



Heartland Youth Football League

Est 2016

Heartland Conference Cheerleading Competitive Rules February 2023

A/B and Flag Level Rules

In addition all sideline rules must also be followed.

Competitive Guidelines

Competition Date and Location

- The Heartland Conference cheerleading competition will take place in the fall during the regular season.
- The date and location will be determined at the end of each regular season for the next season.
- The competition shall be held outside, weather permitting.
- Should the competition be held inside the matted area for the competition will be approximately 54'x 42'

Team Make up:

- Athletes must be part of the regular football season team.
- Divisions will be divided by Grade. A Division 5th – 6th Grade, (*4th Graders will not be permitted to Cheer in the A Division*). B Division 3rd – 4th Grade, (*2nd Grade may Cheer in the B Division*). Flag Division K – 2nd

Practices

- All competition practices are at the discretion of the coach.
- Coaches should create their own criteria for attendance at these practices.
- Squads should develop a conditioning and strength building program to help minimize injury.
- Competition routine practices can start at the discretion of the coach, after August 1st.

GAME DAY ROUTINE

- This routine is limited to 3 minutes. This routine would be similar to what is performed at half-time during a game.
- This routine must include 1 cheer, 2 anytime chants, and a band dance not to exceed 50 seconds.

Restrictions:

- Game Day tumbling is limited to standing tumbling only. NO RUNNING TUMBLING
- Permitted Game Day stunts are as follows: thigh stands, shoulder sits, should stands with a back spot, preps, extensions, liberties and liberty hitches.
- NO INVERSIONS or FLIPPING PYRAMIDS
- Game Day dismounts are limited to bump downs, pencil downs, or basic cradles.

JUDGING

- The event will have 3 - 5 qualified judges for competition.



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- This league has agreed upon outside judges to be brought in for all competitions.
 - All participating squads will be provided with the rule and score sheets prior to the start of the competition season.
 - Each judge will have their own number to use on their score sheets.
 - After the judging is completed and score tabulated, all score sheet will be placed in an envelope and given to the Cheer commissioner of the hosting school.
 - Scoresheets will be distributed at the conclusion of the competition.
- **ALL JUDGES' DECISIONS ARE FINAL**



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ADDENDUM I

PERMITTED SKILLS PER AGE GROUP

FLAG SQUAD-NOVICE

Jumps

- All jumps and jump combinations are allowed

Tumbling

- Forward and backward rolls, Forward and backward walkovers, Roundoffs, Cartwheels (series cartwheels allowed)
- All tumbling must originate from ground level.
- Participants must land on their feet first from tumbling before moving into a stunt or catching position.
- Participants may not tumble over, under, or through stunts, pyramids, or over/under individuals

Stunts

- No inversions (the head can never be below the hips).
- No release stunt transitions other than a reload from a cradle position.
- Dive Rolls out of stunts are prohibited
- Allow all skills prep level and below.
- A standing stunt at prep level must be double based and standing on both feet.

Pyramids

- Follow stunt rules
- Pyramid can be one level

Dismounts

- No spinning/twisting
- No released dismounts (cradles/pencil downs)
- Use bump down, or use a post

Examples of stunting skills for Flag/Novice

****All stunting must have a back spot**

Partner Stunts:

- Pony sit
- Thigh stand: double or single based with a spotter
- Single Leg stunt performed on a single base thigh stand with a spotter

Stunts can transition from a thigh stand and drop to a knee, but the bases may not travel. They must remain in the same place.

Pyramids:

Examples

- A single base thigh stand hitch to a base bent over for a pony sit



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- A pony sit with a flyer standing on the back of the base. Must have a spotter and be connected to another group.

B SQUAD/Intermediate

Jumps

- All jumps and connections to tumbling allowed.

Tumbling

- Non-twisting standing handsprings and standing back tucks allowed.
- No series or connected airborne tumbling and no twisting airborne skills
- May tumble out of stunts BUT NOT into stunts.
- Participants must land on their feet first from tumbling before moving into a stunt or catching position.
- Participants may not tumble over, under, or through stunts, pyramids, or over/under individuals

Stunts

- No inversions (the head can never be below the hips).
- No release stunt transitions other than a reload from a cradle position
- No walking with flyer in an elevated position
- Walking is permitted with the flyer (top girl) in a load position
- Single leg-extended stunts are allowed at a ½ Elevator height
- Half Twist load in skills is limited to the flyer (bases cannot turn)
- Full Twist load in skill is limited to the flyer (bases cannot turn)
- Single legged body positions (flyer) are allowed at prep level

Cradles:

- Cradles must be caught by all 3 bases.
- Full twist cradles are allowed from any two-legged stunts.
- Cradle may not land in prone (stomach) position
- One legged stunts must either land in a basic cradle or bump down
- Anything other than a straight pop off must be caught in a cradle (no flips out of stunts)

Pyramids:

- Pyramids must follow partner stunt and cradling rules
- Are allowed up to two high (extended position)
- Flyers must maintain contact with a base at all times
- There must be a connection between flyers and bracers to be considered a pyramid

Examples of stunting skills for B Team/Intermediate

****All stunting must have a back spot**

Partner Stunts

- Thigh Stand
- Shoulder stand
- Shoulder sit
- Elevator preps (1/2 Elevator),
- Full Extension
- Single leg stunts (lib, arabesque, heel stretch)
- Half Twist load in skills is limited to the flyer (bases cannot turn)
- Full Twist load in skill is limited to the flyer (bases cannot turn)
- Hitches are allowed at prep level



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- ¼ Up Prep
- J-up Prep or Extension
- Prep reload to Extension

Pyramids

- One stunt group of bracers and a stunt group with a flyer in extended position on one leg
- Three extended stunt groups, standing on two feet, connected (paper dolls)

A SQUAD/Advanced

Jumps

- All jumps and connections to tumbling allowed.

Tumbling

- Series Tumbling passes permitted
- No twisting airborne skills
- May tumble into partner stunts
- May tumble out of partner stunts from a cradle position
- Participants may not tumble over, under, or through stunts, pyramids, or over/under individuals

Stunts

- No inversions (the head can never be below the hips).
- No release stunt transitions other than a reload from a cradle position
- Walking with flyer in an elevated position (prep) or sponge load is permitted
- Single leg-extended stunts are allowed
- Half Twist load in skills is limited to the flyer (bases cannot turn)
- Full Twist load in skill is limited to the flyer (bases cannot turn)

Cradles:

- Basic cradles are allowed from any one-legged stunt.
- Full twist cradles are allowed from any two-legged stunts.
- Cradle may not land in prone (stomach) position
- The total number of spins in a dismount from a stunt cannot be greater than one rotation
- No release moves are allowed other than a cradle or pop off to the ground

Pyramids:

- Pyramids must follow partner stunt and cradling rules
- Are allowed up to two high (extended position)
- Flyers must maintain contact with a base at all times: (hand to arm, arm to arm)
- There must be a connection between flyers and bracers to be considered a pyramid

Examples of stunting skills for A Team/Advanced

****All stunting must have a back spot**

Partner Stunts

- Thigh Stand
- Shoulder stand
- Shoulder sit
- Elevator preps (1/2 Elevator),
- Full Extension
- Single leg stunts (lib, arabesque, heel stretch)



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- Half Twist load in skills is limited to the flyer (bases cannot turn)
- Full Twist load in skill is limited to the flyer (bases cannot turn)
- Hitches are allowed at prep level
- ¼ Up Prep
- J-up Prep or Extension
- Prep reload to Extension
- Stair Step
- Press to Hands

Pyramids

- One stunt group of bracers and a stunt group with a flyer in extended position on one leg
- Three extended stunt groups, standing on two feet, connected (paper dolls)

ADDENDUM II

CHOREOGRAPHY GUIDELINES

Basic information for those teams who plan to continue competing following the conclusion of the regular league season.

TRADITIONAL ROUTINE

- A choreographed routine not to exceed 2 minutes and 30 seconds.
- Cheer portion shall not exceed 1 minute. Music portion shall not exceed 1 minute and 30 seconds.
- Routines and music should be age appropriate, appeal to the audience, and get them involved in the performance.
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- Megaphones, pom-poms, and signs may be used during the cheer portion of the routine.
 - The use of poms, signs, or megaphones is prohibited during tumbling
 - The use of poms, signs or megaphones also prohibited during pyramid building, cradle dismounts, and all stunt transitions which require the use of hands.
- The placement of poms, signs, and megaphones should be a safe distance away from the performance areas to eliminate a safety hazard.
 - Tumbling, building, and/or dismounting stunts directly on poms, signs, or megaphones will result in a safety deduction per occurrence.
- When discarding signs that have corners or sharp edges cheerleaders must gently toss or place them in an area that will not create a safety hazard.

MORE INFORMATION REGARDING RULES AND GUIDELINES

<https://www.varsity.com/youth-rec/competitions/divisions-and-scoring/>



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Cheer Terminology and Definitions

Stunt: Any lift, or pyramid

Stunt Group Positions:

Base: A person who is in direct weight bearing contact with the performing surface and provides primary support for another person.

- The base on the left is often referred to as the main or primary base.
- The base on the right is referred to as the secondary.

Flyer or Top Girl: A person who receives primary support from another person (i.e. top person)

Back Spot: A person, who is in direct weight bearing contact with the performing surface located behind the stunt that maintains continuous visual and physical contact with the flyer. The back spot may hold the calves or ankles of the flyer, or the bases' wrists in an extended stunt. The continuous back spotter's primary function is to minimize risk to a flyer with special emphasis on protecting the flyer's head, neck, and back.

Front Spotter: A person located in the front of the stunt added to help control the stunt and for the additional safety of the flyer.

Brace: A second-level person who is in physical contact with another flyer but does not provide primary support. A stunt group should remain stable without a brace.

Basic Stunt Terminology

Prep Level or Prep: The height of the base's hands are at chest-level. The top girl is standing upright in the base's hands.

Extended Level or Extension: All three bases (main, secondary, and back spot) have their arms in an extended position over their heads. The top girl is standing upright on both feet in the base's hands. The back spot is holding the ankles of the flyer or the wrists of the bases.

Cradle: A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, pike position before being placed on the performance area or remounting into another stunt, pyramid or loading position.

Dismount: Ending of a stunt (originating by the bases) used to release the flyer back to the performing surface.

Pop-off or pencil down: A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch from a shoulder-level stunt and above.

Release Move: A skill in which the flyer becomes free of contact with the base (i.e. tick-tock). A "toss" is a type of release move.

Single Leg: The flyer stands on one foot in the hands of the main base, supported by the secondary, and the back spot. This skill requires balance and body control.

- Liberties or libs: standing on the dominant foot while second leg is bent at a 90-degree angle with secondary foot touching the knee of the dominant leg.
- Heel Stretch: standing on the dominant leg/foot while the secondary leg is stretch up in front of the body, and foot is grabbed by the hand on the same side as secondary leg



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- Arabesque: standing on the dominant leg/foot while secondary leg is behind the flyer level to the floor. Arms are in a t-position for balance

Load Position: A skill with one or two feet in the bases hands below prep level

Squish, sponge, or smush: a reload position which allows the bases an opportunity to bend their legs to take the flyer to a new position. The flyer comes back into original starting position, to once again push off of the bases shoulders into a new body position.

Tumbling Terms

Running Tumbling: Tumbling that is performed with a running start resulting a pass involving different skills. An example would be a round-off, back-handspring, hand-spring, tuck

Standing Tumbling: A tumbling skill performed from a standing position without any previous momentum from other skills.

Dive Roll: A forward roll where your feet leave the ground before your hands reach the ground.

Dive rolls are prohibited.

Additional Stunt Terminology

Forward-Suspended Roll: (Baja) The action by which a flyer dismounts with heels-over-head rotation while having both hands in continuous hand to hand/arm contact with bases or posts that control the flyer's decent to the performing surface or cradle.

Pendulum: A stunt in which a flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount