

MMYFCL Cheer
In Season and Competition:
“Just the Basics”

In Season Basics:

- League rules state that each program must purchase a NFHS Spirit Rules Book. Consider purchasing a book for each head coach.
- Each coach should have a copy of the SOP's, Bylaws and Constitution
- Head coaches should greet all visiting teams. Make sure they feel warm welcome and know where bathrooms, snack stand are. Discuss with visiting coach if they will be performing at half-time.
- There is a designated cheer area, be sure to show visitors where they may cheer.
- No stunting while the ball is in play
- Team tunnels are permitted. No parents may join you on the field.
- Programs may not register all-star cheerleaders.
- Programs may not register cheerleaders who are on high school cheer team.
- Only five 14 year old cheerleaders may be registered in a program.
- You may not recruit cheerleaders
- Practices are to be no more than 8 hours in preseason and no more than 6 hours in-season.
- Camps may be held in the off season without notice to MMYFCL
- An athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. (Please see NFHS Suggested Guidelines for Management of Concussion).

Competition Basics:

- All registered cheerleaders may compete.
- Routines are 2:30
- Six weeks prior to competition, teams may choose a two-week period in which to hold unlimited practice hours. Notification of these days/times must be provided to MMYFCL.
- Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick. Padded knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding. A participant wearing a cast (excluding a properly covered air cast) must not be involved in a stunt.