

CYO CHEER SQUAD RULES

The National Federation of State High School Associations (NFHS) Spirit/Cheer Rules apply in this league with the exceptions contained within. CYO game contest rules may not be altered by mutual consent of the coaches. Only the CYO office may issue authorized changes.

OFFICIAL TEAM

- Defined as an individual or group of children from one or more parishes listed on the team roster who meet the eligibility rules and are approved by the Parish Designee, Pastor and CYO office. Eligibility Rules, as defined in Bylaw 4 of the Charter & Bylaws, shall be followed to determine all questions regarding eligibility.
- There is not a minimum number of players on a parish team.
- A CYO Team refusing to continue playing a scheduled contest for any reason without the consent of the referee or CYO representative may be subject to a suspension for one calendar year. This also applies to CYO Sanctioned Events.

SQUAD FORMATION AND REGISTRATION

- Cheer will be offered in the Varsity (7th & 8th Grade) and Cadet (4th, 5th & 6th Grade) Divisions only.
- Squads may consist of boys and girls.
- Cheer is sponsored during the fall and winter seasons.
- All teams must register with the CYO Office by the team entry deadline. Teams must register/re-register for each season of competition.
- In keeping with the CYO Philosophy standards have been set for the formation of teams and development of athletes.
 - All athletes that meet registration and medical criteria are to participate in CYO athletes.
 - CYO prohibits "cutting" players from a team. It is an underlying principle of CYO to allow all to play and participate, and for us to foster the development of physical and social skills, as well as spiritual strength in each CYO Athlete on our team. Therefore tryouts are not to be held for the purpose of limiting participation.
 - In the Elemental, Developmental and Cadet Divisions of play, if members sponsors more than one squad per division these squads must be split evenly. A & B (stronger/weaker, stacked/weaker teams) are not permitted. Violations of the policy bears significant penalties.

UNIFORMS

- Participants are required to wear team-issued uniforms. The uniform shall include at least a t-shirt with the team name or identifying emblem and a skirt or shorts
- All athletes must have the CYO Emblem on their uniform either sewn or stenciled.
- Chains, earrings, other jewelry, glitter, face paint or other inappropriate items may not be worn during competition.

- An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO Administration may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the team's name.

PRE-CONTEST COACHES RESPONSIBILITIES

- *Coaches must be CYO Certified.*
- Coaches are responsible for the supervision of their team before the contest.
- At each contest and practice, coaches are to have in their possession; an official team roster, a copy of each player's Preparticipation Form and Emergency Medical Authorization Form, and a first aid kit.
- A pre-game conference should be held between the officials, coaches and team captains.
- *CYO Credentials are to be worn and visible at all times.*

PARTICIPATION

- Each player must be treated with dignity regardless of his or her ability.
- A player on a CYO team may not participate on any other cheerleading team during the CYO season. For purposes of defining eligibility, a player may not be on another team from the published CYO roster due date and the completion of the team's final game.
- Participants may only play and be rostered on one CYO team in the same sport in the same school year.
- Mandatory participation applies to all games/competitions
- Violation of these rules will result in a warning or disciplinary action toward the coach.

GAME & TIME LIMITATION

- No competitions will start after 8:00 PM, and must stop at 9:00 PM.
- Practice session must be completed by 9:00 PM.

GENERAL RULES

- All cheers must be reviewed by the coach for good taste and propriety. If any doubt exists, the pastoral designee or school/parish administrator should review the cheer.
- All cheers are to be original & developed by the team & coaches. Cheers or routines are not to be derived from other schools or squads. If cheers or routines performed in competition are proven to be derived from other squads/schools, the team and coach shall be subject to penalties outlined in By-law 12 of the CYO Charter & By-laws.
- A spotter should be used in practice and performance until a tumbling stunt or jump is perfected and approved by the coach.
- With parental approval, a participant may use a minimum amount of makeup.
- Gum chewing is prohibited.
- Cheerleaders should be cheerful, friendly, provide team spirit, and not belittle an opponent or other squad.

PROHIBITED ELEMENTS

- Pyramids – defined as two people supporting one person or three people supporting two people, or any other position when one person has both feet off the floor and is in contact with another person who is in a supporting position.
- Mounts – defined as a duo-mount, shoulder sit, thigh stand or sitting on the shoulders of another person.
- Use of mini-trampolines
- Tumbling without the use of spotters and mats.
- Knee-drops, slams or fireman catches.
- Aerial tricks in tumbling routines.

GAME PERFORMANCES

- In order to gain free admission to a sport facility a cheer squad is required to enter the site as one unit under the supervision of the coach.
- Cheerleaders may not, at any time, obstruct the view of spectators or interfere with the athletic competition in process.
- During games, squads are permitted to perform from the sidelines within reasonable distance of the out-of-bounds line.
- Football
 - The performance location shall be behind the bench area of their team.
 - If time allows, prior to the game, each squad may perform one (1) short cheer on the field.
 - At half time each squad may perform two (2) cheers.
 - On-field cheers are not allowed during timeouts.
- Basketball
 - The performance location shall be to the left/right of their team's basket or bench. A cheer squad is not to be positioned under the basket or by the bench of the opposing team.
 - If time allows, prior to the game, each squad may perform one (1) short cheer on the floor.
 - At half time each squad may perform two (2) cheers.
 - Short cheers may be allowed on the floor during timeouts. Squads should alternate time-out performances.
 - Squads must leave the floor at the referee's whistle.
 - Sites may limit/restrict performances/size due to space and safety concerns

(Revised May, 2008)