



Official Rules and Regulations for FBYFL Cheer Program

Revised for 2023 – 2025

SECTION 1: OBJECTIVE

1.1 Purpose

- 1.1.1 The purpose of these official rules and regulations are to provide a safe, fun, and educational cheerleading experience by guiding and enforcing the Cheerleader Etiquette and Guidelines, found later in this document. The purpose of the FBYFL Executive Cheer Director and Directors of Cheer Operations is to adhere to and enforce the Rules and Regulations established by the FBYFL Executive Board, which shall not override or conflict with these rules.
- 1.1.2 It should be noted that while specific sections are defined below, any items/issues not specifically addressed shall be governed by the FBYFL Official Rules and Regulations.

1.2 Meeting and Notices

- 1.2.1 Regular Meetings

- 1.2.1.1 Regular meetings of the Cheer Directors during the off-season (January-July) shall be held on the regular Sunday Meeting of the FBYFL Executive Board, unless otherwise determined by the Cheer Directors. Regular meetings of the Cheer Directors during the season (August- September) shall be held every Sunday, unless otherwise determined by the Cheer Directors. Extravaganza meetings of the Cheer Directors shall be the Sunday two weeks before final packet is due and the Sunday two weeks before Extravaganza, unless otherwise determined by the Cheer Directors. These meetings will be held at a time and place determined by the League Cheer Directors.
- 1.2.1.2 Notice of each meeting shall be given by the FBYFL Secretary to all Franchise Cheer Directors via email at least 72 hours prior to the meeting.
- 1.2.1.3 It is the responsibility of the Cheer Director and/or Franchise to attend every scheduled meeting.

SECTION 2: CHEERLEADER ELIGIBILITY

2.1 League Participation, Cheerleader Eligibility and Transfers

- 2.1.1 No participant may cheer in any other cheer program, while participating in FBYFL Cheer Program during the regular FBYFL cheer season, Cheerleaders may practice with other cheer programs but not on designated days of your organizations practice or FBYFL sanctioned events. This includes all competitive cheer programs. Violations will result in the immediate suspension of the participants from further activity in the FBYFL for the remainder of the current season. In addition, the FBYFL Executive Board shall impose additional fines/penalties directly to the violating franchise.
- 2.1.2 All participants must meet the eligibility requirements as defined in Section 2 of the FBYFL Official Rules And Regulations, except as noted below.
 - 2.1.2.1 It is at the discretion of each franchise to enlist participants no younger than 3 years of age as defined in the FBYFL Official Rules and Regulations. These cheer participants shall be known as Cheer Mascots and do not count towards the franchise's registration totals. Parents of cheer mascots must complete a signed waiver prior to participation, which must be maintained with the franchise's registration books.
- 2.1.3 Applicants who previously participated in FBYFL and who wish to make a transfer to another FBYFL Franchise may do so if application has not already been made to and accepted by another franchise and that the applicant is in good financial standing with the previous franchise. (Note: An accepted Application is a FBYFL application that has been submitted online and approved by the respective franchises board member.)
 - 2.1.3.1 A list of outstanding or unresolved equipment or other financial obligations will be submitted to the FBYFL Executive Board, and these participants will be required to resolve their outstanding debts prior to Registration with any franchise in FBYFL.
 - 2.1.3.2 All other rules related to transfers are defined in Section 2 of the FBYFL Official Rules and Regulations.

SECTION 3: REGISTRATION

- 3.1 Section 3 of the FBYFL Official Rules and Regulations, defining registration apply to all cheerleader participants, except as noted below.

- 3.2 All participants, including cheer mascots, must be registered by submitting an FBYFL approved online application. Failure to use the league approved application will result in a \$250 fine to the applicable franchise.
- 3.3 All participants shall provide a birth certificate, which must remain on file with the franchise's records and available upon request by any member of the executive board.
- 3.4 All participants apart from Mascot, Flag and Freshman must provide a final report card from the previous school year indicating the grade the participant will be starting in August/September of the current school year.
- 3.5 Cheerleader participants are not required in the FBYFL mandated weigh-in, as this is designated solely for football participants.
- 3.6 Changes (additions, deletions) to a franchise's cheer roster can be made until the second FBYFL weigh-in. Rosters will be considered frozen after the second weigh-in.
- 3.6.1 Late registrations will be subject to the rules defined in Section 3.10 of the FBYFL Official Rules and Regulations.
- 3.7 At the FBYFL mandated weigh-in, each franchise is required to submit two copies of the Cheer Program registration books. The registration books must contain the following documents of each participant in the registration books: copy of registration form, and report card (sophomore through senior levels ONLY). One copy is to be submitted to the FBYFL Executive Board and the other maintained by the franchise.
- 3.8 All other registration documentation requirements are defined in Section 3 of the FBYFL Official Rules and Regulations. Fines and/or penalties for missing documentation apply to cheer participants as well.

SECTION 4: CHEER SQUAD STRUCTURE

- 4.1 Franchises are not permitted to conduct try-outs. Any team violating the rule will be assessed penalties as defined in the FBYFL Official Rules and Regulations.
- 4.1.1 Definition of Tryout: A text to ascertain the qualifications of applicants as for the athletic team.
- 4.2 Each franchise should have cheerleaders present for all five football divisions (Flag, Freshman, Sophomore, Junior, and Senior).
- 4.3 It is at the discretion of each franchise as to which games and with which squads each participant will cheer. Participants are not required to cheer at the FBYFL registered participation Level as designated by the football criteria.

SECTION 5: PRACTICE

5.1 Section 6 of the FBYFL Official Rules and Regulations defining practices shall apply to all franchise cheer programs.

SECTION 6: CHEER EXTRAVAGANZA/EXHIBITION

6.1 Each franchise MUST participate in at least one category of the FBYFL Cheer Extravaganza/Exhibition. Non-participation will result in a fine of \$1,500.00 per franchise.

6.1.1 Guidelines for payment of fines and/or penalties are defined in Section 13.16 of the FBYFL Official Rules and Regulations.

6.2 Eligibility

6.2.1 Participant eligibility in the FBYFL Extravaganza/Exhibition is determined by eligibility as a FBYFL participant in the current season as defined in the FBYFL Official Rules and Regulations.

6.2.2 Participants eligibility at the franchise level is determined by FBYFL rules and regulations: no tryouts on any level per rule 4.1.

6.2.3 If a franchise is found to have included an ineligible cheerleader or excluded an eligible Cheerleader (as defined above) in any portion of the Extravaganza/Exhibition, the franchise will automatically be stripped of all awards and or disqualified to participate. Additional fines/penalties shall be imposed, if necessary, by the FBYFL Executive Board. Possible sanctions may include, but are not limited to, expulsion or suspension of any franchise Cheer Director, Coach, participant, or other responsible party for the current and/or following/upcoming season.

6.2.4 Prior to the Extravaganza/Exhibition, each franchise must submit a final roster by the specified due date that includes all participants. These participants will be confirmed as eligible participants by cross referencing the rosters with each franchise's registration books submitted at the beginning of the season.

6.2.4.1 Discrepancies found must be rectified by the franchise's Cheer Director and President. The participant will not be allowed to enter the field until the discrepancy is cleared.

6.2.4.2 The FBYFL Executive Board may decide, based on the discrepancy, if the franchise will be allowed to participate in the Extravaganza/Exhibition, or if the franchise will be removed from the competition.

6.2.4.3 Any individuals involved with the violation will be immediately suspended from participating in any FBYFL cheer-related competitions for the current season and following/upcoming season and following/upcoming season. Each franchise found in violation will also be disqualified from participation for the current season and following/upcoming season.

6.2.4.4 Any, and all other violations regarding the Extravaganza/Exhibition, shall be defined by Section 13 of the FBYFL Official Rules and Regulations.

6.2.5 In addition to FBYFL eligibility, all participants in the FBYFL Extravaganza/Exhibition must have participated in at least 75% (6 of 8) of regular season games.

6.3 Rules, Regulations and Guidelines

6.3.1 All registration information MUST be submitted by the specified due date. Late submission will result in a \$100 penalty.

6.3.2 If a cheerleader registers and is unable to participate, unless it is a family emergency or illness, in the event, a fee will be assessed of \$25.00.

6.3.3 All facets of a performance or routine, including choreography, music selection and outfitting, should be suitable for family viewing and listening.

6.3.3.1 Deductions will be given and/or disqualification for vulgar or suggestive choreography, which include, but not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another.

6.3.3.2 Deductions will be given and/or disqualification for music or words unsuitable for family listening, which includes, but not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior.

6.3.3.3 Removing improper language or words from a song and replacing with sound effects or other words constitute inappropriate and deductions/disqualifications will be made accordingly.

6.3.4 To ensure the most positive experience for all participants, the following Code of Conduct will be adhered to. Violations will result in point deduction(s) on the scoring and/or disqualification.

6.3.4.1 Any questions or concerns that affect a team's performance or experience must be Communicated by the coach to the Extravaganza/Exhibition Directors.

6.3.4.2 Participants, coaches or spectators are prohibited from contacting the judges during the competition.

6.3.4.3 Judges ruling are final related to deductions, final team placement and legalities.

6.3.4.4 Any unruly, aggressive, or belligerent behavior by participants coaches toward any other attendee or Extravaganza/Exhibition staff will result in a deduction, potential team disqualification, and removal from the event.

6.3.4.5 Coaches, directors, team mom, etc. may not stand and/or sit near or behind the judges.

6.3.5 Routine Requirements. Violations will result in point deduction(s) on scoring and/or Disqualification.

- 6.3.5.1 Each team will perform a choreographed routine (no outside choreographer can be hired to teach the routine) not to exceed 2 minutes and 30 seconds (150 seconds) for Showcase and Performance, Game Day routine not to exceed 3 minutes (180 seconds).
- 6.3.5.2 No voice-overs or words may be recorded to make the team's vocal projection sound louder.
- 6.3.5.3 Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted unless otherwise specified.
- 6.3.5.4 Cheerleaders should enter the performance area in a timely fashion.
- 6.3.5.5 Timing will begin with the first organized word, movement or note of music by the team after they are officially announced and have taken the field.
- 6.3.5.6 Timing will end with the last organized word, movement, or note of music by the team. Teams must exit the performance area immediately following the routine.
- 6.3.5.7 Teams should utilize all areas of their squad's technical strength in jumps, tumbling, partner Stunts, pyramids, motion technique, projection and expression, choreography, showmanship, and dance.
- 6.3.5.8 Team should be on deck at least 15 minutes prior to their performance.
- 6.3.6 Teams will follow AACCA Guidelines for School Cheer regarding tumbling, pyramids, dismounts, tosses, and stunts. Violations will result in point deduction(s) on scoring and/or disqualification. (Guidelines and Glossary Attached)
- 6.3.7 Performance Area. Violations will result in point deduction(s) on scoring and/or disqualification.
 - 6.3.7.1 All permitted skills (stunts, pyramids, tumbling, etc.) must be performed on the performance Area.
 - 6.3.7.2 Objects cannot be thrown outside the performance area.
 - 6.3.7.3 Poms, signs, flags, megaphones, and/or banners may be placed or dropped outside the performance area by a performing team member.
 - 6.3.7.4 No more than four (4) coaches, directors and/or team moms are allowed to enter with the squad.
 - 6.3.7.5 Props (poms, signs, flags, megaphones, and/or banners) must be setup and removed by the performing members.
 - 6.3.7.6 No performing member is allowed to step off the mat during the performance. This is considered out of bounds. Violation will result in point deduction(s) on scoring and/or disqualification.
- 6.3.8 Additional Guidelines. Violations will result in point deduction(s) on scoring and/or disqualification.

6.3.8.1 FBYFL is responsible for the spotters.

6.3.8.2 FBYFL is responsible for providing appropriate cheer matts.

6.3.8.3 Coaches, directors, team moms, cheer executive board members affiliated with a team etc. who volunteer to work the FBYFL Cheer Extravaganza/Exhibition can only work in their assigned area. The assigned area may not be working with the judges. A designated area will be identified for coaches, directors, and cheer executive board members affiliated with a team etc. during their team performance. Any coaches, directors, team moms, cheer executive board members affiliated with a team etc. that are seen outside of either of the designated area during their team's performance will be subject to point deduction(s) on scoring and/or disqualification.

6.3.8.4 Coaches, directors, team moms, cheer executive board members affiliated with a tea, etc. are NOT allowed to provide instruction from the sideline or the viewing area. They may NOT stand, sit, etc. to provide instruction. NO type of verbal or non-verbal instructions are allowed.

6.3.8.5 Participants must remain with their squads until after the awards presentation for their division.

6.3.8.6 Participants will NOT be allowed to wonder, go to the restroom or concession stand alone or without adult.

6.3.8.7 All jewelry is prohibited during participation. Religious medal and medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.

6.3.8.8 No loose glitter, confetti, etc. you will be assessed a \$100.00 fine and disqualified.

6.3.9 If a tie should occur the results will be determined by the squad with the highest points in the following categories:

Showcase Level of Difficulty

Game Day: Level of Difficulty

Performance Athletic Demand

SECTION 7: CHEERLEADER ETIQUETTE AND GUIDELINES

7.1 The purpose of the Cheerleader Etiquette and Guidelines section is to clearly articulate the expectations of each franchise's cheer program. Each Franchises cheer program is designed to promote and uphold community pride and spirit at FBYFL events, and develop and maintain sportsmanship and camaraderie amongst all FBYFL cheerleaders.

7.1.1 The etiquette/game day guidelines are set forth by the FBYFL Executive Board. Any guidelines Listed below shall not conflict with the FBYFL Official Rules and Regulations.

7.2 Etiquette – Each Cheerleader Must:

- Display sportsmanship always.
- Show respect for all participants and volunteers within all franchises.
- Always maintain a positive attitude.
- Refrain from negative cheering.
- Exhibit behavior becoming of a FBYFL cheerleader at all FBYFL sanctioned/sponsored events.
- Refrain from the use of foul or negative language or derogatory facial expressions.
- Set a good example for all youth in the community.

7.3 Game Day Guidelines

- 7.3.1 The home team is considered the hosting franchise 6.3.2. Prior to the start of each game the franchise Cheer Director/Cheer Coach(es) should discuss the half-time performance and timing of the spirit/gift exchange.
- 7.3.2. It is the responsibility of each franchise Cheer Director/Cheer Coach to submit the cheerleader roster and half-time performance music to the press box representative prior to the start of The game.
- 7.3.3 The maximum length of each half-time performance will be 5 minutes unless specified by the FBYFL Executive Board due to weather or game day changes.
- 7.3.4 The visitors' team should always perform first, followed by the home team. 6.3.6 All halftime performances will be performed on the 50-yard line, facing the home teams' side of the field.
- 7.3.5 Cheerleaders from both teams should watch the other team's performance from the sideline, being sure to face the team performing.
- 7.3.6 Spirit/Gift exchanges should take place immediately following the half-time performance. Any deviations should be discussed between the franchises Cheer Director/Cheer Coach(es) prior to the start of the game.
- 7.3.6.1 Spirit/Gift exchange item will be defined by the Cheer Directors. No other gift/item will be substituted, given in place in addition to the defined item.
- 7.3.6.2 Any additional guidelines regarding the exchange throughout the season will be discussed and approved by the Cheer Directors. The approved guidelines will be adhered to. Any violation may be seen as a violation of FBYFL rules, regulations and guidelines and may be subject to penalty.
- 7.3.7 The home team must go to the visitor's team's side and perform 1 or 2 cheer/chants followed by the performance of 1-2 cheers/chants by the visitor's team to the home team side. Cheerleaders will return to their respective sidelines for the duration of the game.
- 7.3.8 In the event of an injured football player down on the field or sideline, ALL cheerleaders must kneel until confirmation of the player's condition.

- 7.3.9 All franchise cheer staff must be in proper franchise attire, including but not limited to Cheer Directors, Assistant Cheer Director, Coaches, Assistant Coaches, Youth Cheer Assistants.
- 7.3.10 All violations will be brought to the attention of the FBYFL Executive Cheer Director or Director of Cheer Operations, who will investigate alleged violation. If the violation is proven is proven valid, the FBYFL Executive Cheer Director will bring it forth to the FBYFL Executive Board meeting. The franchise President will also be involved. All fines/sanctions/penalties will Be issued accordingly as defined by Section 13 of the FBYFL Official Rules and Regulations.
- 7.3.11 Unsportsmanlike conduct violations of FBYFL rules throughout the regular cheer season will Result in fine specified by FBYFL Official Rules and Regulations.
- 7.3.12 Teams will follow AACCA Guidelines for School Cheer Level 1 regarding pyramids, dismounts, Tosses and stunts and Level 2 regarding tumbling. Violations will result in point deduction(s) on scoring and/or disqualification. (Guidelines and Glossary Attached)