

2016
Texas Intercity Football, Inc.



Rules and Regulations Supplement
Drill Team & Cheerleading Competitions

TEXAS INTERCITY FOOTBALL, INC.

Gulf Coast Conference

2016 DRILL TEAM/CHEERLEADING COMPETITION SUPPLEMENT RULES AND REGULATIONS

1971 – 2016

NOTE: This booklet supplements Texas Intercity Football, Inc., RULES AND REGULATIONS

S1.00 COMPETITION

- S1.01 The Conference shall conduct an annual competition day for its drill teams and their cheerleading teams.
- A. One drill team per Club must compete.
 - B. One cheerleading team per Club must compete, fifteen (15) members maximum on the competition floor.
 - C. Scheduled within the last 10 days of regularly scheduled game day of the season. Competition shall not conflict with the Conference football schedule, but may be held on Sunday. **NOTE:** Cheer Competition will preferably be scheduled before Drill Competition.
 - D. The alternate make-up date for Drill Team Competition will be seven (7) days subsequent at same place and time unless otherwise specified in advance. The Cheerleading Competition make-up date may be any day after Drill Competition, except on TIFI's football playoff days or Thanksgiving break. It may also be scheduled day or night as circumstances dictate. Direct schedule conflict with Texas High School UIL football play off dates (Friday nights & Saturdays) should be avoided if at all possible.
 - E. The actual starting time for Drill Competition shall be determined by the Conference Drill Director.
 - F. The start time for Cheerleading Competition, if held on a separate day, shall be determined by the Conference Drill Director.
 - G. A fine of \$500 dollars will be levied if a Booster Club does not attend and perform per event by the TIFI Executive Board Members.
- S1.02 Admission fees may be charged.
- S1.03 Site selection and arrangements shall be the responsibility of the Conference Drill Director and President or their designee(s). Availability, seating capacity, rest rooms and parking facilities are prime considerations in selection of a suitable site(s).

S2.00 ELIGIBILITY AND ROSTERS

- S2.01 In order to be eligible for competition, each member must have participated in at least seventy-five percent (75%) of the team's actual performances as scheduled by the Conference, as well as have attended at least 75% of practices. An individual's competition eligibility shall never be established, either directly or indirectly, by anyone's evaluation of ability, poise, coordination, knowledge of routine, appearance or through tryouts, etc. Knowledge of the routine cannot be based on ability to perform the routine. The Conference Drill Director must have explanation of the member not eligible to perform 72 hours prior to the start of Competition.
- S2.02 Official alphabetical team rosters for drill and cheer shall be submitted to the Conference Drill Director by the September Conference meeting prior to competitive events.
- A. Rosters will denote officers by title. Also denoted are cheerleaders with any special titles.
 - B. Rosters will include the Conference approved Drill Team Director, assistant directors and coaches. The Cheerleader Director, coaches, and choreographer should also be identified.
- S2.03 Competition day absenteeism based on official rosters must be explained in writing to the Conference Drill Director prior to conclusion of the day's activity.
- A. The judges will be informed prior to each team's performance of any missing team members. No other facts or figures concerning teams will be announced. The number of members on the respective teams will be ascertained using Drill Team attendance and performance sheets on file. The teams' directors/appointees are responsible for reporting to the Conference Drill Director the number of members performing or absent prior to the start of the team's performance. This reporting requirement applies to both drill team and cheerleading.
- S2.04 Persons not performing in this competition are not permitted in the restricted area designated by the Conference during the overall conduct of the day's competition.
- A. Once a team begins to enter the playing field area, all non-participating members must remain in or behind the stadium seating area. Any Club in violation shall be assessed an automatic 10% penalty of their final score. One exception is identified in S4.06.
 - B. Conference officials may be on the field when, and only when, deemed necessary for the conduct of official event business but not for Club/team business.

S3.00 ORDER OF APPEARANCE SEATING

- S3.01 The order of performance for Drill Team Competition shall be determined by chance in a lottery to be conducted at a Conference-scheduled October Drill Workshop or meeting. Each competing team is expected to be present. However, the ranking Conference Executive Board member in attendance will draw for any and all absentees at the appropriate time. The drawing will occur in the following order:
- A. For Cheerleading Competition, the previous season's first cheer performer of the day draws first with the first position removed.
 - B. After the first position is placed back into the "hat," the previous season's last position performer draws with the last position removed. The last position is placed back into the "hat" and the remaining teams draw in the order of performance from the previous season, starting with second and continuing until all have drawn. New teams in TIFI draw last according to their respective TIFI-assigned team number.
 - C. For Drill Team Competition, the previous season's first drill performer of the day will draw (unless they are not a current year smallest division team), and then the current season's first cheer performer of the day will draw (unless they are not a current year smallest division team). Both drawings will be done with the first position removed.
 - D. After the first position is placed in the "hat," the remaining teams draw in the order of performance from the previous season, starting with second and continuing until all have drawn. New teams in TIFI draw last according to their respective TIFI-assigned team number.
- S3.02 Drill Team seating arrangements shall be determined by the Conference Drill Director. Cheerleading seating shall be determined by the order of performance.
- S3.03 Each team shall begin proceeding to enter the field within five (5) minutes of official notification. Any team failing to start within five minutes of notification shall be assessed a penalty of ten percent (10%) of final score and possibly rescheduled to last performance of Competition.
- A. The last team to perform shall be assessed the ten percent (10%) penalty after the initial five (5) minute waiting period, then, forfeit its performance time if not started within an additional ten (10) minute period.

S4.00 PERFORMANCE

- S4.01 Maximum length of drill team performance shall be fifteen (15) minutes.
- A. Time starts with first drill team member's foot on the field of play and ends with last drill team member's foot off the field or when official times rule that the team's performance started earlier or ended later.
 - B. Any team that does not meet the 10-minute minimum performance or exceeds the 15-minute maximum performance shall be assessed penalty points equal to ten (10%) of its accumulated score. Penalty points shall be deducted from the judges' scores to determine the official, final score.

- C. The official timers shall record the elapsed performance time for each team. Elapsed time shall be recorded on or attached to at least one (1) official score sheet and/or the competition recap sheets.
 - D. There shall be at least two (2) official timers. Official time will be the average of the recorded times.
- S4.02 The field of play is defined as that area between but excluding the side boundary lines and the area between but excluding the goal lines.
- S4.03 Performances are confined to the field of play. Once a drill team member has entered the field of play, they shall not exit the field of play until the end of the performance. A 5% penalty will be assessed if this occurs. Exceptions are due to illness or injury.
- S4.04 Drill teams shall not leave seats to take the field until official notification is given. Any team doing so will be directed to return to their seats. Failure to comply will constitute a penalty of 5% of total score.
- S4.05 All members of a team using props shall carry like props and use them in a like manner during their performance.
- S4.06 Persons who place props during the season shall be allowed to carry out these duties at competition provided said props are not placed on the field of play and are promptly placed after the previous team has cleared the field area and prior to their team taking the field for their performance. Persons cannot step onto the field of play to place such props, including intermissions. The props must be on the sidelines or boundaries of the field of play and must be taken onto the field of play by drill team members. Drill team members may not step out of field of play to get the props. Props for Cheer Competition may be placed on the edge of the mat. Persons placing the props are not permitted to walk on the mat to place the props. A 5% penalty will be assessed for violation of this rule including parts A and B.
- A. Drill Team members and cheerleaders must remove the props after performance and must take them when exiting the field of play.
 - B. When not in use, the location of all props shall not interfere with the conduct or general overall appearance of competition.
- S4.07 Cheerleaders shall perform on the field of play. The "field of play" shall be defined depending on the facility used for Cheer Competition. At a football stadium, field of play is defined as the football field. In a gymnasium, the field of play is defined as the gym floor with boundaries defined for this competition (the area is 42' x 42').
- A. The maximum number of cheers performed in competition shall be three (3), one of which may be a cheer dance. The exact number shall be mutually agreed upon by directors prior to the Conference meeting in October. An entrance starting point(s) for all squads shall be set by the Conference Drill Director.
 - B. Each cheerleading team shall be required to perform the first cheer with no tumbling.
 - C. Subsequent cheer(s) shall be selected by the Club's Cheer Director and/or their designee(s). Subsequent cheer(s) may include stunts, tumbling, and props. If a cheer dance is performed, it may include stunts, tumbling, and props.

- D. Brief set-up movements or transitions between cheers are permitted. The cheers may only start after the squad has been cued by the Judging Coordinator after allowing time to record scores for the preceding cheer.
- E. Judges shall be positioned directly in front of the teams' performing area during their performance. If the competition is held in a stadium, the judges shall be positioned in the center in front of the performance area and directly in front of the performing team.
- F. In the event Cheerleading Competition is held on a football field, cheerleading squads will be assigned a 5-yard wide area on the field of play based on the seating order for the purpose of pre-performance team and individual introductions. Cheer squads shall sit on the side opposite of the judges if competition is conducted in a gymnasium.

S4.08 Megaphones are not permitted in the performance area for use or decoration.

- A. The use of powered megaphones or P.A. systems is strictly limited to use by the Conference in the conduct of the day's activity.

S4.09 Introductions of drill team members during the official performance time is not permitted.

S4.10 Teams are introduced at Cheer Competition by a single team representative.

S4.11 Previous drill team and cheerleading champions shall not receive credit in the program or on the P.A. system since such credits may lead to prejudgment based on past achievements.

S4.12 Any team found to be in violation of age eligibility rule 18.03 during competition shall be disqualified and all team honors shall be forfeited.

- A. The Conference reserves the right to recertify the age of any participant.

S4.13 Any team found to be in violation of practice rules 24.03, 24.04, 25.01, or competition rule S2.01 shall not be judged or scored in competition. Such team will not receive awards, their scores will not be included in division score calculations, and the team shall participate at competitions.

S4.14 Scores and decisions of the judges are final.

- A. Any intent to protest must be submitted to the Conference Drill Director or President in writing within forty-five (45) minutes of the possible offense to receive any formal consideration. Any protest must be based on infractions of rules and regulations, safety rules or clearly obvious errors. Any written protest, signed, dated and timed by the President of a Booster Club after the start of opening ceremonies will receive formal consideration on Competition Day only if received prior to the official announcements of the day. The Booster Club that receives a protest against them will be provided a copy of the original "Protest Notification Form."

NOTE: Any penalty assessed must be compliant with the rule book or is recorded in Conference meetings minutes as approved for the current season.

- B. The Conference Board of Representatives may overturn the announced results based on rule infractions or a protest upheld.
- C. For Cheerleading Competition only, a penalty monitor will be designated. This Penalty Monitor will monitor each team's performance solely for adherence to the approved safety

rules and guidelines. Safety violation will be assessed a 10% penalty per violation, all other violations will be assessed a 5% penalty per violation.

- D. The monitor may be reimbursed a reasonable amount to cover the day's expenses provided the amount is approved at the Conference meeting prior to making any financial agreements.

S4.15 Final scores for all teams shall be summarized by order of appearance and supplied to each drill director by the Conference, if at all, at a post-Competition Day meeting for drill directors. This is strictly private information intended for use by the directors and their staffs only and the scores and team order of finish must not be made public.

S4.16 Completed score sheets shall be made available to respective team directors at the conclusion of the day's activity.

S4.17 In the event of failure of any sound equipment (including tapes/CDs) during a performance, the drill director/designee in the booth shall be consulted on the contingency plan to be followed. With Conference Drill Director concurrence, the team may:

- A. Continue through to finish without music or until repairs are made; or,
- B. Pause, waiting for repairs and restoration of music; or,
- C. Stop and start over (time to be restarted); or,
- D. Return to seats and be rescheduled last in cases of unavoidable, repeated interruptions or unusually long delays.

S4.18 Drill Competition

- A. Date and time will be issued by the Conference Drill Director.
- B. Site will be issued as soon as contract is signed.
- C. Programs will be available at the gate for agreed upon price. Packaged programs will be provided to the teams. Programs will include an alphabetical team roster, officers (denoted with titles) and drill staff members with titles. All team information is due to the Conference Drill Director on a date to be set by the Conference Drill Director.
- D. Judges need to be at least 18 years of age with appropriate qualifications for judging drill competition. Judges may not judge both drill and cheer the same year. In an emergency (judges not showing up the same day of the competition) judges can be from TIFI. If there are 7 or more judges or if judges are from TIFI, the high and low score will be discarded.
- E. Score sheets are TIFI customized.
- F. Team individual awards:
 - Division 1 medallions with blue ribbon
 - Division 2 medallions with red ribbon
 - Division 3 medallions with white ribbon
 - Coaches medals max at drill = 10 (teams can purchase extras if desired)

- G. Confidential information due to the Conference Drill Director at September workshop to customize score sheets: Music and props (part of what, when changed/scored) for each routine.
- H. Any protest must use the official protest form and must follow all form requirements including a copy of the rule violated stapled to the form.
- I. Teams will go to the field of play before award ceremony.
- J. Sideline coaching during Drill Team Competition is not permitted, nor are any Directors and/or coaching staff permitted to be physically present at the field level. Sideline coaching can be defined as prompting members what movement comes next, where to stand in a formation or counting for a team. Teams found in violation of this rule, will be assessed a 10% penalty.

S4.19 Cheer Competition

- A. Date and time will be issued by the Conference Cheer Director.
- B. Site will be issued as soon as contract is signed.
- C. Programs will be available at the gate for agreed upon cost. Packaged programs will be provided to the teams. Programs will include cheerleaders' names (denoted with titles) and cheer staff members with titles. Alternates will not be specified as alternates. All team information is due to the Conference Drill Director on a date to be determined by the Conference Drill Director.
- D. Judges need to be at least 18 years of age with appropriate qualifications for judging cheer competition. Judges may not judge both drill and cheer the same year. In an emergency (judges not showing up the day of the competition) judges can be from TIFI. If there are 7 or more judges or if judges are from TIFI, the high and low score will be discarded.
- E. Score sheets are TIFI customized.
- F. Team individual awards:
 - Division 1 medallions with blue ribbon
 - Division 2 medallions with red ribbon
 - Division 3 medallions with white ribbon
 - Coaches medals max at Cheer = 3 (teams can purchase extras if desired)
- G. Confidential information due to the Conference Cheer Director on a date to be determined by the Conference Drill Director to customize score sheets: Name of all cheers, including cheer dance.
- H. An entrance chant can be performed. If it is performed, the time limit is 45 seconds, no minimum time length (penalty for exceeding this is 5% of total score). The TIFI Conference Drill/Cheer Director will have the discretion to decide whether an entrance chant will be performed.
- I. Chants are not permitted between cheers. Choreographed moves/clapping are permitted between cheers. Only words permitted to stop moves/clapping are "LAST TIME."

- J. The first cheer for each team will have no tumbling. Each team will make up their own words and motions for all cheers. This first cheer should include jumps and can include poms, props, and stunts.
- K. Cheer dances may be performed as part of the cheer competition material. Cheer dances will have a minimum time of one (1) minute (60 seconds) and a maximum time limit of 1½ minutes (90 seconds). The cheer dance can include stunts, tumbling, jumps, and props. Music and lyrics used for cheer dances must have approval by the TIFI Conference Drill/Cheer Director. Inappropriate motions and/or gestures are not permitted (i.e., suggestive motions, inappropriate facial expressions, hand movements/gestures, etc.). All cheer rules regarding legal/illegal stunting and tumbling in the TIFI Rules & Regulations shall apply. Time limit violations will result in a 5% penalty of competition scores (under 60 seconds or over 90 seconds).
- L. Teams may spirit immediately following the entrance and each of the cheers. Teams cannot exit with a chant. Teams may spirit off at the very end.
- M. The spirit dance is not scored. Time is limited to 90 seconds. Neither stunts nor tumbling are permitted in the spirit dance. Participation is limited to all cheerleaders, including alternates, only. Violation of this rule will incur a \$250 fine that shall be paid prior to the subsequent Drill Team Competition.
- N. Any protests must use the official protest form and must follow all form requirements including a copy of the rule violated stapled to the form.
- O. Teams will go to the field of play before award ceremony.
- P. Sideline coaching during Cheer Competition is not permitted, nor are any Directors and/or coaching staff and/or other persons affiliated with the team performing permitted to coach from the bleachers. Sideline coaching can be defined as prompting members what movement comes next, where to stand in a formation, gesturing to one's face to indicate smiling, etc. Posters and signs are not permitted by directors, coaches, jr. coaches and spectators. Teams found in violation of this rule will be assessed a 10% penalty.

S5.00 EQUIPMENT AND MATERIALS

- S5.01 Each drill team is responsible for providing its own equipment for backup.
 - A. Portable sound equipment with new batteries is strongly recommended.
 - B. Duplicate tape(s) or CD(s) should be available.
 - C. Conference Officials shall assist the director/designee in the announcer's booth and shall control P. A. system audio levels.
 - D. A portable, standby P. A. system shall be available at the site for use in the event of failure of the stadium's system. Arrangements shall be a Conference responsibility.
- S5.02 Determined by availability, yard markers shall be in place in the normal game positions on both sides of the field; i.e., in line with respective yard lines.
- S5.03 Signs, placards, decorations and other paraphernalia displaying team spirit may be permitted in certain pre-designated areas by the Conference Drill Director. Mutual agreement of all drill

directors is also required. The team is fully responsible for these items including placement and complete removal/disposal. CONFETTI IS PROHIBITED. If balloons, placards, etc. are used to promote team spirit or a festive atmosphere, they shall be placed at the extreme rear of the seating area so as not to obstruct the view of the judges, other team members or spectators.

- A. Any such article placed without permission or outside the designated area(s) shall be removed immediately and disposed of by Conference Officials.
- B. Conference approved decorations for the teams' areas shall NOT be rope or chain- like obstructions that could impede team movements to/from their seats.
- C. Banners, posters, and signs are prohibited at Cheer Competition.

S5.04 The use of any surface other than natural grass or artificial turf, (i.e., gym floor, concrete, cinder track, etc.) is forbidden for Cheerleading Competition without the use of pads or mats at least one inch (1") thick and approved for this use by TIFI's Executive Board.

S6.00 PRACTICE

S6.01 Extra practice prior to drill/cheer competitions shall be determined by the Conference Drill/Cheer Director and announced prior to competition weeks, and will be the same for all teams. If competitions are on a Sunday following a game date, a practice is permitted on that game day even if it is the fourth practice of the week, provided:

- A. All other aspects of Rules 24.04, 25.01 and 28.01 are strictly adhered to, and,
- B. It is not conducted in lieu of game performances.
- C. Rule 26.01 can apply.

S6.02 In the event of postponement, practice is allowed (not Sunday) between the scheduled date and the makeup date with the following limitations:

- A. If drill team event only is postponed, practice as prescribed in Rule 24.04 is allowed.
- B. If both events are postponed, Rules 24.04 and 25.01 apply.
- C. If only the cheerleading event is postponed, as many as three practice sessions (not to exceed 2 hours and 15 minutes per day, and/or per week, not Sunday), are permitted.
- D. Drill team and cheerleading activity is strictly limited to Monday and Tuesday of Thanksgiving week, except for approved TIFI post-season functions.

S6.03 An official warm-up is allowed on Cheer Competition day prior to the start of activities with the following limitations:

- A. Cheerleading official preliminary warm up is conducted on the "field."
- B. Ten (10) minute time limit for cheer teams.
- C. Practice session will be forfeited if the cheer squad is not present at their assigned time slot

S7.00 POSTPONEMENTS, DELAYS, AND CANCELLATIONS

- S7.01 Pre-competition postponement decisions prior to 9:00 A.M. on "Competition Day" or four (4) hours prior to a night event(s) due to weather or field conditions shall be the responsibility of the Conference President and Conference Drill Director or their designee(s). Each Club's drill director or President shall be notified immediately of such a decision. An appropriate sign(s) shall be posted at the site as necessary. The Conference Drill Director/ designee shall notify judges.
- S7.02 "Competition Day" postponement decisions shall be the responsibility of the Conference Executive Board members in attendance. They may effect a postponement at any time before the last team completes its performance in the final event. They may also effect a delay in activities under unique situations where continuance through to completion remains a possibility.
- A. Safety and health of all drill team members shall be the primary determining factor. Electrical storms/lighting shall be considered hazardous.
 - B. Condition of the field shall be the secondary consideration.
 - C. Cancellation of any further activity rather than postponement may be declared if all competitive events are complete and if weather or field conditions warrant. Any incomplete, noncompetitive activity deemed necessary shall be conducted immediately following cancellation with all drill directors and Conference Officials in attendance at a suitable location.
- S7.03 In the event of a postponement prior to completion of a competitive event, the following shall apply:
- A. Score sheets from a completed event shall be assembled into a package immediately and all scoring information kept in strict secrecy until final tabulation and official announcements. The Conference Drill Director shall be responsible for these sheets and their contents.
 - B. Score sheets from an incomplete event or class shall be collected and destroyed immediately by the Conference Drill/Cheer Director with no knowledge of any entry on any sheet. Absolutely no scoring information shall be disseminated.
 - C. Any incomplete competitive event or class shall be rescheduled in its entirety in addition to any other activity deemed necessary or appropriate. Any completed classes shall be in attendance of the rescheduled event/class.
 - D. In the event no competitive event is completed, "Competition Day" shall be held in its entirety on the scheduled alternate date.
 - E. Judges are the responsibility of the Conference Drill/Cheer Director.

S8.00 RESULTS AND AWARDS

- S8.01 TIFI's awards ceremonies will be identical for both Drill Team and Cheerleading Competition. They will be conducted on the field, conditions permitting, immediately following the last team's return to their seats after completion of their performance.

A. Divisional ratings are then announced as awards are presented in the order of appearance in this event without regard for league assignments.

S8.02 Awards are a Conference responsibility. A sufficient quantity shall be available to cover the day's activities and results.

A. Official Drill Team rosters as submitted by the Drill Team Directors and printed in the program will provide the official awards requirements for each team.

B. Conference approved staff members will receive identical awards, a maximum of 10.

C. Cheerleading awards will be limited to three, the performing team members and alternates. These recipients are printed in the day's souvenir program.

D. Individual and staff awards over and above the limits specified above (A, B, and C) can be purchased and will be billed to the requesting Booster Club.

E. Ratings and awards will be as follows:

	DRILL	CHEER
1. DIVISION I Superior	Medallion with a blue ribbon	Medallion with a red/white/blue ribbon
2. DIVISION II Excellent	Medallion with a red ribbon	Medallion with a blue/white ribbon
3. DIVISION III Outstanding	Medallion with a white ribbon	Medallion with a red/white ribbon

S9.00 JUDGES

S9.01 Judges shall be impartial, competent, qualified and dependable.

A. The nominal number of judges shall be eight (8) for drill and six (6) for cheer.

B. Coordination and recruiting of judges is the responsibility of the Conference Drill/Cheer Director. Drill Directors will turn in 2 names to be considered for judging. In the event five (5) judges are not present fifteen (15) minutes prior to the scheduled starting time, the Drill Directors shall meet and vote on a course of action.

C. Judges must meet qualifications set forth by the Conference Drill/Cheer Director.

D. Judges should be familiar with the capabilities of girls of this age group performing as a team so that they can grade each and every team based on personal knowledge rather than through team-to-team comparisons.

E. A judge must score all teams in an event or class or those scores recorded by this judge shall be discarded.

S9.02 Every effort should be made to properly prepare and assist the judges. At least two (2) weeks in advance, each judge should be provided by the Conference Drill Director and/or the Conference Cheer Director the following:

- A. Copies of score sheets with detailed definitions and descriptive information explaining the judging categories and scoring methods to be followed.
- B. The day's schedule and a map indicating the site.
- C. Desired reporting times and places with names of contacts.
- D. Names and phone numbers of the Conference Drill Director, the Conference Cheer Director, and the Conference President.

S9.03 Judges may be reimbursed a reasonable amount to cover the day's expenses provided the amount is approved at the Executive Board meeting prior to making any financial agreements.

S9.04 During competition, judges shall not confer with one another relative to team scores or scoring. TIFI officials shall provide any assistance required by judges relative to scoring.

S10.00 SCORING AND SCORE SHEETS
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S10.01 Team score totals on all score sheets shall be used to determine each team's divisional rating unless otherwise specified in advance. Every judge scores every team in the event or class or all scores recorded by this judge shall be discarded.

S10.02 Team scores for drill standings and awards are calculated as follows:

- A. All drill teams that are 41% and above of the largest team will be placed in the "Sapphire Class." These teams will compete for division awards separately from the "Ruby Class." In the event this results in what appears to be too much of an imbalance of the split, the Conference Drill Director will determine the split.
- B. All drill teams that are less than 41% of the largest team will be placed in the "Ruby Class." These teams will compete for division awards separately from the "Sapphire Class." In the event this results in what appears to be too much of an imbalance of the split, the Conference Drill Director will determine the split.
- C. All cheer squads will compete with each other. Size of team is not a determining factor.
- D. Find the subtotal of all the scores recorded on each and every judge's score sheet. Record judge totals on a work sheet for each class for this event. If high and low scores are to be dropped, find the high and low for each team and discard.
- E. Prepare a custom matrix, but use the actual number of judges. Insert the highest team's total score in the 100% position on the table. Now find 90% of the high score and insert that figure in the 90% position to establish the range for Division I. Now, find 70% of the high score and place that in the low score for Division II. Our custom Divisional scale for this event is ready to use, i.e., 0 to 69.99% = Division III; 70 to 89.99% = Division II' and, 90 to 100% = Division I.
- F. For Cheer Competition: Prepare a custom matrix but use the actual number of judges. Insert the highest team's total score in the 100% position on the table. Now find 85% of the high score and insert that figure in the 85% position to establish the range for Division 1. Now, find 66.99% of the high score and place that in the low score for Division II. Our custom Divisional scale for this event is ready to use, i.e., 0 to 65% = Division III, 66.99 to 84.99% = Division II, and 85 to 100% = Division I.

- G. Division 3 Waiver: If more than 5 teams end up in Division 3 in Cheer Competition with the current rule then percent split moves to:
- Division 1: 83-100
 - Division 2: 60-82.99
 - Division 3: 59.99 and below

If still more than 5 teams end up in Division 3 in Cheer Competition after adjusting to #1 above then percent split moves to:

- Division 1: 81-100
- Division 2: 55-80.99
- Division 3: 54.99 and below

If still more than 5 teams end up in Division 3 in Cheer Competition after adjusting to #2 above then percent split moves to:

- Division 1: 79-100
- Division 2: 50-78.99
- Division 3: 49.99 and below

S10.03 TIFI's total event scores with their point distribution and DIVISIONAL placements.

A. Division rating scale by League:

- 1 DIVISION 1 SUPERIOR TOP 10% ACCUMULATED SCORES
- 2 DIVISION 2 EXCELLENT NEXT 20% ACCUMULATED SCORES
- 3 DIVISION 3 OUTSTANDING REMAINING ACCUMULATED SCORES

S10.04 Official score sheets are the responsibility of the Conference Drill Director and Conference Cheer Director.

- A. Score sheets should be finalized and presented to the Club Directors as early as possible to assist the teams in planning and preparations for competitions.
- B. Separate sheets, one for drill teams and one for cheerleaders will be used.
- C. For ease and accuracy in scoring, score sheets shall be simple, clear, legible and concise on a single sheet for each event.
- D. Titles of all judging categories shall be complimentary in nature.
- E. The point system (range/value) shall be identical for each graded category to minimize confusion and recording errors. When (if) a category is determined to be of higher or lower overall value, the actual, final score shall be computed by Conference Officials using the predetermined value and the judges' recorded values after submittal and prior to final tabulation.
- F. Scoring fractions will not be used.
- G. Comments by the judges are encouraged and provisions made on score sheets for same.
- H. Judges shall be identified on score sheets by number only; not name.
- I. Carbon copies for the Conference record are mandatory and shall be retained by the Conference Drill Director.

S10.05 Clipboards or equivalent and pens or pencils shall be made available by the Conference for use by the judges.

S11.00 GENERAL

S11.01 Programs are optional but desirable and are the responsibility of the Conference Drill Director or designee.

S11.02 Concessions, if permitted by the stadium use agreements, are the responsibility of the Conference. Booster Clubs are drawn by lottery at the October Conference meeting.

A. Under no circumstances will raffles or drawings by a booster Club be permitted on Competition Day except as conducted by the Conference with any/all proceeds deposited in the Conference General Account.

S11.03 Walkie-talkies or similar equipment should be used by the Conference for Press Box-to-Field-to-Stands communications. It should be used for controlling audio (music) levels and other communications required to assist and ease overall conduct of the day's activities.

S11.04 POST-COMPETITION CLEAN UP OF THE STADIUM IS A MUST! Each team shall leave its seating area as clean as they found it. Volunteer clean up help for the remainder of the stadium and parking area is encouraged to relieve the workload on the few who accept this responsibility. Each Club is responsible for cleanup of their area. If this is not done, the Club in violation shall be assessed a monetary penalty by the Executive Board.

S12.00 DEPARTMENT

S12.01 Deportment of a Club's spectators is the responsibility of that Club's President or designee.

A. Sportsmanship shall be expected.

B. Profane and loud, abusive language shall not be tolerated.

C. T. V. sets are not allowed in the stadium.

D. Alcoholic beverages are prohibited in the stadium and in the parking area.

E. The railing/walk area between the team seating area and the field must be kept free of spectators.

F. Spectators must be removed from pre-designated off-limits areas.

G. Smoking is only permitted in designated areas.

H. Ramps and aisles to and from the team seating areas must be free of spectators thus permitting easy team flow to/from the field.

I. Glass containers are prohibited.

S13.00 CHEER CERTIFICATION AND SAFETY GUIDELINES

S13.00 It is critical to the safety of everyone involved in TIFI cheerleading that all Cheer Directors and coaches make extra efforts to put the safety of their team first and to carefully evaluate the ability of their individual squad before deciding to have them do any stunt or dismount.

NOTE: Where noted, Cheer Directors must attend a special Cheer Coaches Certification Clinic in order to perform certain stunts and skills. All such stunts/skills are under a single section labeled "Cheer Director Certification Required." IF THE CHEER DIRECTOR DOES NOT ATTEND THIS CLINIC, THE ADDED STUNTS ARE NOT LEGAL FOR THEIR SQUAD NEITHER AT GAMES NOR COMPETITION.

CHEER DIRECTORS MUST ATTEND THIS CLINIC FOR THE CURRENT YEAR TO BE CERTIFIED FOR THE CURRENT YEAR.

General Safety Guidelines:

1. Teams should be placed under the direction of a knowledgeable advisor or coach.
 - a) Cheer advisor or coach should be in attendance at all practices, functions, and games.
 - b) Teams that are coached by a junior high or high school age instructor should practice and perform only when a TIFI approved coach is present.
 - c) Advisors and coaches should not assist or spot tumbling skills without proper gymnastics spotting knowledge.
2. All cheerleaders should receive proper training before attempting any cheerleading skills such as jumps, partner stunts, pyramids, or tumbling.
3. Training of proper spotting techniques should be taught to all squad members before attempting any skill or stunt. Extra spotters should be used when learning any new skills or stunts.
4. All practice sessions should be held in a location suitable and safe for cheerleading activities.
 - a) The cheering surface should be taken into consideration before engaging in any technical skill. Stunts or tumbling should be limited or modified according to the performance surface, area, or situation.
 - b) The performing area should be reasonably free of obstructions. Look for holes in the ground, ant mounds, etc.
 - c) Coaches should try to avoid or at minimum use extra precautions when performing technical skills on concrete, asphalt, wet surfaces, uneven surfaces, or surfaces with obstructions.
5. Squad members' appearance and apparel should be conducive to safe practices and performances.
 - a) Jewelry of any kind, including earrings, bracelets, necklaces, rings, belly button rings, etc. should not be worn during any cheerleading function. Placing a band-aid over a new piercing does not prevent injuries.
 - b) Medical alert necklaces may be worn but should be secured to the body with tape underneath clothing. Medical alert bracelets are not recommended.
 - c) Fingernails should be trimmed and filed down to a length that will avoid causing scratches.
 - d) Hair should be pulled up and secured away from the face.
 - e) Soft soled tennis shoes should be worn when performing or practicing cheerleading skills.

6. Warm-up and stretching should precede all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. Advisors and coaches must recognize the entire squad's particular level and limit the squad's activities accordingly.
8. Coaches and advisors should be aware of any physical limitations of all squad members before any physical activity.

General Safety Rules:

1. Use of mini tramps, spring boards, or any apparatus used to propel a participant is not permitted.
2. Knee drops, seat drops, and split drops from a jump or airborne position TO THE GROUND are prohibited. A "drop" is defined as a fall to the ground in which the hands do not touch the floor first.

Cheerleading Terminology:

Note: Words placed in quotations are actual names of partner stunts or tumbling skills.

1. Aerials – Cartwheel without hands touching the floor.
2. Arabian – Usually performed from a rebound position in which the person executes a half turn followed by a complete front flip and steps out to the floor.
3. Awesome (Trophy) - An "extension" with the flyers feet pulled completely together.
4. Back Handspring (flip flop) – Jumping backwards to a handstand position continuing with feet landing on the floor.
5. Back Tuck – Jumping backwards with body in a tucked position, without placing hands on the ground, and landing with feet on the floor. (Double back tuck requires two flipping rotations before the feet touch the floor).
6. Baja Flip – A dismount where a flyer has constant hand-to-hand contact with the back spot and is flipped up and forward by the side bases and caught by the same side bases prior to returning to the cheer surface.
7. Base - The person on the bottom of partner stunt or pyramid in direct contact with the cheering surface and bears partial or full weight of the flyer (partner). Bases are directly underneath the flyer and should always keep eye contact on the flyer.
8. Basket Toss – Two bases interlock hands at the wrists. A flyer steps or jumps into the basket and is thrown up straight into the air landing in a cradle position.
9. Cradle Dismount – Bases throw the flyer (partner) straight up into the air and catch in a cradle position.
10. Cradle Position – Flyer is "cradled" into the arms of two bases. The flyers bottom is facing the floor and her body is in a pike position.
11. Dismount – Any way in which the flyer comes out or off of a partner stunt or pyramid.
12. Extension – An extension prep (elevator) that is extended and held above the bases' shoulders.
13. Extension Prep (Elevator) – A flyer stands on two bases with one foot on each base. The bases are facing each other while holding the flyers feet at shoulder level.
14. Extended Stunt – Any stunt in which the bases' arms extend and hold a flyer above shoulder level.
15. Free Standing – Any stunt in which the flyer stands on one leg. Free standing stunts have variations such as a liberty, leg hitch liberty, liberty heel stretch, front stretch, arabesque, scale, scorpion, side scorpion, needle, star, fountain and "K."
16. Front spot – The person in front of a partner stunt in direct contact with the cheering surface and bears partial weight of the flyer. This spotter can hold any spot on the flyer's leg or foot that is available to hold and help lift some of the weight off the bases. Sometimes a front spot will hold the main bases' wrists to provide extra support. The front spot shall have constant contact with a flyer while extended in a stunt.
17. Flyer (partner) – The person on top of a partner stunt or pyramid.

18. Full Twists (Fulls) – Usually performed from a rebound position in which the person executes a layout completing a full twisting rotation and landing with feet on the ground. (Double full twists require two twisting rotations before the feet touch the floor.)
19. Leg Hitch – A free standing stunt in which the flyer places all of her weight on one leg and extends the other leg forward or sideways in a bent position (90 degree angle).
20. Liberty - A free standing stunt in which the flyer places all of her weight on one leg and bends the other leg upward. The bent leg stays in constant contact with the straight leg.
21. Layout – Usually performed from a rebound position in which the person flips backward keeping the body straight and landing with feet on the ground.
22. Partner Stunt – A cheerleading skill in which a flyer stands, sits, or climbs on a base or bases.
23. Pendulum (Teeter Totter) – A partner stunt in which a flyer falls forward to a set of catchers and is thrown over the primary base or bases to another set of catchers resembling a pendulum.
24. Props – Any apparatus or equipment used in a cheerleading performance such as; pompoms, megaphones, signs, flags, banners, etc.
25. Pyramid – Partner stunts that are connected by the flyers. Flyers may be connected using their arms and feet.
26. Retake – Any partner stunt in which the flyer stops at the top of the stunt, “hits” the stunt, and is brought back down to a crunch position or the cheering surface. Usually a retake stunt continues onto another stunt.
27. Shoulder Level Stunts – Any stunt that is kept at the level of the bases shoulders (a non-extended stunt).
28. Shoulder Sits – A single based partner stunt in which the flyer is sitting on the bases shoulders.
29. Shoulder Stands – A single based partner stunt in which the flyer is standing on the base’s shoulders.
30. Show-And-Go – Any partner stunt in which the flyer pushes up into the air and comes straight back down without stopping at the top. The bases never release contact with the flyer. Examples: Show-and-go extensions and liberty variations. Show-and-go stunts can be executed to the shoulder or extended level.
31. Spotter – A person on the bottom of a partner stunt or pyramid placed behind, in front, or on the side of the base or bases with constant eye contact on the flyer. A spotter does not bear weight of the flyer.
32. Straddle Lift – A partner stunt in which the flyer is seated in a straddle position extended by three bases. The bases hold the flyers legs and bottom with their arms straight above their body.
33. Split Press – A partner stunt in which the flyer executes a split (any side) position extended by four bases. Three of the bases hold the flyers legs with their arms straight above their body. The fourth base holds hands with the flyer in front of the stunt.
34. Teddy Bear – A stunt position where a flyer is held by bases and a back spot in a sitting position with legs apart (i.e., “seated” like a teddy bear).
35. Tick Tock – A free standing partner stunt in which the flyer begins using one leg and switches to stand on the other leg. A tick tock can be performed on the way up to a stunt or from a stunt position.

Tumbling Safety Rules:

Tumbling skills are defined as gymnastic technical skills such as forward rolls, cartwheels, aerials, round-offs, front and back walkovers, front and back handsprings, front flips, back tucks, layouts, fulls, whipped back handsprings, and arabians. Tumbling skills can be performed from a standing or running position and can include a combination of several skills in one pass.

1. Tumbling skills that exceed one flipping rotation and/or one twisting rotation are prohibited. No double backs or double full twists.
2. Tumbling over, under, or through a stunt, individual, or prop is prohibited.
3. Tumbling with props is prohibited. For example, a back handspring is not allowed to be performed holding pompoms.

4. Tumbling skills must originate from the ground level. For example, a back/front flip off of a stunt or into a stunt in which the person does not start from the cheering surface is prohibited. (EXCEPTION: See Stunt Rule 10).
5. A rebound from a back handspring into a cradle position is allowed.
6. Spotted or assisted tumbling is prohibited. This includes toe pitches.
7. Tumbling skills performed with two or more members holding onto each other are prohibited.

Partner Stunt & Pyramid Safety Rules:

1. All partner stunts and pyramids are limited to two persons high. Flyers must receive primary support from a base or bases that are in direct contact with the cheering surface.
2. A flyer may not throw her head back or arch during any type of cradle dismount.
3. Shoulder sits are permitted and do not require a spotter.

4. SINGLE BASED STUNTS

- a) Shoulder level single based extension prep stunts and shoulder stands are permitted provided the stunt has a front OR back spotter.
- b) Shoulder level single based free standing stunts are prohibited.
- c) Extended single based stunts are prohibited.

5. SHOULDER LEVEL (EXTENSION PREP) STUNTS

- a) "Retakes" and "show and go" stunts are permitted from shoulder level and below.
- b) Flyers may dismount directly to the cheering surface from a shoulder level stunt provided the flyer is supported by either the bases or an additional spotter before touching the ground.

6. EXTENDED STUNTS

- a) Extended double based stunts are permitted provided the stunt has two bases and a front and back spotter.
- b) Extended stunts that brace other extended stunts are prohibited. Braced is defined as flyers touching in the executed, extended stunt.
- c) An extended double based stunt may retake to a crunch position, but the flyer may not retake directly to the cheering surface.
- d) A flyer may not dismount directly to the cheering surface from any extended stunt or toss.
- e) A flyer may not be thrown, dismounted or tossed to a new set of bases from an extended level stunt.

7. DISMOUNTS

- a) Double based suspended forward or backward roll dismounts from the shoulder level or below are permitted provided the stunt has two primary bases in constant hand-to-hand contact with the flyer and a front and back spotter.

8. MOVING STUNTS

- a) Moving partner stunts and pyramids are permitted provided the stunts have the required amount of spotters.
- b) Extended free standing stunts may not walk, turn, or move.
- c) If an extended free standing stunt is falling the bases and spotters may walk the stunt in order to stabilize it or catch the flyer.
- d) No partner stunt, pyramid, individual, or prop may move through or under a partner stunt or pyramid. For example, a stunt or person cannot walk underneath extension preps. A back spot may walk under a shoulder level stunt provided they are in constant hand-to-hand contact with the flyer PRIOR TO moving underneath for pyramid building purposes.

CHEER DIRECTOR CERTIFICATION REQUIRED

1. **SHOULDER LEVEL AND LOWER STUNTS/SKILLS**

- A. "Tick Tock" stunts from the shoulder level are permitted as long as the flyer is braced by another stunt or the back spot is in constant contact with the flyer. Back spots are required. Below shoulder level is permitted provided the back spot is in constant contact with the flyer. Back spots for shoulder level Tick Tocks should hold the flyer at the ankles, waist level and below should hold the flyer at the waist. Extended level Tick Tocks are prohibited.
- B. Single-based free-standing stunts below the shoulder are permitted provided the flyer has a back spot. Execution without a back spot is permitted.
- C. All shoulder level double based stunts and shoulder level free standing stunts are permitted provided the stunt has at least two bases and a back spotter. Torch, liberty, and hitch positions are the only free-standing positions permitted without a front spot. Other liberty variations are permitted provided the stunt has two bases and a front AND back spotter.
- D. Shoulder level "pendulum" stunts (teeter totters) are permitted provided the stunt has two primary bases and at least 3 spotters (catchers) in the direction that the stunt falls; two spotters for each side of the flyer and one spotter to catch the chest, neck, and head of the flyer. The primary bases must be in constant contact with the flyers feet. If the flyer is thrown over the head of the primary bases by the spotters she must be caught on the opposite side by a different set of three spotters. This stunt requires a minimum of 9 participants.
- E. A flyer may be thrown, dismounted, or tossed to a new set of bases from a shoulder level single or double based stunt.
- F. A flyer may be dismounted or cradled to a new set of bases from a shoulder level single or double based stunt provided that at least one of the original bases stays in constant contact with the flyer's feet. The flyer must be caught by at least two new bases and a different back spot. This stunt requires at least 6 participants. The flyer may execute a half, three quarter, or full twist when dismounted to new bases. The flyer may not execute any other skill when dismounting or cradling to a new set of bases.
- G. "Cradle" dismounts from shoulder level stunts are permitted provided the stunt has at least two primary catchers (bases), and a back spotter.
- H. A flyer may execute a half twist or full twist out of a cradle from a shoulder level stunt provided the stunt has two primary catchers (bases) and a front and back spotter. All other skills executed by a flyer on this type of dismount are prohibited.

2. **EXTENDED STUNTS/SKILLS**

- A. "Retakes" and "show and go" stunts are permitted from extension and below provided the flyer has two bases and a front AND back spotter for extensions. At no time whether shoulder level or extended, will the flyer go directly to the cheering surface.
- B. Extended free standing torches, liberties, and hitches are permitted provided the stunt has two bases and a front and back spotter. All other liberty variations are prohibited.
- C. Free standing extended stunts must cradle dismount to at least two catchers (bases) and a front and back spotter. Free standing extended stunts may not retake or dismount directly to the cheering surface. Flyers may not execute any skill during a cradle dismount.
- D. "Cradle" dismounts from double based extended stunts are permitted provided the stunt has at least two primary catchers (bases) and a front and back spotter. The flyer may execute a torch or liberty body position out of a cradle from an extended level double based stunt provided the stunt has two primary catchers and a front and back spotter. All other skills executed by a flyer on this type of dismount are prohibited.

3. Basket tosses are prohibited. Sponge tosses are permitted provided the stunt has two primary bases and a front and back spotter. Only a straight cradle is permitted; no other skills may be executed from a sponge toss stunt.
4. A flyer may not hold or pass through an inverted position during a partner stunt or dismount. Baja dismounts and load-ins are permitted provided the back spot has constant hand-to-hand contact with the flyer, shoulder level only, a cradle position only, and the flyer does not go directly to the cheering surface.