

# V.M.F.L. CHEERLEADING



## Season Rules & Guidelines

### V.M.F.L. MISSION STATEMENT

To foster and promote the healthy and equal participation of, any youth desiring to be a part of, Community Cheerleading as part of Vancouver Mainland Football League, and in conjunction with our member associations with the emphasis on participation and competition.

As V.M.F.L. Cheerleaders and Coaches, our first commitment and obligation is to our clubs. Our duty is to cheer and add, "Spirit" to the game and encourage our football players to do their best.

### GOALS

1. To promote Community Cheerleading working under the umbrella of the V.M.F.L.
2. Welcome any male or female interested in cheering.
3. Teach safe execution of cheerleading and stunting skills to encourage spirit and fan support of V.M.F.L. football teams and participants.
4. To adopt and keep the goals and objectives of the V.M.F.L.
5. To support the many associations, teams and participants by providing and encouraging teams and associations with cheering spirit.
6. To coordinate annually the cheerleading schedules to support the V.M.F.L. association games, beginning with tournaments through the annual championship, and the Annual Cheerleading Competition.

### OBJECTIVES & PURPOSE

The V.M.F.L. Cheerleading program is a support arm/division of the V.M.F.L. associations. Purpose is to support the V.M.F.L. Football Clubs by cheering, bringing Crowd Spirit and encouragement to the players. We do not discriminate or restrict young ladies/men from joining the cheerleading program based on physical appearance, national origin, or religious beliefs. Our secondary purpose is to prepare for Competition.

## **Adoption of the V.M.F.L. objectives of:**

To have Fun ≈ Learn Skills ≈ Team ≈ Social ≈ Co-operative ≈  
Safety ≈ Equal Competition ≈ Aspirations of Youth

## **GUIDING PRINCIPLES OF THE V.M.F.L. & MEMBER ASSOCIATIONS**

V.M.F.L. coordinators, coaches, and participants are responsible to follow the “Guiding Principles of the V.M.F.L. and Member Associations.” The V.M.F.L. is printed below for your convenience. Note the guidelines have been modified to accommodate the sport of cheerleading vs. football:

- 1) To provide and promote Minor Football cheerleading, through our Member Association, to youths ages 5-18.
- 2) To provide youth the opportunity to cheer to their capabilities.
- 3) To provide youth the opportunity to cheer at community and restricted competitive level.
- 4) To ensure that our program is enjoyable and safe for all participants.
- 5) To ensure an educational process for the learning and development of team concepts, community spirit and good sportsmanship are entrenched in our program.
- 6) To provide youth the opportunity to appreciate the game of football & cheerleading, enjoy recreational sport and learn the fundamentals of cheering.
- 7) To give the opportunity for players, coaches and officials to develop their skills set through proper training programs.
- 8) To ensure safety equipment and techniques are utilized properly and adequate areas are provided for practices and cheering at association games.
- 9) To support the Associations by providing cheer squads for the corresponding age groups.
- 10) To comply with the rules of this League from the first day of practice until the final Championship game.

## **ADMINISTRATION:**

The Cheerleading Programs of each Association must follow the rules, guidelines, and documentations requirements as set out by the V.M.F.L. This will include, but is not limited to, registrations documentation, B.C. Medical Forms copies of Birth Certifications or Care Cards, filing of final verified rosters, etc.

## **Section 1**

### **V.M.F.L. Cheerleading Coordinator:**

- 1) Appointment is approved by the V.M.F.L. and serves as a liaison between the Association Cheerleading Coordinators and the V.M.F.L.
- 2) Prime responsibility is to work with the association cheerleading coordinators and serve as a resource regarding program development, rules, guidelines, competition preparation, etc.
- 3) Oversee and assist in the development of cheerleading within the league on behalf of the V.M.F.L.
- 4) Organize and execute the Annual V.M.F.L. Cheerleading Competition.
- 5) Attend monthly V.M.F.L. meeting and providing status reports of all activities, concerns and/or needs of the associations.
- 6) Receive all Roster Verification forms, and confirm all additional information required for the Annual Competition preparation.

## **Section 2**

### **Association Cheerleading Coordinator**

- 1) Cheerleading Coordinators are volunteer positions and appointed by the Executive Directors of the Association. The Coordinators responsibility is to oversee the cheerleading program within the Association. The Cheerleading Coordinators are also responsible to work with the V.M.F.L. Cheerleading Coordinators to help execute the Annual V.M.F.L. Cheerleading Competition. Including helping set-up and clean up of the competition. She/he will also work to continue develop and build the cheerleading program in the league and address the on-going needs and concerns of the cheerleading program in the league.
- 2) The Coordinator should oversee the cheerleading program of the association, with help and direction of the Association Executive Board.
- 3) Association Cheerleading Coordinators are encouraged to contact the V.M.F.L. Coordinator if there are questions regarding rule violations or needed clarification of competition requirements. When possible it is recommended that the Coordinator does not also serve as a Coach or Manager.
- 4) The Coordinator should oversee the areas of: uniform requisition and assignment, practice and game scheduling, selection and recommendation of coaching staff, supervise coaching staff, ensure coaching qualifications are met, coordinate all administrative paperwork with the squad managers, responsible for working with the association secretary to ensure frozen roster deadlines are met with the V.M.F.L., is responsible to ensure all rules and guidelines are adhered to, and any other duties deemed necessary by the Association.
- 5) The Coordinators must verify that all coaches have completed the VMFL Coaching Clinics Level I & Level II.

- 6) Should attend their Association Meetings.
- 7) Responsible to submit the Cheerleading Verified Roster to the V.M.F.L. Coordinator.

## **Section 3**

### **Divisions, Age Limits, & Restrictions**

- 1) Squads compete in divisions.
- 2) Squads are limited to a maximum of 24 cheerleaders. There is no minimum per squad.
- 3) There is no restriction to how many squads an Association has within a division.
- 4) Cheerleaders must provide the proper and required documentation (i.e. proof of birth, Care Card number, and medical form).
- 5) Rosters will be frozen after the 5<sup>th</sup> week of the playing year. (Refer to Section 7 – Players of the V.M.F.L. Handbook). Exception: Rosters will be verified by Association Registrar and signed by Association President and Cheerleading Coordinator.
- 6) Cheerleading Coordinators are required to follow the same process in the submission of the frozen roster to the V.M.F.L. Failure to do so will result in disqualification to compete at the Annual Cheerleading Competition for place.
- 7) Age Limits & Divisions:
  - Atom 5 - 8 years
  - Pee Wee 9 – 11 years
  - Jr. Bantam 12 – 14 years
  - Seniors 15 – 18 years
- 8) Cheerleaders may be moved up or down within one (1) division of the division qualified. **Restrictions apply** -- The Cheerleader(s) must be within one year of the division age limit to which they are being moved. A maximum of two Cheerleaders may be brought down to another division (i.e. a maximum of two 9-year old cheerleaders may be on an Atom team). There is no maximum as to how many Cheerleaders can be moved up a division. The December 31<sup>st</sup> V.M.F.L. Birthday Deadline Rule will apply, therefore age qualification will be determined by how old you are by December 31<sup>st</sup>.
- 9) Moving of cheerleaders out of the qualified division must be a final decision of the Cheerleading Coordinator and may be based on a combination of skill level, siblings convenience, and/or need to balance squads.
- 10) An Association may have a mixed group as they develop their cheerleading program. Mixed groups should be Jr. Mixed (ages 5 – 11) and Sr. Mixed (ages 12 – 18). It is recommended that if the mixed squad has at least six (6) cheerleaders of a division, a division squad be formed
- 11) Note: An Association may, by choice, not allow cheerleaders younger than 6 years of age participate in their cheerleading program.

## **Section 4**

### **Uniforms**

- 1) The individual associations should issue basic uniforms. Wherever possible, uniforms for each squad should be identical, and may consist of shells, skirts, shorts, sweaters, white socks and shoes.
- 2) Uniforms should be tasteful and appropriate attire for youth ages 5 to 18. It should not promote sexuality of your young women and men. It is recommended that there be no shells (tops) and/or skirts that are short and tight. Midriff must be covered at attention. Over exposure of the midriff and bum should be left for secondary, college and professional cheer teams
- 3) Each Cheerleader should wear supportive runners, cross trainer, or aerobic style shoe. White is the recommended color, but not required. It is important that the shoes are uniform in color. Note that white or non-scuff soles are required for competition.
- 4) Uniforms should be worn at games.
- 5) Jewelry is not to be worn during practices or games. This includes all body piercing. Taping is permitted, if allowed by individual associations. Exception: Medals, which must be worn due to medical or religious reasons. These medals must be taped to the skin and chain must not be worn.
- 6) Hair will be off shoulders and out of face. Recommend that all hair be pulled back in ponytail, braids, or pigtails.
- 7) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation and execution of stunts and cheers.

## **Section 5**

### **Coaches Conduct**

- 1) V.M.F.L. Coaches are volunteers and are not paid for their services, and work under the direction of the Club Coordinators. Although volunteers, they must be committed to meet the time requirements set out by their Football Associations. Coaches are representative of their Football Association and the V.M.F.L. and should conduct themselves accordingly. Coaches are role models to the children cheering for their association and are expected to adhere to the same rules and codes of conduct of the cheerleaders.
- 2) The 1<sup>st</sup> responsibility of a Coach is to teach cheers in a safe and fun environment. Cheerleaders are to cheer for their Football teams 1<sup>st</sup> and prepare for competition 2<sup>nd</sup>.
- 3) Cheer Coaches will be held to the same standards as our cheerleaders and football players and coaches.

- 4) Should be on time for Practices and Games. In times when this is not possible, contact must be made to the Cheer Coordinator and/or Team Manager As-Soon-As-Possible to ensure your team is covered.
- 5) Should have a plan to effectively direct practices.
- 6) Should be dressed appropriately for practices. (I.e. Coaches T-Shirt if provided by Club, sweats/shorts, and runners) Jewelry and piercing should be removed.
- 7) Should be up on their feet and participating in practices. Cheerleaders tend not to respond as well when direction is given while the coach is sitting. *Lead by example.*
- 8) There should be no boyfriends, friends, family, etc. at practices. If present, they should observe from a distance and at no time disrupt your practices or occupy your time.
- 9) Cell phones and pagers should be turned off or muted, unless you are on call for work or expecting an emergency call.
- 10) Coaches will discuss all issues or concerns regarding Cheerleaders with the Coordinator prior to entertaining the possibility of cutting. Coordinators have final say in cuts.
- 11) Coaches must remain with Cheerleaders at practices and games until picked up by a parent, etc.
- 12) Safety Issues: Only certified gymnastic instructors should be teaching tumbling and gymnastic techniques. This is due to the many injuries that could occur if a skill is taught improperly.

## **Section 6**

### **Coaches Training**

- 1) V.M.F.L. coaches need to achieve and maintain a minimum-coaching standard in order to ensure that all participants receive the safest and highest quality of coaching possible.
- 2) Coaches are not permitted to coach beyond September 30<sup>th</sup> without attending a V.M.F.L. sponsored Coaching Clinic and obtaining a "Certificate of Completion" of a V.M.F.L. Coaching Clinic Level I and/or Level II.
- 3) Coaches without a Level II certificate are not permitted to coach stunting or to allow cheerleaders to stunt under their supervision. STUNTING IS ONLY PERMITTED under the direction and in the presence of, those designated coaches meeting the above requirements.
- 4) The coaching clinics do not provide certification, but provides instructions on how to teach proper and safe techniques in executing cheerleading stunts, jumps, etc. It also ensures the safety of our participants. The clinics also ensure that the coaches for all the clubs understand the V.M.F.L. expectations and restrictions.
- 5) It is further recommended that at least one coach, manager, or team moms (from each squad) take the trainers/first aid training provided by the Associations.

## **Section 7**

### **Game Conduct**

- 1) Cheer Schedule for the V.M.F.L. will begin with August Pre-Season Tournaments and end with the V.M.F.L. Championship & Regional Championship Game in November or December. Squads are to be prepared to cheer at all association games.
- 2) The roster (official frozen roster) of coaches, cheerleaders and managers must be confirmed with the association as required by the V.M.F.L. Only those listed on the Frozen Roster will be allowed through the Air Locks (in the field area) at Championship Game Facility.
- 3) Cheerleaders should cheer for teams corresponding to the age group of the cheerleaders. In the case where Associations have a minimal number of squads, it is encouraged that games are rotated and be assigned according to Jr. and Sr. age groupings. (I.e. cheerleaders age 11 and older cheer for Jr. Bantam & older division, etc.)
- 4) Cheerleading squads should cheer at all corresponding division games.
- 5) Cheerleaders shall be a safe distance from the sidelines at all times.
- 6) Should make every effort to get out of the way of a football play headed for the sidelines.
- 7) Cheerleaders should never interfere with the playing field.
- 8) Should be respectful of visiting Cheerleaders and exercise common courtesy. (I.e. do not begin a cheer until the other squad is done)
- 9) Half time performance should only be done at your own home field to show courtesy and respect to the host association cheerleaders.
- 10) Should begin cheers in between plays on the fields or during time-outs. Visiting teams and spectators are to be honoured.
- 11) Display good sportsmanship.
- 12) Be generous winners and gracious losers.
- 13) Conduct yourself with honor and dignity at all times.

## **Section 8**

### **Competition**

Addressed under the Competition Section

## Section 9

### Stunting

- 1) The V.M.F.L. Stunting Rules have been adopted from the NFHS (National Federation of State High School Associations) Spirit Rules Book and have been modified by adopting the BC Cheerleading Association (BCCA) Division B Rules and have been further modified by the VMFL Cheerleading Coordinators Committee. Restrictions are as follows:
  - Height restrictions – Atom/Peewee - Prep (Shoulder)
  - Height restrictions – JB/Seniors - Full Extensions (2 high)
  - NO one-legged extended stunts. (Example: liberties, scorpions, etc.)
  - NO single based assisted extended stunts
  - NO tosses of any variety. (Example: basket, sponge or tosses of ANY variety)
  - NO twisting cradles or twisting dismounts
- 2) Mixed Teams must follow the stunting restrictions for the youngest squad member.
- 3) All mounts and/or pyramids are limited to two people high, meaning the top person receiving the primary support from the bases that are direct, weight-bearing contact with the performing surface.
- 4) Spotters are required until a stunt (mount, pyramid, cradle, tumbling skill) is completed.
- 5) Splits – summersaults, jumps, or drops directly into the splits are not permitted. The hands of the cheerleader must touch the landing surface 1<sup>st</sup> to support the skill (splits).
- 6) Never can the head/shoulders be below the waist/hips during any stunt or cradle. A flyer must not be in an inverted position except for the following:
  - During a forward suspended roll.
  - During a mount that begins from an inverted position on the performing surface to a non-inverted stunt shoulder height or below. It must include a base or spotter who protects the head/neck/shoulder area of the flyer.
- 7) All stunting must be on the matted surface, or on a safe grassed surface and in the presence of a certified coach.
- 8) NO stunting while game is in play.
- 9) Stunts two high (extended) must have a continuous spotter. Insufficient spotting, in this case, is viewed as a major safety violation.
- 10) VMFL competition stunting and safety rules apply at all games and practices.
- 11) It is important that mats be used where possible. No stunting should be done on wet grass, wet floors, or pavement.



## **Competition Rules & Guidelines**

This Competition is sponsored by the Vancouver Mainland Football League (V.M.F.L.) as a fun and exciting conclusion to the V.M.F.L. Football Season. Any and All Cheerleading Squads associated with a V.M.F.L. Football Club is welcome to participate as a competing or exhibition Squad. The rules of the V.M.F.L. Competition are as follows:

### **Section One**

#### **V.M.F.L. Participation Qualifications**

- 1) The main purpose of this Competition is to provide the Clubs and Cheerleading Squads of the V.M.F.L. with an opportunity to come together in friendly competition.
- 2) To qualify for competition a squad must cheer at 75% of all games (home and away) and each competing member must have attended a minimum of 75% of all scheduled games. It is the responsibility of each coach and coordinator to track and assess individual attendance.
- 3) The maximum number of squad members allowed on one squad at this competition will be 24 and there is no minimum. The acceptance of a team with more than 24 members must be voted upon by the V.M.F.L. Cheerleading Coordinators. A favorable vote to accept a larger number is only applicable for the year in question.
- 4) As this is not an open Cheerleading Competition. Outside Community Cheerleading groups will be welcome by invitation of the V.M.F.L. Cheerleading Coordinator or request. Those non-V.M.F.L. Clubs wishing to participate must submit a request. It will be voted on by the Cheerleading Coordinators and then approved by the V.M.F.L. Final decision will be based on, but not limited to, facility space and time restrictions.
- 5) It has been standard protocol that outside Cheerleading Squads will participate as an "Exhibition Team" their first year. This provides the outside group an opportunity to see our competition and decide if they desire to be a regular participant. The development of this relationship is important as all Clubs participating in the V.M.F.L. Competition become part of the planning process.
- 6) In competition, the visiting squads must adhere to all V.M.F.L. stunting and cheerleading rules and restrictions.
- 7) An entry fee or financial compensation will be asked of all Non-V.M.F.L. Squads to off set Competition expenses. A per cheerleader or squad fee will be applied. The amount to be recommended by the Coordinator and approved by the V.M.F.L.

## **Section Two**

### **Categories, Age Limits, & Restrictions**

- 1) Squads compete in divisions.
- 2) Squads are limited to a maximum of 24 cheerleaders. There is no minimum number per squad.
- 3) There is no restriction to how many squads an Association has within a division.
- 4) Only those cheerleaders listed on the Verified (frozen) Rosters are eligible to compete. In case there becomes a question or challenge of a participant's age, the VMFL cheerleading coordinator will have the verified roster.
- 5) Age Limits & Divisions:
  - Atom                      5 - 8 years
  - Pee Wee                 9 – 11 years
  - Jr. Bantam              12 – 14 years
  - Seniors                 15 – 18 years
- 6) A maximum of two (2) Cheerleaders may be brought down to another division. There is no maximum as to how many Cheerleaders can be moved up a division. The Cheerleaders must be within one year of the division age limit to which they are being moved. The December 31<sup>st</sup> V.M.F.L. Birthday Deadline Rule will apply, therefore age qualification will be determined by how old you are by December 31<sup>st</sup>
- 7) The competition categories may include Non-competitive groups and/or mixed aged groups for the smaller clubs. Mixed groups should be Jr. Mixed (ages 5 – 11) and Sr. Mixed (ages 12 – 18).
- 8) Each Cheerleader can only compete on one team.
- 9) All teams will be evaluated for the Spirit Award.
- 10) Any question or Challenge after the competition must be put in writing within one week to the VMFL Cheerleading Coordinator.
- 11) Complete disqualification will result if non-qualified cheerleaders are discovered to have participated in any portion of a competition routine. (i.e. age violation, not on official roster, did not meet game participation requirements)
- 12) A new Association may request to have a mixed group as they develop their cheerleading program. Mixed groups should be Jr. Mixed (ages 5–11) and Sr. Mixed (ages 12-18). It is recommended that if the mixed squad has at least six cheerleaders of a division, a division squad be formed.

## **Section Three**

### **Code of Conduct**

- 1) Coaches will remain with their Squads at all times.
- 2) Coaches, Managers, or Cheerleaders are not permitted to sit in front of, or stand behind the judge's table at any time.
- 3) Coaching staff, Managers or Parents may NOT coach or prompt their Cheerleaders during their performance. This means that there will be absolutely NO Coaching from the sidelines, behind the judge's table, or any other part of the competition area. Violation of this rule will result in a loss of 1 position in the final standings.
- 4) Cheerleaders are required to remain with their Squads throughout the entire competition, with the exception of break times and lunch. We encourage Cheerleaders not to leave the premises of the Competition without permission from their Coach.
- 5) Disrespectful behavior, inappropriate comments, or use of profane language directed at other coaches, coordinators or towards another Squad or member of another Squad will not be tolerated. This behavior is not in keeping with the goal of the competition therefore, violation of this rule may result in disqualification of your squad.

## **Section Four**

### **Stunting, Spotting, Props & Safety**

- 1) The V.M.F.L. Stunting Rules have been adopted from the NFHS (National Federation of State High School Associations) Spirit Rules Book and have been modified by adopting the BC Cheerleading Association (BCCA) Division B Rules and have been further modified by the VMFL Cheerleading Coordinators Committee. Restrictions are as follows:
  - Height restrictions – Atom/Peewee - Prep (Shoulder)
  - Height restrictions – JB/Seniors - Full Extensions (2 high)
  - NO one-legged extended stunts. (Example: liberties, scorpions, etc.)
  - NO single based assisted extended stunts
  - NO tosses of any variety. (Example: basket, sponge or tosses of ANY variety)
  - NO twisting cradles or twisting dismounts
- 2) All Stunts must have sufficient spotting. (As per NFHS Handbook) Stunts two high (extended) must have a continuous spotter. Insufficient spotting, in this case, is viewed as a major safety violation and will result in disqualification of the Squad.

- 3) Never can the head/shoulders be below the waist/hips during any stunt or cradle. A flyer must not be in an inverted position except for the following:
  - During a forward suspended roll.
  - During a mount that begins from an inverted position on the performing surface to a non-inverted stunt shoulder height or below. It must include a base or spotter who protects the head/neck/shoulder area of the flyer.
- 4) Props: Costumes, other than actual pieces to the association uniforms are not allowed. The only exceptions are signs, poms, megaphones.
- 5) Competition Uniforms are the regular season uniforms worn for games.
- 6) Make-up is allowed but must be tasteful. No excessive body paints allowed. Club name, symbols, etc is permitted.
- 7) Glitter is allowed. **Do not use gel glitter**, as this could be slippery and become unsafe during stunting. Glitter will be permitted to be used on poster/sign props and must not come off.
- 8) Appropriate athletic shoes are required. Each Cheerleader should wear supportive runners, cross trainer, or aerobic style shoe. White is the recommended color, but not required. It is important that the shoes are uniform in color. Note that white or non-scuff soles are required for competition.
- 8) No jewelry allowed. All jewelry & piercing must be removed. This includes belly button rings; eyebrow, tongue, ear, nose, etc. This is an important safety issue and failure to do so will result in either a loss of points or possible disqualification.
- 9) Hair will be off shoulders and out of face. Recommend that all hair be pulled back in ponytail, braids, or pigtails.

## **Section Five**

### **Squad Routine**

- 1) All Squads will have a maximum performance time of 3 minutes. This will include cheers, a compulsory dance, stunts, jumps, tumbling, and pyramids.
- 2) Music must be appropriate. No profanity or reference to sexual acts. Inappropriate music may result in loss of position.
- 3) Overtime penalty will be assessed at 1.0 point for every 1 second over, deducted from each judge. Time begins when the Squad signals of their first motion, or sound, after they have taken their places on the floor. It ends when the team indicates an obvious and strong clean finish.
- 4) Teams may be called on to give or repeat an additional cheer or portion only at the discretion of the judges.
- 5) If a mishap occurs, a lower mark may be given under execution, however the team's recovery will be judged under showmanship, providing a chance to gain points.

## **Section Six**

### **Pairs Routine**

- 1) Pair's Competition will include the Pee Wee, Jr. Bantam and Senior divisions.
- 2) A maximum of 2 pairs per squad may compete and must be comprised of same squad participants.
- 3) Pair's routines must not exceed 1-½ minutes. This will include cheers, a compulsory dance, stunts, jumps and tumbling.
- 4) Music must be appropriate. No profanity or reference to sexual acts. Inappropriate music may result in loss of position.
- 5) Overtime penalty will be assessed 1.0 point for every 1 second over, deducted from each judge. Time begins when the Pair signals of their first motion, or sound, after they have taken their place on the floor. It ends when the Pair indicates an obvious and strong clean finish.
- 6) Pairs may be called on to give or repeat an additional cheer or portion only at the discretion of the judges.
- 7) If a mishap occurs, a lower mark may be given under execution, however the team's recovery will be judged under showmanship, providing a chance to gain points.

## **Section Seven**

### **Practice**

- 1) Based on time availability, each Squad will be given an opportunity to run through their routine on the performance mat. A time limit restriction will apply, to give all Squads an equal and fair opportunity. This is an opportunity to check music levels, review your team & exits, set marks, and run through your routine.
- 2) Club Cheerleading Coordinators will be given practice times before the competition date. It is their responsibility to communicate that to their Squad Coaches.
- 3) Floor time is forfeited if you arrive late and/or not prepared at the designated time. The Squad will be added to the end of the schedule only if time permits.
- 4) Thus, Squads should be ready at least 1 floor time slot in advance, in case of time forfeit.
- 5) Only the Squads designated for practice will be in the performance area.
- 6) Practice Floor Times will be posted.
- 7) All stunting must be on the matted surface with a certified coach present.

## **Section Eight**

### **Competition**

- 1) The Annual V.M.F.L. Competition shall be held during the month of November. The facility should be selected to accommodate spectators and the registered number of cheerleaders.
- 2) Each Association participating in competition must provide a Cheerleading Coordinator or Association Representative to assist in the planning and execution of this annual event.
- 3) Performances will be done on a 40' X 40' matted surface. It is a good idea to mark off this area for your practices so that your team has an idea of the area they will be performing.

## **Section Nine**

### **Judging**

- 1) A minimum of 8 qualified judges with experience in cheerleading will be judging. Olympic style judging will be used. (In case of a tie, we will add in the top, then the bottom scores to determine the winner.)
- 2) There will be an unidentified spirit judge committee, 1 time keeper and 2 score checkers. The time keeper will be responsible for timing the competition. The score checkers will be responsible for calculating and double checking the final scores.
- 3) The V.M.F.L. coordinators will provide the judge's score sheets and a copy of the VMFL Cheerleading Competition Rules and Guidelines.

## **Section Ten**

### **Degree of Difficulty Continuum**

- Attached

### **VMFL "Squad" Judging Score Sheet**

- Attached

### **VMFL "Pairs" Judging Score Sheet**

- Attached