

903 Youth Football & Cheer League Rules`

1. General Information

- A. Rosters including athlete's name, DOB, address and grades must be turned in via email to President Twana Cleaver (for 2025 season the date is August 24, 2025)
- B. Rosters must also include all Coaches, Junior Coaches and Team Moms names
- C. All coaches **MUST** pass a background check
- D. All Security Dads **MUST** pass a background check

2. Pre-Season Camp

- A. Towns may hold a camp prior to the season after registrations.
- B. Camp dates and times are determined by each town commissioner.
- C. Camps are NOT allowed to be led, taught or have any assistance by any competitive coaches.

3. Regular Season Practice

- A. May **NOT** start before the week of August 1st
- B. May **NOT** be longer than 2-hours in length
- C. No more than 3 practices per week
- D. Practices may be held in any Gym but cannot be led, taught or have any assistance by a Competitive Coach or staff. If caught teams will be disqualified from end of season competition.
- E. Coaches can **NOT** be a Competitive Cheer Coach

4. Game Day

- A. Gate fees include \$5 Adults and \$3 Students
- B. Game Times are K-2 4:00pm, 3/4 at 5:30pm and 5/6 7:00pm
- C. Reference #10 for game day stunts limitations
- D. All Coaches, Junior Coaches and Team Moms **MUST** have a badge on game day. (Anyone who is down on the field or track must have a badge if they do not have a badge, they are not allowed access).
- E. Badges must be presented at the gate of Home and Away games, if badge is not presented at gate **NO** free entry **NO** sideline.
- F. No jewelry or artificial fingernails
- G. Beginning of 3rd quarter all Home teams must go perform a cheer or chant to Visitor side fans and Visitors also make way to Home side stands after, to perform a cheer or chant for Home side fans.
- H. No more than **SEVEN (7)** rostered individuals such as Coaches, Junior Coaches and Team Moms. Only one Team Mom will have free entry fee per age division.
- I. Each towns Coaching Staff **MUST** have matching shirts
- J. Each Team must perform Halftime performance towards the Home side stands

5. Code of Conduct

- A. Each town must establish a code of conduct that parents sign off on and abide by.
- B. Commissioners vote on disciplinary actions if not all Commissioners agree it will then get brought to the League Officers.
- C. Commissioners and Coaches must revert to the 903 Youth Football & Cheer League website to stay up to date on all bylaws. See website at www.903youthsports.com
- D. Any issues that may occur must follow a chain of command by going to Cheer President and VP first.

6. Competition Practice

- A. If a child has more than 2 **UNEXCUSED** absences, said child **WILL NOT** be allowed to compete. - **Left up to town association**
- B. May add an additional 2-hour practice starting 2 weeks before Competition.
- C. Appeals of Rule A. must go before the Town Board for Final Decision.
- D. Competition Practices may be held in any gym but cannot be led, taught or have any assistance by a Competitive Coach or staff. **IF CAUGHT TEAMS WILL BE DISQUALIFIED FROM END OF THE SEASON COMPETITION**
- E. Coaches can **NOT** be a Competitive Cheer Coach

7. Dress Code

- A. Cheer Shoes and Athletic Wear are **REQUIRED** at **ALL** practices. Any child that shows up for practice out of dress code **WILL NOT** be allowed to practice. - **Left up to town association**
- B. Cheer Uniforms that show midribs/tummies are **NOT** allowed.

8. Competition Rules

- A. Competition is **OPTIONAL** for all cheerleaders (**MUST** be a Registered Cheerleader)
 - i. Teams with 10 athletes or less **MAY** combine but must compete at the highest grade level of the squad.
 - 1. For Example: (10) 3rd graders and (1) 6th graders must compete at the 6th grade division.
- B. Towns may have a Mascot, Child or Parent. (Parent **MUST** pass a background check)
- C. Rostered Child Mascot can perform at competition
- D. K/2 DIVISION ONLY- Coaches may only clap to keep the counts. **NO** verbal counting is allowed.
- E. K/2 DIVISION ONLY- Coaches may guide Cheerleaders to correct spot on the field or gym floor.
- F. **Each squad will be required to perform 1 entrance Chant, 1 cheer and 1 routine. Routine must include a minimum of 4; 8 counts of dance, 3 different jumps in any order and 1 tumbling formation of any kind. OVERALL minutes for EVERYTHING WILL be NO MORE than 7 minutes. CANNOT be less than 3 minutes. Going over 7 minutes and under 3 minutes WILL cause a point deduction.** Time starts when the first word is said, and time ends when the last child passes the boundary marker (40-yard line.) All props must be removed by a team member. Time does not stop until all Props are removed from the field.
- G. Admission price of \$5 per adult and \$3 per child. (Football Players & Cheerleaders get in free if on the Roster **ONLY**)
- H. Town hosting competition must have adequate space and seating as well as 9 panel mats for indoor competition. (Canton has mats we can use)
- I. Site **MUST** be approved by the Cheer Board. (Up to town if it is Indoor or Outdoor, **MATS ARE REQUIRED FOR INDOOR**)
- J. Spotters will be allowed on **ALL** teams, but Spotters do **NOT** take away or add to or from the score if used.
- K. Spotters are not allowed to **TALK, HELP or GUIDE** in any way. They **MUST** have hands behind their back.
- L. No tumbling limitations.
- M. Stunts must follow the grade limitations and requirements- Please refer to item #10 COMPETITION/GAMEDAY STUNT LIMITATIONS & REQUIREMENTS for clarification.

- N. All music and dance moves must be approved by the Towns Cheer Commissioner. Teams must provide their own music in CD or MP3 form and DJ MUST be phone compatible and flexible on music format.
- O. **ANY** squad that commits to competition and **FAILS** to show up for competition WILL pay a forfeit fee of \$500 to the hosting town.
- P. **NO** gloves allowed during performance.
- Q. Signs will be allowed, but **MUST** be handheld and **NO** larger than 24"X24"
- R. Each cheerleader competing will be required to pay \$20, Pep Squad required to pay \$10. This fee will help cover Judges, Comp Gifts, Trophies/Rings & Medals. This can be done per girl OR per town. Competition Fees per girl are due to the hosting town by Oct. 1st
- S. Flyer's feet **MAY NOT** go above said flyers head unless connected to another stunt.
- T. Pep Squad are allowed to perform but not scored. They will receive a small medal or trophy. Pep girls can **ONLY** perform at home games and Competition.
- U. Make up, hair accessories and glitter will be allowed. **ADHESIVE GLITTER ONLY, NO loose glitter, Spray Glitter MUST be sprayed OUTSIDE.**

9. Competition Judges/Scoring

- 1. Judges must be hired by Cheer President
- 2. Judges must be hired from Spirit Events
- 3. **ONLY** score sheets supplied by the 903 Youth Football & Cheer League Cheer Board **WILL BE used** for competition scoring
- 4. 3 Registered/Paid Judges will be used.
- 5. Cheer Commissioners will take turns acting as the Countability Judges watching the crowd for any motions being used while their teams are performing. If caught said team will be disqualified from the competition **IMMEDIATELY**
- 6. 2 Football Representatives will be used as a tally Judge.
- 7. These Rules are final and **CANNOT** be changed unless changed by the 903 Youth Football & Cheer League Cheer Board.

10. COMPETITION/GAME DAY STUNT LIMITATIONS AND REQUIREMENTS

(These will be listed on the score sheets for Judges' reference)

PEP SQUAD

No stunts are allowed above thigh level. Single legs are allowed under thigh level.
Up to towns Commissioner if squad travels or not.

Kinder-2nd Grade

- 1. Stunts must stay at prep level or below.
- 2. No more than a single leg at prep level.
- 3. Front spots are NOT required.
- 4. Back spots are required on all stunts.
- 5. NO full extensions.
- 6. NO baskets allowed.

3rd & 4th Grade

- 1. Full extensions are allowed
- 2. No single leg at full extensions
- 3. Only straight rides, pretty girls and toe touch basket tosses are allowed.
- 4. Front spots are required on all full extensions.
- 5. Back spots are required on all stunts.
- 6. No full downs.

7. Barrel roll allowed.
8. Baja is allowed at prep level only.

5th & 6th Grade

1. Single leg full extensions are allowed.
2. Basket tosses are allowed with tricks. **ABSOLUTELY NO** basket tosses allowed on track grass or turf **ONLY**
3. Spotters are required on all full extensions.
4. Back spot is required on all stunts.
5. Can prone (Superman) at prep level only.
6. Front spot optional on prone.
7. Full downs are allowed.
8. Baja is allowed at prep level only.

ALL TEAMS:

*Flyers at any level do not have to return to the performing surface.

*Reloads are allowed.

*No tumbling limitations

*For questions about a stunt, please send a video or ask the Cheer President for clarification.

Trophy Sizes

1st place 16 inches or Rings

2nd place 14 inches

3rd place 12 inches

(IF hosting town has trophies/medals or rings left over they will then pass out to other towns commissioners so they can pass out to coaches.)

CHEER BOWL-SATURDAY NOVEMBER 15TH 2025 (As follows by year)

2025-Canton

2026-Quinlan

2027-Mineola

2028-Wills Point

2029-Brownsboro

2030-Kemp

2031-Edgewood

TIMES FOR COMPETITION

1ST and 2nd Grade- Start Time 10:00am

3rd and 4th Grade & PEP SQUAD- Start Time 12:00 Noon

5th and 6th Grade Start Time- 2:00pm