DIOCESE OF CLEVELAND CYO
WINTER CHEER RULES
### Table of Contents

- **SECTION 1 - OFFICIAL SQUAD**  
  PAGE 3
- **SECTION 2 - SQUAD FORMATION AND REGISTRATION**  
  PAGE 3
- **SECTION 3 - UNIFORMS**  
  PAGE 3
- **SECTION 4 - PRE-CONTEST COACHES RESPONSIBILITIES**  
  PAGES 4
- **SECTION 5 - PARTICIPATION**  
  PAGE 4
- **SECTION 6 - GAME & TIME LIMITATIONS**  
  PAGE 4
- **SECTION 7 - INCLIMENT WEATHER**  
  PAGE 4-5
- **SECTION 8 - GENERAL RULES**  
  PAGE 5
- **SECTION 9 - PROHIBITED ELEMENTS**  
  PAGE 5
- **SECTION 10 - GAME PERFORMANCES**  
  PAGE 5-6
- **SECTION 11 - COMPETITION PERFORMANCES**  
  PAGES 5-8
- **SECTION 12 - CAUTION AND DISQUALIFICATION**  
  PAGE 8

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*CYO inspires young people to know God, to love God, and to serve God through athletics.*
The National Federation of State High School Associations (NFHS) Spirit Rules apply in this league with the exceptions contained within. CYO game contest rules may not be altered by mutual consent of the coaches. Only the CYO Administration may issue authorized changes.

SECTION 1 - OFFICIAL SQUAD
A. Defined as an individual or group of children from one or more members listed on the team roster that meet the eligibility rules and are approved by the Member Athletic Director, Member Administrator and CYO Office.
B. A CYO Team refusing to continue playing a scheduled game for any reason without the consent of the game official or diocesan athletic representative may be subject to penalties as outlined in Bylaw 11. This also applies to Sanctioned Events.
C. There is not a minimum number of cheerleaders on a squad.
D. A partial roster or combined roster cannot be entered into any sanctioned event.

SECTION 2 - SQUAD FORMATION AND REGISTRATION
A. Cheer will be offered in the three divisions:
   1. 8th Grade
   2. 6th Grade
   3. 4th Grade
B. As outlined in Bylaw 3-3-1, an athlete must meet the grade and age requirements on August 1 before the school year starts to compete in the above divisions.
C. Squads may consist of boys and girls.
D. Cheer is sponsored during the fall and winter seasons.
E. All squads must register with the CYO Office by the team entry deadline. Squads must register/re-register for each season of competition.
F. In keeping with the CYO Philosophy standards have been set for the formation of squads and development of athletes.
   1. CYO prohibits "cutting" players from a squad. Tryouts are not to be held for the purpose of limiting participation.
   2. In the 4th grade division, if members sponsor more than one squad per division these squads must be split evenly. A & B (stronger/weaker, stacked/weaker teams) are not permitted. Violations are subject to penalties as outlined in Bylaw 11.

SECTION 3 - UNIFORMS
A. All athletes are required to wear member issued uniforms. When standing at attention, the uniform must cover the midriff.
B. All players must have the CYO Emblem on their uniform either sewn or stenciled.
C. Chains, earrings, other jewelry, loose glitter, face paint or other inappropriate items may not be worn during the game.
D. An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO Administration may be worn on each of the uniform apparel provided neither the flag nor patch interferes with the visibility of the squad’s name.
SECTION 4 - PRE-CONTEST COACHES RESPONSIBILITIES  
A. Coaches must be CYO certified.  
B. CYO Credentials are to be worn around the neck and visible at all times.  
1. Credentials cannot be given to another coach at any time.  
2. Coaches who give their credentials to another coach, even for one game, will have their coaching privileges revoked for one year.  
C. Coaches are responsible for the supervision of their team before and after the game.  
D. At each game and practice, coaches are to have in their possession: an official team roster, a copy of each athlete’s Pre-participation Form, Emergency Medical Authorization Form and a first aid kit.  

SECTION 5 - PARTICIPATION  
A. Each player must be treated with dignity regardless of his or her ability.  
B. With approval from the Member Administrator and Member Athletic Director each member may permit a player in grades 3-8 to participate in other non-CYO leagues like recreation and community leagues.  
C. A player in grades 7-8 may not participate on rosters governed by the OHSAA. For example, they may not play on their public school team as well as on a CYO team. This is for purposes of eligibility.  
D. Mandatory participation applies to all games/competitions.  
E. Guest Player Rule: If a squad team has less than 6 athletes to cheer at an event, a guest player may be moved from the member’s other CYO Cheer squad(s) under the following restrictions:  
1. The athlete meets the age/grade restrictions of the squad he/she will assist.  
2. The guest player is reported by means of the button on the Coaches Information page of www.dioceseofclevelandcyo.org before the match in which he/she will be used.  
3. The same individual may be moved as a guest player for no more than two (2) events during the season. Once an individual is a guest player twice, they may not be invited by any other team for the remainder of the season by any other team for the remainder of the season.  
4. Guest players cannot be used for sanctioned event or CYO championship competitions.  
F. Violation of these rules will result in a forfeit of the match and disciplinary action against the coach and/or parish.  

SECTION 6 - GAME & TIME LIMITATIONS  
A. Events on Sunday cannot begin until 1:00 PM.  
B. No event can start after 8:00 PM.  
C. Practice sessions must be completed by 9:00 PM.  

SECTION 7 - INCLEMENT WEATHER  
A. Inclement weather may deter games from being played as scheduled. The safety of our players, coaches and their families are our primary concern when games are canceled due to inclement weather.
B. Announcements related to the status of competitions will be posted on the main page of the schedule website, telephone announcement lines, Twitter (@CYOSportsDOC) and media as needed.

C. Contests that are suspended because of inclement weather and cannot be resumed within a reasonable time at the same site will be canceled and not rescheduled, unless deemed necessary by the CYO Administration.

SECTION 8 - GENERAL RULES
A. All cheers must be reviewed by the coach for good taste and propriety. The Coach must approve each cheer. If there is any doubt of the appropriateness of the cheer, the Member Athletic Director or Member Administrator should review the cheer.

B. All cheers are to be original & developed by the squad & coaches. Cheers or routines are not to be derived from other schools or squads. If cheers or routines performed in competition are proven to be derived from other squads/schools, the squad and coach shall be subject to penalties.

C. A spotter should be used in practice and performance until a tumbling stunt or jump is perfected and approved by the coach.

D. With parental approval, a participant may use a minimum amount of makeup.

E. Chewing gum is prohibited.

F. Cheerleaders should be cheerful, friendly, provide team spirit, and shall not belittle an opponent or another squad.

SECTION 9 - PROHIBITED ELEMENTS
A. Pyramids – defined as two people supporting one person or three people supporting two people, or any other position when one person has both feet off the floor and is in contact with another person who is in a supporting position.

B. Mounts – defined as a duo-mount, shoulder sit, thigh stand or sitting on the shoulders of another person.

C. Use of mini-trampolines.

D. Knee-drops, slams or fireman catches.

E. Aerial tricks in tumbling routines – aerial tricks are defined as any tumbling stunt that requires an individual to have both feet and/or hands off the floor.

SECTION 10 - GAME PERFORMANCES
A. Cheerleaders may not, at any time, obstruct the view of spectators or interfere with the athletic competition in process.

B. During games, squads are permitted to perform from the sidelines within reasonable distance of the out-of-bounds line.

C. Specific Guidelines when cheering at basketball games.
   1. The performance location shall be located at the end of the basketball court of their team’s bench. A cheer squad is not to be positioned under the basket or by the bench of the opposing team.
2. If time allows, prior to the game, each squad may perform one (1) short cheer on the floor.
3. At half time each squad may perform two (2) cheers or dance routines of no longer than 2 minutes total per squad, time permitting.
4. Short cheers may be allowed on the floor during timeouts. Squads should alternate time-out performances.
5. Squads must leave the floor at the referee’s whistle and are not to be with-in the court boundaries while the game is in play.
6. Sites may limit/restrict performances/size due to space and safety concerns.

SECTION 11 - COMPETITION PERFORMANCES

A. The rules of this section apply to sanctioned events and CYO competitions.

B. Competition Rounds

1. 8th Grade Team Competitions - Team competitions will consist of one (1) round of two (2) minutes and thirty (30) seconds in length. The routine may include cheers, chants and dance performance. The musical portion must be a minimum of 45 seconds and a maximum of 75 seconds.
2. 6th Grade and 4th Grade Team Competitions - Team competitions will consist of two (2) rounds of two (2) minutes in length.
   a. Round one - Two (2) chants and one (1) cheer
   b. Round Two - Dance Routine
3. Jumps Competition – An individual competition may be held in which athletes will perform a jump assigned from the list below in a head to head or grouped competition. The top performer(s) from the group will advance to a succeeding round of performance and asked to perform a different jump. The following jumps may be assigned in jumps competition:
   a. **X Jump** - execute a simple prep, swing, and jump with your arms in a high “V” and legs spread apart. Jump off the ground and it will look like an X. This jump is generally used to practice group timing and snapping legs down from a jump.
   b. **Pencil/T Jump** - It involves jumping completely straight up with your arms in T-motion or in a point above your head. This jump is usually the first you would learn. Mainly used for correcting the body position for the main jumps.
   c. **The Herkie** - The straight leg in the herkie should be held to the side, keep hips squared and torso facing forward. The bent knee should be pointing down.
   d. **The Hurdler** - There are two versions of the hurdler—the front hurdler and the side hurdler. In both, it is important that the bent knee is facing the side as if placed on a table. In the front hurdler, the straight leg is extended to the front of the body and the bent knee to the back. In the side hurdler, the straight leg is to the side and the bent leg is to the side, much like in the herkie, but the bent knee is facing the side, rather than down.
   e. **Toe-Touch** - In this jump, the legs are straddled and straight, parallel to the ground, toes pointed, knees are back, and your hands are in fists or blades and arms in a "T" motion. Despite its name, you do not touch your toes during this jump, you reach out farther in
front of your legs. Keep the back straight and bring the legs up to you. This is the most common cheer jump.

f. **Tuck** - In this jump the cheerleader uses stomach muscles to pull the legs up with thighs as close to the chest as possible, knees facing upward as if in a tucked position.

g. **Pike** - This jump is among the most difficult of jumps. Both legs are straight out, knees locked. Arms are in a touchdown motion out in front to create a folded position in the air, this motion is also called "candlesticks". This is often performed at a ninety-degree angle to the audience in order to show off the air position.

C. Team competitions will be judged under the following criteria and point allocation:

1. **Cheer**
   a. Motion, placement & execution (maximum 10 points)
   b. Choreography, synchronization & timing (maximum 10 points)
   c. Voices and crowd involvement (maximum 10 points)

2. **Dance**
   a. Motion, placement and execution (maximum 10 points)
   b. Creativity (maximum 10 points)
   c. Synchronization & timing (maximum 10 points)

3. **Overall Team Precision**
   a. Precision & timing (maximum of 10 points)
   b. Formations, spacing and transitions (maximum of 10 points)
   c. Degree of difficulty (maximum of 10 points)
   d. Overall performance execution & creativity (maximum of 10 points)

4. **Jumps**
   a. Variety & difficulty (maximum 10 points)
   b. Execution (maximum 10 points)
   c. Synchronization & timing (maximum 10 points)

5. **Tumbling**
   a. Variety & difficulty (maximum 10 points)
   b. Execution (maximum 10 points)
   c. Synchronization & timing (maximum 10 points)

6. The number of judges and responsibility for evaluation of the above criteria will be determined by the event director and communicated to the participating teams prior to the event.

D. If determined by the event judges, team competitions will apply the following deductions from the composite team score:

1. Inappropriate movement – 25 point deduction
2. Inappropriate song – 25 point deduction
3. Exceeding time limits – 10 point deduction
4. Other with explanation approved by commissioner/event director – maximum 10 point deduction

E. To arrive at the team standings;
   1. The individual judges totals will be summed
2. Deductions from Section 11-D will be made from the summed total to arrive at the composite score.
3. The teams will be ranked according to their composite score.
4. If teams have the same composite score, a tie will be declared.

SECTION 16 - CAUTION AND DISQUALIFICATION

A. Squads are expected to conduct themselves in a manner that the game officials and CYO administration feel shows respect and dignity towards its opponent.
B. Athletes, coaches, parents, or fans who are removed from an athletic event are automatically barred from attending the next scheduled competition for that team. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator requesting CYO diocesan administration to permit the individual to attend future competitions.
C. Athletes, coaches, parents, or fans that are removed from an event for a second time will not be permitted to attend any competitions for the remainder of the season. The individual must meet with the member administrator about the incident and obtain a signed letter from the member administrator.