

CHEERLEADING SAFETY RULES

Safety is the number one concern of the Junior Football League of Central Illinois. Keeping the program safe and fun for all participants is among the J.F.L.O.C.I.'s highest priorities. By learning the proper techniques and by practicing in a safe environment with a knowledgeable advisor and/or coach, the chances of injury are greatly reduced.

Attached, we have listed the Cheerleading rules to be followed. These rules have all been agreed on by each respective area "Cheer Director." We recommend that J.F.L.O.C.I. Cheerleading groups follow the rules as set forth, and that the groups participate in strength building exercises and follow the systems developed.

The rules are general in nature and are not intended to cover all circumstances. All cheerleading activities should be carefully reviewed and supervised by a qualified and knowledgeable advisor and/or coach.

Have fun, learn in progression, work as a team, and keep safety first.

GENERAL SAFETY GUIDELINES

- 1. Cheerleading squads should be placed under the direction of a knowledgeable advisor or coach.**
- 2. The cheerleading coach or other knowledgeable designated area representative should be in attendance at all practices and functions.**
- 3. All cheerleaders should receive proper training before attempting any form of cheerleading and/or gymnastics.**
- 4. All practice sessions will be held at the site of that area's designated facility.**
- 5. Jewelry, accessories and apparel should be conducive to safe performance.**
- 6. Warm-up exercises and stretching should precede all practice sessions, games, competitions and other physical activity.**
- 7. All cheerleading squads should develop a conditioning and strength building program.**
- 8. The cheerleading surface, location, lighting and weather conditions should be taken into consideration before engaging in physical activity.**

9. **Advisors/coaches should recognize the entire squad's ability level and limit the squad's activities accordingly.**
10. **An Advisor/Coach must be present at all practices and games.**

SPECIFIC SAFETY REGULATIONS

Partner Stunts / Pyramids

1. All pyramids and partner stunts are limited to two persons high. "Two high" is defined as the base (bottom person) having at least one foot on the ground.
2. The top person in a partner stunt, pyramid or transition may not be inverted (head below the waist) position, with the exception of a double based forward suspended roll.
3. Suspended splits in a transition are allowed provided there are a total of four bases that support the top person; at least three of the bases must support under the legs of the top person, and the fourth base may support under the legs or make contact with the hands of the top person. The top person must have hand contact with the bases.
4. Partner stunts and pyramids higher than shoulder stand level must have a continuous spotter for each person over shoulder stand level.
5. When one person is bracing another (including over lapping of arms), one of

the individuals must be at shoulder height or below.

6. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg)
7. Triple based lifts must have an additional spotter for the head and shoulders of the top person.
8. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person.
9. All vaults are prohibited.
10. Basket tosses, toe pitch tosses, or similar tosses are limited to no more than four tossers and must be dismounted to a cradle position by two of the original bases, plus an additional spotter at the head and shoulder area. These tosses may not be directed so that the bases must move to catch the top person.
11. Partner stunts, pyramids or participants may not pass over, under or through other partner stunts or pyramids.
12. Bird partner stunts must have a continuous spotter at the head and shoulder of the top person.
13. Free falling flips or swan dives from any type of toss, partner stunt or pyramid are prohibited.
14. Double-based forward-suspended rolls are allowed as long as the bases have their feet on the ground, and the top person and the bases maintain hand-to-hand contact throughout the skill.
15. Backward suspended rolls and single based suspended rolls are prohibited.
16. Cradle dismounts from shoulder stand level and above must use a spotter in addition to the number of bases required for the stunt. Exception: A "chair" does not require an additional spotter. (A cradle is defined as a dismount from a partner stunt or pyramid, in which the top person is caught in a face-up, piked position before being placed on the floor or remounting into another stunt or pyramid.)
17. Cradle dismounts which involve a jump twist, or other gymnastic skills require a spotter in addition to the original bases).
18. All backward dismounts from partner stunts or pyramids must use three

catchers. The execution of any gymnastic skill (i.e., jump, twist, etc.) during a backward dismount is prohibited.

19. Twists greater than two rotations in stunts, tosses or dismounts are prohibited.
20. Knee drops are prohibited.
21. Tension rolls and tension drops are prohibited.
22. Helicopter tosses are prohibited.
23. Single base split catches are prohibited.
24. Toe pitch and leg pitch flips are prohibited.
25. The use of mini-trampolines, springboards, or any other height increasing apparatus is prohibited.
26. Tosses that land in stunts (i.e., toss to hands, basket toss to elevator, etc.) are allowed, however, they cannot significantly exceed the height of the intended stunt. Tosses cannot land in a loading position for another stunt. (Exception: Single base tosses without assistance from another person are allowed in a loading position.)

Tumbling/Gymnastics/Jumps

1. Dive rolls are prohibited. A dive roll is defined as a forward roll where your feet leave the ground before your hands reach the ground.
2. Flips greater than one rotation are prohibited.
3. Twists greater than two rotations are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.

5. The use of mini-trampolines, springboards, or any other height increasing apparatus is prohibited.
6. Participants may not tumble under or through partner stunts, pyramids, or over or under individuals.
7. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example: A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed.)
8. Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump or kick to a hurdle position, to the seat, or landing with both feet back, or to push-up position are prohibited.)
9. High kicks to a hurdle position are prohibited.
10. Any type of hurdle position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of a "Z" sit.

Copies of these guidelines should be distributed to all squad members and any other volunteers associated with the Cheerleading program. All guidelines should be understood and accepted by all parties involved including Directors, Advisors, coaches, assistants, squad members, parents and any other volunteers.

The Junior Football League of Central Illinois and The American Association of Cheerleading Coaches and Advisors make no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

If you have any questions regarding the legality of a specific skill, contact the J.F.L.O.C.I. at (309) 682-8910. (7-18-05)