

Cheer Rules

Eligibility Age

Mascots

1. There are no rules pertaining to the age of Mascots.
2. There is no limit to the number of Mascots on a squad.
3. Mascots are not to be certified.

Mighty Mites, Jr. Pee Wees, Pee Wees

1. All cheerleaders must meet the applicable age limits noted below in order to participate.
2. The cheerleaders' age on August 1 of the current year shall be the certified age for the coming season.
3. Squad size is limited to a maximum of 25 cheerleaders per squad.

Jr. Midgets

1. All cheerleaders must meet the applicable age limits noted below in order to participate.
2. The cheerleaders' age on August 1 of the current year shall be the certified age for the coming season.
3. Squad size is limited to a maximum of 25 cheerleaders per squad.
4. A maximum of three (3) – 13 year old cheerleaders will be allowed to cheer on the Jr. Midget team as long as they have **NO PRIOR** cheer experience.*

Midgets

1. All cheerleaders must meet the applicable age limits noted below in order to participate.
2. The cheerleaders' age on August 1 of the current year shall be the certified age for the coming season.
3. Squads are limited to a maximum of 25 cheerleaders per squad.
4. A maximum of eight (8) High School participants will be allowed to cheer on a Midget Squad.

LEAGUE AGE LIMITS ARE DEFINED AS FOLLOWS:

Squad eligibility is based on the age limits of the cheerleader on or before August 1st of the current year.

<u>AGE</u>	<u>MITEY MITE</u>	<u>JUNIOR PEE WEE</u>	<u>PEE WEE</u>	<u>JUNIOR MIDGET</u>	<u>MIDGET</u>
6	X				
7	X				
8	X	X			
9		X	X		
10		X	X	X	
11			X	X	X
12				X	X
13				X*	X
14					X

Tryouts

1. Tryout clinics shall be limited to no more than five days, with a maximum of ten hours of practice time allowed.

Academic requirements

1. Cheerleaders shall be required to maintain Scholastic Fitness.
2. Each association shall determine its own Scholastic Fitness guidelines.

Team Coaching

Each staff will consist of:

1. One Head Coach
 - a. Each division will have their own Head Coach.
 - b. The Head Coach must be at least 21 years of age.
 - c. The Head Coach must set an example in personal appearance at all times.
2. No more than seven (7) total assistant coaches/instructors.
 - a. Assistant coaches must be at least 18 years of age or turn 18 years of age during the season as long as they are no longer a high school student.
 - b. Instructors are defined as High School student or younger only.
 - c. Assistant coaches and Instructors must set an example in personal appearance at all times.
3. Coordinators and Assistant Coordinators
 - a. Must be at least 21 years of age.
 - b. Coordinators and Assistant Coordinators must set an example in personal appearance at all times.
4. NO coach of any professional cheer organization/instructional facility can be a Head Coach, Assistant Coach or Instructor with any SAC association during the season.

Practice Restrictions

1. Practice shall not begin until the start of the regular season, which is set in the official season schedule each year.
2. No team may schedule more than 10 hrs. of practice per week prior to the first scheduled league game of the season.
3. If your association has a bye week on the day of the first scheduled league game, this would still be considered your first scheduled game, and therefore your practice hours must conform to the rules, as if you played a game.
4. No team may schedule more than 6 hrs. of practice per week after the first scheduled league game and up to the 4 weeks before the SFC Cheer Competition.
5. Four (4) weeks prior to SFC Cheer Competition teams may schedule no more than 8 hrs. of practice per week.
6. Practice sessions shall not last more than 3 hours per day.
7. Each participant must have a minimum of 5 hours of conditioning before being allowed to participate in stunting. Clinic or Camp attendance shall **NOT** be counted toward this requirement.
8. Any participant added to a team at any time must also meet the minimum conditioning and practice time requirements noted above.
9. A week is defined as: Seven consecutive days beginning Monday and ending Sunday.

Certification and Rosters

1. Books must be pre-certified and then officially certified at Jamboree.
2. Certification will not be required at each game.
3. After the 3rd regular season game, no additional cheerleaders can be added to a squad.

Dress & Proper Attire

1. Each individual association will mandate their cheerleader's dress code.

Hair and Nails

1. Hair must be worn up (off the shoulders and back from the face).
2. Nails are not to be visible beyond the end of the fingers when viewed from the palm side of the hand held in a vertical position. No false nails are allowed. No nail polish can be worn for games, practices, or competitions.

Make-Up & Accessories

1. Light make-up, face painting, or tattoos are allowed for games, based on the discretion of each association's Cheer Coordinators' /Board Members.
2. No jewelry of any kind is allowed at practices, games, competitions, or other cheerleading events. No band-aids or taping over piercing is allowed. **NO EXCEPTIONS!**
3. No facial or body ring piercing(s) may be worn during practices, games, or competitions.

Discipline

Each individual association shall handle disciplinary issues at their discretion.

Game Day Cheer

All game day cheer activities shall be conducted in accordance with the current American Association Cheerleading Coaches Administration (AACCA) rules without additional restrictions.

1. All cheers are to be performed in good taste.
2. No derogatory cheers directed to the opposing team may be used.
3. During playoffs only, the squad whose team is participating in the playoff game may invite non-playoff cheer squads within their association to cheer with the playoff squad during the playoff game. All certification procedures will apply.
5. No practice or clinics of any kind may take place on the day of a league game. Cheerleaders may warm up 1 hour prior to the start of the game regardless of the number of games in which the cheerleader participates.
5. Cheerleaders are to stand or take a knee quietly on the sidelines if there is an injured player on the field.

Performances

General Outside Services

1. Hiring of professional choreography is prohibited ***if used for competition routines.***

Music

1. All music is the responsibility of each Association and is to be cued and ready for performance.
2. Music must not contain any profanity or suggestive phrases. Bleeping out of unacceptable words or phrases is not allowed.
3. All home teams must provide a CD player and have it available for all visiting teams for the halftime routines.

Half Time Performance

1. Visiting team performs halftime routine first.
2. Visitors will take the field immediately after the football teams have vacated.
3. Performance time on the field may not exceed five minutes for either squad.
4. Each Association **must** have a representative in the press/media box for all halftime presentations.

Hello Cheer

The Home team greets the visiting team first and **prior to** the end of the first quarter.

Camps/Clinics

1. The SAC shall not endorse or sponsor any camp or clinic, which does not provide as part of its services an accident insurance plan for camp participants.
2. SAC teams may attend any camp or clinic provided by an outside group.
3. SAC teams may attend a camp or clinic provided by its sponsoring association
4. Camp/Clinic hours may not exceed 30 hours prior to the first day of official league practice.
5. Each association is allowed up to 6 hrs. per squad for Camp or Clinic after Jamboree. Any Camp or Clinic will substitute for regular practice time prior to competition.

Competitions

1. Associations are allowed to participate in competitions outside the SAC.
 - a. During outside competitions all organizations will adhere to the Safety Guidelines of the competition in which they are participating.
2. Cheer squads may be combined for outside NON-SAC competitions only.
3. Post Season Competition squads can only begin to practice as a squad after the last regular season game or the SAC cheer competition, whichever occurs last.
4. The practice time constrictions do not apply after the annual SAC competition.
5. A detailed accounting report of income and expenses for any or all event(s) (SAC Cheer Competition or any SAC League Sponsored event) shall be documented in writing and a copy given to all Presidents at the December General Meeting each year.
6. Mascots will be allowed to showcase at the SAC competition with a maximum of a 1 minute 30 second routine, and will receive a participation medal from the host of the event that day.