

HYFL CHEERLEADING 2011 SCHEDULE OF EVENTS

<u>Day</u>	<u>Date</u>	<u>Team/Event/Location</u>	<u>Flag</u>
Wednesday	8/17	5:30 PM Flag 7PM Junior Uniform Hand Outs @ Cheer House	Yes
Thursday	8/18	6 PM Senior Uniform Hand Outs @ Cheer House	NO
Saturday	08/27	Avon	Yes
Sunday	09/04	BYE	NO
Sunday	09/11	@ Dansville	Yes
Sunday	09/18	Leroy	Yes
Sunday	09/25	@ York	Yes
Saturday	10/01	@ Canisteo	Yes
Saturday	10/08	Hornell Cheer Festival AM	???
Saturday	10/08	Wayland	Yes
Sunday	10/16	@ Geneseo	Yes
Saturday	10/22	@ GVB (competition)	YES
Sunday	10/23	11:00 AM Flag Uniform Collections @ Cheer House	YES
Sunday	10/23	Batavia Bring a change of clothes and turn in all Uniforms	NO
*Providing they are not in Championships			
Sunday	10/30	Championship Game TBA	NO

ALL GAMES START AT THE FOLLOWING TIMES
(WEIGH-INS ARE DONE 1 HOUR BEFORE START TIME)

SATURDAY

FLAG: 4:30 JUNIOR: 6:00 SENIOR: AFTER THE JUNIOR GAME

SUNDAY

FLAG: 10:30 JUNIOR: 12:00 SENIOR: 2:00

Upcoming Cheerleading Camp

CYFL (Our league) will be hosting a cheer camp on Saturday, July 23, 2011 at Shaumut Park in Hornell from 10-12PM. All levels of HYFL are eligible. The cost is \$15, anyone who registered by June 20th is receiving a free t-shirt for pre-registration. Last chance to register is by 10PM by calling Colleen McDaniels @ 281-8058.

Hornell Varsity Cheerleaders are hosting a camp for ages 7-11 on August 8th, 9th, and 10th at North Hornell from 10AM-12PM. The cost is \$40 and all registrations must be submitted to Mrs. Gambino by August 4th. For a registration form see Colleen McDaniels or call Mrs. Gambino at 382-3052.

Cheerleading Representatives

Colleen McDaniels	Cheerleading Director / League Rep
Corrina VanCaesele	Cheerleading Coordinator

We will work to produce a bi-weekly newsletter with reminders and driving directions. Please look for this information. Should the HYFL produce a letter our information will be included in their letter.

Uniforms

If you did not purchase your items at the parents meeting you must do so no later than August 12th to guarantee that they are available for the first game. Our bows are monogrammed and require extra processing time. You must contact:

Joanne Small
Empire Cheer
2199 E. Henrietta Rd.
Rochester, NY 14623
585-746-9578

Tell her your daughter is part of the Hornell Youth Football & Cheerleading League and what you need to order. If you are ordering shoes I suggest you try them on in her store.

2011 Price List

Shoes (J/S) \$26	Warm Up Jackets (S) \$40-45
Bows (F/J/S) \$10	(Optional for F/J)
Briefs (F/J/S) \$6.75-7.25	Warm Up Pants Optional for all levels \$30-35

Please note that the cost of missing /damaged items over the years has put a strain on the cheer budget. Uniform handouts will be at the cheer house on designated dates and the same with collections.

Please keep all uniform pieces in a safe and dry place. Uniforms may be washed on gentle in cold water and detergent. You may tumble dry on low, but line/hanger drying is recommended. Please note that if you lose or damage any piece of the uniform you will be charged for it, prices are as follows:

Skirt \$30	Wrapper/Bodysuit \$15	Jacket \$45
Vest \$60		Pants \$35

All parents will have the option to purchase their own jackets and pants, but Flag and Juniors will be issued a jacket if they do not purchase them. Seniors are expected to purchase their own jackets and you may personalize them. Warm up pants are also available for personalization at parental cost.

Bows should be worn on the crown of the head facing forward. (It is our plan to use the same bow for the next few years, so keep it in a zip lock bag in a safe place away from sunlight.)

Sneakers are white and should be wiped clean after every event to preserve them for competitions. (It is our plan to use the same sneaker style from year to year as long as we can get them so keep them neat. You may be able to reuse or trade them. ☺)

Socks should be no show especially for competitions. (Flag girls may wear white tights/stockings on colder days if we are unable to secure warm up pants.)

CYFL CHEERLEADING RULES

Definitions:

BASE - any person in contact with the floor and actively involved in the stunt

BASKET TOSS – a toss initiated by two or more people forming a cradle

BEAR HUG DISMOUNT – a flyer steps off a mount and is caught by the base around the waist...it is illegal unless there is third person contact at all times, i.e. as in a dismount used with a single person prep.

CRADLE CATCH – all cradles require three catchers, one on each side, and one behind the flyer to support the shoulder and head

FLYER – person on top of a partner stunt or pyramid

FREE FALLING FLIP – an unassisted aerial rotation where the person flipping is not in constant contact with the base or spotters

KNEE DROP – dropping the knees onto the floor from a jump, stand, or roll

PITCHES – when a base is used to direct the throw or toss of a person performing a stunt

SPLIT DROP – dropping to the floor from a jump or stand landing with the legs extended at right angles to the trunk

SPOTTER – a person who assists with any tumbling stunt or assists in the building of or dismounting from a partner stunt or pyramid; watches for safety hazards and acts to prevent injuries with special emphasis on the head, neck and back areas; not actually part of the stunt

SUSPENDING ROLL – rotation where the top person is continuously assisted by maintaining contact with the base and/or spotter(s)

TENSION DROP – a stunt or pyramid in which all persons simultaneously lean in formation until the people on the top leave their base

TORCH – a liberty variation where the upper body twists...it must be brought back to a liberty before proceeding to the next move

TWIST DOWN – a complete 360-degree rotation of the flyer upon their axis during a cradle catch dismount

TWO-HIGH PYRAMID/MOUNT – all individuals in the pyramid/mount who are not in contact with the floor or ground must be supported by one or more individuals who are in direct contact with the floor or ground; diamond head and hanging mounts are illegal.

GENERAL RULES

IMPORTANT NOTE: Coaches should receive proper instructions before attempting any cheerleading stunts with their squad. Many injuries occur because cheerleaders attempt stunts without being properly taught the correct basic techniques and safety methods.

1. If a town has an Elite Squad cheerleading team, the cheerleaders may cheer for the home school's modified football team. This may be allowed only if written permission is given by the school district, an insurance binder is on record with the school district and the cheerleaders may only cheer at home games.
2. All jewelry is prohibited with the exception of medical medallions. Medic alert emblems shall be taped to the wrist with the medic alert insignia showing. NO other jewelry can be taped or covered with band-aids.
3. No banana clips for hair can be worn. Bobby pins and gymnastics clips are the only items allowed to secure loose hair.
4. No nail polish is allowed.
5. Make-up is allowed only if it has a „clean“ look. No body, face or hair glitter. Tattoos and facial paint without glitter are acceptable.
6. Mini-trampolines, springboards, and any other mechanical device or person used to project free flight either horizontally or vertically through the air is prohibited.
7. All pyramids and/or mounts are limited to two people high; i.e. the base(s) is in direct contact with the floor or ground at all times.

8. Falls, jumps, flips, handsprings, walkovers, cartwheels, round-offs, basket tosses, and swan dives are not allowed from the top of mounts or bases to the floor.
9. Toe and thigh pitches are not allowed. Either hands or feet need to be in direct contact with the floor.
10. All types of drops are not allowed. Either hands or feet need to be in direct contact with the floor.
11. Stunts are allowed as long as the flyer remains in constant body-to-body contact with the base until the feet of the flyer make contact with the floor.
12. Cradle catches may be performed with two original bases and a third spotter at the head and shoulder area. It can only be used as a dismount from prep, full extension, liberty, liberty-heel stretch and a straddle sit.
13. Dive forward rolls are not allowed.
14. An active spotter is required behind all full extensions. The spotter may be touching the calves or ankles of the flyer or the base's wrists, but cannot be supporting the flyer under the arches during the mount.
15. The flyer is not permitted to drop the head backward out of alignment with the torso (eyes not looking forward).
16. When performing a torch or other variations, the flyer must return to the original position and use the original bases prior to the cradle catch.
17. The spotter should always be watching the flyer's head, neck and hips in case of a fall.
18. Tumbling and partner stunts should not be performed on wet surfaces, concrete or other similar surfaces.
19. A pom may be picked up and moved during a performance without any deductions.
20. CYFL prohibits moving mounts of any kind except for Elite squad level.

Cheerleaders who are wearing padded braces are allowed to practice and compete in the CYFL. As per National Federation of High School Specification 9section 2-2 page 15 in the 2010 sprit book).

GUIDELINES FOR TUMBLING, PARTNER STUNTS AND PYRAMIDS

GENERAL GUIDELINES:

1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable coach.
2. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, and pyramids).
3. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleading (i.e. use of tumbling mats, away from excessive noise and distractions, etc.)
4. All cheerleading squads should develop a conditioning and strength-training program.
5. A structured stretching exercise and flexibility routine should precede and follow all practice sessions and precede all pre-game activities, pep rallies, etc..
6. Coaches must recognize their squad's specific ability level and limit the squad activities accordingly. "Ability level" refers to the squad's talents as a whole. Individuals should not be pressed to perform activities until safely perfected.
7. An active spotter is required behind all full extensions. The spotter may be touching the calves or ankles of the flyer or the base's wrists, but cannot be supporting the flyer under the arches during the mount.
8. A flyer is not permitted to drop the head backward out of alignment with the torso (eyes would not be looking forward).

TUMBLING:

1. All new tumbling activity should be reviewed and approved by the coach prior to execution.
2. In practice situations, tumbling tricks should not be executed without the use of a spotter unless they can be performed consistently without difficulty and approved by the coach. New tumbling skills

should be mastered on a mat whenever possible. If a mat is not available, "over spotting" should be employed. New tumbling skills should not be learned on concrete or hardwood surfaces.

MOUNTS:

Dismounts

- 1 – Juniors – Traditional cradle dismounts only, no tosses of any kind
- 2 – Seniors – No Basket Tosses, other dismounts at coach's discretion.
- 3 – Elite – Moving stunts okay, basket tosses with qualified coach
- 4 – Flag – No Stunts above thigh stand level w/front and back spots mandatory

COMPETITION RULES

1. Format:

Order of performance will be drawn at a Coordinator's Meeting prior to competition.

2. Cheer/Dance:

Both a cheer and a music dance must be performed. There is no time limit on the amount of cheer or dance each team does, as long as the total does not exceed 3 minutes. This will be strictly enforced. (See Attachment 12) A unison jump is required for the entire team. No specific jump is required. Mounts are not required, but are allowed as long as they are safe, sturdy, and follow the CYFL Safety Rules. Remember that you will be judged on execution not level of difficulty. Only perform stunts and mount that your team is physically capable to do. Routine may be performed on a 42x42 mat, if available.

3. Props:

Poms, megaphones and signs are allowed. Signs must be kept to 3"x2" or smaller and NO GLITTER!!! Poms may be dropped as often as desired and returned to hands BUT they must not go under foot or hand. „Kick-aways" are considered „under foot". (See attachment 12) Props of any kind are not a requirement.

No pre set-up of poms will be allowed on the floor prior to the team entrance. Squads must clear their poms from the floor after their routine.

4. Divisions:

All squads will compete against their own class. For example, all „Junior" teams (ages 8-9) will compete against each other, likewise „Senior" (ages 10-11) and „Elite" (ages 12-13).

5. Awards Presentation:

The judges will select a team in each division for the any of the following categories:

- Best Jumps
- Loudest
- Good Sportsmanship
- Most Enthusiast
- Best Facials
- Crowd Pleasing
- Originality
- Most Spirited

A certificate will be presented to each member of the squad. All teams will receive a medallion engraved on the back for participation. First, second, and third place squads will receive ribbons.

6. Violations/Deductions:

See the Score Sheet (Attachment 11) and Safety Sheet (Attachment 12) for details.

- Use of props outside of the guidelines noted above will result in an automatic disqualification. The Cheer Coordinator Committee will make this decision.
- Any violations from the Safety Judges CAN NOT BE DISPUTED.
- The timing of the routine will begin immediately when the captain says ready or the music starts. The timing will end when the cheer/music has been completed. The time does not include squad introductions or orderly exits from the floor.

□ ANY person found harassing a judge would be asked to leave. Any relative of this person participating in the competition will not be allowed to participate in the competition next year. Judges have the last say NO MATTER WHAT!!!!

7. Music:

All music should be in good taste. No abusive language will be tolerated. Clearly mark your tape with the team name and squad (Elite, Senior or Junior) for the DJ. Make sure that your tape is completely rewind. If you have special instructions, make sure that the DJ understands them. If there is any uncertainty AT ALL, you must have a representative of you team to be available to run music for you team. A back-up tape is highly recommended!

SECTION 10A: DISQUALIFICATION GUIDELINES

The following guidelines defines what constitutes the formal method of submitting grounds for disqualification and what is considered breach of conduct for coaches and players that requires submission of a disqualification form (see Section 10 of this rulebook):

Disqualification of Player / Cheerleader

a) Immediate Disqualification and Ejection from the game (Guidelines Found in NFHS Rulebook, Rule 9):

- i) Fighting, striking, kicking or kneeing, or intentionally contacting an official.
- ii) Fighting with another player, cheerleader or non-player participant or spectator.
- iii) Flagrant un-sportsmanlike physical contact that may or does result in physical injury of another player, cheerleader or non-player.
- iv) Flagrant throwing of an object or objects on the playing field with the intent of disrupting play or causing a coach, player or cheerleader physical injury.

b) Potential Disqualification and Ejection from the Game:

i) The following constitutes non-contact un-sportsmanlike conduct by players and cheerleaders. An official may issue an un-sportsmanlike conduct foul with a penalty of 15-yards. A second un-sportsmanlike foul by the offending player or cheerleader will constitute disqualification and ejection from the game. (Guidelines Found in NFHS Rulebook, Rule 9)

(1) Baiting, taunting acts or words or insignia worn, which engenders ill will. In the case where an insignia or sign is displayed, the player or cheerleader must remove the offending item before he is allowed to participate.

(2) Using profanity, insulting or vulgar gestures.

(3) Any delayed, excessive or prolonged act by which a player or cheerleader attempts to focus attention on his/herself.

(4) Using disconcerting acts or word prior to the snap in an attempt to interfere with signals or movements.

(5) Leaving the field between downs to gain an advantage unless replaced or unless with permission of an official.

(6) Refusing to comply with an official.

(7) Using tobacco or smokeless tobacco. Revised January 2011