

CHEER RULES

CURRENTLY ESYFL DOES NOT OFFER CHEER COMPETITION

It is required that ESYFL league follow, at minimum, the safety rules of National Federation of State High School Associations (NFHS) including prohibitions against the use of trampolines, springboards, and over two-high pyramiding.

Coaching assignments are for one season only and are automatically terminated at the close of each season. Coaches must re-apply for coaching positions annually.

Only rostered coaches, demonstrators and Trainers will be able to accompany the team at events. All rostered personnel must have a background check completed.

TEAM BOOK ORDER

- 1ST INSERT (FRONT) REGISTRATION
- 1ST INSERT (BACK) REGISTRATION
- 2ND INSERT (FRONT) LIABILITY FORM

AGE OF COACHES

Head coaches are in complete charge during practices, games, and championships. They are responsible for their own actions or inactions, their assistants' actions or inactions and the actions of their players

Cheerleading coaches are answerable to and under the supervision of administration of the local league or Association.

Head Coaches

Must be at least 21 years of age. The coaching staff will be under his/her direction and supervision. At least one coach (18 or older) must be present during every practice.

Assistant Coaches

Must be at least 18 years of age and must have graduated from high school or hold a GED certificate. They must have a general knowledge of cheerleading and cheerleading safety rules.

Junior Demonstrators

Are ages 14-18, however, if a student demonstrator is attending high school, they may be 13 years old. Student Demonstrators may only carry out the instructions of the Head or Assistant coaches. The ESYFL league recommends that all Student Demonstrators work with teams a

minimum of 2 years younger than his/her current age. Student Demonstrators shall not conduct a practice.

FORMATION OF TEAMS

The formation of teams is based on a first come first serve participation policy. Each child must be afforded the opportunity to cheer regardless of ability. Once a participant is registered, the association/team may assess the appropriate team levels in which to place the participant with regard to the age requirements (5-15 as of 8/1 of previous year). Assessments cannot result in dismissal of any cheerleader for ability or any other reason. Cheer teams currently do not have age divisions (i.e. all cheer participants can play on same team regardless of age). ESYFL requires that there is one Head coach per team and for every 12 girls there has to be one additional coach per twelve cheer participants.

PRACTICE LIMITATIONS

All practices are unlimited but please be mindful to others. Mandatory Breaks are required and basic warm-up exercises; conditioning for jumps & tumbling, arm motion drills; and basic stunting at prep level; learning of cheers or chants.