

Official ITS Cheer Rules

All general cheer rules apply during Basketball and Flag Football season.

Adopted: 05-17-2016

Amended 3-17-2020

1. PLAYING FIELD AND EQUIPMENT

- 1.1. Facilities: Coaches, cheerleaders and fans are expected to demonstrate appropriate respect for the various game locations by following the rules displayed at each site.
- 1.2. First Aid Kit: The host site should have a first aid kit readily available. Essential supplies include ice packs, bandages, and gauze wrap.

2. CHEERLEADERS AND TEAMS

- 2.1. Divisions: Teams will be divided into coed age appropriate divisions as defined as follows. Inter Tribal Sports reserves the right to adjust or combine divisions as participation dictates.
 - 2.1.1. *DreamCatchers Cheer*: 4 years old to 18 years old
- 2.2. Eligibility: All cheerleaders must be of the appropriate age on the day of the first official game of the season. Those turning older during the season will be eligible to continue cheering for the team with coaches and ITS approval.
 - 2.2.1. *18-Year-Old Participation*: **All 18-year-olds are required to have a background check in order to participate as a player.**
 - 2.2.2. *4-year-old to 6 year old's*: Cheerleaders between the age of 4 years old to 6 years old must have a parent/guardian present during all practice times and during game day performances.
 - 2.2.3. The cheer program is open to all communities of each participating tribe/tribal organization. Preference will always be given in the following order:
 - 2.2.3.1. Participants must self-identify as Native American or
 - 2.2.3.2. Be an immediate family member of a tribal member (child, stepchild, foster child, sibling, stepsibling, half-sibling, etc.) or
 - 2.2.3.3. Live on the reservation or
 - 2.2.3.4. Attends a school on a reservation. NOTE: In order to participate in cheer program under the on-reservation school student provision, any non-native youth must have previously participated in at least one sport in two different calendar years.
- 2.3. Team Registration: Team rosters and cheerleader registration must be submitted to the ITS office by the published due date. Cheerleader additions and deletions can be made throughout the season, but all appropriate registration requirements must be submitted in order for a new cheerleader to be eligible to participate in performances. New cheerleaders that sign up later in the

season may participate in regular game day performances with coach approval. (Also see *Championship Performance Eligibility*)

- 2.4. Cheerleaders: A team consists of minimum of five (5) cheerleaders and a maximum of thirty (30) cheerleaders. When on the field, teams must participate with a minimum of four (4) cheerleaders on the field at all times.
- 2.5. Cheer Equipment: Coaches may choose to practice on grass or mats for stunt work. This is recommended for safety and injury prevention.
- 2.6. Uniforms: In order to be eligible to cheer, teams must wear an ITS approved uniform.
 - 2.6.1. ITS will provide a portion of the uniform. ITS will inform coaches of additional uniform requirements.
 - 2.6.2. Parents will be informed by coaches of additional uniform requirements.
 - 2.6.3. Teams must be suited in the same style uniform at all times. At no time may the team be mix- matched.
 - 2.6.4. All cheer ITS assigned uniform must be returned to the coach after each practice and performance, unless otherwise stated by the coach/ITS.

3. GAME PRELIMINARIES

- 3.1. Arrival: Cheer teams must arrive 30 minutes before game and must stay for team huddle.
- 3.2. Duration of Games:
 - 3.2.1. For Basketball, games consist of two 20-minute halves with a 5-minute halftime. Running clock except for the last two minutes of the second half. Clock stops on timeouts at any time and on out of bounds or violation during the last two minutes of the second half only. Game officials have the final authority on game clock decisions. D-league games will have a running clock throughout, except for timeouts.
 - 3.2.2. For Flag Football, games consist of two 20-minute halves with a 5-minute half time. The clock will continuously run except for timeouts.
- 3.3. Timeouts:
 - 3.3.1. During Basketball, each team will receive two (2) 30second timeouts per half. During each overtime (if multiple), teams will receive one (1) 30-second timeout. Timeouts cannot be carried over into the next half or next overtime play.
 - 3.3.2. During Flag Football, each team may cheer during the 60-second timeout per half.
- 3.4. Overtime Play: In the event of a tie game at the end of regulation play an overtime period will be allowed. Cheer teams will stay during overtime.
- 3.5. Late Arriving Teams: Proceed with cheers while waiting for game to begin. (*See the complete policy for additional details.*) If the game has not begun at the end of 20-minutes, at which point

the score would be 20-0, the game will officially be considered a forfeit and the final score shall be recorded as 20-0.

3.6. Adverse Weather: *The following is a summary of the **600.2 Weather Condition Policy**, see the complete policy for additional details.* Three days prior to the games or event, the weather forecast will be checked at www.weather.gov to determine if cancellation of game is a possibility. The National Weather Service's website will be the standard resource to access the forecast for the zip codes for the outdoor game sites. No later than 1:00 pm on the day before the scheduled games, the weather forecast will be evaluated according to the criteria detailed in the policy, a final decision will be made, and all affected teams will be notified of any schedule changes via a phone call and email.

3.7. Team Check-in: Coaches are responsible for checking in their cheerleaders on the designated ITS roster. The roster is the official document used to track game attendance. Coaches must account for all cheerleaders present in order to earn credit; this includes any attendances that arrive late. The coach must initial the certification statement on the roster to verify cheerleader attendance.

4. PERFORMANCES & CHAMPIONSHIPS

4.1. During Performances: The audience must stay in the stand during all cheer performances.

4.2. Championship Performance Eligibility: In order to be eligible for Cheer Performance, cheerleaders must participate in at least 50% practices and 50% games. **A registered player can receive one game day credit for every missed regular season game they are scheduled to play due to participation in ITS sanctioned events. The ITS office must be informed of any players no later than one week after games have been played.** New cheerleaders that sign up later in the season may participate in performances if they demonstrate knowledge of choreography and receive coach approval.

5. CONDUCT AND SPORTSMANSHIP

5.1. Sportsmanship: Prior to and following each game, cheerleaders will have a pre and post-game huddle arranged by the coaches.

5.2. Coach Conduct: Coaches are required to sign and adhere to the Coaches' Conduct Agreement.

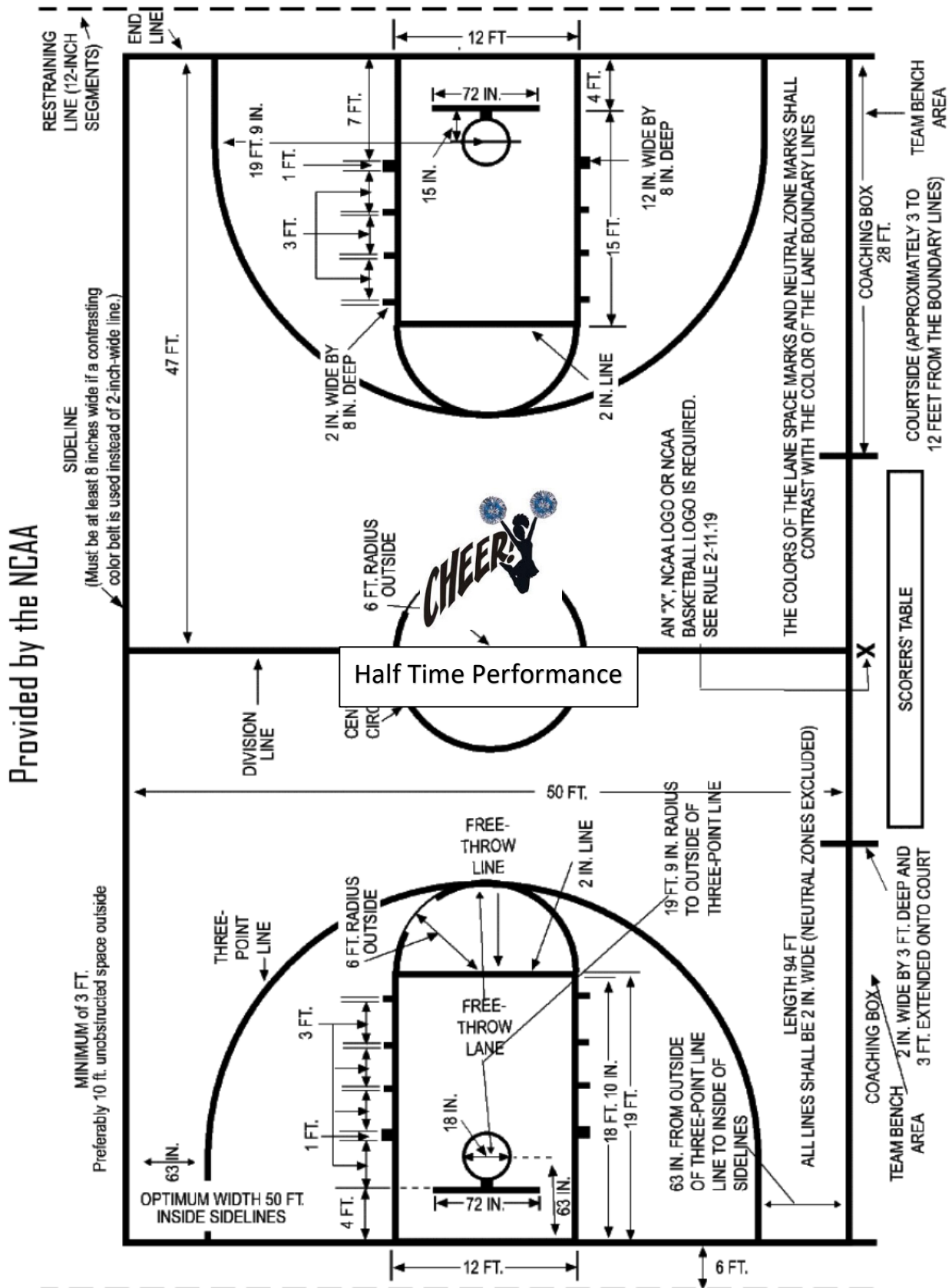
5.2.1. Coaches' **Online Certification**: Coaches are required **to complete the online coach's certification form.**

5.2.2. Coach Certification: *The following is a summary of the 200.2 Coach Certification Policy. Please see the complete policy for additional details.* In order to be eligible to coach, head and assistant coaches must be in good standing and submit all required forms to be certified. Eligibility

requirements include **but not limited to: background check, Coaches Online Certification, register online as a coach, agree to and abide by the 200.3 Coaches Conduct and Ethics Policy, and attend pre-season meeting/coaches clinic, if any. Coaches that complete the certification process shall receive an ID badge as specified by the 200.4 Identification Badge Policy. The ID badge must be clearly displayed at all times during league games. Coaches without ID badges will not be allowed to coach or be present in the immediate area of the playing surface or field (i.e. bench, dugout, or sideline).**

- 5.3. Cheerleader Conduct: Cheerleaders are expected to display good sportsmanship at all times. Trash talking, profanity, cheap shots, and fighting will not be tolerated. **Please see policy 100.5 Player Conduct for further information.**
- 5.4. Incident Reporting: ITS will provide Injury Report Documents to coaches who will be responsible for completing in full and submitting the paperwork to an ITS staff immediately.
- 5.5. Fan Conduct: Coaches and/or Board representatives are responsible for the behavior of their team's fans. Unruly or unsportsmanlike conduct by fans will not be tolerated and may result in ejection from the facility. Penalty may also include forfeit of game or expulsion of team from the league.
- 5.6. Board Review: The Board Disciplinary Committee will review cases of poor sportsmanship and conduct issues and has the authority to issue penalties against cheerleaders and coaches at their discretion. Childs name will remain confident

Appendix A: Basketball Court



Appendix B: Flag Football Field

