

**San Gabriel Valley Jr. All-American Conference, Inc.
dba Southern California Jr. All American Youth Football**

2011 Rules for Games and Cheer Competitions

General Safety Guidelines:

The following applies to ALL divisions.

- a. All cheerleaders should receive proper training before attempting any form of cheerleading/gymnastics (tumbling, stunts, pyramids and jumps).
- b. Tumbling, partner stunting, pyramids and jumps should be performed and practiced on appropriate surfaces.
- c. Squad members must wear athletic shoes (no gymnastic slippers or bulky shoes)
- d. All jewelry is prohibited during participation.

General Game and Competition Guidelines:

The following applies to ALL divisions.

- a. All cities MUST sign up ALL ages (6-14) and make an effort to field teams in all divisions, especially when the city has a football team in that division.
- b. Cheer squads that drop below five (5) participants, may certify the remaining participants onto another squad.
- c. Conference cheer competitions are NOT mandatory, however, to compete at an outside SGVJAAFC competition and use SGVJAAFC rosters as youth participants after the end of the SGVJAAFC season, your city MUST compete in the SGVJAAFC hosted competitions.
- d. Two Cheer squads may combine on competition roster, if squads are less than 10 participants. Squad may choose to compete in one of those combined divisions.
- e. Mascots are combined from all divisions to compete in competitions. Mascots can compete on their original squad if city cheer coordinator approves. Competition roster due on re-certification.
- f. Any and all cheer staff members must participate and be in good standing with their city franchise in order to participate in any cheer competition scheduled by conference.
- g. If you are a staff member carded and certified on a football team roster, you CANNOT be carded or certified on a cheer roster.
- h. No noisemakers of any kind are allowed by participants or spectators. This could cause your city to be fined or disqualified.
- i. It is mandatory that the required amount of adult staff members on your roster check-in with your squad, or the squad will NOT be allowed to check-in.
- j. Except for the City President, NO football coaches or Executive Board Members will be allowed in the cheerleaders/competition area. If the city president cannot attend, conference will allow an alternate Executive Board Member to take the place of the city president. Please give notice to the Conference.
- k. No Coordinator, Team AD, Coach, Student Coach, or other carded staff member will be allowed in the competition area, or in front or back of the judges table. Team competing may be disqualified.
- l. No children, parents or fans will be allowed in the cheerleaders' area. Only cheerleaders that are on a certified roster will be allowed in the area and field. Pictures may be taken from the spectators' area.
- m. A viewing area will be available for staff to watch their team. Only performing team staff is allowed at the viewing area. While viewing their teams' performance, there is NO coaching. Cheering on your team is allowed to a minimum.
- n. Common courtesy should be given to the cheer team that is performing. Therefore, only ONE DIVISION level is allowed to warm-up prior to their squads' performance time. All warm-ups should be in designated areas. Ten (10) points will be deducted if found in violation.

Routine Guidelines:

The following applies to ALL divisions.

- a. Routines are predominately music. The remaining balance of the time should consist of a cheer with NO music in background. This can be performed in ANY order.
- b. Each routine consists of one (1) minute and forty-five (45) seconds to two (2) minutes maximum of MUSIC, and a forty-five (45) second to one (1) minute maximum CHEER. The routine total should not be less than two (2) minutes and forty-five (45) seconds, or exceed three (3) minutes maximum. Any routine over or under the limit will receive a point five (.5) deduction per second.
- c. Music needs to be recorded correctly (with no static and set to correct volume level) so that it could be heard over any sound system.
- d. Music needs to be cued and ready for performance. Coaches are responsible for starting and stopping of music.
- e. Backup music is MANDATORY and must be present at the time of performance. If music malfunctions and backup music is not present five (5) points will be deducted. Re-do of performance will be determined by conference.
- f. Music must be edited appropriately with NO profanity or sexual lyrics. Your City Cheer Coordinator must approve all performance music. ANY violations of this could be grounds for disqualification.
- g. Pom poms, signs, gloves and flags will be allowed. All other props are prohibited unless part of uniform.
- h. When discarding of props (signs, flags etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.
- i. At NO time may participants remove any portion of their uniform. What we wear on to the competition area must be worn off.
- j. Competition judges/line judges will be selected by Conference Cheer Coordinators.
- k. If judges disqualify a team for violation of any rules, the decision will stand and noted on the teams score sheets. The judges decision will NOT be overturned by the Conference Cheer Coordinator.
- l. Score Sheets are to be picked up and signed for by the City Cheer Coordinator in a sealed envelope and CANNOT be opened until you leave the premises. Anyone found in violation will be suspended. The Conference Executive Board will determine length of suspension.
- m. Any unsportsmanlike conduct to the hosting city, judges or conference will be grounds for suspension.

Tumbling and Jump Guidelines:

You MUST still refer to your specific division guidelines.

The following is general safety guidelines for all divisions **if so met by division guidelines.**

- a. Dive rolls are prohibited.
- b. Flips greater than one (1) rotation are prohibited.
- c. Twists exceeding one (1) rotation are prohibited.
- d. A forward three-quarter flip to the seat or knees is prohibited.
- e. Participants may NOT tumble over, under or through partner stunts or pyramids, or over or under individuals.
- f. Participants may NOT land in a partner stunt or in a catching position from an aerial tumbling skill. Rebounding from a back handspring or a rebound into a cradle catch is permitted.
- g. Landings for all jumps must bear weight on at least one foot. (i.e. A toe touch jump to seat, knee, or landing with both feet back, or into a push up position are prohibited).
- h. Toe pitch flips or assisted flips are prohibited.
- i. All tumbling skills must land with both feet on the cheerleading surface before proceeding into any other skills.
- j. Knee, seat, thigh 3/4 flips, flips to a sitting position and jump-split drops are prohibited if the performer jumps into the air and lands directly in the positions mentioned.

Partner Stunt, Pyramids and Toss Guidelines:

You MUST still refer to your specific division guidelines.

The following is general safety guidelines for all divisions if so met by division guidelines.

- a. All partner stunts and pyramids are limited to two persons high. "Two High" is defined as the base having at least one foot on ground.
- b. Flyers must be 10 yrs. for Pee Wee level, 11 yrs. for Jr. Midget level and 12 yrs. for Midget level.
- c. All partner stunts (including when in pyramids) MUST consist of at least two (2) bases and one (1) continuous back spotter.
- d. No sweep cradle dismounts (cradle dismounts may progress up and down NOT forward).
- e. All stunts must be executed from the floor surface to the bases.
- f. Partner stunts, pyramids and participants may not pass over, under or through **OTHER STUNTS**.
- g. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performance surface.
- h. Free falling flips or swan dives from any type of toss, partner stunt or pyramid are prohibited.
- i. Partner stunts in which the top person is parallel to the performing surface and the bases arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Flat back, Dead man etc.)
- j. The total number of twists in a dismount from stunts cannot be greater than one (1) rotation. Exception to this rule:
 1. Side facing stunts (i.e. Arabesque, Scorpion etc.) may adjust in order to cradle to the front.
- k. Tension drops are prohibited.
- l. Full Helicopter tosses are prohibited.
- m. Step off dismounts from extension level are prohibited. Step off dismounts from shoulder stand level and below must have assistance with landing down to the cheerleading surface.
- n. Partner stunts and pyramids at shoulder sit level and above require a continuous back spotter at ALL times and for each top person shoulder sit level or above.
- o. When one top person in a partner stunt or pyramid is used for bracing an extended stunt, that brace may NOT be supporting a majority of the top person weight.
- p. When one partner stunt is bracing another (including overlapping of arms), the bracing partner stunts MUST be at shoulder height or below. Exceptions:
 1. Double based extensions may brace other double based extensions.
- q. Extended straddle lifts (v-sits) MUST have an additional spotter for the head and shoulders of the top person.
- r. Half and full pendulums are allowed provided they originate from the prep level or below and they MUST have four (4) catchers and one (1) additional catcher for the head and shoulder area of the top person on EACH SIDE of the pendulum.
- s. Suspended split stunts and split transitions are allowed only at shoulder sit level and provided there are a total of four (4) bases that support the top person; at least three (3) 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. Top person must have hand-to-hand contact with the bases during the transition.
- t. Basket, elevator and sponge tosses are allowed with a **STRAIGHT** ride only and must be caught in a cradle position by the original bases. Flyers may perform hand motions while in straight ride. These tosses may NOT be directed so that the bases must move to catch the top person. The top person may NOT hold any objects (pom poms, signs etc.) during the toss.

- u. The top person in a partner stunt, pyramid or transition may NOT be in an inverted position and CANNOT transition to another stunt, the ground or a dismount in an inverted position. Exceptions to this rule are the following: **See divison limitations for PeeWees, Jr. Midgets and Midgets only.**
- v. In a releases pyramid transition the following rules apply:
 - 1. At least three (3) bases MUST be under the top person throughout the transition.
 - 2. The top person must be braced on **BOTH** sides between prep level partner stunts or below.
 - 3. The top person may NOT bear weight on any other body part of the person (s) assisting (example: shoulders or knee of the bracer).
 - 4. The top person must be in constant motion and may NOT be supported so that they pause at the top of the transition.


Once an individual, team or teams compete outside SGVJAAFC your season is OVER. This means that an individual, team or teams CANNOT comeback and participate in ANY WAY with SGVJAAFC. This is pertaining to other organizations that have the same kind of activities as our program (i.e. cheer, dance, tumbling etc.)

If a team is caught having EARLY/EXTRA practices, the team and staff involved will be ineligible for all SGVJAAFC Cheer Competitions, and the staff suspended. It is considered a practice if two (2) or more team members are present along with any carded member of a cheer staff.

Governed By the San Gabriel Valley Jr. All-American Football Conference Rules and Regulations, as well as C.I.F., Therefore it is your responsibility to fully familiarize and adhere to all the above rules.

APPROVED BY THE CONFERENCE EXECUTIVE BOARD:


Jerry Real
Conference President


Cynthia Ordonez
Conference Cheer Coordinator