

# Seminole District Youth Football League

## 2023 Cheerleading and Competition Guidelines

### GENERAL GUIDELINES

1. Cheer competition date, time, and schedule will be determined by the host team with the help of the hosting General Manager.
2. Performance order will be determined by a random drawing at the scheduled Cheer Director's meeting. The hosting team will perform last.
3. Cheerleaders will be allowed to compete in the same age divisions as football. (Mini Mites, Mites, JV and Varsity) but will be grouped according to squad size. (14 or less is considered GROUP A and 15 or more is considered GROUP AA) Exception: Next largest team has to move up to compete in the AA division if there is only one team in Group A.
4. All four squads from each team are eligible, but not required to participate.
5. Signs, megaphones, and/or pom-poms are the ONLY props used during competition. If these props are carried onto the field, the squad performing must use them and carry them back off of the field.
6. Crowd participation is allowed and encouraged!
7. Directors should provide the hosting team with a copy of their performance music. This must be labeled with team name, division and song. It is recommended that you have an additional copy and that you have a flash drive or separate CD's for each squad. DJ may ask that each team send music digitally before the event to avoid any possible delays the day of Cheerfest.
8. ***All Music must be age appropriate and refrain from any unacceptable language. Music must be approved by the GM before the event. Music should refrain from any words promoting sex, drugs, and/or alcohol.***
9. Mascots may not participate in competition for safety reasons. If a child is five years old or older as of November 1st, that child will be required to participate as

an actual member of the Mini-Mites squad.

10. *All squads will perform a routine no longer than 3 minutes maximum. Time over this limit will cause deductions from the team's final score. (Example: 1-60 seconds over will be a 5 point deduction)*

### **SCORING**

1. Each squad will perform at least one cheer (hello or team choice) and a dance routine.
2. Final score sheets will not be available the day of competition. The sheets will be given to the hosting GM to be handed out at the first meeting following the event. There must be a meeting scheduled within 1 month following the Cheerfest event.
3. At the end of the competition, the total points awarded by each judge will be combined for a total score for the squad. The squads in each group with the highest score will receive the first (1st) place trophy. Second highest will receive the second (2nd) place trophy, and a third (3rd) place trophy will be given. Fourth (4th), fifth (5th) and so forth will be announced to the Cheer Director's at the meeting following the event.
4. Scores will be tallied by any two of the following individuals that are present at the competition, General Managers, or college judges, with one tallying the score card and the other in charge of verification. All tallied cards must have a completed field in each space.
5. All declared winners are FINAL the day of competition.
6. In the event of a Tie: the highest and lowest scores for each team shall be removed and the remaining scores will be averaged to determine the winner. In the event that this also results in a tie, the process shall be repeated until the winner is determined.

7. One **unaffiliated person or paid official**, will be required to monitor the clock for timing of the routine. (Unaffiliated meaning: anyone that does not have a team competing or directly involved with a competing team!) Check with the event's local High Schools or hosting General Manager to coordinate this position. (The hosting team will be responsible for paying this individual.)

### **JUDGES**

1. We will invite 5 to 7 College cheerleaders, all over the age of 18 to judge. These girls/boys will not be affiliated with any of the area teams and will therefore, be unbiased. ( 2 safety judges and 3 traditional judges required.)
2. In the event that we are unable to get college cheerleaders for judges, we will ask adult cheerleading sponsors from high schools or local cheer competition teams that are not connected with the area students involved in the competition.
3. Only SDYFL rules should be taken into consideration for judging criteria.
4. All judges will be given a copy of the final rules and any additional necessary by-laws. The Host Team will arrange at least one group meeting with all directors and judges before the competition to discuss and clarify rules. There will be no other outside contact or contact with the judges before the day of competition or on the day of competition with the exception of the hosting General Manager or Cheer Director. No directors will be allowed around the judges during the Cheerfest performances.
5. *There will be a total of two (three if possible) safety judges on the field. Two judges will be monitoring stunts on the field, one (if available) will be monitoring coaches for signals/cues. (JV and Varsity levels ONLY)*
6. Track passes will be given to each team to distribute to parents, helpers, and coaches. All of which, must be background checked.
7. Host team will be responsible for booking the event photographer/videographer if they decide to have one at the event.

## COMPETITION RULES

1. Once a squad has completed their performance and has left the sidelines, the next squad will move into the starting position/and all chanting will cease.  
**CAUTION:** Do not step onto the field until you are announced and ready.
2. Each squad will be asked not to take the field until announced. Once prompted to take the field by the announcer, coaches/sponsors may signal for music and the team may step onto the field. Your time will then begin.
3. Time starts the moment that music is started or the first cheerleader steps across the line onto the field.
4. Directors are responsible for informing coaches of correct positioning of the field.
5. Prior to the performance, spotters (coaches, sponsors) should cross the field and are allowed to place signs / pom poms on the field to be used during the performance.
6. Coaches/Spotters may direct or spot the **MINI-MITES AND MITES SQUADS ONLY**. Spotters/Coaches must be over the age of 18.
7. All sponsors or coaches of the JV and Varsity squads should cross the field (with hands behind their backs and at a standstill) prior to their team taking the field and cannot assist their team in any way, once the performance begins. **NOTE:** Spotters/Coaches are allowed to place signs on the field to be used during performance and then place hands behind their back before the team crosses the field.
8. Mascots may walk on and off the competition field with coaches but may not perform with the competing squad.
9. See additional guidelines for clarification on ALL allowed stunts and tumbling for each age group.

10. Standard team uniforms are to be worn. "Standard" is defined as those uniforms which are worn during the regular season. It should be noted that some teams may have different, but coordinating uniforms for captains and mascots which are considered to be a standard uniform.

**NOTE:** These items are considered a standard uniform.

- Shell
- Skirt
- Bloomers
- Turtleneck / Crop Top
- Tennis shoes
- Leggings / Tights
- Cheer Bow
- NO Jewelry (Exception: Freshly pierced ears must be studs that are covered up with medical tape)

11. **CAUTION:** No costumes or special accessories! (Examples include; gloves, hats, sunglasses, scarves, etc.) **NOTE:** Hair glitter and small face tattoos are allowed.

12. If there is a problem with a league's music OR malfunction of the equipment while a squad is performing, that squad will be allowed to leave the field to provide an opportunity for the young athletes to regroup and take the field to perform their entire routine fully, after the host team has performed.

### **PRESENTATION OF TROPHIES**

1. 1 . A 1st, 2nd, and 3rd place trophy will be presented in all judged age divisions.
2. All other places will be announced at the first meeting proceeding the Cheerfest event.

## **ADDITIONAL INFORMATION**

1. All participating cheerleaders will receive a medallion. The hosting Cheer Director will choose medallions and give a final cost to all Cheer Directors no later than the scheduled August meeting. Each organization will be responsible for paying the hosting organization by September's meeting to provide adequate time for ordering and shipping.
2. Hosting Cheer Director will be handling the following: Cheerfest programs, contacting judges (booking them), confirming the venue, coordinating with vendors, ordering and collecting medallions and leading the meetings for that season. Cheer Directors are responsible for working along with their General Manager in coordinating the event.
3. **All head coaches for each organization and level must take an online coaches course. They must turn in certificates to their Cheer Director or General Manager before the first game!**  
[www.ayffootball.com](http://www.ayffootball.com) or [www.nays.org](http://www.nays.org)