



TRI-COUNTY YOUTH
FOOTBALL & CHEERLEADING
CONFERENCE, INC.

CHEER RULES (Revised March, 2021)

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TRI-COUNTY YOUTH FOOTBALL & CHEERLEADING CONFERENCE, INC.
CHEER RULES

I. DEFINITIONS

- A. Season: The first day of June until the final football game for a particular team. This may be the last regular season game for the team did not qualify for post season play, a post season contest in which the team was eliminated, or the TCYFCC Super Bowl.
- B. Practice: Any gathering of any number of players and any team staff member or organization official to discuss or teach, either physically or verbally, or review video any football plays or techniques in a manner consistent with game day preparation. Scrimmages, walk through, conditioning drills, preseason tournaments or jamborees, and video review are considered practices and count toward the total hours per week allowed.
- C. Week: Monday to Sunday.
- D. Media Personnel: Personnel from public or private news or sporting agencies; organization or team photographers; and team and/or commercial videographers.
- E. Adult Member: Any coach, Team Mom/Dad, Trainer, Trustee, Board Members, and Parents.
- F. Suspension: During the suspension period the member may not be present at or within 1000 yards of any TCYFCC activity to include games, practice, scrimmages, competitions, etc.

II. PREAMBLE

- A. All Organization, Administrative Personnel, Coaches, Volunteers, and Participants are subject to disciplinary actions including, but not limited to Permanent Suspension or Non-Renewal of Membership for violation of these rules. Tri-County Youth Football and Cheer Conference (TCYFCC) does reserve the right, at its sole discretion, to enforce any and all rules and spirit of rules at any time including, but not limited to, postseason activities.
- B. Organizations are required to enforce the TCYFCC Cheer Rules contained herein and to report violations by other and their own organization.
- C. Any organization found not enforcing or complying with the spirit and intent of these rules may be suspended and/or fined until compliance is achieved.

1. TEAM COMPOSITION -

- A. Each TCYFCC teams shall have no more than thirty-five (35) cheerleaders.
- B. Anyone not a registered player and over the age of 18 (excluding media personnel and chain gang) must have a valid Hillsborough County Parks and Recreation Department Coach's Card or its equivalent and pass their respected Counties/Cities Background Check– see Bylaws
- C. The staff of each TCYFCC team shall consist of the following:
 - 1. One (1) head coach,
 - 2. No more than Five (5) assistant coaches and/or trainers,
 - 3. No more than two (2) team representatives or team moms/dads.

2. AGES AND DIVISIONS

- A. The following age limits will be strictly enforces:

Mighty Mites: 5-6 year olds (4 yr. olds will be allowed at the discretion of each league's Cheer Trustee)

Peeweeps: 7-8 year olds

Midgets: 9-10 year olds

Jr. Varsity: 11-12 year olds

Varsity: 13, 14 15 year olds

- A. League age is defined as the age the child is as of August 31st of the current year. For example, if a cheerleader turns 9 on September 1st they are the league age 8.
- B. By Florida Law, if school age they must be enrolled in an accredited school during the same calendar year of participation, and meeting all other rules of the conference in order to be eligible.
- C. Each league may request a total of 7 waivers to move cheerleaders up or down one age group. No JV/Varsity High School and No all-star cheerleaders will be allowed. Cheerleaders that are moved up with a waiver are exempt from flying at any competition.
- D. If a Waiver Is given to move a child up the Waiver must state exempt from flying. Rosters must have a 'W' for waiver.
- E. Cutting of cheerleaders and team try-outs are not allowed. Cheerleaders cannot be cut from a team for any reason outside of documented disciplinary issues and documented attendance issues. Teams must have disciplinary and attendance policies in place with parental acknowledgement to release a cheerleader from a team.
- F. DEFINITION OF A CHEERLEADING TEAM
 - 1. A cheerleading team shall be defined as viable with eight (8) members. If less than eight (8) Members RULE F2 may be exercised.
 - 2. In order to form a viable team a member organization may move cheerleaders up or down one Division as long as the move would give the team(s) no more than 16 total cheerleaders, up to 18 with the use of 2 waivers i.e. a cheerleader(s) may be moved up to the next division provided the oldest aged cheerleader(s) are the first moved, or cheerleader(s) may be moved down to the next age division provided the youngest age cheerleader(s) are the first moved. This rule can be utilized only on teams with less than eight (8) members, in the event THIS OCCURS, APPROVAL FROM THE TCYFCC Board of Trustees shall be

required and all the organization's rosters must be presented to the TCYFCC Trustees for approval at the meeting prior to the final book check. This Rule may be utilized up to the Final Book sealing, no approvals permitted after the Books are closed. A maximum of 2 of the 7 waivers can be used when making a viable team. Any participant not sealed by 4th regular season game, and no waiver was requested for additional time, will be ineligible for any TCYFCC function including but not limited to practices, games, and the TCYFCC Cheer-Off.

3. PRACTICE AND CONDITIONING

- A. Conditioning will be allowed June 1st
 - a. Only 4 hours per week
 - b. Trustee must be present
 - c. No tumbling, stunting, cheer/routine instruction
 - d. No cheer clinics unless approved by executive board
 - e. Does not count towards 8 hours of conditioning once practice starts
 - f. All required TCYFCC registration paperwork must be complete for cheerleader to participate
- B. Practice shall be defined as any gathering of a team of two or more individual cheerleaders to exercise or study cheerleading Under Direction of any Adult Member.
- C. TCYFCC member organizations are prohibited from engaging in any organized physical conditioning prior to the scheduled first day of practice as designated by the Board of Trustees. The only activities in which a cheerleader may take part in prior to the designated first day of practice shall be registration, physical examinations, distribution of uniforms and equipment and fund raising. All team bonding events should be reported to the conference.
- D. Practices shall be limited to a maximum of two (2) hours per day. All Sports Physicals are due by the first day of practice.
- E. Practice week 1 thru 4 – 5 days for a total of 10 hours.
- F. Practice week 5 thru 6 – 4 days for a total of 8 hours
- G. Practice week 7 thru end of the season – 3 days for a total of 6 hours (unless RULE 3G Applies)
- H. Exception to RULE 3—PRACTICE Two (2) weeks prior to TCYFCC Cheer off, teams may practice four (4) nights a week for a maximum of two (2) hours each practice.
- I. Teams with a Bye shall be permitted to practice an additional two hours during the Bye week only.
- J. Curfew for practices shall be 9:00p.m.
- K. One Trustee Must be present at all practices, scrimmages and games.
- L. All practices MUST be held at a TCYFCC approved facility.
- M. The First Week of Practice is for conditioning only; Conditioning is defined as Jumps, Exercise, Motions, and words to cheers, no stunting or tumbling.
- N. No indoor practices/no use of indoor practice facilities.

4. TCYFCC SCHEDULE

- A. All TCYFCC games shall be scheduled on Saturday according to the following time frame:

Warm Up Time (Maximum of 1 Hour Prior to Game Time)

| | |
|----------------|---------|
| Might Mites | 9:00am |
| Peewees | 10:30am |
| Midgets | 12:00pm |
| Junior Varsity | 2:00 pm |
| Varsity | 4:00 pm |

- B. The Board of Trustees has the authority to cancel, postpone, or reschedule any game or part of a game when, in their opinion, such action will best serve the needs of the TCYFCC.
- C. Cheerleader teams shall be required to cheer for all official games of their designated football team as scheduled except if there is no team available – see ATTENDANCE RULE
- D. Cheerleading teams shall be allowed to participate in outside competitions during the season, ending as of December 31st.

5. UNIFORMS AND EQUIPMENT

- A. Each Cheerleader must have a complete uniform. A Uniform is defined as the regulation Cheerleader uniform (Top, skirt, Bloomers, Socks, Shoes and Hair bow) with the addition of a unifit only. The only additions that may be added to the uniform are the following accessories.
 - a. Face Paint
 - b. Hair Pieces
 - c. Hair Bows (metal clips are acceptable)
 - d. Gloves (NCA approved cheerleading gloves only)
 - e. Hair and Body Glitter (No loose glitter permitted)
 - f. Pom-poms
- B. Cheerleaders are not Permitted at any time to wear their Crop Top or Bloomers without Cover Up, ie Practice, Game Days, Competitions, etc.

6. GAME DAY ETIQUETTE

- A. Roster: All teams shall provide a current list of cheerleaders to the press box prior to the start of the game. The list should contain rostered cheerleaders only.
- B. Inappropriate cheers: The use of inappropriate cheers is strictly forbidden and subject to disciplinary action by the Board of Trustees.
- C. Cheerleaders shall not cross the 50 yard line, in stadium conditions where the cheerleaders are not restricted by a football team, during game time. Otherwise, cheerleaders shall remain outside the 30 yard lines designated by the football box.
- D. Half-Time: 8 minutes in duration, will be split equally between the two teams. They will both go out onto the field in front of their fans. The visiting team will be announced first and then do their Half-Time performance, then the Home Team will be announced and do their Half-time performance. Each team shall designate someone responsible for announcing the cheerleaders' names, first names only in consideration of time. At least one coach from each team will accompany cheerleaders through the line to act as example of good sportsmanship. Half time for Homecoming games: teams can either be announced at beginning of game or at half time, which ever league chooses.
- E. Sportsmanship: Good sportsmanship is required at all times.
- F. Providing adequate safety and first aid equipment and procedures, including the following:
 - a. Complete first aid kit,
 - b. Emergency procedures posted conspicuously, and

- c. A telephone in the immediate area for emergency use only.
- G. Adequate seating for teams and spectators.
- H. Restraining lines between the spectators and the playing field.
- I. Donations at the gate are permitted, but shall not exceed \$5.00 for adults and \$3.00 for Children except for Cheer-Offs and Super Bowl the Donation is \$6.00 for Adults and \$4.00 for Children.
- J. Cheerleaders are not permitted to go through the line with the Football Players at the end of the game.
- K. The home team shall provide and distribute Game Day Spirit Awards along with a TCYFCC Concession Coupon of \$5 in value to include expiration date 12/31 – current year with the exception of SuperBowl.
- L. The Staff of each TCYFCC team shall consist of the following:
 - i. One (1) Head Coach Must be at least twenty-one (21) years of age
 - ii. No more than five (5) assistant coaches/trainers
 - iii. No more than two (2) team managers/team parents
 - iv. Each park is responsible for their sideline management and parents at all times.
 - v. The Head Coach is responsible for sideline management during their game.

7. CHEERLEADER ELIGIBILITY

- A. Anyone who has been or is a part of any school or other organized cheerleading team during the time period of August 1st of the current TCYFCC official season to the end of the season, shall be ineligible for participation in the TCYFCC with the exceptions of middle school cheerleaders.
- B. Every participant must be enrolled in and attending an accredited school or registered with State of Florida county school for home schooling (appropriate documentation required), unless the participant is too young to attend school. Any Cheerleader who is not enrolled in and attending an accredited school shall be ineligible to participate. Any player who quits school after the season begins shall become ineligible to continue to play.
- C. The responsibility of notification of withdrawal from school shall be the responsibility of the individual cheerleader. Failure to notify the organization of his/her withdrawal shall result in his immediate removal from the team.
- D. Any other Cheerleaders knowledge of an individual's withdrawal from school shall be required to report such withdrawal to his/her organization's officials. Failure to do so may result in the individual also being subject to dismissal from the team.
- E. Any organization official knowledge of an individual's withdrawal from school shall be responsible to investigate the situation in an appropriate manner and report it to the TCYFCC President in a timely fashion.
- F. If failing to report the non-attendance of a Cheerleader by any individual—player, coach, or organization official—is deemed to be of a vindictive nature, disciplinary action may be warranted.
- G. Each organization must provide upon request a copy of TCYFCC Attendance Sheet to the visiting organization by the end of the game day.
- H. Cheerleaders Attendance Check in to be conducted by the end of half-time of each game day. Game Attendance is required at a minimum of 70% of eligible rostered (not necessarily sealed) regular season games to be eligible to participate in Cheer offs. If a cheer squad does not have a viable football squad to cheer for then they

must attend 50% or a minimum of 5 regular season game days. If there is not a Fielded Team then attendance is not required.

- I. A violation of RULE 8—CHEERLEADER ELIGIBILITY.A.OR B. shall be cause for exclusion from competition in Cheer Offs by the Board of Trustees. All rostered coaches will be suspended for one calendar year.
- J. If at any time during the season the eligibility of a cheerleader becomes a question, after a majority vote of the Board of Trustees, the questioned cheerleader(s) may be required to provide documents to prove her/his eligibility (i.e. original birth certificate, school records, etc.)
- K. A Cheerleader(s) may move from one member organization to another member organization in successive years with the written consent of both organizations. Not giving written consent is only for the purpose of collecting equipment or unpaid funds or any documented disciplinary actions to the organization. This rule may be waived with the written consent of both organizations or the approval of the TCYFCC Board of Trustees.
- L. A player cannot move from one (1) organization to another after their first day of practice. This rule can only be waived by the Governing Board.

8. CHEER OFFS

(See Cheer Off Handbook for specific rules and regulations that may not be defined here.)

- A. The Board of Trustees shall have the power to enforce all rules and regulations for Cheer Offs.
- B. Eligibility: All teams shall be required to compete in Cheer Offs, regardless of ability. The only exception to this rule is if a cheerleading squad has 7 or less members on the team, it will be up to the individual team whether they participate. If an organization meets this requirement and chooses not to participate the organization is still required to pay fees to TCYFCC Hosting Team for the Cheer-Offs. A fine of \$200.00 per squad shall be charged to any organization if all eligible teams do not participate.
- C. Check in Time: The hosting organization shall recommend the check-in time for Cheer Offs. At such time all official rosters shall be checked. Trustees shall review all late arrivals on an individual basis.
- D. Time Limits: When the division is called, all teams in that division shall approach the end zone, in the order as established by the number drawn at the previous Board of Trustee's' meeting, teams will line one behind the other in their respective end zones. Time will start with the first word or movement. Time limits will be a maximum of (3) minutes—to include a cheer and or chant/dance component in the routine. There shall be no penalty for time below the (3) minute maximum. A ten (10) point penalty shall be assessed for every fifteen (15) seconds over the time limit. Time will stop at last uniform motion. Penalty judge must have a stop watch.
- E. Coaches: Coaches shall sit in a specified area during their team's performance. Coaches are to remain with their team until the team performs.
- F. Cheer and Dance Routine: Cheers and dance routines are to be at the discretion of the coach. The following regulations apply:
 - a. All restrictions and regulations of the TCYFCC Cheerleading Safety Rules.
 - b. No opposing team names shall be used.
 - c. Uniforms and Props: A uniform is defined as the regulation cheerleader uniform (top, skirt, bloomer, socks, shoes, and hair bow) with the addition of a unifit only. Hair bows with metal clips are acceptable. Accessories to the uniform may be the

following; (Hair Pieces, TCYFCC approved cheerleading gloves, face paint, & body and hair glitter) these are the only accessories that may be added to the uniform. A prop must be carried on and off the field by the cheerleaders, cannot be worn during the entire routine, nor can it enhance the uniform in any way.

- G. Judges: The TCYFCC cheer executives will make every effort to choose judges that are not affiliated with any league or have participated in any TCYFCC Competition prior to the Cheer Offs. The judges shall be selected by the TCYFCC Cheer Executives and all of the seven (7) judges must be current N.C.A. certified. The selected judges will be presented at the September TCYFCC conference meeting. The hosting team will be responsible to supply at least 2 copies of the TCYFCC Cheer Safety rules. One (1) judge shall be used to assess penalties. The judges shall sit in an elevated position; and, if at all possible, arranged in such away as to allow privacy of scoring. There shall be 4 Trustees (not from the same organization) in “Good Standings” to tally all scores. Trustees shall be appointed at the TCYFCC Monthly Meeting prior to Cheer Offs. Judges decisions shall be final.
- H. The Executive Cheer Trustees shall oversee (review) the score sheets after each division has completed their routines to ensure points and penalties have been assessed properly. In the event that there is a valid question in regards to the judges applying the TCYFCC cheer safety rules appropriately, the executive cheer trustees will have the final say.
- I. Rules for judging: 100 points per judge shall be possible. A combination of individual judge’s scores shall determine the winners. The highest and lowest score will be dropped.
- J. Tiebreaker: Overall execution, then overall appeal.
- K. Conduct: All teams must show good sportsmanship and conduct.
- L. An explanation of scores will be presented to each trustee at the conclusion of the Cheer Off day.
- M. Any Violation of The TCYFCC Cheerleading Rules, Addendum to Cheerleading Rules Cheer-Off Handbook, and / or Cheer Safety Rules can result in a 10 Point Deduction for each violation, stunt, etc. at The TCYFCC Cheer-Off.
- N. All protest must be submitted to the President in writing within 24 hours of the event.

9. RULE CHANGES

- A. TCYFCC Cheerleader Rules may be reviewed for possible changes by the Board of Trustees annually with Majority Vote.
- B. Should any rule changes become necessary at any time, the procedure specified in ARTICLE VII—AMENDMENTS of the TCYFCC Bylaws shall be adhered to.

10. Choreography

- A. No teams are allowed to have paid professionals to choreograph any cheerleading routines. No team is allowed to exchange favors for professional services. Any Choreography must be performed by a rostered coach or trainer.

TRI-COUNTY YOUTH FOOTBALL & CHEERLEADING CONFERENCE

Addendum to Cheerleading Rules

Cheer-Off Handbook

11. Cheer-Off Handbook

I. SET-UP

A. Performance Box

- a. The Cheer Off Performance Box shall be from the thirty (30) yard line to the thirty
- b. If Cheer-off is held inside, Performance Area will be a minimum of 9 mats.

B. (30) Yard line in length.

- a. Shall be eighty feet (80') deep.
- b. Exterior lines must be painted to define the parameters of the box.
- c. Interior lines must be painted in five (5) yard increments.

C. Field

- a. Field yard markers shall be appropriately placed noting the following yardage lines;
 - i. Yard markers shall be placed at both thirty (30) and forty (40) yard lines and the

D. Fifty (50) yard line.

- i. The yard markers shall be placed on the judges (audience) side only.
- b. Judges shall be seated at the fifty (50) yard line outside the normal side boundary as space permits. This means they shall not be inside the normal playing field boundaries. This area shall be restricted to the judges only and shall be referred to as the "judges' area." Only designated TCYFCC trustees may approach the judges during competition.
- c. Team representatives shall be seated to the immediate left of the judge's stand (this area shall be referred to as the "reserved area") during their team's performance.
 - i. Coaches are allowed to remain in the reserved area through their team's Performance only. Others with approved badges may sit in rows behind performing team's coaches.
 - ii. The coach/assistant coach is permitted to assume this seat while a team is entering or leaving the field—not while a team is performing.
 - iii. Coaches are not allowed to distract or talk to the judges.
- d. TCYFCC Trustees shall be seated to the immediate right of the judge's stand (this area shall be referred to as the "reserved area").
- e. No other individuals shall be permitted in the reserved area or allowed to approach it. There shall be an official responsible for keeping parents from coming into the reserved area for picture taking or viewing. Any distractions to the team performing is strictly prohibited.
- f. Hosting team shall be responsible for:

- i. Providing the sound system for announcements, introductions of teams, and playing competition music,
 - ii. Making arrangements for videotaping of the competition, and
 - iii. Making arrangements for a souvenir Cheer Off T-shirt for purchase on the day of the event that includes the conference name, and
 - iv. Designating each organization's bleacher area (both spectator area and team area) with the organization's name. Hosting team may ask for each organization to bring their own banners, if they have one.
- E. Team competition order of appearance
 - a. Team order for competition shall be determined at the September meeting of the TCYFCC Board of Trustees' by drawing numbers from a hat. The cheerleader Trustee shall draw her/his number position and that shall be the rank for all division from her/his organization.
 - b. This number determines not only the order of competition, but also the arrangement for organizations equipment setup, and team seating during the Cheer Off day. The order of seating will be determined by the competition, Order begins Left to Right
- F. Judges shall be selected by the executive board cheer trustees with the approval of the TCYFCC.
- G. Board of Trustees. Executive board cheer trustees will present the judges names at the September Trustee Meeting.
 - i. NCA: Phone 1-800-527-4422
 - ii. CTC:
- H. Fax 1-214-840-4010 P.O. Box 4660359 Dallas, TX 752-0359 Phone 1-800-462-8294 Fax 1-352-376-0487 P.O. Box 15267 Gainesville, Fl. 32604-5267
 - i. Hosting organization is responsible for supplying two copies of the TCYFCC cheer safety rules.
- I. Accountant
 - a. There shall be 4 Trustees from separate organizations to tabulate scores. The TCYFCC executive cheer trustees cannot be used to tabulate scores, it is recommended that football trustees, preferably park presidents be used to tabulate scores.
 - b. He/She shall be seated in the judges' area on the field.
 - c. Adding machine with tape must be used to tabulate scores.
 - d. Executive board cheer trustees will review score sheets/penalty sheets before final results released.
 - e. Executive board cheer trustees can override judges' decision if the TCYFCC cheer safety rules were not followed or judging was not based on these rules.
- J. Press Box
 - a. Shall not be used except in extreme situations as all judging, announcing, playing music, etc. shall be done from the field in the reserved area.
 - b. If the press box must be used it shall be restricted to TCYFCC trustees, judges, and the announcer.

II. PROCEDURES

- A. Judging
 - a. 1.100 points per judge (penalty judge shall deduct points only from the totals of the other (6) judges).
 - b. Score/Penalty sheet shall be the approved TCYFCC.
 - c. Score Sheet (see attached)

- d. Penalty Sheet (see attached)
 - e. Penalty points shall be assessed for going over the time allotment. Ten (10) point penalty for exceeding the time for every 15 second interval over. A deduction will actually start at the 16th second over the time allotment. This shall be deducted from the overall score by the time judge only.
 - f. Penalty points shall be assessed for coaches prompting in any way. Ten (10) point deduction for the first infraction, up to disqualification for continuing. This shall be deducted from the overall score by the time judge only. Mighty Mite and Pee Wee divisions are exempt from this rule.
 - g. No penalty will be assessed for going out of boundaries on the performance field/mat.
 - h. Only your park Score Sheets will be given out to the individual park by the 2nd VP or The TCYFCC Cheer Director.
- B. Check-in
- a. 1. Check in shall be determined by the hosting organization with the approval of TCYFCC.
 - b. A roster/attendance sheet check shall be conducted to determine if all girls/boys are present. The Board of Trustee shall review all later arrivals on an individual basis.
 - c. 1 week prior to cheer offs, during the cheer off trustee meeting; game attendance sheets will be verified. If cheerleader is not eligible to Cheer in the TCYFCC Cheer Off, the Attendance Sheet and Roster must be highlighted and initialed by the opposing Trustee.
 - d. A copy of the roster/attendance sheet check shall be performed by Trustees. Team 1 checks Team 2. Team 2 checks Team 3 and so on....During the original line-up of organizations for the opening ceremony.
- C. Time Limits.
- a. When the division is called all teams shall enter the end zone from their appropriate end and remain behind the twenty (20) yard line.
 - b. Each team in their assigned position will move on board to the thirty (30) yard line as they are called.
 - c. Time begins with the first word or the first movement of the routine. Music coach shall be in there reserved area prior to the team starting. The team may start on the thirty (30) yard line or may set up within the performance area.
 - d. Routines shall be a maximum of (3) minutes—it shall include a component of dance and chant/cheer.
 - e. The routine is up to each team but shall not use the name of another team in the TCYFCC in any of the cheer or chants.
 - f. All routines and/or stunts shall comply with TCYFCC cheer safety rules or previously agreed to changes, including TCYFCC Cheerleader Rules. Any changes to the Cheer Off Handbook must be in writing and presented to all Trustees by the September TCYFCC Board of Trustees' meeting. – See attached.
 - g. For the Mighty Mites and PeeWee division, one (1) coach shall be permitted to enter the performance area with the squad to assist with setup. (1) coach shall be allowed to remain on the field at ground level between the fifty (50) yard marker and the judges stand to assist in performing arm motion during the routine.
- D. Tie Breaker
- a. Will be determined by scores for overall execution and then by overall appeal.

III. ELIGIBILITY

- A. All cheerleaders shall perform at Cheer Offs. An organization Trustee can suspend a cheerleader(s) from participating in Cheer Offs for documented disciplinary/attendance reasons only—not because of lack of skill.
- B. Organizations shall be fined \$200.00 if all rostered teams do not compete. This fine shall be made payable to the organization hosting Cheer Off.

IV. ETIQUETTE

- A. All teams must show good sportsmanship and conduct at all times. No practicing, cheering, chanting, or any other type of team preparation shall be allowed on Deck in the End Zone once the competition has started. All warm-ups should be conducted in an area out of the view of the judges. Coaches are responsible for making sure their teams are in the line-up at the appropriate time. **Poor sportsmanship will result in a 10 point deduction from the team's scoresheet.**
- B. Uniforms shall be defined as the regulation cheerleader uniform (top, skirt, bloomer, socks, shoes and hair bow) with addition of a unifit or body suit and the following accessories Hair Piece, Body and Hair Glitter, NCA approved Cheerleading Gloves (they must have rubber grips) Metal Clip Hair Bows & Face Paint **RULE 6-UNIFORMS AND EQUIPMENT A.**
- C. The only props that are permitted are megaphones, hand signs, flags, and pompoms. Hand signs shall be restricted to a two-sided, non-embellished, three (3) foot by three (3) Foot sign. The only exception to this rule is that the sign may have glitter.
- D. Crowd participation, as an audience response, to a particular cheer is permitted.
- E. Hosting team may request an admission fee of \$6.00 for adult and \$4.00 for children at the gate. Football players wearing their TCYFCC jerseys are free. Hosting team shall allow spectators on one side only. Cheerleaders shall be seated on the opposite side and no unauthorized persons shall be allowed on the cheerleader side. Authorized personnel shall be coaches, assistant coaches, and/or team representatives for a maximum of eight (8) individuals per rostered team, organization total shall not exceed 43.
- F. Enough seating shall be made possible for all spectators. The location of the cheer off must be approved by the TCYFCC executive cheer trustees no later than the July monthly meeting.

V. COACH'S PREPARATIONS

- A. Hillsborough County Parks and Recreation Department's Coach's Certification Clinic, Concussion clinic, CPR, first aid and AED training is required or its Equivalent if approved.
- B. Must have a copy and become acquainted with the TCYFCC Cheer Safety Rules and Addendum to Cheerleader Rules Cheer Off Handbook.
- C. Any other approved preparation.
- D. Each organization is required to have at minimum one coach per each division attend the mandatory TCYFCC cheer meeting to take place prior to the start of the season, if a division does not have coaches selected, it will be that organizations cheer director's responsibility to ensure that all information from the cheer meeting are relayed to the coaches.
- E. TCYFCC coaches badge is required for cheer off participation.

