CPSAL No Stunt Cheer/Dance Rules & Regulations

1. *Uniforms*

1.1. The National Federation of High School Associations (NFHS) states basically that high school cheer squad uniform tops must cover the midriff while arms are at the sides. Small amounts of mid section showing during movements will not, in most cases, violate rules. In general, uniforms should be modest-looking. Tops should be waist-length covering the entire frontal area of the body, but sleeveless shirts that allow shoulders and arms to show are okay. The back construction should cover the upper body, but if the lower back shows while sitting and bending it will not violate rulings. Cheer skirt lengths are generally 12 to 14 inches, but these lengths tend to be shrinking each year so be sure and check for changes in current rulings. Some schools encourage shorter skirts for safety reasons because too much fabric can be dangerous for performing certain stunts. Cheer briefs must be worn under skirts, and many schools are opting for team logos, paw prints or other appropriate symbols sewn on the side or on the behind which does not violate NFHS rules.

2. *Apparel & Accessories*

2.1. No jewelry may be worn except for religious or medical medals, which must be taped to the body.
2.2. Fingernails must be kept at an appropriate length, to near the end of the fingers.
2.3. Hair should be worn in a way that minimizes risk to participants, and hair devices should be secure.
2.4. Apparel and accessories must be appropriate for the activity to minimize risk to participants. Cheer team members must wear athletic shoes, and not gymnastics slippers.
2.5. Uniforms must cover the midriff while in the standing position.
2.6. No glitter that does not adhere to the skin or clothing may be worn.
2.7. Supports or braces that have unsmooth edges must be covered. Members wearing a cast may not participate in movies.

2.8. A single, partial, or whole manufacturer's trademark or logo may not exceed 2-1/4 square inches.
2.9. An American flag no larger than 2 by 3 inches, or other commemorative symbol no larger than 4 square inches, may be worn on clothing with written state association approval.

3. *Participation*

3.1. Students in 8th grade may participate in Varsity competition.

3.2. If a student in 8th grade participates in Varsity High School Cheerleading Competition they cannot participate in Junior High School competition.

3.3. In order to be eligible to participate in CPSAL activities a student must be enrolled in and attend a member school.

3.4. Physical Examination is required for each athlete and is the responsibility of the school to confirm each athlete has an updated physical.

3.5. Transferring students cannot be added to rosters during a season.

3.6. Transferring students gain eligibility at the beginning of the next season. For example, if a student transfers during the middle of the fall season, they gain eligibility for the start of the winter season.

3.7. A student shall be eligible for High School competition in grades 9th,10th,11th, and 12th.

3.8. A student who is 20 years old or turns 20 during the school year, is not eligible for any sports. A student who is 15 years old or turns 15 during the school year, is not eligible for Middle School Sports

3.9. A student is eligible to participate in the CPSAL interscholastic sports program immediately upon lawful registration and entry into a New York School that offers such a program, provided the student meets the standards as set forth by the Eligibility Rules and Regulations.

3.10. Any transferring student who was on an active roster at another school at any time during the year prior to the date of transfer, shall be ineligible to represent the school transferred to, in that sport, for a period of one year from the date of transfer, unless the student can demonstrate that the transfer is the result of an official change of residence by his/her parents or legal guardians or the result of a legal change in guardians.

3.11. If a student was on a team's active roster in a sport in any high school (public, parochial or private), that student may not participate in the same sport during the same season, for any other team.

3.12. A student may participate on one or more teams but only for the school in which he/she is a full-time student.

4. GENERAL RULES AND ROUTINE REQUIREMENTS

4.1. Teams are not allowed to perform any drops, pendulums, pyramids/mounts, rolls/tumbling, dismounts, suspended splits, tosses, transitional stunts, and vaults.
4.2. Cartwheels and jumps are allowed.
4.3. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill level with regard to proper performance level placement. Athlete safety must be considered with all skills.
4.4. Any height increasing apparatus used to propel an athlete is not allowed.
4.5. Required spotters for all skills must be your own team’s members and be trained in proper spotting techniques.

4.6. 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.

4.7. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.

4.8. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: Medical ID Tags/Bracelets.

4.9. Clarification: Rhinestones are legal when adhered to the uniform and illegal when adhered to the skin.

4.10. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre- approval from CPSAL prior to use, to ensure the safety of the athletes. Flags, standard flat banners/signs, pom pons, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. 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). Once a uniform piece is purposefully used for visual effect it will be considered a prop.

4.11. Routine performance time may not exceed 2:30. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last. (30-40 seconds for opening Cheer portion, 20 second maximum to move from cheer portion and set up for music portion, and music may not exceed 2:30).

4.12. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception:

Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

4.13. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.

4.14. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Support/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.

4.15. Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers, handstands. Blocked cartwheels allowed.

4.16. A coach and/or school-approved supervisor must supervise their team at all times. Teams will not be able to participate without a coach or a school-approved adult employee.

5. ROUTINES

Attention school teams- You have the option to compete in either an All Music Routine or Cheer/Music Routine format. If you choose to perform an All Music Routine it must not exceed 2 minutes and 30 seconds and must follow the guidelines below with the exception of a cheer portion. Cheer/Music format guidelines are listed below.

- Total routine time cannot exceed 2 minutes and 30 seconds.
- The routine must consist of at least one cheer
- Timing begins with the first organized movement and/or first word of cheer or beat of the dance.

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- Organized entrances that involve cheers or run-ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will end with the holding of the final movement.
- Partner stunts and pyramids are not permitted.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Gymnastics and jumps are permitted and encouraged.
- Teams can have no less than 4 participants but no more than 25 participants.
- Mascots are welcome to perform with their teams; however, they will be counted when determining the number of participants.
- There are to be no props used in the routine with the exception of signs, pompons, flags, and megaphones.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Teams must follow the National Federation Safety Rules. Call 1-800-776-3462 to obtain a current copy.
- 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.

6. *Rosters*

6.1. Rosters are due by team 1 week prior to the event date.

6.2. If roster is not submitted, the team will not be able to participate in any Cheer/Dance Competition. Roster maximum of 25. Must have a minimum of 4 Cheerleaders.

6.3. All team rosters must contain the following

information:

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Name of school
Names and telephone numbers of head coach and assistant coaches
Legal first and last name of each player
Grade, age, and year of birth (day not required)
Signature from Athletic Director.

6.4. It is responsibility of each member school to ensure the accuracy of the information provided on the league roster. The information provided on the submitted roster is considered official and will be the evidential basis of any eligibility challenges. Changes to the roster cannot be made after it is submitted to the league office without the written consent of the Director of Athletics.

6.5. League rosters should be emailed to league sports email or added to the league website cpsal.org before the 1st league competition.

7. *Filming*

6.1. Teams are allowed to film competitions
6.2. CPSAL will not permit or use any video or photo technology to determine a winner.

8. Suspension /Ejection of Student/Coaches

8.1. Any player ejected from a game must leave the immediate playing area.

8.2. Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.

8.3. Any coach ejected from a game must leave the immediate playing area.

8.4. If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and awarded to the opposing team.

8.5. Coaches ejected from a game for unsportsmanlike behavior will face a minimum one- game suspension.

9. Protests Protocol

9.1. Protests may only be made if a rule is alleged to have been applied incorrectly, or not applied.

9.2. No protest of judgment calls may be entered.

9.3. Coach must verbally inform the judges of the protest before play commences or resumes.

10. Sportsmanship Policy

10.1. All teams are expected to show sportsmanship before, during, and after each event

10.2. Only coaches, players, and managers are allowed on the gym floor.

10.3. Coaches and managers must be in team apparel/colors and players must be in uniform.

10.4. No spectators are allowed on the court during the meet.

10.5. All teams are responsible for removing their trash from their area after the competition.

10.6. Coaches and ADs are responsible for the actions of their players and spectators on and off the court.

10.7. Players and coaches heard using profanity towards the officials will be disqualified. Any parent heard swearing, cursing or harassing the officials, the coach will be given a warning. If this request is ignored, the parent will be asked to leave the facility, and if they refuse, the team will be disqualified.

10.8. Offensive or confrontational language will not be tolerated. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the officials have the right to disqualify the team.

10.9. Athletes may not physically or verbally abuse an opponent, coach or official.

10.10. Any athlete or coach ejected from an event must immediately leave the park area. If a coach is ejected from the meet and there is no other coach to handle the coaching duties, the team will be disqualified.

11. *Fighting /Altercations*

11.1. Fighting of any kind will not be tolerated. Any athlete who throws a punch will be ejected from the event fighting and their team will be automatically disqualified.

12. Spectators Policies

12.1. A warning will be given to fans or parents who disrupt the flow of the competition at the official's or Game Supervisor's discretion. If the disruption continues, the fan or parent will be asked to leave the event. If he/she refuses to leave the facility, the team that's being supported by the unruly fan will be disqualified.

13. Scoring

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13.1. 2.0 Points (per occurrence) deducted from your total possible score for each violation of any of the following: School Cheer Routine Guidelines OR Cheer General Rules and Routine Requirement Section.

13.2. 2.5 Points (per occurrence) deducted from your total possible score for each violation of any of the requirements in the School Cheer Levels Grid.

13.2 2.5 Points (per occurrence) deducted from your total possible score for each violation of the TUMBLING/GYMNASTICS Prohibition in the Non- Tumbling Division.

13.3. TIME LIMIT PENALTIES:
a. 1.0 Point deducted from your total possible score if your routine goes 6 – 10 SECONDS OVER time requirements.
b. 2.0 Points deducted from your total possible score if your routine goes 11 OR MORE SECONDS OVER time requirements.

13.4. FORMAL ENTRANCE PENALTY:
a. 1.0 Points deducted from your total possible score for performing an organized/choreographed formal entrance prior to the start of a routine (i.e. crowd response chants or cheers, choreographed marching, tumbling or stunts). A quick team huddle prior to performance is not allowed on the performance surface.

13.5. INAPPROPRIATE MUSIC/CHOREOGRAPHY:
a. Age appropriate choreography and music must be used. Penalties will be assessed under the School Cheer Routine Guidelines.

REASONS FOR DISQUALIFICATION: CPSAL RESERVES THE RIGHT TO DISQUALIFY ANY TEAM.
a. Teams with illegal competitor(s) will be disqualified. Reasons for disqualification include but are not limited to inappropriate choreography/music (at the discretion of a CPSAL official), overage participant(s), more or less participants than allowed on the floor, participant(s) not listed on team roster, and/or illegal participants(s) listed on team roster. If a team is found with unregistered participants, the team will be disqualified. Teams registering and performing in incorrect divisions will be disqualified.

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