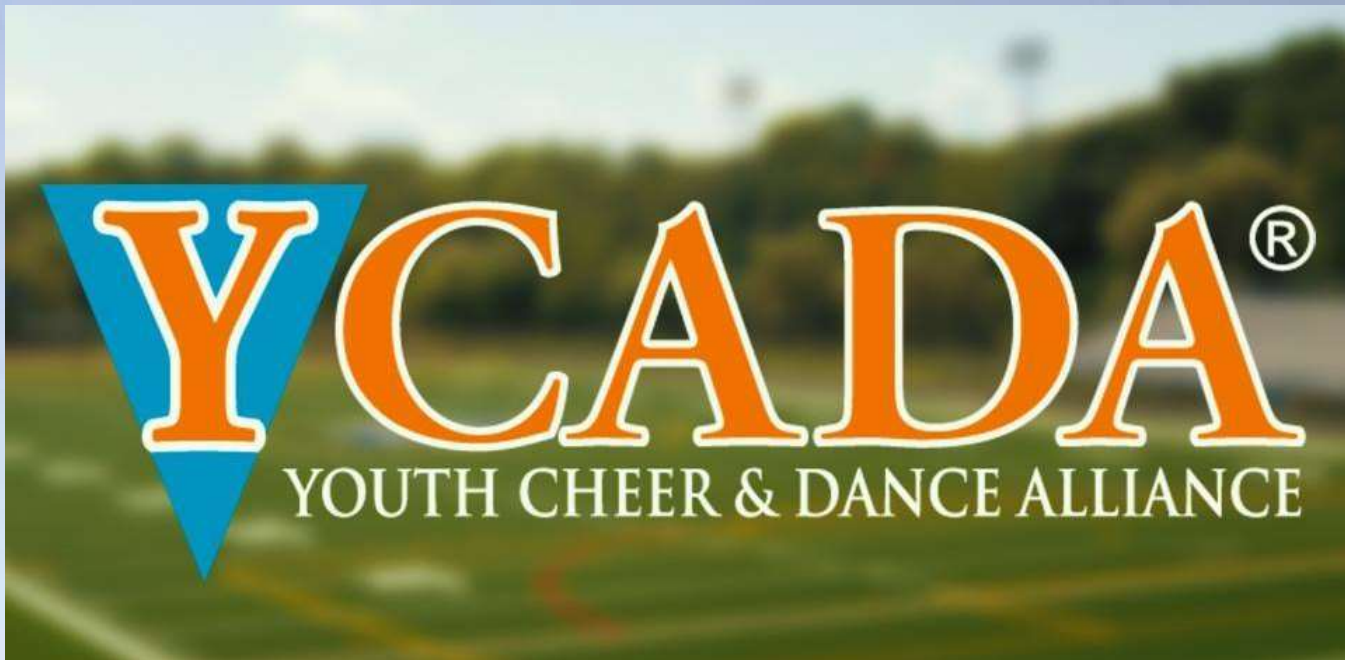


SPRING CHEER RULES BOOK



PREMISE:

Together with YCADA, NEYT is offering spring cheer to allow organizations to continue to skill build and compete in what would technically be considered an off season for fall youth programs. Those athletes who typically do half year or prep programs for all stars would have a cheaper option available to them by NEYT offering competitive or developmental options. Cheer teams will participate on the sidelines at football games for home and most away games. In addition to Game Day, teams participate in qualifying spirit events. NEYT allows local autonomy except to the extent that basic safety rules must be followed. It is required that NEYT Leagues follow, at minimum, the safety rules of YCADA - Youth Cheer & Dance Alliance. Last, NEYT Cheer is built on the premise that the same families who gather to watch the NEYT football players compete on a weekly basis, will also gather to watch NEYT cheerleaders compete.





BASIC TEAM FORMATIONS

Tryouts are not permitted. The formation of teams is based on a first-come first-serve participation policy. Each child must be afforded the opportunity to cheer regardless of ability. Once a participant is registered, the local association may assess the appropriate team levels in which to place the participant regarding the age requirements. Assessments cannot result in dismissal of any cheerleader for ability.

AGES OF CHEERLEADERS

Minimum age of all cheerleaders is 6 years old by July 1stst, 2022. Maximum age is 15 years old THROUGH July 1stst, 2022.

DROPPING A CHEERLEADER

- a) Tryouts or combines used to eliminate participants based on skill level are not permitted.
- b) Dropping a cheerleader will be acceptable when:
 - A participant is found to have signed up because of parent or guardian pressure, or, he/she tells team management he/she does not want to cheer
 - A participant cannot furnish the required documents to be certified to a team roster, (e.g., Medical, Proof of Birth Date, etc.)
 - A participant shows no interest in cheer, is disruptive to other participants and the instructions of the coaching staff, and becomes a discipline problem
 - A participant does not show up for practices. Participants must have a valid excuse from the parent(s), guardian(s) or a physician
 - A participant attempts to intimidate fellow participants by word and/or physical act.
- c) Coaches are not allowed to do the following to force a cheerleader to drop:
 - Excessive team or individual conditioning drills
 - Disciplinary actions or assigning individual players' laps
 - Intentionally placing player in intimidating situations for the purpose of encouraging weaker player to quit
- d) Coaches found to be using these or any other tactic to drop weaker athletes will be immediately dismissed for the remainder of the season and may be permanently suspended.

PRACTICE & COMPETITION LIMITATIONS

- a) Teams will primarily follow the NEYT bylaws and cheer rules
- b) Where they are silent, YCADA - Youth Cheer & Dance Alliance safety rules will be followed;
- c) Complete the necessary registration requirements for Cheer Participants
- d) Practices may not exceed a maximum of eight (8) hours per week, with a maximum of two and a half (2.5) hours per day. Mandatory breaks are required.
- e) Combination of teams can be granted based on an organization's numbers. Combined teams will compete in the division in which the majority of its members reside. Example if you have a combined 8/10 division, and that team has more 9/10 years old's than 7/8 year old's, you would compete as Division 10u. Vice versa you compete as Division 8u.

- f) Cheer teams do not have to cheer at away games but should be present at home games., playoff games, and championships. Each organization can determine whether their cheerleaders attend away games. Failure to attend required games will result in disqualification from exhibitions or competitions.
- g) Head coaches are in complete control during practices, games, and competitions. They are responsible for their own actions or inactions, their assistants' actions or inactions and the actions of their players.
- h) Head Coaches Must be at least 21 years of age by the start of the season.
- i) Assistant Coaches must be at least 18 years of age by the start of the season and must have graduated from high school or hold a GED certificate. They must have a general knowledge of cheerleading and cheerleading safety rules.
- j) All rostered cheer coaches must complete YCADA certification.
- k) Junior Demonstrators
 - o Ages 14-18, attending high school
 - o Junior Demonstrators may only carry out the instructions of the Head or Assistant Coaches.
 - o Junior Demonstrators will work with teams a minimum of 2 years younger than his/her current age.
 - o Junior Demonstrators shall not conduct a practice without a head or assistant coach present.
 - o Junior Demonstrators are participants; all required participant paperwork must be filled out, certified, and in the team book.
 - o Junior Demonstrators are NEVER to carry out ANY disciplinary action towards participants.

DIVISIONS

Division	Ages	Skill Levels
8u - Freshmen	5,6,7,8	1,2
10u - Sophomore	7,8,9,10	1,2,3
12u - Junior	9, 10, 11, 12	1,2,3
14 & 15 - Senior	11,12,13,14, 15	1,2,3,4

SIZE OF CHEER TEAMS:

- Small Cheer Team: 6-18 members, male and/or female
- Large Cheer Teams: 19-35 members, male and/or female



SKILL LEVELS

The levels are for our athletes as they begin learning the basic safety and technical skills associated in cheerleading and then continue to follow a safe skill progression. The goal of cheer progression is to learn a skill, succeed at the skill, in hopes to begin learning the next logical skill that follows. One must master the basic skills then work toward the next challenging skill. Each organization will be provided a YCADA rulebook. Anything not covered by NEYT will defer to YCADA rules.

- **Level 1** is for teams with athletes and coaches that have little to no experience. This level is for Novice athletes and coaches.
- **Level 2** is for teams with athletes and coaches where a majority of the team has mastered level 1 skills. This level is for Beginner to Intermediate skilled athletes and coaches.
- **Level 3** is for teams with athletes and coaches where a majority of the team has mastered level 2 skills. This level is for Intermediate to Advanced athletes and coaches.
- **Level 4** is for teams with athletes and coaches where a majority of the team has mastered level 2&3 skills. This level is for advanced athletes and coaches.

MUSIC GUIDELINES

There cannot be a “bleep” over an inappropriate lyric. Lyrics cannot lead up to an inappropriate word which then has a voiceover on the inappropriate word or cuts off right at the inappropriate word. Music legalities cannot be based on “meaning of the song”, although specific lyrics should be appropriate for family listening. i.e. avoid lyrics in-regards to drugs, sex, drinking, etc.

When there is a music malfunction during a performance that is not the result of the coach or team representative error, the team may be offered the option to perform again. It will be up to the competition officials’ if the team will perform again and from what starting point.

UNSPORTSMANLIKE BEHAVIOR

A team whose administrators, coaches, participants, and/or spectators are displaying unsatisfactory sportsmanlike conduct before or during an event may be subject to a 5-point deduction.

IN CASE OF A TIE

All ties will be broken at Regional/National competitions by using the Degree of Difficulty scores from: Jumps, Stunts, Pyramids, Dismounts, Tumbling, and Tosses. If it is necessary to break a second tie, the Choreography/Overall Performance score will be used.

ROUTINE INTERRUPTION DUE TO INJURY

In case of an injury, the competition officials, event medical personnel, a coach of the performing team, or one of the judges can stop the performance. It is up to the competition officials’ if the team will perform again and from what starting point. Any injury where there is blood present must be stopped and the injured athlete must not return until the bleeding has stopped, the wound is covered, and uniform appropriately cleaned or changed.



INJURED PARTICIPANT RETURNING

An injured participant must not return to the performance until the competition official receives clearance from all of the representatives listed below. Event Medical personnel attending to the athlete Parent/Guardian (if present) Head Coach of competing team In the event of a suspected head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries.

DISQUALIFICATION

Teams with illegal competitor(s) will be disqualified. Reasons for disqualification include but are not limited to overage competitor(s), competitor(s) not listed on official League roster, and/or illegal competitor(s) listed on official League roster. If a team is found with unregistered competitors, the team will be disqualified. Teams registering and performing in incorrect divisions and/or categories will be disqualified.

CHEER ROUTINE GUIDELINES


The general requirements for the format of your routine. (Any violations from this section will be a 1.0 point deduction):

- 1) Each team will perform a choreographed performance not to exceed: 2 minutes 30 seconds
- 2) Formal entrances and exits are prohibited (i.e. crowd response chants or cheers, team huddles or stunts). Teams should take no longer than 20 seconds to enter and set for their routine. Teams should enter and go directly to their starting position immediately upon taking the floor, unless they are setting signs, poms, flags, or props for the routine. Walking directly in uniformed fashion to team's starting position is allowed. Spirited entrances and exits are allowed but must not include tumbling or stunt skills.
- 3) Timing will begin with the first choreographed word, movement, skill, or note of music following the team's entrance to the performance surface. Timing will end with the last choreographed word, movement, skill, or note of music preceding the team's exit from the performance surface. Coaches may not delay the start of the routine to fix formations.
- 4) All participants must be in contact with the performance surface at the start of the routine (exception: Flyers may start with both feet in bases' hands provided each of the bases have both hands in contact with the performance surface).
- 5) Only registered participants of a team are allowed on the performance surface. Coaches may NOT set up signs, poms, etc. for the team.
- 6) Tear away uniforms and/or removal of clothing is not allowed. Items that may damage the performance surface are prohibited.
- 7) Routines must be appropriate for family viewing. Appropriate choreography and music MUST be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.
- 8) Uniforms and makeup should be age appropriate and suitable for family viewing. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Actions taken will be under the discretion of an event official.
- 9) Music must be incorporated into the performance. Required skills are listed on the score sheet.



UNIFORM & EQUIPMENT

- A. Please use discretion in judgment in selection of uniforms. Participants shall wear apparel (uniform, costume, shoes, etc.) that is appropriate for the activity involved.
- B. Uniforms should be properly fitted to each participant.
- C. Appropriate undergarments should be worn at all times.
- D. When standing at attention, cheer and dance apparel must cover the midriff.
- E. While during the athletic competition a teams' uniform may rise up but
- F. Teams should plan and provide uniforms that give complete coverage during the majority of a teams' routine regardless of the athletic activity.
- G. The midriff is considered the middle section of the bodice, front and back.
- H. Cutouts and Mesh below the top of the bra line are not permitted.
- I. Nude body suits are not acceptable;
- J. A MALE CHEERLEADER / DANCER*:
 - 1. Top- Sweater, Shell, T-shirt, Polo, Etc.
 - 2. Bottom- Short, Pant, Dance Pant*, Sweat Pant
 - 3. Sneakers, Soft-Soled Shoes*, Socks
- K. B FEMALE CHEERLEADER / DANCER*:
 - 1. Top- Sweater, Shell, Dance Wear*, T-shirt, Polo, Etc.
 - 2. Bottom- Skirt, Briefs, Short, Dance Pant*, Sweat Pant
 - 3. Tights*
 - 4. Sneakers, Soft-Soled Shoes*, Socks
 - 5. Bow/Ribbon
- L. The wear of a bow or ribbon is not required
- M. Bow/Ribbon, Socks and Briefs must be uniform to the entire team. All participants wearing the same item/color(s).
- N. All team members shall wear their hair and Hair Ribbons/Bows pulled back and away from the face.
- O. Bows should have no attachments (i.e., sometimes called 3D), just the bow or the ribbon so that all teams have a scholastic uniform image. Attachments to bows can be a potential safety hazard to athletes with sharp edges, hard/metal pieces and attachments that may be haphazardly attached and likely to come off during a performance.
- P. Hair Beads are not permitted. The beads may interfere with the safety of other team members while performing in practice, games and competitions.
- Q. Glitter that does not readily adhere to hair face, body and uniform or costume is not permitted. Glitter may be used on signs and props if laminated or sealed.
- R. Participants must cover any visible body art/body tattoos (i.e., band-aide). Tattoos, face paint, temporary hair color/mascara for the entire team etc. are not permitted.
- S. A transferable temporary Mascot Tattoo applied to the face is permitted during games and competition.

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- T.** Eyeglasses **MUST** be secured by a sport band while performing to ensure safety (i.e., Eyeglasses shall be secured to the head and under the hair with a sport band). Note: Eyeglass bands must not be knotted or have beads on it.
 - U.** Athletic closed-toe shoes are required for all participants.
 - V.** Jewelry of any kind (i.e., post earrings, friendship bracelets, watch, necklaces, rings, pins, body piercing, etc.) will not be worn at practices, games or competitions, except religious or medical medals, which must be secured to the body (without a chain) with tape under the apparel. Piercings may not be covered with any type of tape.
 - W.** Make-up is permitted. It is the responsibility of the Head Coach to advise the participants on appropriate use of make-up for a youth team.
 - X.** Nail Polish is permitted in neutral or team colors.