



2023 Rules & Regulations

CHEER

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I. ELIGIBILITY OF ATHLETES

a. Right to Play: No athlete will be denied the right to participate because of culture, language, gender, race, ethnicity, or disability. No athlete will be denied the right to participate because of ethnicity, race, or religion.

b. Permission to Play: Each athlete must furnish proof of parental or guardian permission to participate, and he or she must pay a registration fee. Each organization determines the amount of the registration fee.

c. Academic Standards: It is the recommendation of the MVFL, that athletes should maintain acceptable grades to participate in the football/cheer program. Athletes should maintain a 2.0 or "C" average to be qualified. The various teams in the league shall adopt locally developed policies to ensure that the grades of athletes are acceptable. The MVFL Board will support the decisions of the various teams on this matter. Organizations are encouraged to recognize the academic achievement of its athletes.

d. High School Students: No high school student can participate in MVFL.

e. Non-Public School Students: Athletes not enrolled in the public-school system may participate in MVFL, but they must meet the appropriate grade level and experience requirements.

f. Geographical Areas: In determining participation, all athletes must live within the school district boundary which defines that team's population of athletes. The MVFL Board can grant exceptions. **There are no boundaries for cheer however, football players do not follow cheer.**

g. Proof of Grade Level: Proof of incoming grade level will need to be given to program, copy of current report card or letter from school district of incoming school grade level, or online portal if photo and grade level is included.

h. Physical Exam: All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording, "CLEARED FOR SPORTS", "CLEARED FOR ATHLETIC ACTIVITY", or the box marked "SPORTS PARTICIPATION APPROVED" on the MVFL physical form.

i. Eligibility to Participate in Game: Athletes must complete (10) hours of physical conditioning to be eligible to participate in a jamboree/scrimmage or a game. Physical conditioning may be identified as team conditioning performed at practice or skill camp attendance.

j. Level of Play: As a general rules, athletes should play at the highest level at which they are capable. It is the intention of MVFL that athletes are encouraged to play in their own grade level. At the discretion of their local board, athletes may move up one division. Under no circumstances, may an athlete move down a division unless an exception by the league is approved.

II. AGE REQUIREMENTS

a. Division Ages:

- a. Mascots: Kindergarden
- b. Jr Novice Division: 1st & 2nd Grade
- c. Novice Division: 3rd & 4th Grade
- d. Junior Varsity Division: 5th & 6th Grade
- e. Varsity Division: 7th & 8th Grade
- f. Any situation outside of these division grade requirements must be approved by MVFL

- b. Proof of Age:** A certificate of live birth, issued by the county or state, must accompany the team when the team is participating in any MVFL game. All teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final say for an athlete's participation by a majority vote.

III. CHEER RULES

- a. Purpose:** The MVFL Cheerleading Program is an integral part of our total youth football program and contributes highly to an individual's overall education and growth as a young person. The MVFL cheerleading program is in place to promote spirit, develop teamwork, sportsmanship and provide a safe environment in which cheerleading athletes can learn and have fun. It is the intention of this organization to allow any athlete who wants to cheer the opportunity to participate. Depending on the number of cheerleaders, availability of uniforms, the number of coaches available, etc., it may be necessary to limit squad sizes.

- b. Safety:** No issue is of greater importance than the safety of our young athletes. None is more worthy of the attention of coaches, officials, players, and administrators. The young athletes who enjoy the sport of cheerleading deserve our wholehearted commitment to their safety.

- i. No jewelry on any part of the body or piercings allowed during practices and games.
- ii. Medical/religious jewelry may be worn if taped down.
- iii. No false fingernails. No nail length above fingertip.
- iv. The only metal allowed are flip clips, bobby pins and other accessories at the discretion of the cheer advisor.
- v. Casts/braces:
 - 1. Athletes with a hard cast may not tumble, stunt, or be considered as spotters and are not required to be wrap/pad the cast.
 - 2. Athletes wearing hard braces with exposed metal material, such as knee, wrist, and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow athletes from injury.

c. Liability and Responsibility:

- a. Guidelines are aimed to ages, due to the liability and risks involved in cheerleading. Younger athletes are less likely to recognize and respect those risks and are more likely to attempt something inherently dangerous due to current skill levels. Restrictions exist for the protection of those under the age of legal liability, coaches, parents/guardians, and responsible organizations such as the MVFL. **Therefore, no intermixing of stunt groups will be allowed.** This applies to performing with a High School athletes.
- b. On combined teams, stunt groups must be based on the level for which the athlete would have been assigned to if there were no combination team.
- c. Only **current badged coaches, assistants, junior coaches** may be allowed on track or during the game sideline. Current badged coaches, assistants, and junior coaches must stay on the sideline during the halftime.
- d. NO above/below level athletes are allowed on track or field spotting stunts or filling in for an absent athlete.

d. Divisions:

- a. Mascots may only cheer at the Jr. Novice and Novice level.
 - i. Any character mascots must be a registered athlete in the athlete books with all forms completed.
 - ii. **Mascots must have two uniform differences.**

e. Level-Up Certification: Level-ups are used to move an athlete up one (1) level with having one (1) year prior experience at the advisor's discretion. No approval needed from the MVFL Board.

f. Exception Request Application: Exceptions are used for any reason outside the current MVFL Rules and Regulations. All Exceptions must have approval from the local board and presented to the MVFL Cheer Board for approval and then approved by the MVFL Board.

g. Participation:

- a. **Smaller Programs:** Smaller groups may participate as one squad, but stunting must be based on appropriate age divisions.
- b. **MVFL Participation:** Athletes are to participate in sanctioned MVFL pre-season, regular season and post-season games or activities that their organization's football team is participating in. Non-MVFL sanctioned events must have written approval by the local board and notify the MVFL Cheer Board of said changes. Prior to participating in any event, appropriate insurance coverage must be submitted to MVFL Board.
 - i. Competition squads and their performances, practices and activities do not fall under the MVFL guidelines as they are a considered a separate entity and is not MVFL sanctioned.
 - ii. All non-sanctioned events must have approval by their local board.
- c. **Cheer Coaches:** All cheer advisors, head coaches and assistant coaches must complete two (2) online classes: (1) Pop Warner Course, Y101PW for new coaches or Y102PW for returning coaches (2) NFHS Heat Illness Prevention training online, in order to receive their coach badge. Coaches that do not complete the training, will not be

allowed on the sidelines during game and cannot conduct practice sessions. If a coach is added during the season, they must complete the same required training. Cheer advisors will turn in the completed certificates to the MVFL Cheer Representative to be eligible to obtain their organizations badges. Jr. Coaches are not required to complete this training.

- d. **Cheer Clinic/Camp:** Teams have the option of attending cheer clinic/camp. The MVFL Cheer Board and team advisors will work to contract a certified cheer instructor to teach skills, techniques, progression and stunting while focusing on safety.

h. **Stunting:**

a. **Mascots stunting:**

- i. Mascots are permitted to do stunts within waist level on two feet with feet never going above the waist level. Stepping out of stunts ONLY; NO cradling permitted. Mascots can ONLY be stunted by Mascots or Jr. Novice athletes.
- ii. **Cheerleader Stunting:** MVFL will follow the JAMZ Youth Cheer Level Grid up to YCADA Level 4. Levels to be determined by cheer advisor based on ability of each squad. Current JAMZ Level Grid will be provided by MVFL Cheer Representative. If a team performs illegal stunting, video of performance must be sent to MVFL Cheer Representative for review. If determined illegal, organization will be subject to violation Section IX.
 - I. No sideline stunting on dirt tracks for Mascots.
 - II. Level 1 – Sideline stunting allowed for Jr. Novice and Novice.
 - III. Level 2 – Sideline stunting allowed for Jr. Varsity and Varsity.
 - IV. **Jamboree Stunting:** Stunting at the jamboree will be at the cheer advisor's discretion. Squads must be uniformed per the cheer advisor's discretion.

- i. **Athlete Card (Cheer Card):** MVFL athlete cards must be carried and available at every game.
- j. **Certification of Athlete Books:** All books will be certified prior to jamboree. If for any reason an athlete or athletes will not be present at the jamboree, the athlete's card can be certified at the first game that athlete attends by the opposing team. Teams must supply a pre-season roster at the time of the book signing.
- k. **Certification Requirements:** In order to certify an athlete, each team must have a copy of the athlete's card, a valid physical, a certified copy of the athlete's birth certificate, proof of grade, and the AB2007 acknowledgement form signed by both the parent/guardian and athlete. A photo is required on the athlete's card. The team books must also have a completed copy of their organization roster.
 - a. **Athlete Card:** All athlete's information must be included on the MVFL Athlete Card on white cardstock paper. Any athletes that have an approved Level-up Certification, an approved Exception Request, or an approved Transfer form, must be on blue card stock paper. All Mascots must be on pink card stock paper.
 - b. **Photo:** A photo of the athlete must be on the Athlete card.

- c. **Valid Physical:** All athletes must have a physical examination in the current calendar year to be eligible for participation. Acceptable physical forms must include the wording, "CLEARED FOR SPORTS", "CLEARED FOR ATHLETIC ACTIVITY", or the box marked "SPORTS PARTICIPATION APPROVED" on the MVFL physical form. Any restrictions must be noted on the player card.
- d. **Proof of Age:** A certificate of live birth, issued by the county or state, must accompany the team when the team is participating in any MVFL game. All teams are required to secure and make copies of each athlete's birth certificate and keep it as a permanent record. If a certificate is unobtainable, the MVFL Board will have final say for an athlete's participation by a majority vote.
- e. **Proof of Grade:** Proof of incoming grade level will need to be given to program, copy of current report card or letter from school district of ingoing school grade level, or online portal if photo and grade level is included.
- f. **AB2007 Acknowledgement:** The AB2007 Acknowledgement form must be signed by both the parent/guardian and the athlete. Must be kept with Athlete Card.

I. Certification Procedure:

- a. MVFL Cheer Board will sign off on all athlete books at cheer book signing meeting. Each cheer advisor must sign off athlete card prior to any MVFL functions. One representative from opposing teams will review all the forms for compliance. They will certify the compliant forms and insure they are in proper order. When compliance is met, they each will sign the individual athlete card. If there is missing or non-compliant paperwork, the team has until the next game to correct it and get it signed off by the opposing team.
- b. Any discrepancies found at a later date must be corrected immediately or athlete may be deemed ineligible.
- c. Athletes may not change squads after athlete card has been signed by one representative from opposing teams.

IV. ROSTERS

a. Roster Submissions and Teams:

i. Pre-Season Rosters:

- 1. Must be presented at the book signing to MVFL Cheer Representative. MVFL Cheer Representative will consolidate and turn into the MVFL Executive Secretary.
- 2. Each team is required to bring (14) copies of each team roster separated by level of play
- 3. Each roster must be typed.

ii. Regular Season Rosters:

- 1. Must be submitted to the MVFL Cheer Representative by Game Day Week 4 and forward to the MVFL Executive Secretary.
- 2. Rosters may be emailed.
- 3. Athletes can move up to a higher level, but once a game is played at the higher level, the athlete cannot return to the lower level.
- 4. Each roster must be typed.

iii. Post Season Rosters:

1. Must be submitted to the MVFL Cheer Representative by the Play-off Seeding Meeting and forwarded to the MVFL Executive Secretary.
2. Rosters may be emailed

b. Roster Requirements: Rosters must be complete, signed as requested and in compliance with all MVFL Rules and Regulations. They will include name, age, birthdate, school, grade, and phone number of athlete.

- i. **Combined Teams:** All athletes on combined teams must be included on one (1) roster.
- ii. **Mascots:** Mascots will be added to the team assigned at the Jr. Novice/ Novice Level. Mascot information will be identified in ITALIC font at the end of the roster.

c. Roster Size: Organizations should strive to meet the following criteria of team divisions. The total number of athletes you are allowed to roster for the Jr. Novice, Novice, Jr. Varsity and Varsity Divisions shall not exceed (160).

- | | |
|---------------------------|----------------------------------|
| i. Jr. Novice Division | Maximum number of athletes is 40 |
| ii. Novice Division | Maximum number of athletes is 40 |
| iii. Jr. Varsity Division | Maximum number of athletes is 40 |
| iv. Varsity Division | Maximum number of athletes is 40 |

d. New Athlete:

- i. **New Athlete:** A new athlete is one that has not participated in any organized youth cheer program at this grade level.
- ii. **Procedure for Adding New Athletes:** Athletes being added must comply with all pre-season eligibility requirements and send all appropriate information to the MVFL Board. For teams with waiting lists, new athletes must come from the waiting list.
- iii. **Final Day to Add to Roster:** The final day an athlete is eligible to be added to the roster is by Game Day Week 4.
- iv. **Eligibility Date:** Once the MVFL Board has received the eligibility information, the new athlete may start practicing once they meet eligibility.

e. Elevating Athletes: (Level-up/Exception) Elevated athletes must practice at least (3) times with the higher-level team before they can participate in a league game at the higher level.

f. Post Season Games: Post season games must be cheered with the roster that was in effect as of the Play-off Seeding Meeting. No athletes may be added or elevated for post season games after the post season roster has been submitted. Teams may petition the MVFL Board for exceptions. Post season games are not considered as regular season games. The post season roster must include cheer athletes at each level.

V. EQUIPMENT AND UNIFORMS:

- a. **Team Uniform:** Cheer teams planning to change team colors, must get the approval of the MVFL Board.
 - i. **Game Uniform:** Athletes must have game uniform as required by each organization at all sanctioned MVFL games and scrimmages.
 - ii. **Mascot Uniform:** Must have two (2) identifying uniform differences.
 - iii. **Jamboree:** All athletes must wear camp or game day attire per Cheer Advisors discretion.

VI. PRACTICE PROCEDURES:

- a. **Practice Schedule:** All teams must file their practice schedule, location, times, and dates with the MVFL Executive Secretary prior to any practice beginning for that season. Any change in practice schedules also requires approval of the MVFL Board. Approval may be given by phone, in person or with written correspondence. Jamboree is considered a practice. Cheer to follow suit with football practices.
- b. **Discipline for Breaking Practice Schedule:** Any team breaking any approved practice procedure will be brought before the MVFL Board for action as the Board deems necessary.
- c. **To Start Practice:** To begin practice, all athletes must officially sign up with a team and meet all the requirements stated in these Rules & Regulations.
- d. **Pre-Season Practices:** Practices are as follows:
 - i. **Practices:**
 1. 1st week: (5) practices per week. Conditioning and learning new sideline cheers for the season/no stunting
 2. 2nd week: (5) practices per week. Conditioning & stunting
 3. 3rd week: (5) practices per week. Jamboree is considered a practice
 4. 4th week: (4) practices per week. Before 1st Game
 5. 5th week and after: (3) practices per week
 - ii. **Camps/Clinics:** If the organization chooses to attend to a cheer clinic, the organization is allowed to cancel (1) day practice to allow the athlete to rest either before or after the clinic.
 - iii. **Physical Conditioning:** All athletes must complete (10) hours of physical conditioning to be eligible to participate in jamboree/scrimmage or game.
- e. **Practice Time Limits:** Practices will run no longer than (2) hours at any session. Time spent in team meetings is not counted as part of the 2-hour practice sessions.

VII. GAME PROCEDURES:

- a. **MVFL Rules:** Refer to 2023 Football Rules & Regulations.
- b. **Halftime Routines:** Cheer is allowed two minutes and thirty seconds (2:30) at halftime to perform their routines.

VIII. EJECTION:

- a. **Athlete Ejection:** Cheer will follow MVFL Athlete Code of Ethics
- b. **Coach Ejection:** Cheer will follow MVFL Coach Code of Ethics
- c. **Violation:** Cheer will follow MVFL Code of Ethics

d. Appellate Procedures: Cheer will follow football