body position in a pendulum to the upright position, an additional base/spotter must be on the opposite side of the stunt and is responsible for catching the top person in the case of an overthrow. This additional spotter must be stationary, may not be involved with any other skill or choreography when the transition is initiated and must maintain visual contact with the top person throughout the entire transition. (The dip to throw the top person is considered the initiation of the skill.)
- H. Single based split catches are not allowed.
- I. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base or spotter.
 - a. Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist.
 - b. Clarification: The log roll may not be assisted by another top person.

Rule IX – Release Moves

1. Release moves are not allowed other than those allowed in "Dismounts".
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases.
 - A. Clarification: An individual may not land on the performing surface without assistance.
4. Helicopters are not allowed.
5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.
 - A. Clarification: The log roll may not be assisted by another top person.
 - B. Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists

6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

Rule X – Stunts – Inversions

1. All inversions must maintain contact with the performance surface.
 - A. Example: supported handstand.
2. Bases may not support any weight of a top person while that base is in a backbend or inverted position.
 - A. Clarification: A person standing on the ground is not considered a top person.

Rule XI - Pyramids (Connected)

1. Pyramids must follow "Stunts" and "Dismounts" rules (with the exceptions listed below) and are allowed up to 2 high.
2. Top persons must receive primary support from a base. Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the dismount rules.
3. Single leg stunts:
 - A. Extended single leg stunts must be braced by at least one person at prep level or below with hand/arm connection only. The hand/arm of the top person must be, and remain, connected to the hand/arm of the bracer.
 - B. If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
4. Extended stunts may not brace or be braced by any other extended stunts.
5. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Rule XII –Dismounts

1. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
 - A. Exception – front cradles are allowed but must have at least two bases and a spotter, and at least one of the bases must support the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one base or spotter supporting the waist to shoulder region to protect the head and shoulder are through the cradle.

3. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.
 - A. Clarification: An individual may not land on the performing surface from above waist level without assistance.
4. (8U and Under) Only straight pop downs, basic straight cradles and ¼ turns are allowed.
5. (For All Age Groups) All other positions are not allowed.
 - A. Example: toe touch, pike, tuck, etc.
6. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
7. (8U and Under) No dismounts are allowed from extended stunts in pyramids.
 - A. Clarification: An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.
8. No free flipping dismounts allowed.
9. (8U and Under) No assisted flipping dismounts allowed.
10. (8U and Under) Tension drops/rolls of any kind are not allowed.

Rule XIII – Tosses

1. (8U and Under) No tosses allowed.
2. Only straight ride tosses are allowed. Exaggerated arches, toe touch, pike, tuck, kick flip, etc. are not allowed.
 - A. Clarification – Arm motions ARE allowed in the straight ride toss.