



NORTH GEORGIA YOUTH FOOTBALL ASSOCIATION CHEERLEADING RULES

GENERAL RULES – SECTION 1

Rule 1.1 - League Fees and Regulations

1. Membership is \$12 per athlete.
2. All fees must be turned in before opening day of the season. All rosters must be turned in three weeks prior to first event date.
3. All football and cheerleading coaches must have league ID card to be on the field or around the field. Absolutely no spectators are to be present on the sidelines or on the track. All spectators must remain in the stands.

Rule 1.2 - Age Requirements

1. 6U (5 & 6 yr olds) A player who has reached his 7th birthday prior to Aug. 1 is not eligible. A player must be 5 years old before Aug. 1 of the current year to participate.
2. 7U (7 yr olds) A player who has reached his 8th birthday prior to Aug. 1 is not eligible.
3. 8U (8 yr olds) A player who has reached his 9th birthday prior to Aug. 1 is not eligible.
4. 9U (9 yr olds) A player who has reached his 10th birthday prior to Aug. 1 is not eligible.
5. 10U (10 yr olds) A player who has reached his 11th birthday prior to Aug. 1 is not eligible.
6. 11U (11 yr olds) A player who has reached his 12th birthday prior to Aug. 1 is not eligible.
7. 7th GRADE (13 yr olds) A player who has reached his 14th birthday prior to Aug. 1 is not eligible. All players must be in the 7th grade or below. Exception: 8th grade players that are 12 years old as of Aug. 1 of the current year.

Rule 1.3 – Team Placements

1. All athletes shall be placed on teams according to age for safe play purposes.
2. Minimum team participants shall be 8.
3. Maximum team participants shall be 35.

Rule 1.4 – Player Eligibility

1. All registered cheerleaders must be eligible based on criteria established in the NGYFA rules.

Rules can be found here:

https://ngyfa.org/League_Information/NGYFA_Rules_2024_-_REVISED.pdf

No player may play on any other team than their originally declared team from the date of roster check-in forward unless otherwise approved by the NGYFA Executive Board.

2. All player eligibility must be verified at the annual Roster Check-In meeting. Proper paperwork includes:
 - A. Complete team roster with full names, dates of birth, and jersey numbers.
 - B. Copy of birth certificates, hospital record or school record signed by schools principal.
 - C. Copy of school documentation verifying school attendance or copy of utility bill verifying school district.
 - D. In lieu of birth certificate and school/residence verification, a school document (ex: Infinite Campus, Power School) may be used as it contains all of the above information.
 - E. Exception 1: If an agency does not offer 6U, a 6U athlete can go to the closest park that does offer it based on drive time from their primary residency to that parks game field.
 - F. Exception 2: Cheerleaders and cheer squads not participating in the NGYFA Cheer Competition are not required to submit eligibility paperwork.

Rule 1.5 – General Rules and Regulations

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.
8. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of

stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

9. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
10. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
11. Competition routines/half-time routines shall not exceed 2 minutes and 30 seconds.
12. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
13. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
14. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

Rule 1.6 - Practice Regulations

1. Pre-Season:
 - a. Week 1: Three practices no longer than 105 minutes.
 - b. Weeks 2-3: Four practices lasting no longer than 105 minutes. Preferably three weeknight and one on Saturday.
 - c. Week 4: Two practices lasting no longer than 105 minutes and one additional practice lasting no longer than 60 minutes. If the heat index is 95-99, the athletic activity should be modified. For example, frequent water every 10 minutes and rest breaks must be held. Players should be able to get water at any time and should be under extreme supervisions from teachers, coaches and trainers. The athletic activity must be kept to 90 minutes or less.
2. Season (Once games begin): Two practices per week, lasting no longer than 105 minutes and one additional practice lasting no longer than 60 minutes. Exception: If a team has a bye week, then they may practice 3 times for 105 minutes for that week.
3. If a team is in violation of the practice rules, the head coach will be suspended for 2 games.
4. Heat Index Guidelines: Cheerleaders should follow same heat index procedures as football players. This can be found at:
https://ngyfa.org/League_Information/NGYFA_Rules_2024_-_REVISED.pdf

Rule 1.7 - Competitions

During the season, NGYFA will hold a cheerleading competition. These competitions give our teams

a chance to face-off against one another and display their half-time routines for scores. Teams entering into the cheerleading competition must follow the rules contained herein this document.

Each team entering in the competition, must submit a team roster complete with birthdays for each athlete. Competition venue will be selected by committee. Score sheet and registration form for competitions is available on www.ngyfa.org.

Competitions will be divided into divisions based on age and level for safety and level-play purposes. The following divisions will be available.

6U (ages 6 and under): Sideline and Competition
7U (ages 7 and under): Sideline and Competition
8U (ages 8 and under): Sideline and Competition
9U (ages 9 and under): Sideline and Competition
10U (ages 10 and under): Sideline and Competition
11U (ages 11 and under): Sideline and Competition
7th Grade (ages 13 and under): Sideline and Competition
Mixed Age Division: Sideline and Competition

You must declare an age and performance division when registering for competitions. You may not change levels/divisions once your registration has been submitted.

Competitive & Sideline Rules

Rule 2.1 –General Tumbling

NOTE: As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed

1. All tumbling must originate from and land on the performing surface Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off. Clarification: Rebounding to a prone position ($\frac{1}{2}$ twist to stomach) in a stunt is allowed.
2. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump over another individual.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Dive rolls are allowed. Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.
5. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

Rule 2.2 –Standing Tumbling

1. Skills must involve constant physical contact with the performing surface. Tumbling skills must involve hand support with both hands when passing through the inverted position. Exception: Block cartwheels and round offs are also allowed.
2. Forward and backward rolls, front and back walkovers, and handstands are allowed.
3. Cartwheels and round offs are allowed.
4. Front and back handsprings are allowed.
5. Flips and aerials are not allowed (No Tucks).
6. Series front and back handsprings are not allowed. Clarification: A back walk over into a back handspring is allowed.
7. Jump skills in immediate combination with handspring(s) are not allowed. Example: Toe touch handsprings and handspring toe touches are considered illegal.

8. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
9. Airborne skills must involve hand support with both hands when passing through the inverted position. Example: Front and back handsprings are examples of airborne tumbling skills.
10. No twisting while airborne. Exception: Round offs are allowed.

Rule 2.3 – Running Tumbling

1. Flips and aerials are not allowed (Tucks are not allowed).
2. Series front and back handsprings are allowed.
3. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
4. No twisting while airborne. Exception: Round offs are allowed.

Rule 2.4 –Stunts

1. A spotter is required for each top person at prep level and above.
Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc...) are considered prep level stunts. Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person. Exception: Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.
2. Stunt Levels
 - a. Single leg stunts are only allowed below shoulder (prep) level.
Clarification: If the primary bases squat, go to their knees or drop the overall height of the Stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.
 - b. Single leg extended stunts are not allowed.
3. Twisting mounts and transitions are allowed up to a ½ twisting rotation by the top person in relation to the performing surface. Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be legal if the resulting cumulative rotation of the top person exceeds ½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation.
4. During transitions, at least one base must remain in contact with the top person.
5. Free flipping or assisted flipping stunts and transitions are not allowed.

6. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under prep is illegal. Exception: An individual may jump over another individual.
7. Pendulum and pendulum style transitional stunts, where the top person falls away from the Original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s). When lifting a top person from the flat body position in a pendulum to the upright position, an additional base/spotter must be on the opposite side of the stunt and is responsible for catching the top person in the case of an overthrow. This additional spotter must be stationary, may not be involved with any other skill or choreography when the transition is initiated and must maintain visual contact with the top person throughout the entire transition. (The dip to throw the top person is considered the initiation of the skill.)
8. Single based split catches are not allowed.
9. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base. Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist. Clarification: The log roll may not be assisted by another top person.
10. Basket tosses are not allowed.

Rule 2.5 - Release Moves

1. Release moves (i.e., tosses) are not allowed other than those allowed in "Dismounts".
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases.
Clarification: An individual may not land on the performing surface without assistance.
4. Helicopters are not allowed.
5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. Clarification: The log roll may not be assisted by another top person. Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

Rule 2.6 - Stunts-Inversions

1. All inversions must maintain contact with the performance surface. Example: supported handstand.
2. Bases may not support any weight of a top person while that base is in a backbend or inverted

position. Clarification: A person standing on the ground is not considered a top person.

Rule 2.7 - Pyramids

1. Pyramids must follow "Stunts" and "Dismounts" rules and are allowed up to 2 high.
2. Top persons must receive primary support from a base. Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the dismount rules.
3. Extended stunts must be braced by at least two persons at prep level or below with hand/arm connection only. The connection must be made at or below prep level.
4. Single leg stunts:
 - a. Must be braced by at least one person at prep level or below with hand/arm connection only. The hand/arm of the top person must be, and remain, connected to the hand/arm of the bracer.
 - b. If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
 - c. Prep level top persons must have both feet in bases' hands. Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.
 - d. The connection must be made prior to executing the single leg stunt.
5. Extended single leg stunts may not brace or be braced by any other extended stunts.
6. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Rule 2.8 –Dismounts

1. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.
4. Only straight pop downs, basic straight cradles and $\frac{1}{4}$ turns are allowed.
5. Twisting dismounts exceeding $\frac{1}{4}$ turn are not allowed. All other positions are not allowed. Example: toe touch, pike, tuck, etc.

6. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
7. No dismounts are allowed from extended stunts in pyramids. Clarification: An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.
8. No free flipping or assisted flipping dismounts allowed.
9. Tension drops/rolls of any kind are not allowed.

Rule 2.9 –Tosses

1. No tosses allowed.

Additional Rulings

Any coach, player, or spectator ejected from a game or facility for any reason will serve a minimum of a one game suspension in addition to the suspension from the current game. The coach will not be allowed in or around the facility while serving their suspension. After the first ejection/suspension the coach will be placed on a one year probation period. If a second ejection occurs during the probationary period the coach is suspended for 1 full regular and playoffs, if applicable. Any and all appeals will be brought before the NGYFA Executive Board.