As a TYFA Cheerleader, I will always......
- Show up on time and be ready to cheer
- Listen to what my coach is saying so I can perform safely and correctly
- Be an enthusiastic member of the team
- Pack my bag with everything I need for practice, games and competition
- Be a friend to everyone on my team
- Project a positive image of my team whether in uniform or street clothes
- Be a positive example to all other girls

As a TYFA Cheerleader, I will never ......
- Try a stunt or new skill without my coach or a trained instructor
- Teach a stunt or tumbling skill to another member of the team
- Push anyone to try something they are not comfortable doing
- Belittle the efforts of anyone on my team
- Be a negative influence on my teammates
- Talk back to coaches or team parents

As a TYFA Cheer Parent, I will always ....
- Encourage my cheerleader to do his/her best
- Support my cheerleader’s coach and organization
- Ensure my child attends practices, games, and competition on time.
- Pay on time so I will not accrue late fees or delay my child’s uniform
- Voice your opinion and provide solutions
- Follow TYFA’s rules

As a TYFA Cheer Parent, I will NEVER ....
- Argue, yell, or raise my voice to my child’s coach(es)
- Discourage my cheerleader from doing her best
- Belittle the coach or speak my mind in front of my and other child (ren).
- Gossip with others about the organization, coach, or cheerleaders at practices and games
- Intervene with the coaching techniques
Table of Contents
Introduction .................................................................................................................................................................. 5

Chapter 1 - Administration ................................................................................................................................. 6
  Policy 1 – Executive Cheer Committee .............................................................................................................. 6

Chapter 2 – Cheer Safety Rules .......................................................................................................................... 6
  Rule 1 – Staffing Requirements .......................................................................................................................... 6
  Rule 2 – Staffing Attire ....................................................................................................................................... 7
  Rule 3 – Medical ............................................................................................................................................... 7
  Rule 4 – Practice/Performing Locations ........................................................................................................... 7
  Rule 5 – Performance Safety .............................................................................................................................. 7

Chapter 3 – General Cheer Requirements .......................................................................................................... 9
  Rule 1 – Tryouts .............................................................................................................................................. 9
  Rule 2 – Certification ...................................................................................................................................... 9
  Rule 3 – Music/Chants and Cheers ................................................................................................................... 9
  Rule 4 – Squad Attire ..................................................................................................................................... 10

Chapter 4 – Practice .......................................................................................................................................... 12

Chapter 5 – Game Rules ..................................................................................................................................... 12
  Rule 1 – Game Squads ..................................................................................................................................... 12

Chapter 6 – Competition Rules .......................................................................................................................... 13
  Rule 1 – General Competition Rules ................................................................................................................ 13
  Rule 2 – Dual Participation for Competition ..................................................................................................... 14
  Rule 3 – Fees .................................................................................................................................................... 14
  Rule 4 – Cancellation/Withdrawing .................................................................................................................. 14
  Rule 5 – Tie-Breakers ..................................................................................................................................... 14
  Rule 6 – Interruption of Performance ................................................................................................................ 14
  Rule 7 – Entrances and Exits .............................................................................................................................. 15
  Rule 8 – Props ................................................................................................................................................. 15
  Rule 9 – Spotters .............................................................................................................................................. 15
  Rule 10 – Coaches ......................................................................................................................................... 15
  Rule 11 – Music [Chapter3/Rule 3] .................................................................................................................. 15
  Rule 12 – How to Handle Competition Procedural Questions ...................................................................... 15
  Rule 13 – Interpretations and/or Rulings .......................................................................................................... 15
  Rule 14 – Awards .......................................................................................................................................... 15
  Rule 15 – National Cheer and Dance Competition Advancement ................................................................. 16
  Rule 16 – Judges ............................................................................................................................................ 16
  Rule 17 – Finality of Decision .......................................................................................................................... 16
  Rule 18 - SPORTSMANSHIP ............................................................................................................................ 16
  Rule 19 – Competing & Non-Competing Categories ....................................................................................... 16
Introduction

The purpose of the TYFA Cheer Coaches’ Handbook is to place all the Cheer related policies, procedures and rules in one place.

Any TYFA, Organization board member or Organization volunteer who, by any act, omission, or conduct, attempts to violate or conspires with any other person to violate the code of conduct, rules, regulations and policies of TYFA shall be subject to disciplinary actions as though the actual violation had been accomplished.

Cheer policies, procedures, regulations and rules supersede Football and Administrative Rules except where noted!

Ignorance of the information within this Handbook will not be considered a valid excuse for any violations.
Chapter 1 - Administration

Policy 1 – Executive Cheer Committee

A. The TYFA Executive Cheer Committee is made up of two parts:

1. Executive Cheer Board
   - Cheer Commissioner (Chairperson)
   - Cheer Director

2. Cheer Board
   - Chapter Coordinators
   - Chapter Assistant Coordinators

B. The Cheer Board reports to the Executive Cheer Board but has full authority for the enforcement of TYFA Policies, Procedures and Rules as it pertains to Cheerleading.

C. The duties of the Executive Cheer Board are:

1. The general day-to-day operations of the TYFA Cheer Program
2. The cheer programs growth
3. Maintenance of the TYFA Cheer Policies, Procedures and Rules
4. Education of the Organizational Cheer Directors
5. To put on successful cheer related events for all participants

D. The Executive Cheer Board will be responsible for putting together and executing a Plan of Action (POA) for the TYFA State Cheer Competition. This POA is to include all functions of the day(s) including concessions, gate, shifts etc.

Chapter 2 – Cheer Safety Rules

Rule 1 – Staffing Requirements
All squads must be supervised during all official functions by a qualified director/coach.

A. Staff Size – Violation results in a Level I Offense (See pg. 26; Appendix D)
   1. Head Coach must be 21+ yrs. of age
   2. Assistant Coach must be 18+ yrs. of age
   3. Team Manager must be 18+ yrs. of age
   4. Coach Trainee must be 16-17 yrs. of age

B. Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and squad skill levels with regard to proper performance level placement.

C. All squads should have at least one adult volunteer as Head Coach. After the first 6 participants there must be an assistant coach for every 6 participants. The number of adult volunteers should; therefore, determine the maximum squad size.

D. Each squad must have the following:
   1. Squad up to 6 = 1-Head Coach and 1-Asst Coach or Team Mgr.
   2. Squad up to 12 = 1-Head Coach, 1-Asst Coach, and 1-Team Mgr. or Coach Trainee
   3. Squad up to 24 = 1-Head Coach, 1-Asst Coach, 2 more of any combination
      (Asst. Coach, Coach Trainee or Team Mgr.)
4. Squad up to 30 = 1-Head Coach, 1-Asst Coach, 3 more of any combination (Asst. Coach, Coach Trainee or Team Mgr.)
5. Squad up to 36 = 1-Head Coach, 1-Asst Coach, 4 more of any combination (Asst. Coach, Coach Trainee or Team Mgr.)

E. Every Cheer Director and Coach must attend/partake in the required cheer certification.

Rule 2 – Staffing Attire
Refer to Appendix D - Volunteer Dress Code Policy

Rule 3 – Medical
A. First Aid Kits are required at all practices, games, and competitions.
B. Violation of this rule results in a Level IV Offense if medical attention is not provided.
C. All squads, gyms, coaches and directors should have an emergency response plan in the event of an injury.
D. If it is detected that a participant is bleeding, has an open wound or an excessive amount of blood on the uniform, the participant must stop performing to receive proper treatment.
E. When a participant is rendered unconscious or apparently unconscious, the participant shall not be permitted to resume participation without written authorization from a physician (MD/DO).
F. It is highly recommended that wrist tape, tumbling wraps, wrist supports, etc., should be approved by and maintained under the direct supervision of a trainer, doctor and/or medical staff. The primary use of wrist aides is to provide support or assist in the healing process of an injury. A wrist aide is not to be used as a uniform accessory for effect.

G. Girls are allowed to compete with casts; however, they cannot do any kind of stunts and tumbling. Coaches cannot self-wrap. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.

Rule 4 – Practice/Performing Locations
A. Violation of this rule results in a Level IV Offense.
B. Coaches: It is recommended that your athletes practice and perform on an appropriate surface. All practice sessions should be held in a location suitable for the activities of cheerleaders/dancers, e.g., use of tumbling mats is highly recommended, away from excessive noise and distractions, free from obstruction, etc. Stunts (mounts, pyramids and tumbling) shall be modified to be appropriate to the performing surface/area. The spirit surface, location, and weather conditions should be taken into consideration before engaging in physical activity.
C. Equipment: The use of mini-tramps, spring boards or any apparatus used to propel a participant is prohibited.

Rule 5 – Performance Safety
A. Props:
   1. Flags, banners, signs, poms, megaphones, and pieces of cloth (applies to dance squads) are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or weight bearing tumbling. All props must be safely discarded out of harm’s way (e.g. throwing a hard sign across the mat from a stunt would be illegal).
   2. In game situations, signs must be placed outside of the football playing area (i.e., bench area, coaches’ box, and 25 yard lines).
3. The use of signs creates crowd participation and enthusiasm. Signs should not be derogatory or contain any artwork or verbiage that may violate an individuals or groups civil rights, should not discriminate against anyone regarding race, religion, sex, familial status etc. It is highly recommended that common sense and discretion be used when creating team signs or posters. (ex.: kill the bears)

4. The use of any type of prop is prohibited during tumbling, partner stunt/pyramid building, transitions which require the use of hands and all dismounting. (E.g. A person up in a stunt may be handed poms or a sign, but they must be discarded before dismounting.)

5. Hiding poms anywhere on the body or uniform is a safety issue; it is prohibited.

6. Stepping on poms/signs may interfere with the safety of the performance. A participant cannot kick a pom/sign out of the way or step over a pom/sign. A spotter can move poms/signs out of the way if the spotter cannot safely reach/spot a stunt/pyramid.

7. Clarification: Poms must be placed defined as put down on the floor, not tossed, thrown or flung out of harm's way.

B. Spotting - Violation results in Level IV Offense.
   The active spotter is an integral part of the safety program. Spotting requires a constant visual with the top person/flyer (from shoulder height and above), and should not be looking at the crowd or making motions during the performance of the stunt. The primary responsibility of a spotter is to watch for safety hazards and be in a position to prevent injuries with special emphasis on the head, neck and shoulder areas. This person shall not provide primary support of (weight bearing contact with) another person. The primary spotters should be participants from the squad. (Front and Back Spotters) Clarification: Back spotter should not be utilized as a base at any point during a stunt performance. (i.e. Spotter cannot get under the flyer to assist)

C. Stunts – 1st Violation results in Level IV Offense; 2nd Violation results in Level V
   Coaches are not allowed to participate in a stunt group. Coaches (any type: trainee) are not substitutes for missing cheerleaders. Violation of this rule will be brought up to board for evaluation.
   Stunts must always begin with one foot on the floor surface.

D. Coaches – 1st Violation results in Level I Offense
   During the games only the certified coaches are allowed on the field. The maximum number of coaches and team manager on the sideline is determined by the number of girls in that cheering squad. This rule applies at all TYFA games.

E. Sidelines – Violation results in Level I Offense
   This policy is intended to reduce the increasing number of disturbing, and potentially dangerous, incidents that occur on the sidelines between persons who need to be there and those who do not. The sidelines are for those who are performing a service associated with action on the field of play and for administration of the game; it is not for spectators.

   1. Definitions:
      a. Spirit Squads and Costumed Mascot's Area – based upon the configuration of the field, the Spirit Area extends from the 40 yard line to the end zone for each cheer squad. In addition, the Spirit Area must be at least 10 yards back off the sideline if there is no football team or 5 yards back away from the football team if there is one.

      b. Spectator Area – the area where the parents, guardians and other spectators sit will be at least 5 yards behind the Team Box (between the 25 yard lines) and 5 yards behind the cheerleaders (end zone to end zone).

   2. Sideline Personnel
      a. Persons who are directly involved in the game, including but not limited to: football players, spirit squads, coaches, team managers, medical and athletic training staff members, board
members and game operations staff members (i.e. chain and or marker crews). Children not on the roster of the current game are not authorized on the sideline.

Example: A coaches’ child who either doesn’t cheer or cheers on another squad is NOT allowed on the sideline. **Exception – if a coaches’ child is very young and would have no supervision while their parent was coaching.**

b. Each team is limited to the number of cheerleaders and Badged cheer volunteers that can fit on the sidelines within the Cheer Area.

c. There is no limit to the amount of TYFA Black Shirts who are monitoring games in an official capacity. TYFA Black Shirts will stay outside the Team Box and Cheer Area unless answering questions.

d. Organizational *badged* volunteers (to include board members) are not allowed on the opponents sideline during a game unless requested by the opponent. This is to avoid “conflict of interest”.

---

### Chapter 3 – General Cheer Requirements

#### Rule 1 – Tryouts

A. Tryouts are a **Violation and results in a Level III Offense**

B. Tryouts are defined as **any means used to determine if a participant qualifies to be placed on a team/squad in TYFA is prohibited.**

C. An assessment and/or evaluation are only allowed for competition purposes; excludes Mascots. This method **may be used to determine the level whereby a participant is placed on a team/squad. NO PARTICIPANT SHALL BE REMOVED FROM THE ORGANIZATION UPON THESE ASSESSMENTS / EVALUATIONS.** Assessments are for the purpose of determining the capacity to which participants execute a skill(s) to provide coaches’ the opportunity to structure practices towards improving the squad’s skills. It is not used as a measure of tryouts.

#### Rule 2 – Certification

A. **Violation results in Level II Offense**

B. All TYFA registered participants will be certified. Only registered and certified squads may compete in the competition and participate in any football game activities along the sideline or on the field.

C. Cheer Coach of competing squad will be responsible to provide TYFA Cheer Representative the performing cheerleader’s ID to be verified with competition roster and cheerleader.

D. Organizations incorporating a *MASCOT (organization costumed individual)*, pep squad, or dance team must certify individuals as a cheerleader.

E. Random cheerleader and coach verifications will be performed at football games at various times by TYFA Board Members only (TYFA attire).

#### Rule 3 – Music/Chants and Cheers

A. **Violation results in Level IV Offense**

B. The Organizational Cheer Director should approve all cheers, chants, posters, music and other cheer activities of a squad. They should inform squads that all new skills must first be reviewed and approved by them prior to being...
performed. Vulgar/suggestive movements, words or music, as well as inappropriate language and any type of violence (i.e. not limited to stabbing, gun shooting) by any participant(s) are prohibited; this includes excessive hip thrusting, inappropriate touching, slapping or positioning to one another, etc. Cheerleaders and Dancers are not allowed to remove clothing or utilize tear-away uniforms.

C. All cheers, chants and music are to be free of vulgar words, phrases and motions. No type of derogatory (list of unacceptable chants will be issued and may be modified throughout the season) cheer will be allowed. This includes the Sideline cheer that is shouted across the field. Music selection should appeal to the audience to get them involved in the performance.

**Rule 4 – Squad Attire**

Violation results in Level I Offense and 0.5 deduction for every offense on scoresheet

A. Uniform

1. TYFA Iron-On Patches – Each registered/certified cheerleader will receive an authorized TYFA patch that must be worn on their uniform.

   a. Placement – Each organization must select either shell or skirt to place TYFA patch

   b. Please make sure the entire organization’s cheer squads’ places the patch in the same location.

   c. Unified and color coordinated with the football team

   ![TYFA Patch Diagram]

2. Participants shall wear apparel (uniform, costume, shoes, etc.) that is appropriate for the activity involved. Uniforms should be properly fitted to each participant and must cover the midriff when standing at attention; therefore, appropriate undergarments should be worn at all times. (i.e., improper/revealing uniform fit/coverage; fringe would not count as a cover, bikini briefs, lack of undergarments, extreme length of skirt, etc. would be considered a level offense).
3. Coaches should not permit loose, slick, baggy clothes, nylon hose/tights, which are not appropriate for stunting squads. Sequin letters on a uniform must be securely placed on the uniform. They must be used as the squad letters (i.e. TYFA) or striping by all squad members and not used as a prop in competitions.
   a. Fitting Uniform – Rule of thumb:
      i. Shells must cover mid-section, have cheerleader raise both arms above their head. Shell must still be covering the mid-section; covered midriff does include flesh or nude colored body suits and liners.
      ii. Skirts must be at or lower than the middle fingertip Place both arms by your sides to measure.

4. Recommended Cheer Uniform consists of SHELL, SKIRT, BRIEFS, and SOCKS. Optional additional items: CROP TOP, HAIR BOW, ATHLETIC SHOES, POMS, CHEER BAG, MEGAPHONE, PRACTICE WEAR, and WARM UP SET.

B. Jewelry - Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are prohibited during practices, games or competitions. Jewelry must be removed and may not be taped over. All are illegal. (Exception: medical ID tags/bracelets, and uniform rhinestones. Non-Adhesive rhinestones are illegal.

C. Nails – Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. The appropriate length for all members of a stunting squad means the nails are not visible beyond the finger tips when viewed from the palm side of the hands. Further note: Nail polish is prohibited at games and competitions.

D. Mouth - Participants are not permitted to chew gum, cough drops, or have candy in their mouths during practices and performances.

E. Footwear
   1. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole. If you can roll it up and put it in your pocket, it’s illegal. Exception: Dance squads.
   2. Ornaments or decorations on their shoes/sneakers that would hinder the safety of a stunting squad (i.e., yarn pom-poms, ribbons/bows, bells, etc.) are prohibited. Exception: Mascots.

F. Hair – Hair must be pulled back and away from the face. Hair Beads are permitted. Bobby Pins are allowed but must be secured. **Safety issue**

G. Eyes – Eyeglasses must be worn in a manner to ensure safety while performing (i.e., Eyeglasses shall be secured to the head and under the hair with a sport band). This is one example on how to secure eyeglasses. The main concern is for the head coach to make sure that the eyeglasses are secured. Note: Eye glass bands must not be knotted or have beads on it.

H. Makeup – No spray glitter allowed inside any venue.
   1. Makeup/Shimmer to hair, face, body, costume and uniform is permitted.
   2. Temporary tattoos, face paint, and glitter hair spray are permitted. Participants must cover any permanent visible body art/body tattoos (i.e., Band-Aid). It is the responsibility of the Head Coach to advise the participants on appropriate use of makeup for all squads.
   3. Only the specialized cheer makeup should be used and it should be used with discretion. All participants’ makeup and hair must be done prior to arrival at the cheer competition. Touchups may be done after practice before the squad’s performance.
Chapter 4 – Practice

Practices are held by each individual Organization as they see fit. However, all TYFA rules must be followed in addition to any of the Organization’s By-Law rules.

A. The first Official day of practice in TYFA is August 1st, unless otherwise specified.

1. **IN SEASON & OFF SEASON SPECIAL EVENTS** TYFA cheer squads may NOT participate in cheer competitions outside of TYFA during the season (Aug thru competition date)

B. Conditioning – TYFA cheer squads MAY participate all year round.

Chapter 5 – Game Rules

Rule 1 – Game Squads

A. **There are no minimum squad sizes required for GAME DAYS***

B. It is highly recommended that the corresponding Cheer Squads cheer at all games. The following is the standard age bracket allowed for the Cheer Program for GAME DAYS:

<table>
<thead>
<tr>
<th>AGE</th>
<th>SQUAD NAME</th>
<th>GAMES TO CHEER AT</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4</td>
<td>Mascots</td>
<td>Any</td>
</tr>
<tr>
<td>4-5</td>
<td>Flags</td>
<td>Flag</td>
</tr>
<tr>
<td>6-7</td>
<td>Midgets</td>
<td>Midget</td>
</tr>
<tr>
<td>8-9</td>
<td>Rookies</td>
<td>Rookie</td>
</tr>
<tr>
<td>10-11</td>
<td>Juniors</td>
<td>Junior</td>
</tr>
<tr>
<td>12-15</td>
<td>Seniors</td>
<td>Senior</td>
</tr>
</tbody>
</table>

C. Game stunts – do not utilize game days as a practice day. If you do not have a stunt perfected by game day, do not perform it.

D. **Mascots (3-4 yr old)**

1. A Mascot can participate with the Cheer Squads at football games at any bracket (Flag, or Midget, etc.)

2. A Mascot **cannot and will not perform any stunts with 5+ aged cheerleaders.** The safety concern caused by the variance in age, maturity and skill level between the Mascot and the older participants **limits the Mascot** in their activities. In most instances, a Mascot is a participant at the beginner level of cheer/dance and needs to learn the basics of cheerleading, safety and supporting the team.

E. **Flag thru Senior**

It is the general rule that each bracket cheer at their respective football age bracket levels. (i.e. Flag Cheer should cheer at the Flag games). It is allowed for mixed age brackets.

F. **MASCOTS (costumed individual), Pep Squads, Dance Team**

Organization cheer program may consist of 1 MASCOT (costumed individual), Pep Squads, and Dance Team for game spirit and support of cheerleaders. No Stunts are allowed for any of these categories.

G. Dual Participation for Games – is allowed. (E.g. A cheerleader participates in All-Star Cheer and TYFA certified Game Time only).

H. Music/Chants/Cheers – [Refer to Chapter 3/Rule 3]
I. Field Time - Violation results in Level I Offense.

1. Cheerleading coaches are to keep their cheerleaders, MASCOTS (organization costumed individual), pep squads, dance team off the field except at halftime. Halftime cheers, dances or stunts will be limited to three (3) minutes per squad and are to be performed for your own Organization. The visiting squad shall be introduced and perform first.

2. Cheer Director from the organization hosting HOMECOMING event(s) during game time must notify opposing team. Opposing team squads are not to perform half-time cheers, dances, or stunts during homecoming games, unless arrangements are made between cheer directors.

J. 3rd Quarter (Show of Good Sportsmanship) - Highly Recommended
During the 3rd quarter there shall be a “Meet & Greet” and a cheer will be done for the opposing team. (Organizations are not required to present opposing team with goodies or gifts)

K. Field Injury
If a football player becomes injured during a game, both cheerleading squads are to stop cheering, kneel on one knee, or stand quietly until the player is up or removed from the playing field, at which time the injured player should be applauded.

L. Unsportsmanlike Conduct - Violation results in Level IV Offense
Unsportsmanlike conduct by general volunteers and or patrons will not be tolerated. It is the cheer director’s and head of organization’s responsibility to manage and deal with the issues on hand.

M. Signs – [Refer to Chapter 2/Rule 5]

Chapter 6 – Competition Rules

Guidelines for your routine are detailed below. Strict compliance with all rules is required. A penalty will be deducted from your score sheet for each rule infraction. The amount of the penalty depends on the severity of the infraction. All rule clarifications must be requested and resolved prior to the event.

Rule 1 – General Competition Rules

A. **It is up to the TYFA Cheer Executive Board’s discretion to move any one squad that does not have a competing squad to another category or subcategory. The cheer director will be notified at least 14 days prior to competition.

B. Glitter (Craft/Art; spray glitter used inside in any venue) is prohibited at competition whether on signs, face, hair, spirit/noise makers (This applies to all TYFA participants/volunteers and spectators).

C. Competition Area:
1. Competition Floor size: approximately 54’ wide x 42’ deep (9 strips)
2. Participants must start in the competition area with at least one foot on the ground.
3. Teams may line up anywhere inside the competition area.
4. Warm-up Area Consist of:
   a. Floor Size: approximately 42’ wide x 42’ deep (7 strips)
   b. Tumble Strip
   c. Stretch Area

D. There shall be no cutting from the regular season roster for competition unless there is a written medical reason, nor shall substitutions be permitted. When competing, a squad may not use the name of another squad's town any
time during the routine. Squads may use generic mascot names (i.e., nicknames-Squids, etc.). All competitors must be in appropriate uniform, NO costumes will be allowed.

E. **Crossover Participant/Individual: $25** with the exception of Mascots. Crossovers are only allowed within designated **skill level category (i.e. Novice)**. Cheer Mascots cannot crossover.

**Rule 2 – Dual Participation for Competition**

A. **Violation results in Level IV Offense**

B. TYFA **cheer squads** may not participate in TYFA and on non-school cheer squads during the TYFA season (July 1st – Competition Day). Senior age brackets are the only squads eligible to participate in both TYFA and school cheer programs.

1. “School” is defined as a place of education that is either private or publicly funded that teaches the basics such as math, reading, science etc. and provides for sports and programs such as Cheerleading and Dance.

2. “Non-School” is defined as any All-Star Programs, Recreational League/Organization, competing facility and programs for cheer is prohibited.

3. “Competing cheer squad” is defined as any group of 5 or more TYFA certified cheerleaders.

**CLARIFICATION: An organization can have up to 4 non-school participants per competing squad.**

**Rule 3 – Fees**

Any and all Cheer fees collected prior to and during competition will be turned over to TYFA for use as payment for the day’s expenses. The remainder will be kept on account for the TYFA Cheer program for the next season. See below Chapter 6/Rule 1 for competition fees. Competition fees are due one month prior to competition day or at mock session.

**Rule 4 – Cancellation/Withdrawing**

TYFA reserves the right to discipline a squad and or Organization, in advance or at the event, for failure to show up for the competition after they RSVP. Any paid fees will not be refunded. If any cancellation occur prior to 6 weeks of the event one may receive a full refund of the paid competition fees. Any other fees (merchandise, tickets, etc.) will not be refunded. **LEVEL II OFFENSE**

**Rule 5 – Tie-Breakers**

1st Tie-breakers are determined by the highest score from the Cheer and Dance Showmanship score sheet. 2nd Tie-breakers are determined by the highest score from the Stunt/Pyramid Overall Impression. 3rd Tie-breakers are determined by the highest score from the Tumbling/Jumps Overall Impression.

**Rule 6 – Interruption of Performance**

A. If, in the opinion of the competition officials, a squad’s routine is interrupted because of failure of the official or host equipment, facilities, or other factors attributable to the competition event rather than the squad, the squad affected will be allowed to present its routine at the end of that age bracket competition.

B. In the event a squad’s routine is interrupted because of failure of the squad’s own equipment, the squad must either continue the routine or withdraw from the competition. This is considered as a **DISQUALIFICATION**.

C. In the event that an injury causes the squad’s routine to be interrupted, the squad may either continue the routine or perform at the end of that age bracket at the discretion of the TYFA Cheer Director. The competition officials reserve the right to stop the routine due to injury, if it is deemed necessary.
Rule 7 – Entrances and Exits
Entrances and Exits are not included as part of the routine; however squads are encouraged to perform spirit in order to entice the crowd to participate.

Rule 8 – Props
A. Signs, poms, flags, banners, and megaphones are the only props allowed. No feather props. (SAFETY RULES APPLY). [Refer Chapter 2/Rule 5 Props].

B. Stepping on poms/signs may interfere with the safety of the performance. Stepping or slipping on the pom/sign will incur an INFRACTION in competition.

C. A competition spotter can move poms/signs out of the way if the spotter cannot safely reach/spot a stunt/pyramid. Prior to competition, the officials must reinforce that poms/signs are the participants’ responsibility.

D. All poms, signs, megaphones, flags, banners brought on the competition floor must be utilized during the routine. No minimum or maximum number of poms/signs required for your performance.

E. DISQUALIFICATION: In competition it is prohibited for coaches to setup or remove Poms/signs before and during a routine for any squad; with the exception of Mascots, coaches may set up poms/signs before routine. Participants need to make every effort to discard the poms/signs out of the competition area.

Rule 9 – Spotters
Spotters contracted will have background checks.

Rule 10 – Coaches
Any coach who is coaching (mirroring routine from coaches’ box) during the performance is prohibited and therefore the squad is disqualified (i.e., yelling instructions or motioning directions to squad members). Exception: Mascots. During the Mascot competition one (1) coach will be allowed to accompany their squad on the competition floor for the entire routine but it is highly recommended that the coach sit towards the front corner of the mat or slightly off to the side so not to hinder the audience view. Disqualification

Rule 11 – Music [Chapter3/Rule 3]
Coaches or designated representatives are required to start their squad’s music. Coaches are asked to provide two (2) CDs. Violation of Chapter 3/Rule 3 & Chapter 6/Rule 13 will be DISQUALIFIED. TYFA Cheer staff will not handle a squad’s music in any way (holding until performance, starting the music, taking music to a member of the squad’s organization, etc). No iPods, phones, electronic devices.

Rule 12 – How to Handle Competition Procedural Questions
Any questions concerning the rules or procedures of the competition will be handled exclusively by the Cheer Director of the organization and will be directed to their appointed TYFA Cheer Coordinator. Do not email commentator.

Rule 13 – Interpretations and/or Rulings
Any interpretation or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to insure that the competition proceeds in a manner consistent with the general spirit and goals of the TYFA program. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official. Such questions should be made prior to the team’s competition performance.

Rule 14 – Awards
Awards vary by availability, competition type and budget on a year to year basis.
Rule 15 – National Cheer and Dance Competition Advancement
Bids are awarded by a sponsoring National Cheer Competition Agent and will be based on availability.

Rule 16 – Judges
A. Two qualified panels and a TYFA representative will be used for the competition. All decisions of the judges are final. There are no protests for decisions of the judges.
B. Individual judges score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his/her final score and rankings prior to the final tally of the score for all teams. Scores and rankings will be available only to advisors or coaches at the conclusion of the competition.
C. Any cheerleader, coach, or supporter of a squad, involved in any act of harassment of Judges, Scorekeepers, Competition Volunteers or TYFA Officials, or displaying conduct deemed likely to bring Cheerleading into dispute will result in the entire squad being DISQUALIFIED AND OR THE ORGANIZATION BEING CHARGED WITH A LEVEL IV OFFENSE. Decision on handling of these issues will be handled by the TYFA Commissioner and Senior Executive Board.

Rule 17 – Finality of Decision
By participating in a competition, each squad agrees that decisions by the judges and TYFA Officials will be final and will not be subject for review. Each squad acknowledges the necessity for the judges and TYFA Officials to make prompt and fair decisions in this competition and each squad therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

Rule 18 - SPORTSMANSHIP
All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

Note: The above safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading techniques including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult advisor or coach.

Cheerleading jumps, tumbling and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with the AACCA Safety Course will help minimize the risk of injury, the American Association of Cheerleading Coaches and Administrators makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

Rule 19 – Competing & Non-Competing Categories
A. Age Brackets:

<table>
<thead>
<tr>
<th>AGE</th>
<th>SQUAD NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4</td>
<td>Mascots</td>
</tr>
<tr>
<td>4-5</td>
<td>Flags</td>
</tr>
<tr>
<td>6-7</td>
<td>Midgets</td>
</tr>
<tr>
<td>8-9</td>
<td>Rookies</td>
</tr>
<tr>
<td>10-11</td>
<td>Juniors</td>
</tr>
<tr>
<td>12-15</td>
<td>Seniors</td>
</tr>
<tr>
<td>3-15</td>
<td>Mix (based on category)</td>
</tr>
</tbody>
</table>
### Non-Competing (Show Team) Category (will not be scored)

<table>
<thead>
<tr>
<th>Fee</th>
<th>$150 per organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>Award(s)</td>
<td>Subject to change annually information will be provided with Competition Packet.</td>
</tr>
<tr>
<td>Time</td>
<td>Up to 1 minute &amp; 30 seconds</td>
</tr>
<tr>
<td>Routine</td>
<td>Any combination of cheer, chant, dance, jumps, tumbling, stunts, and/or pyramids</td>
</tr>
<tr>
<td>Squad Size</td>
<td>Up to 36 members</td>
</tr>
<tr>
<td>Squad Breakdown</td>
<td>Any combination (mixed or by age groups) at your discretion</td>
</tr>
</tbody>
</table>

**IMPORTANT** - Cheer Mascots included CAN NOT participate in any stunts or pyramids.

### Competing Category #1 - Half-Time Performance - No Mascot cheerleaders allowed.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Number of participants per squad $/12 is $250, 13-24 is $350, 25-36=$450</th>
</tr>
</thead>
<tbody>
<tr>
<td>Award(s)</td>
<td>Subject to change annually information will be provided with Competition Packet.</td>
</tr>
<tr>
<td>Time</td>
<td>1 minute to 1 minute &amp; 30 seconds.</td>
</tr>
<tr>
<td>Routine</td>
<td>Must consist of a Cheer &amp; Dance to incorporate props, 3 squad jumps, tumbling (intermediate level), and pyramid/stunts(s) (intermediate level). <strong>For maximum points see &quot;judges score grid&quot;</strong>*</td>
</tr>
<tr>
<td>Squad Size</td>
<td>Minimum of 5 - Maximum 36 members</td>
</tr>
<tr>
<td>Squad Breakdown</td>
<td>Division I=1-11 yrs of age brackets; Division II=8-15 yrs of age brackets</td>
</tr>
</tbody>
</table>

### Competing Category #2 - Crowd Pleaser (Non-Tumble or Stunting) – No Mascot cheerleaders allowed.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Number of participants per squad $/12 is $250, 13-24 is $350, 25-36=$450</th>
</tr>
</thead>
<tbody>
<tr>
<td>Award(s)</td>
<td>Subject to change annually information will be provided with Competition Packet.</td>
</tr>
<tr>
<td>Time</td>
<td>30 seconds to 1 minute.</td>
</tr>
<tr>
<td>Routine</td>
<td>Must consist of only a Cheer (NO Dance or Music); incorporate props, 3 squad jumps. <strong>For maximum points see &quot;judges score grid&quot;</strong>*</td>
</tr>
<tr>
<td>Squad Size</td>
<td>Minimum of 5 – Maximum 36 members</td>
</tr>
<tr>
<td>Squad Breakdown</td>
<td>Division I=4-11 yrs of age brackets; Division II=8-15 yrs of age brackets</td>
</tr>
</tbody>
</table>

### Competing Category #3 – Sideline – No Mascot cheerleaders allowed.

<table>
<thead>
<tr>
<th>Fee</th>
<th>Number of participants per squad $/12 is $250, 13-24 is $350, 25-36=$450</th>
</tr>
</thead>
<tbody>
<tr>
<td>Award(s)</td>
<td>Subject to change annually information will be provided with Competition Packet.</td>
</tr>
<tr>
<td>Time</td>
<td>Up to 1:30 minute.</td>
</tr>
<tr>
<td>Routine</td>
<td>Must consist of 2 Crowd Involvement Sideline Cheer/Chant: An OFFENSE Cheer/Chant and A DEFENSE Cheer/Chant. Each must incorporate props, 3 squad jumps; partner stunts (Intermediate Level). No Dance or Music <strong>For maximum points see &quot;judges score grid&quot;</strong>*</td>
</tr>
<tr>
<td>Squad Size</td>
<td>Minimum of 5 – Maximum 36 members</td>
</tr>
<tr>
<td>Squad Breakdown</td>
<td>Division I=4-11 yrs of age brackets; Division II=8-15 yrs of age brackets</td>
</tr>
</tbody>
</table>

### Competing Individual-Dual-Trio Cheerleader Competition (optional – parent responsibility)

<table>
<thead>
<tr>
<th>Fees:</th>
<th>$35 Individual / $50 Dual / $75 Trio (no crossover allowed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Award(s)</td>
<td>Subject to change annually information will be provided with Competition Packet.</td>
</tr>
<tr>
<td>Time</td>
<td>1 minute to 1 minute &amp; 30 seconds.</td>
</tr>
<tr>
<td>Routine</td>
<td>Must consist of a cheer, dance, minimum of 2 jumps, and 2 gymnastic elements. <strong>Only Duo groups are allowed to perform ground stunts. Trio groups are allowed to build stunts. Stunt group must consist of a back spotter</strong></td>
</tr>
<tr>
<td>Squad Size</td>
<td>Minimum of 1 - Maximum 3 members</td>
</tr>
<tr>
<td>Squad Breakdown</td>
<td>For individuals they must compete with in there designated age group. A partner or trio group can consist from different organizations. <strong>Mascot age cannot stunt with older brackets</strong></td>
</tr>
</tbody>
</table>

Mascots, Flags, Midgets, Rookies, Juniors, Seniors, Mixed (any age bracket)
## Competing Cheer Competition

<table>
<thead>
<tr>
<th>Fees</th>
<th>Number of participants per squad ≤12 is $250, 13-24 is $350, 25-36=$450</th>
</tr>
</thead>
<tbody>
<tr>
<td>Award(s)</td>
<td>Subject to change annually information will be provided with Competition Packet.</td>
</tr>
<tr>
<td>Time</td>
<td>- Mascots 1 minute &amp; 30 seconds;</td>
</tr>
<tr>
<td></td>
<td>- Novice – Intermediate – Advance 2 minutes &amp; 15 seconds to 2 minutes &amp; 30 seconds</td>
</tr>
<tr>
<td></td>
<td>- Time starts on first movement or sound once squad is set.</td>
</tr>
</tbody>
</table>

### Routine

Must consist of Cheer & Dance in any combination with pyramids, stunts, tumbling, and jumps. Props are optional. Minimum requirements are as follows:

- **Mascots**
  - Partner Stunts – must perform 1 stunt to max level
  - Pyramid – must perform 1 pyramid to max level

- **Novice**
  - Partner Stunts – must perform 1 stunt to max level
  - Pyramid – must perform 1 pyramid to max level

- **Intermediate**
  - Partner Stunts – must perform 1 stunt to max level
  - Pyramid – must perform 1 pyramid to max level
  - Tosses – must perform 1 toss (Straight Ride, Pretty Girl or Ball Out)

- **Advanced**
  - Partner Stunts – must perform 1 stunt to max level
  - Pyramid – must perform 1 pyramid to max level
  - Tosses – must perform 1 toss (Pike, X-Out, Full, Kick Full and Toe Touch)

### Squad Size

Minimum of 5 - Maximum 36 members

### Squad Breakdown

Competition among squads shall be limited to squads from the same Category=Skill Level (i.e. Novice), Group Level=Squad Size (i.e. Blue) and Age Bracket (i.e. Flag).

#### Mascots (Mascots only)

- TYFA Blue 4 – 10 members
- TYFA Red 11 – 17 members
- TYFA White 18-25 members
- TYFA Black 26-36 members

#### Novice

- TYFA Blue 5 – 10 members
- TYFA Red 11 – 17 members
- TYFA White 18-25 members
- TYFA Black 26-36 members
  - Age Brackets: Flag, Midgets, Rookies, Juniors, Seniors, Mix Division I (4-9yr old), Mix Division II (8-15yr old)

#### Intermediate

- TYFA Blue 5 – 10 members
- TYFA Red 11 – 17 members
- TYFA White 18-25 members
- TYFA Black 26-36 members
  - Age Brackets: Midgets, Rookies, Juniors, Seniors, Mix Division I (6-9yr old), Mix Division II (8-15yr old)

#### Advance

- TYFA Blue 5 – 10 members
- TYFA Red 11 – 17 members
- TYFA White 18-25 members
- TYFA Black 26-36 members
  - Brackets: Rookies, Juniors, Seniors, Mixed (8-15yr old)
## Skill Level Tables

### MASCOT CATEGORY

<table>
<thead>
<tr>
<th>Skill</th>
<th>ILLEGAL SKILLS</th>
<th>LEGAL SKILLS</th>
</tr>
</thead>
</table>
| Standing Tumbling | • No Flips or aerials are allowed.  
• No Front or Back handsprings, and dive rolls are prohibited.  
• NO ASSISTED TUMBLING IS ALLOWED | • Group Tumbling allowed  
• All skills with hand support are allowed. Both hands must remain in contact with the floor.  
  o Forward and Backward Rolls  
  o Cartwheel  
  o Round-off  
  o Walkovers  
  o Limbers |
| Running Tumbling  | • NO ASSISTED TUMBLING IS ALLOWED  
• No consecutive tumbling series | • Group Tumbling allowed  
• All skills with hand support are allowed. Both hands must remain in contact with the floor.  
  o Cartwheel  
  o Round-off  
  o Combination passes (i.e. cartwheel & walkover) |
| Partner Stunts   | • No bench level or higher.                                         | • Stunts are allowed: Double Based Thigh Stand  
  o Hitch and any other thigh stand combination  
  o Knee Stands  
  o Pony Mount  
• Stunts allowed at waist level:  
  o Straddle Sit  
  o Split Sit |
| Dismounts        | • No cradles                                                        | • Assisted dismounts should be a straight pop off or pencil dismount. |
| Pyramids         | • No bench level or higher  
• No attempt to connect                                              | • Pyramids must follow “Partner Stunts” and “Dismounts” rules  
  • Any combinations of partner stunts or grouping individuals must be connected.  
  • ***look up USASF rule for this definition*** |
<p>| Tosses           | • No tosses allowed (i.e. basket toss grip).                       | • NO TOSSES ALLOWED                                                        |</p>
<table>
<thead>
<tr>
<th>NOVICE CATEGORY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ILLEGAL SKILLS</strong></td>
</tr>
<tr>
<td>Standing Tumbling</td>
</tr>
<tr>
<td>• No flips or aerials are allowed.</td>
</tr>
<tr>
<td>• No Front or Back handsprings, and dive rolls are prohibited.</td>
</tr>
<tr>
<td>• NO ASSISTED TUMBLING IS ALLOWED</td>
</tr>
<tr>
<td>Running Tumbling</td>
</tr>
<tr>
<td>• No flips or aerials are allowed.</td>
</tr>
<tr>
<td>• NO ASSISTED TUMBLING IS ALLOWED</td>
</tr>
<tr>
<td>• NO consecutive tumbling series</td>
</tr>
<tr>
<td>Partner Stunts</td>
</tr>
<tr>
<td>• Transitional Stunts leaving the original bases are prohibited</td>
</tr>
<tr>
<td>• No twisting mounts</td>
</tr>
<tr>
<td>• No free flipping or assisted flipping mounts.</td>
</tr>
<tr>
<td>• No bench level or higher (exception noted in legal skills column)</td>
</tr>
<tr>
<td>Dismounts</td>
</tr>
<tr>
<td>• No free flipping or assisted flipping dismounts</td>
</tr>
<tr>
<td>• No tension drops/rolls of any kind</td>
</tr>
<tr>
<td>• No forward pop-offs from a shoulder sit</td>
</tr>
<tr>
<td>Pyramids</td>
</tr>
<tr>
<td>• No bench level or higher</td>
</tr>
<tr>
<td>• No attempt to connect</td>
</tr>
<tr>
<td>Tosses</td>
</tr>
<tr>
<td>• No tosses allowed (i.e basket toss grip).</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>
# INTERMEDIATE CATEGORY

<table>
<thead>
<tr>
<th>Standing Tumbling</th>
<th>ILLEGAL SKILLS</th>
<th>LEGAL SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Series standing handsprings</td>
<td>• LIMITED TO ONLY 1 SERIES</td>
</tr>
<tr>
<td></td>
<td>• NO ASSISTED TUMBLING IS ALLOWED</td>
<td>• One handed skills allowed (cartwheel/round-off and walkovers flat back)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Back/Front handsprings</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Forward and Back Rolls</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Handstand</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Cartwheel</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Round-off</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Front Walkover, Back Walkover</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Standing Back Handspring (aka: flip-flop)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Standing Front Handspring, Standing Front Handspring Walkout</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• One Handspring</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Running Tumbling</th>
<th>ILLEGAL SKILLS</th>
<th>LEGAL SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• No tumbling is allowed after flip.</td>
<td>• Flips may be performed from a round off or round off back handspring entry.</td>
</tr>
<tr>
<td></td>
<td>• Flips are not limited to a tuck position.</td>
<td>• ONE front or back handsprings allowed</td>
</tr>
<tr>
<td></td>
<td>• No twisting is allowed in any flips.</td>
<td>• Round-off or front handspring entry allowed</td>
</tr>
<tr>
<td></td>
<td>• NO ASSISTED TUMBLING IS ALLOWED</td>
<td>• Round-off, Back Handspring</td>
</tr>
<tr>
<td></td>
<td>• NO SERIES BACK HANDSPRINGS.</td>
<td>• Front Handspring</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Partner Stunts</th>
<th>ILLEGAL SKILLS</th>
<th>LEGAL SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Twisting down NOT allowed</td>
<td>• ½ Twist up allowed</td>
</tr>
<tr>
<td></td>
<td>• **NO ONE(1) LEG STUNTS ARE ALLOWED ABOVE BENCH LEVEL.</td>
<td>• 1 legged-stunt is allowed up to BENCH Level.</td>
</tr>
<tr>
<td></td>
<td>• No free flipping or assisted flipping mounts or transitional stunts allowed.</td>
<td>• Bench Level</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Retake, Reload from Cradle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Bench Level or Extended Flat back</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Extended Level</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Bench Level Split / Straddle Sit</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dismounts</th>
<th>ILLEGAL SKILLS</th>
<th>LEGAL SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Not Allowed:</td>
<td>• Cradle Reloads</td>
</tr>
<tr>
<td></td>
<td>o Twisting down from any level</td>
<td>• Sweep</td>
</tr>
<tr>
<td></td>
<td>o Flips</td>
<td>• Straight Ride</td>
</tr>
<tr>
<td></td>
<td>o Toe Touch</td>
<td>• Pike Cradles from bench level</td>
</tr>
<tr>
<td></td>
<td>• Cradles may not land in prone position (on stomach). Anything other than a straight pop off must be caught in a cradle.</td>
<td>• Retake, Reload from Cradle</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pyramids</th>
<th>ILLEGAL SKILLS</th>
<th>LEGAL SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• NO ONE (1) LEG STUNTS ARE ALLOWED IN A PYRAMID ABOVE BENCH LEVEL.</td>
<td>• Pyramids must follow &quot;Partner Stunt&quot; and &quot;Cradling&quot; rules.</td>
</tr>
<tr>
<td></td>
<td>• No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep)</td>
<td>• Partners/Flyers must maintain contact with a base at all times.</td>
</tr>
<tr>
<td></td>
<td>• Extension level not allowed</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tosses</th>
<th>ILLEGAL SKILLS</th>
<th>LEGAL SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.</td>
<td>• Tosses must be performed from ground level and must land in a safe cradle position.</td>
</tr>
<tr>
<td></td>
<td>• No Release moves allowed</td>
<td>• Tosses are REQUIRED a minimum of 3 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.</td>
</tr>
<tr>
<td></td>
<td>• No Inversions allowed</td>
<td>• Partner/Flyer must be cradled by original bases.</td>
</tr>
<tr>
<td></td>
<td>• NO THROWING HEAD BACKS, CHIN MUST TOUCH THE CHEST</td>
<td>• Straight ride, pretty girl, ball-out</td>
</tr>
</tbody>
</table>
### ADVANCE CATEGORY

<table>
<thead>
<tr>
<th></th>
<th>ILLEGAL SKILLS</th>
<th>LEGAL SKILLS</th>
</tr>
</thead>
</table>
| Standing Tumbling | • NO ASSISTED TUMBLING IS ALLOWED  
• Flips may not exceed one flip. | • Back Handsprings & above – Series are allowed.                                                    
• 1 Twist rotation Allowed  
• Toe Touch Back Handspring |
| Running Tumbling   | • Flips may not exceed one flipping.  
• No tumbling after a front flip. | • Back Handsprings & above – Series are allowed                                                    
• 1 Twist rotation allowed  
• Aerial cartwheels and running tuck fronts are allowed. But no skills directly after |
| Partner Stunts    | • Single leg extended stunts are allowed.  
• TICK TOCKS ARE ILLEGAL  
• NO FREE FLIPPING STUNTS ALLOWED – MUST BE CONNECTING AT ALL TIMES.  
• No release moves. | • ALL SINGLE LEG STUNTS ALLOWED  
• Twisting load in skills limited to one twist.                                                    
• Transitional Stunts  
• Pendulum  
• Leap Frog Stunt |
| Dismounts          | • No free flipping dismounts allowed.  
• Tension drops/rolls of any kind are prohibited. | • Same Skills as Mentioned in Intermediate Levels Plus:                                                
• Single/Double Twist Dismounts  
• Flips are allowed only with physical constant contact and ending in a cradle, not to the performance floor. This must be initiated from prep level.  
• Inversion allowed. |
| Pyramids           | • Nothing over 2 person high  
• No Release moves allowed | • Same Skills as Mentioned in Intermediate Levels  
• Hanging pyramids must remain upright. Each top person at the Bench Level must have a continuous spotter and bases must brace the hanging person(s).  
• Pyramids must follow partner stunt and cradling rules and are allowed up to two (2) high.  
• During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at Bench Level or below. Transition must be continuous. |
| Tosses             | • Flipping (front or back) and traveling tosses are not allowed. MUST HAVE PHY CONTACT  
• Triple twists are not allowed.  
• No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.  
• NO HYPEREXTENDING OF BACK, THROWING HEAD BACK. | • Tosses must be performed from ground level and must land in a cradle position.                  
• Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.  
• ½ Helicopters (Face Up)  
• Log Roll with Single Twist  
• Log Roll with Double Twist |
Competition Squad Breakdown Chart

**Age**
- Mascot (3-4 yr old)
- Flag (4-5 yr old)
- Midget (6-7 yr old)
- Rookie (8-9 yr old)
- Junior (10-11 yr old)
- Senior (12-15 yr old)
- Mix (Depends on Skill Level)

**Skill**
- Mascot
  - Only for 3-4 yr old
- Novice
  - Mix Div I Flag - Rookie
  - Mix Div II Rookie - Senior
- Intermediate
  - Mix Div I Midget - Rookie
  - Mix Div II Rookie - Senior
- Advance
  - Mix Div I Rookie - Senior

**Group Size**
- TYFA BLUE
  - Mascot (4-10 Cheerleaders)
  - Novice, Intermediate, Advance, Mix Blue
  - (5-10 Cheerleaders)
- TYFA RED
  - Mascot, Novice, Intermediate, Advance, Mix
  - (11-17 Cheerleaders)
- TYFA WHITE
  - Mascot, Novice, Intermediate, Advance, Mix
  - (18-25 Cheerleaders)
- TYFA BLACK
  - Mascot, Novice, Intermediate, Advance, Mix
  - (26-36 Cheerleaders)
Chapter 7 – Dance Team Rules

Rule 1 – Divisions

<table>
<thead>
<tr>
<th>Division &amp; Age Bracket</th>
<th>Category</th>
<th>Routine Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiny Females, Tiny Males &amp; Tiny Coed</td>
<td>Open, Hip Hop or Pom</td>
<td>1:45 – 2:30</td>
</tr>
<tr>
<td>4 – 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mini Females, Mini Males &amp; Mini Coed</td>
<td>Open, Hip Hop or Pom</td>
<td>1:45 – 2:30</td>
</tr>
<tr>
<td>5 – 9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth Females, Youth Males &amp; Youth Coed</td>
<td>Open, Hip Hop or Pom</td>
<td>1:45 – 2:30</td>
</tr>
<tr>
<td>5 – 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>**Junior Females, Junior Males &amp; Junior Coed</td>
<td>Open, Hip Hop or Pom</td>
<td>1:45 – 2:30</td>
</tr>
<tr>
<td>5 – 15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Size: Small 4 – 14 or Large 15 - 25
Type: Hip Hop or Pom
Routine Time: 1:45 – 2:30

*Coed is defined as 1 or more males. Male is defined as 0 females.
** These divisions may follow the Expanded Hip Hop Rules.

- The age of the competitor as of August 1st of the current year.
- Dancer(s) may compete in more than one division and/or category as long as they abide by the age restrictions in all divisions in which they compete.
- Dancer(s) may not compete in more than one routine in the same category and division (Example: A dancer may not compete in 2 Junior Hip Hop routines.)

COMBINING AND SPLITTING

- TYFA will split a division into Small and Large if there are 10 or more teams in the division before the split occurs. There must be at least 3 teams in each division once the split occurs.
- TYFA must combine any division Males with Coeds, if there is only one team entered in either division/category.

Rule 2 – Categories

POM
Poms must be used 80% of the routine. Characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.

HIP HOP
Routines can incorporate street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks. (Examples: dance crew, krumping, breaking, stepping, etc.)
Rule 3 – Fees

Number of participants per squad \( \leq 12 \) is $250, 13-24 is $350, 25-36=$450
Cross over fees: $25 between dance teams only.

Rule 4 – Dance Team General Rules

- All teams must be supervised during all official functions by a qualified coach/instructor.
- Coaches/instructors must require proficiency before skill progression. Coaches must consider the dancer and team skill level with regard to proper performance placement.
- All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
- All programs should have, and review, an emergency action plan in the event of an injury.
- Teams must have at least 4 members. There is no maximum limit.
- Each team will have a minimum of 1 minute and 45 seconds (1:45) to a maximum of 2 minutes and 30 seconds (2:30) to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever happens last.
- Substitutions may be made in the event of any injury or other serious circumstance. Substitutes must be certified, and also abide by the age and gender restrictions in all divisions in which they compete.
- Footwear is required: Soled dance shoes (jazz boots, dance sandals, jazz shoes). Wearing socks and/or footed tights only is prohibited.
- Jewelry as a part of a costume is allowed: Approved jewelry includes hair accessories. Jewelry such as hoop earrings, bracelets, necklaces, rings; belly, tongue and nose rings etc. are prohibited. Medical alert bracelets or necklaces may be worn, but should be secured to the body with tape.

Rule 5 – Choreography & Costuming

- Suggestive, offensive, or vulgar choreography, costuming, and/or music are inappropriate for family audiences and therefore lack audience appeal.
- Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming and/or music may affect the judges’ overall impression and/or score of the routine.
- All choreography should be age appropriate.
- All costuming and makeup should be age appropriate and acceptable for family viewing. Uniforms should be properly fitted to each participant. Appropriate undergarments should be worn at all times. Please use discretion in judgment in selection of uniforms. When standing at attention, dance apparel must cover the middle section of the bodice, front and back. Full Nude bodysuits are not acceptable.
  - Recommended Dancewear: Groove Shorts, Capri, Pant, Ankle Tight; Jazz Pant; Skirts; Dance tops.
  - Dance footwear.
- Music is required throughout this performance. Teams performing without music will result in a forfeiture of scores. Choreographed artistic pauses are allowed. If music is interrupted due to technical failure, performers will continue to be judged on the dance skills outlined in the routine specifics.
Rule 6 – Props

- Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
- Standing props are only allowed in the prop and production category. Any item that bears the weight of the participant is considered a standing prop. *(Examples: chairs, stools, benches, ladders, boxes, stairs, etc.)*
- Items that may damage the performance surface are Prohibited

Rule 7 – Tumbling

An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

Tumbling as a dance skill is allowed, but not required in all divisions with the following limitations:

- Airborne* tumbling skills with hip overhead rotation are not allowed. *(Exception: aerials, dive rolls in a pike position and round offs).*
- Simultaneous tumbling over or under another dancer that includes hip overhead rotation by both dancers is not allowed.
- Drops* to the knee, thigh, back, seat, front, jazz split (hurdler) or split position onto the performing surface are not allowed unless the dancer first bears weight on the hands or foot/feet.
- Drops* to a push-up position onto the performance surface are allowed from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle jump. All variations of a Shushunova are not allowed.
- Hip overhead rotation skills with hand support are not allowed while holding poms or props. *(Exception: forward rolls and backward rolls are allowed).*

Rule 8 – Dance Lifts and Partnering (Executed in partners or groups):

- Any Supporting Dancer(s) who has primary weight of an Executing Dancer must maintain direct contact with the performance surface at all times.
- At least one Supporting Dancer must have hand/arm/body to hand/arm/body contact with the Executing Dancer(s) throughout the entire skill above shoulder level.
- Hip overhead rotation of the Executing Dancer(s) is allowed if:
  - A Supporting Dancer maintains hand/arm/body to hand/arm/body contact until the Executing Dancer returns to the performance surface or returns to the upright position.
- A Vertical Inversion* is allowed if:
  - The Supporting Dancer(s) maintains hand/arm/body to hand/arm/body contact until the Executing Dancer returns to the performance surface or returns to the upright position.
  - When the height of the Executing Dancer’s shoulders exceeds shoulder level there is at least one additional dancer to spot and/or support.

Rule 9 – Release Moves

- An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) if:
The highest point of the released skill does not elevate the Executing Dancer’s hips above shoulder level.
- When the height of the skill is at hip level or above the Executing Dancer may not pass through the prone or inverted position.
- Toe Pitches are not allowed.

- A Supporting Dancer may toss an Executing Dancer as long as:
  - The highest point of the toss does not elevate the Executing Dancer’s hips above shoulder level.
  - The Executing Dancer is not prone or inverted when released.
  - The Executing Dancer does not pass through a prone or inverted position after release.

- (HIP HOP teams in Junior, Senior and Open see also Expanded Rules. Prep Teams see also Limited Rules.)

**Rule 10 – Expanded Hip Hop Rules**

For Junior and Open HIP HOP Teams must follow the TYFA Dance Rules, but may apply the exceptions in the Expanded Hip Hop Rules below:

**AERIAL STREET SKILLS (Executed by individuals):**

- Airborne skills* with hip overhead rotation are permitted provided the following:
  - Skills without hand support may involve no more than one twisting rotation.

- ** see below for further explanation and exception.
  - Only skills with hand support may be performed consecutively, but are limited to 2 consecutive skills.
    (Example: Two back handsprings may connect, an airborne hip overhead rotation without hand support may not connect to any skill or jump)

- Drops from a turn, jump or inverted position are permitted provided the following:
  - Drops to the shoulder or seat are permitted provided the height of the airborne dancer does not exceed hip level (Example: kip ups are allowed).

- Drops to a push up position may involve any jump.

**LIFTS AND PARTNERING (Executed in partners or groups):**

- A Supporting Dancer who has primary weight of the executing dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.

**RELEASE 5 & 6:** An Executing Dancer may jump, leap, step, push off or be tossed by a Supporting Dancer(s) if:

- The highest point of the released skill does not elevate the Executing Dancer's feet above shoulder level.
- The Executing Dancer must either be assisted to the performance surface or land on at least one of his/her feet.

* see glossary definition

** Aerial Street Skills are Hip Hop skill sets that dancers develop over time. They can include rotation that is hip over head or twisting.

These skills are NOT meant to incorporate gymnastics or cheerleading style tumbling. Such gymnastic skills are NOT ALLOWED. This prohibits a “standing full twisting layout” in the Expanded Hip Hop Rules but allows a capoeira style “folha seca twist”.


© 2003-2013 by the Texas Youth Football & Cheer Association. All Rights Reserved
## Stunting Terminology (Appendix A)

<table>
<thead>
<tr>
<th>TUMBLING</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tumbling</td>
<td>Any gymnastic or acrobatic skill executed on the performing surface.</td>
</tr>
<tr>
<td>Standing Tumbling</td>
<td>A tumbling skill performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as “standing tumbling.”</td>
</tr>
<tr>
<td>Running Tumbling</td>
<td>Tumbling that is performed with a running start and/or involves a punch, cartwheel, round-off, round-off back handspring, etc. used to gain momentum as an entry to another skill. Any type of forward momentum prior to.</td>
</tr>
<tr>
<td>Forward Roll</td>
<td>A non-aerial tumbling skill where one rotates forward through an inverted position by lifting the hips over head and shoulders while curving the spine to create a motion similar to a ball “rolling” across the floor.</td>
</tr>
<tr>
<td>Backward Roll</td>
<td>A non-aerial tumbling skill where one rotates backward through an inverted position by lifting the hips over head and shoulders while curving the spine to create a motion similar to a ball “rolling” across the floor.</td>
</tr>
<tr>
<td>Dive Roll</td>
<td>An aerial forward roll where the hands and feet are off the performing surface simultaneously.</td>
</tr>
<tr>
<td>Handstand</td>
<td>A straight body inverted position where the arms are extended straight by the head and ears.</td>
</tr>
<tr>
<td>Cartwheel</td>
<td>A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.</td>
</tr>
<tr>
<td>Round-Off</td>
<td>A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing feet together at the same time.</td>
</tr>
<tr>
<td>Rebound</td>
<td>A gymnastic term referring to an airborne position NOT involving hip overhead rotation created by using one's own feet and lower body power to bounce off the performing surface from a tumbling skill. Also known as a &quot;punch&quot;.</td>
</tr>
<tr>
<td>Front Walkover</td>
<td>A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot at a time.</td>
</tr>
<tr>
<td>Back Walkover</td>
<td>A non-aerial tumbling skill where one rotates backward through an inverted position to a non-inverted position by arching back and placing hands to the performing surface then kicking one leg over at a time.</td>
</tr>
<tr>
<td>Handspring</td>
<td>Spring of the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward.</td>
</tr>
<tr>
<td>Handspring Series</td>
<td>Multiple front and/or back handsprings performed consecutively by an individual.</td>
</tr>
<tr>
<td>Whip</td>
<td>An aerial tumbling skill where the feet come up over the head and the body rotating around the axis of the waist, while the body remains in an arched position. A whip has the look of a back handspring without the hands contacting the ground.</td>
</tr>
<tr>
<td>Tuck</td>
<td>An aerial tumbling skill in which the knees and hips are bent and drawn into the chest causing the body to invert.</td>
</tr>
<tr>
<td>Layout</td>
<td>An aerial tumbling skill where one creates a stretched body position, straight, hollow, or slightly arched position while being inverted.</td>
</tr>
<tr>
<td>X Out</td>
<td>An aerial tumbling skill that involves spreading the arms and legs into an 'X' fashion during the rotation of the flip.</td>
</tr>
<tr>
<td>Full</td>
<td>An aerial tumbling skill in which the body creates a 360 degree twist during the inverted rotation.</td>
</tr>
</tbody>
</table>
### STUNTING

<table>
<thead>
<tr>
<th>STUNT</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stunt</td>
<td>Any skill in which a top person (flyer) is supported above the performance surface by one or more persons. A stunt is determined to be “single” or “double” leg by the number of legs that the top person (flyer) is being primarily supported by a base(s).</td>
</tr>
<tr>
<td>Flyer</td>
<td>The person on top of a stunt. Also referred to as “partner.”</td>
</tr>
<tr>
<td>Back Spot</td>
<td>The person in the back of a stunt, mainly responsible for protecting the head and shoulder area of the flyer. Responsible for the safe landing of the flyer during a stunt.</td>
</tr>
<tr>
<td>Base(s)</td>
<td>A person(s) who is in direct weight bearing contact with the performance surface who provides support for the flyer. The person(s) that holds lifts or tosses a flyer into a stunt. Responsible for the safe landing of the flyer during a stunt.</td>
</tr>
<tr>
<td>Front Spot</td>
<td>A person positioned in front of a stunt that may also add additional support or height to a stunt. Also known as a fourth base.</td>
</tr>
<tr>
<td>Brace</td>
<td>A physical connection that helps to provide stability to a flyer.</td>
</tr>
<tr>
<td>Ground Level</td>
<td>To be at the height of or supported by the performing surface.</td>
</tr>
<tr>
<td>Bench Level</td>
<td>When the flyer is being held at shoulder level by the base(s).</td>
</tr>
<tr>
<td>Extension Level</td>
<td>When the flyer is being supported by the base(s) with fully extended arms.</td>
</tr>
<tr>
<td>Cradle</td>
<td>A release move in which the bases, with palms up, catch the flyer by placing one arm under the back and the other under the thighs of the flyer. Flyer must land face up in a pike position. Also referred to as a “dismount.”</td>
</tr>
<tr>
<td>Straight Cradle</td>
<td>A release move from a stunt to a catching position where no skill (i.e. turn, kick, or twist etc.) is performed</td>
</tr>
<tr>
<td>Pike</td>
<td>Body bent forward at the hips while the legs are kept straight.</td>
</tr>
<tr>
<td>Double Leg Stunt</td>
<td>A stunt in which the flyer is bearing weight on both feet and both feet are in the hands of the base(s). Can be performed at “bench” or “extension” level.</td>
</tr>
<tr>
<td>Single Leg Stunt</td>
<td>A stunt in which the flyer has primary weight on one leg. Can be performed at “bench” or “extension” level. Ex. Liberty, Heel stretch, Arabesque, Scale, Scorpion, Awesome</td>
</tr>
<tr>
<td>Log Roll</td>
<td>A release move whereby the flyer’s body rotates at least 360 degrees while remaining parallel to the performing surface. Also known as a “barrel roll”</td>
</tr>
<tr>
<td>Flat Back</td>
<td>A stunt in which the flyer is lying horizontal and is usually supported by two or more bases.</td>
</tr>
<tr>
<td>Reload</td>
<td>Returning to the loading position with both feet of the flyer in the hands of the bases.</td>
</tr>
<tr>
<td>Retake</td>
<td>Reloading to a stunt, whereby the flyer brings one foot to the ground prior to reloading.</td>
</tr>
<tr>
<td>Show and Go</td>
<td>A transitional stunt where a stunt passes through an extended level and lands into a loading position or a non-extended stunt.</td>
</tr>
<tr>
<td>Tick Tock</td>
<td>A stunt that is held in a static position on one leg, base(s) takes a downward dip, and release the flyer in an upward fashion. The flyer switches their weight to the other leg and lands in a static position on their opposite leg.</td>
</tr>
<tr>
<td>Full Down</td>
<td>360 degree twists rotation during a stunt cradle.</td>
</tr>
<tr>
<td>Group Up</td>
<td>A stunt which begins at ground level or the performing surface then lifted to a bench level or extended level.</td>
</tr>
<tr>
<td>Leap Frog</td>
<td>A stunt in which a braced flyer is transitioned from one set of bases to another or back to the original bases by going through the arms of the braced base. The flyer remains upright and braced throughout the transition.</td>
</tr>
<tr>
<td>Twisting Mount</td>
<td>A stunt skill that begins with a twisting motion of the flyer within vertical axis that ends up in a loading position prior to the execution of a stunt or in a bench or extended level stunt.</td>
</tr>
<tr>
<td>Pyramid</td>
<td>A grouping of stunts that must be connected to create a visual effect. Individuals standing at ground level may be incorporated into the grouping.</td>
</tr>
<tr>
<td>Basket Toss</td>
<td>A stunt with no more than 4 bases, 2 of which use their hands to interlock wrist to toss the flyer. Ex. Straight ride, toe touch, kick arch, full up, full up toe touch, kick full, kick double full, tuck arch, pretty girl, scissor kick, etc.</td>
</tr>
</tbody>
</table>
Dance Glossary (Appendix B)

**Airborne (executed by individual):** A state in which the dancer is free of contact from a person and/or the performing surface.

**Airborne Hip Over Head Rotation (executed by individual):** An action where hips rotate over the head in a tumbling skill and there is no contact with the performance surface *(Example: Round off or a Backhandsping).*

**Airborne Skill (executed by individual):** A skill in which the dancer is free of contact with the performance surface. *(Example: Tour Jetté or Butterfly.)*

**Aerial Cartwheel:** An airborne tumbling skill which emulates a cartwheel executed without placing hands on the ground.

**A la Seconde Turns (Turns in Second):** A turning series that opens from a plié out to the front in second position (extended directly out to the side, level with hips) on relevé, and repeats with a turn in plié and so on. Very similar to fouetté turns but instead of the leg whipping in to passé, it stays in second position.

**Arabesque (air-u-besk):** When the dancer stands on one leg while the other is fully extended behind at a 90 degree angle.

**Attitude:** A position where one leg is the supporting leg and the other is extended back/front at a 90 degree angle, with a bent knee and well turned out so that the knee is level with the foot.

**Axle:** A turn in which the working leg makes a circle in the air to passé as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air and then lands on the original supporting leg.

**Backward Roll:** A non-airborne tumbling skill where one rolls in a tucked position backward with their shoulders in contact with the performance surface and lifting the hips over head through an inverted position.

**Back Walkover:** A non-airborne tumbling skill where the dancer reaches backward with an arched torso through an inverted position, hands make contact with the ground, then the hips rotate over the head and the torso hollows bringing the dancer to an upright position, landing one foot/leg at a time.

**Breaking:** A style of hip hop dance that incorporates martial arts, acrobatic oriented tricks and dance. The term for a person who executes this style of dance is known as a BBoy (breaking –boy) or BGirl (breaking –girl).

**C- Jump:** A jump in which the dancer creates an arch in the back allowing the knees to bend and the feet reach behind the body.

**Cartwheel:** A non-airborne tumbling skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
**Calypso** [ka-lip-SO]: A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air then the supporting (back) leg reaches behind the body, often in an attitude, and then lands on the original working leg.

**Category:** Denoting the style of a performance piece/competition routine. *(Example: Jazz, Pom or Hip Hop)*

**Chainé Turns** (sha-nay): A series of rapid turns, chained together, on the balls of the feet. One foot steps out and the other follows in to a closed turn, repeat.

**Chassé** (sha-say): A step in which one foot replaces the other and literally chases it out of its position. Usually done across the floor or as a prep into a leap or other aerial skill.

**Chorus Line Flips:** A skill in which a dancer back or front flips between two other dancers whose arms and/or wrists are interlocked.
The dancer flips with or without hand/arm contact. *(Chorus line flips are illegal)*

**Coed:** A Division that includes 1 or more males.

**Coupe** [koo-PAY]: A position in which one foot is held lifted and close to the ankle. Also known as Coup de Pied: quickly takes the place of the other; meaning to cut or cutting.

**Consecutive Skills:** An action in which the dancer connects skills immediately, without step, pause or break in between. *(Example: Double Pirouette or Double Toe Touch)*

**Dance Crew:** A style of dance, typically seen in the hip hop category, involving a body or group of dancers who work at a common style of dance.

**Dance Lift (executed as partners or in a group):** A skill in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of “Lifting” dancer(s) and “Elevated” dancer(s). *Refer to the TYFA/IASF Rules for Dance Lifts and Partnering for safety guidelines.*

**Développé** [develop-AY]: An action in which the working leg moves through passé (bends) before extending into position; meaning to develop.

**Dive Roll:** An airborne tumbling skill in which the dancer does a forward roll where the hands and feet are off of the performing surface simultaneously. This skill is allowed only if the dancer is in a pike position.

**Division:** Denoting the composition of a competing group of dancers. *(Example: Senior Coed, Junior and Youth)*

**Drop:** An Action in which an airborne dancer lands on a body part other than his/her hands or feet without first bearing weight on the hands/feet.
**Elevated:** An action in which a dancer is moved to a higher position or place from a lower one.

**Elevated Dancer:** A dancer who is lifted from the performance surface as a part of a Dance Lift. *Refer to the TYFA/IASF Rules for Dance Lifts and Partnering for safety guidelines.*

**Executing Dancer:** A dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when partnering. *Refer to the TYFA/IASF Rules for Dance Lifts and Partnering for safety guidelines.*

**Fouetté [foo-eh-TAY]:** A turning step, usually done in a series, in which the working leg makes a circle in the air and then into passé as the dancer turns bending (plié) and rising (relevé) at each revolution; meaning to whip. Fouetté turns can also be done to the side or in second position (fouetté à la seconde).

**Fouetté Turns (fweh-tay):** A turning series that opens from a pirouette in slight plié (with a turned out passé) and then extends out to the front in second position (extended directly out to the side, level with hips) on relevé, and whips in to repeat with a pirouette in plié and so on. Very similar to al a seconde turns but instead of the leg staying in second position it whips in to passé.

**Fouetté à la Seconde:** A turning step done in a series in which the working leg makes a circle in the air and extends at a 90° angle from the supporting leg remaining parallel to the ground as the dancer turns with a plié and relevé at each revolution.

**Flying Squirrel:** A jump in which the dancer executes with forward momentum with the dancers arms extended in front, legs behind, creating an "X" position in the air.

**Forward Roll:** A non-airborne tumbling skill where the dancer rolls forward through an inverted tucked position while the hips rotate over the head.

**Front Heel Stretch:** The dancer first grabs his/her foot before stretching the leg up to the front of the body at the highest point of extension.

**Front Walkover:** A non-airborne tumbling skill where the dancer rotates forward with a hollow torso through an inverted position and arches up bringing the legs and hips over the head to a non-inverted position legs landing one foot/leg at a time.

**Front Leap/Grand Jeté (Leap):** A large leap forward with one leg extended in front and the other extended in back to create the splits in mid-air.

**Handstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.

**Head Spin:** A skill, typically performed in hip hop, in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.
**Head Spring (front/back):** An airborne tumbling skill, typically performed in hip hop, in which the dancer approaches the head spring much like a hand spring, and can be executed either to the front or to the back. Beginning in a standing or squatting position, the hands are placed on the floor with the head between the hands, and the legs come over/whip through the body similar to a kip up and the dancer lands on two feet.

**Headstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her head in an inverted position and the hands are on the floor supporting the body.

**Heel Stretch:** When the dancer first grabs his/her foot before stretching the leg out to the side of the body at the highest point of extension.

**Hip Level:** A designated height; the height of a standing dancers’ hips while standing upright with straight legs. *(Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)*

**Hip Over Head Rotation (executed by individuals):** An action where a dancer’s hips rotate over the head in a tumbling skill *(Example: Back Walkover or Cartwheel).*

**Hip Over Head Rotation (executed in groups or pairs):** An action where the Executing Dancers’ hips rotate over the head in a lift or partnering skill.

**Inversion:** A position in which the dancer’s waist/hips/feet are higher than his/her head and shoulders.

**Jetté [juh-TAY]:** A skill in which the dancer takes off from one foot by brushing the feet into the ground and swiftly ‘whipping’ them into the position and then landing on one foot. A jetté can be executed in various directions, sizes and positions.

**Kick and Hold:** When the dancer kicks one leg to the front, grabs the foot, and holds it at the highest point of extension

**Kip Up:** An airborne, non-rotating, tumbling skill, typically performed in hip hop, where the dancer brings the body to a non-inverted (upright) position by bending the knees, thrusting the legs into the chest rolling back slightly onto the shoulders, and then kicks up. The force of the kick causes the dancer to lift and land with both feet planted on the floor.

**Krumping:** A style of dance, hip hop category, ‘street’ dance characterized by free, expressive, exaggerated, and highly energetic moves involving the arms, head, legs, chest, and feet.

**Leap:** A skill in which the dancer pushes off the ground, from a plié (bend), off of one leg becoming airborne and landing on the opposite leg. (also known as grand jetté)

**Lifting Dancer:** A dancer(s), who is part of a dance lift and lifts an Elevated Dancer as a part of a Dance Lift. Refer to the TYFA/IASF Rules for Dance Lifts, Dance Tricks and Partnering for safety guidelines.
The supporting dancer may also be considered a Lifting Dancer. Refer to the TYFA/IASF Rules for Dance Lifts and Partnering for safety guidelines.

**Passé [pa-SAY]:** A position or movement in which the working leg bends connecting the pointed foot to or near the knee of the supporting leg; meaning to pass. Passé can be executed with the hips parallel or turned out.

**Partnering (executed in pairs):** A skill in which two dancers use support from one another. Partnering can involve both “Supporting” and “Executing” skills. Refer to the TYFA/IASF Rules for Dance Lifts and Partnering for safety guidelines.

**Piqué Turns (pee-kay):** A series of rapid turns with the supporting leg stepping directly on to relevé as the other, the working leg, pulls up to passé while completing a full rotation, repeat.

**Pirouette [peer-o-WET]:** A skill in which the dancer bends (plié) with one foot in front of the other (fourth position) and rises (relevé) to one leg making a complete rotation of the body; meaning to whirl. A pirouette can be executed in a variety of positions.

**Pirouette Turns (pir-o-et):** A full rotation of the body with the supporting leg on relevé and the working leg pulled up to passé.

**Plié [plee-AY]:** A preparatory and landing skill in which the dancer bends, softens his/her knees; meaning to bend.

**Pony Sit:** The supporting dancer kneels or stands in bent over position while the partner straddles and sits on the lower back.

**Pop & Lock:** Sudden muscle contractions that create a visual of the dancer popping their body rather than moving more naturally. Intricate and robotic movements that can create the image of a strobe light, “Snap Shot Effect”.

**Prop:** An object that can be manipulated. A glove is a part of the uniform.

**Prone:** A position in which the front of the dancers’ body is facing the ground, and the back of the dancers body is facing up.

**Relevé [rell-eh-VAY]:** An executing skill in which the dancer lifts up to the ball of his/her feet; meaning to rise.

**Release Move (executed in groups or pairs):** An action in which the Executing Dancer becomes free of contact from Supporting Dancer(s) and are unassisted to the performance surface.

**Scale:** When the dancer pulls one leg, fully extended and turned out, directly to the back and stretches it to the highest point of extension. Similar to an arabesque, but the dancer uses his/her hand to stretch it to a higher point.
Shoulder Roll (forward/back): A non-airborne tumbling skill where the dancer rolls with the back of the shoulder and maintains contact with the floor and the head is tilted to the side to avoid contact with the floor.

Shoulder Level: A designated height; the height of a standing dancers’ shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Shushunova [Shush-A-nova]: A jump variation in which the dancer lifts extended legs to a toe touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position).

Stag: A position, typically performed in a leap or jump, in which the dancer bends the front leg.

Shoulder Sit: The supporting dancer stands up while the elevated dancer sits on top of their shoulders with legs wrapped around the supporting dancer’s back.

Side Leap/Jeté a la Seconde: A leap to the side in which one leg rises to second position, or highest point of extension, while the other leg follows by doing the same on the opposite side to meet in a straddle position in mid-air before landing.

Stall: A non-airborne, non rotating, tumbling skill typically performed in hip hop where the dancer halts/stops body mid motion; often in an interesting, inverted or balance-intensive position on one or both hands for support. Also known as a freeze.

Street Dancing: This type of dancing includes break dancing, krumping, liquid dancing, popping, etc.

Stepping/Step Dancing: A style of dance, typically hip hop category, which is a form of percussive dance in which the participant’s entire body is used as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken word, and hand claps.

Supporting Dancer: A supporting dancer(s), who part of a dance trick and bears the primary weight of a lifted dancer. A supporting dancer(s) holds or tosses and/or maintains contact with an Executing dancer as a part of a Dance Trick or Partnering skill. The supporting dancer may also be considered a Lifting Dancer. Refer to the TYFA/IASF Rules for Dance Lifts and Partnering for safety guidelines.

Supporting Leg: The leg of a dancer that supports the weight of the body, during a skill.

Supine: A position in which the back of the dancers’ body is facing the ground, and the front of the dancers body is facing up.

Switch Leap: A leap in which the dancer swings her working leg to change the position/direction of the leap.
**Tilt:** A skill, typically performed in a leap or jump, in which the working leg sweeps up into the air and the supporting leg points toward the ground.

**Toe Pitch (executed by groups or pairs):** A toss in which the Executing Dancer(s) foot is in the hands of the Supporting Dancer(s) and s/he is propelled upward.

**Toe Touch:** A jump in which the dancer lifts the legs through a straddle rotating the hips so that the legs are rotating up toward the (upright) chest.

**Tour Jetté:** A skill in which the dancer takes off from one leg, executes a half turn and lands on the same leg.

**Toss:** A release move where Supporting Dancer(s) execute a throwing motion to increase the height of the executing dancer. The Executing Dancer is free from the performance surface when toss is initiated.

**Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual dancer without contact, assistance or support of another dancer(s) and begin and end on the performance surface. *(Clarification: tumbling skills do not have to include hip over head rotation)*

**Turning Kick and Hold:** Executing a full turn(s) while remaining in the position of a kick and hold until rotation(s) is complete.

**Turning Switch:** When the dancer begins the skill with a low chainé that leads into a leap starting in one direction and then switches leg position (like a switch leap) while body rotates in mid-air before completing the skill.

**Vertical Inversion (executed in groups or pairs):** A position in which the Executing Dancer is inverted and bears direct weight on the Supporting Dancer by a stop, stall or change in momentum.

**Weight bearing:** A skill in which the dancers’ weight is supported by another dancer.

**Windmill:** A non-airborne, non-rotating, tumbling skill in which a dancer begins on the back, spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to “flip” from a position on the back to a position with the chest to the ground.

**Working Leg:** The leg of a dancer that is responsible for momentum and/or position, during a skill.
Disciplinary Table (Appendix C)

This policy pertains to all rules that are not adhered as specified.

<table>
<thead>
<tr>
<th>Level of Offenses Table</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level I Offense</strong></td>
</tr>
<tr>
<td>Level I offenses are generally categorized as being of an ‘administrative’ nature.</td>
</tr>
<tr>
<td><strong>Level II Offense</strong></td>
</tr>
<tr>
<td>Level II offenses are generally categorized as being ‘administrative’, but of a more serious nature than Level I offenses.</td>
</tr>
<tr>
<td><strong>Level III Offense</strong></td>
</tr>
<tr>
<td>Level III offenses are generally categorized as attempts to gain an unfair advantage over a competitor through cheating.</td>
</tr>
<tr>
<td><strong>Level IV Offense</strong></td>
</tr>
<tr>
<td>Level IV offenses are generally categorized as offenses involving child endangerment and refusal of safety or otherwise jeopardize the health or safety of youth athletes, coaches, officials or spectators. Unsportsmanlike Conduct situations.</td>
</tr>
<tr>
<td><strong>Level V Offense</strong></td>
</tr>
<tr>
<td>Level V offenses are generally categorized as those offenses which could potentially result in criminal prosecution of the offender. This level also covers areas where an individual or organization does something that is detrimental to TYFA's image.</td>
</tr>
</tbody>
</table>

### Possible Disciplinary Action

<table>
<thead>
<tr>
<th>Possible Disciplinary Action</th>
<th>Level I</th>
<th>Level II</th>
<th>Level III</th>
<th>Level IV</th>
<th>Level V</th>
</tr>
</thead>
<tbody>
<tr>
<td>$25 to $100 Fine</td>
<td>✔</td>
<td></td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>$50 to $200 Fine</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>$100 to $400 Fine</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Probation</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Suspension</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Expulsion</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

Discipline handed down by the Presiding Authority can be a single item in the determined level or a combination of items within the level. (I.e. a person in Level I could be fined $25 or be fined $25 and placed on probation).

<table>
<thead>
<tr>
<th>Probation</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is defined as a period of time, determined by the deliberating panel of a hearing, during which the Organization or individual may participate in TYFA activities and functions, but will be monitored. Probation also includes the loss of all rights normally granted a tenured Organization.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Suspension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is defined as a period of time, determined by the deliberating panel of a hearing, during which the party may not participate in TYFA activities and functions.</td>
</tr>
<tr>
<td>Volunteer Suspension: A volunteer who is suspended may not have ANY contact with his/her team, on or off the field, during the period of suspension. This includes participating in practices, meetings, games or any other team function except as a parent/spectator. Violation of these conditions WILL result in further disciplinary action.</td>
</tr>
<tr>
<td>Board Member: TYFA may relieve any Organization board member of their league authority and responsibility (in TYFA meetings or any other TYFA events) and require the Organization to replace them.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expulsion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is defined as permanent loss of league membership, participation and involvement, determined by the deliberating panel of a hearing. The expelled individual may apply for re-instatement after a period of time determined by the deliberating panel.</td>
</tr>
</tbody>
</table>
# Table of Contents

Glossary of Terms and Definitions......................................................................................................................... 40

2200 – Who does the Volunteer Dress Code Regulation apply to?.............................................................................. 41

Section 1 – Dress Code ................................................................................................................................................ 41
2201 – Volunteer Grooming ........................................................................................................................................ 41
2202 – The Volunteer Uniform ................................................................................................................................... 41
2203 – Attire at Playoffs/Spring Football “Border Bowl” ................................................................................................. 42
2204 – Advertising on Clothing ..................................................................................................................................... 43
2205 – Jewelry and Piercings ......................................................................................................................................... 43
2206 – Dress Code at TYFA Meetings .......................................................................................................................... 43

Section 2 – Dress Code Policy Exceptions ................................................................................................................. 43
2207 – Work Attire ........................................................................................................................................................ 43
2208 – Cold Weather Attire ............................................................................................................................................. 43
2209 – Breast Cancer Awareness Week ....................................................................................................................... 43
2210 – Memorializing/Solidarity Situations ..................................................................................................................... 44

Section 3 – Compliance .................................................................................................................................................. 44
2211 – Enforcement of the Uniform Policy ................................................................................................................... 44
# Glossary of Terms and Definitions

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class</td>
<td>Is defined as <em>Pants, shorts, skirt etc.</em></td>
</tr>
<tr>
<td>Color</td>
<td>Is defined as <em>Red, white, blue etc.</em></td>
</tr>
<tr>
<td>Design</td>
<td>Is defined as <em>Plain or with a pattern or special look</em></td>
</tr>
<tr>
<td>Style</td>
<td>Is defined as <em>a type or design</em></td>
</tr>
<tr>
<td>Team</td>
<td>Is defined as <em>an age bracket such as Rookies</em></td>
</tr>
<tr>
<td>Team Color Scheme</td>
<td>Is defined as <em>the choice of colors used in design to create style and appeal; colors used that create an aesthetic feeling when used together</em></td>
</tr>
<tr>
<td>Type</td>
<td>Is defined as <em>clothing such as a Polo Shirt or a T-Shirt, Dockers™, Dickies™ etc.</em></td>
</tr>
</tbody>
</table>
The NCAA took steps to insure that the coaches appeared in a professional manner when they added a Coaches Code of Conduct. It reads as follows, “It is the moral obligation of all collegiate coaches to conduct themselves in such a way as to reflect credit upon their institutions, their profession and themselves. Personal grooming and appropriate dress is a standard of professionalism. Moral obligation and ethical conduct are part of winning and losing. Good sportsmanship, appearance, pride, honor and concern for the welfare of the competitors should be placed before all else.”

A volunteer’s appearance greatly affects how others perceive them as a volunteer. A volunteer who looks professional is more readily accepted than one who conveys a sloppy or unprofessional appearance. With this in mind, TYFA requires ALL volunteers that will be at a TYFA competition to look PROFESSIONAL as they not only represent themselves, but their organizations and TYFA as well. TYFA has developed an “Approved Uniform” to assist with this.

2200 – Who does the Volunteer Dress Code Regulation apply to?

The Volunteer Dress Code Regulation is recommended for all volunteers, but applies SPECIFICALLY to badged personnel participating in a competition such as the sideline of a football game or with the cheerleaders at a cheer competition. If a badged volunteer is attending a competition as a spectator, they are not bound by this regulation. Non-Badged personnel who do photography or the “Chains” or that are in the stands are not bound by this regulation.

TYFA has the authority, as the League Governing Body, regardless of the fact that TYFA Member Organizations are independently owned and operated to regulate what is and what is not an acceptable attire. While it is inevitable that there will be differences of opinion as to compliance, the final determination will be in the judgment of TYFA.

This regulation is in effect during all TYFA Spring and Fall season games and any non-TYFA games that will use the name and/or logo of TYFA.

Section 1 – Dress Code

2201 – Volunteer Grooming

A. Unconventional hairstyles (spiked, Mohawk etc.) are prohibited. Multi-colored hair is allowed if done with taste.

B. Displaying tattoos and similar body painting(s) that promote violence, reflect gang activity, and that are considered to be offensive and inflammatory are prohibited and must be covered up.

C. Body paint is prohibited. Face paint is allowed if done with taste.

2202 – The Volunteer Uniform

Volunteer uniforms may be different by team. In other words, the Rookie volunteers can be dressed differently than the Junior volunteers and so forth.

A. Clarifications

1. Different but closely related shades of a color are allowed and shall not be penalized as non-compliant. I.e. two slightly different shades of khaki are ok, but a baby blue and a navy blue are not.

2. A jersey can be plain or it can have a design to it. Jerseys that have different neck styles, sleeve styles or stitching shall not be penalized as non-complaint.

---

¹ National Collegiate Athletic Association (NCAA) Rules & Interpretations
B. Headwear (Hats/Visors):
   1. A volunteer may wear Headwear defined as a covering for the head with a shaped crown and brim or go without.
   2. Do-Rags™, bandanas or similar head coverings are prohibited.
   3. Headwear MUST be of the team color scheme.
   4. Headwear MUST be worn correctly (all caps facing forwards).
   5. Headwear DOES NOT have to be logoed, but if so, it has to be sport appropriate.
   6. Additional headwear required for medical or religious reasons is allowed.

C. Tops: (Shirts/Blouses/T-Shirts)
   1. “Jean” material (regardless of color) is prohibited.
   2. Tops must be of the team color scheme. They DO NOT have to be tucked in. They DO NOT have to be Polo shirts; they can be appropriate T-Shirts.
   3. Compression shirts as a Top (by itself) are prohibited. Worn under a Top they must be in the team color scheme.
   4. Bare midriff tops, spaghetti straps, tank tops, halter tops, muscle shirt, low necklines, suggestive clothing, and tight fitting; overly loose tops and see-through garments are prohibited.

D. Bottoms: (Pants/Shorts/Skirts/Skorts)
   1. “Jean” material (regardless of color) is prohibited.
   2. Shorts and Pants must be similar in style to Dickies™ and Dockers™. Basketball shorts are prohibited.
   3. Shorts and pants may have cargo pockets.
   4. Shorts/Skorts must be of appropriate length. No shorter than 4” above the kneecap. Skirts must be no shorter than “knee high”.
   5. Bottoms must be in good condition and not torn (no cutoffs) or faded.
   6. Bottoms must be worn correctly; pulled up around the waist and not hanging so low that the pockets are below the buttocks.
   7. Leggings, tights, spandex or compression wear (as pants) are prohibited. Worn under a Bottom they must be in the team color scheme.
   8. Bottoms DO NOT have to be of the same style or EXACT shade of color, but must be in the organization color scheme and ALL sideline volunteers must be wearing the SAME COLOR bottoms.
   9. Sideline volunteers DO NOT have to be wearing the same class of bottoms. There can be a combination.

E. Footwear
   Bare feet, thong flip-flops, Crocs™, shower shoes, Sliders™, slippers or anything similar in nature are prohibited. This a safety issue. Odd color socks that are not in the team color scheme are prohibited.

F. Wearing of any apparel (such as backpacks) or attire (such as Under Armour™) of an odd color that does not coordinate with the color scheme is prohibited.

G. Accessories
   1. The Badge is a part of a volunteer’s uniform and must be worn at all times during a game. Fully visible.
   2. Whistles are prohibited from being worn at a game site by anyone other than a referee.
   3. Cell phones must be on “vibrate”.
   4. Knives may not be in your possession at a TYFA Event on or off the field.
   5. Handguns may not be in your possession at a TYFA Event on or off the field (concealed or visible).

2203 – Attire at Playoffs/Spring Football “Bowl” Games
   At the Spring “Bowl” games, the State Semi-Final games, the State Championships, the All Star games and any possible representation of TYFA in any national events, sideline personnel will be REQUIRED to wear PANTS
(i.e cotton twill, Docker™ type). **NO JEANS** (as always) and **NO SHORTS**. This applies to the State Cheer Competition and any regional or national appearances on behalf of TYFA for Cheer.

### 2204 – Advertising on Clothing
Sponsorship Advertising on a volunteer’s clothing is permitted as long as the advertising is done with taste and common sense and is youth appropriate.

### 2205 – Jewelry and Piercings
There is no issue with volunteers wearing jewelry assuming the jewelry is youth appropriate. But Face piercing (other than ear piercing) is prohibited.

### 2206 – Dress Code at TYFA Meetings
Organization representatives that come to a TYFA meeting such as the Annual meeting, Playoff meeting or any Cheer meetings must follow this policy as well except that the “Jean” portion is relaxed.

#### Section 2 – Dress Code Policy Exceptions

Requests for exceptions to the Dress Code Policy (Administrative Waivers) **MUST** be sent to HelpDesk@tyfa.com or the request will not even be reviewed. This request must be sent in by the organization Athletic Director prior to the event. If this waiver is granted the volunteer must have the approved Administrative Waiver with them at all TYFA events that they would normally be in violation. It is not TYFA’s responsibility to have copies. **Waivers are not required for items 2207, 2208 or 2209.**

#### 2207 – Work Attire
TYFA understands that there are times that people may be working during games and they have slipped away to coach and then they have to run back to work. With that said, TYFA will allow **Military, Fire, Police and EMT** personnel to wear their work uniform on the sidelines instead of the organization’s approved uniform when necessary.

#### 2208 – Cold Weather Attire
TYFA understands that during the cold weather months additional clothing must be worn to stay warm. With that said, a volunteer must maintain their **team color scheme** when dressing for cold weather. This means volunteers are permitted to wear jackets, pullovers, sweatshirts and winds suits, but they still must adhere to the TYFA recognized **team color scheme**. Cold weather undergarments must be hidden or in the **team color scheme**.

#### 2209 – Breast Cancer Awareness Week
TYFA encourages volunteers to show their support, solidarity and recognition of BCA by wearing PINK during games. Volunteers should not be forced to participate and it is **NOT** a violation of the uniformity rules if all volunteers on a team do not participate. Items other than those listed below require a request to HelpDesk@tyfa.com for approval. The following items may be worn during the month of October:

- Hats or Visors
- Wristbands, official BCA ribbons or lanyards
- Spirit Squad Personnel – hair ribbon/bow or shoe laces
2210 – Memorializing/Solidarity Situations
TYFA encourages volunteers to show their support, solidarity and recognition for a special situation. Organizations must submit a request to HelpDesk@tyfa.com asking to wear something special for the season or a specific timeframe.

Section 3 – Compliance

2211 – Enforcement of the Uniform Policy
A. If a TYFA Black Shirt (Football or Cheer) finds a violation on the field the volunteer will be given a warning; then ejected if the volunteer becomes defiant. In either case the TYFA Black Shirt will address it to the head coach and ask for their assistance. If the volunteer is being ejected and refuses to leave or the head coach refuses to address the volunteer, the TYFA Black Shirt may work with the White Hat to start the 3-Step Process to Forfeit. If the TYFA Black Shirt ejects a volunteer, TYFA will file an Executive Grievance against the volunteer’s head coach for allowing the volunteer on the sideline as the head coaches are responsible for everything that happens on the sideline.

B. TYFA Black Shirts will enforce the Volunteer Dress Code without regard to what has been allowed by opponent organizations.

C. In all cases a violation will be charged as a Level II Violation of the rules.

D. To avoid any unnecessary face-to-face confrontation, board members from either the hosting or visiting organization that sees a Dress Code violation and wishes to report it should just take a picture or video of the violation and then file a Grievance with TYFA (HelpDesk@tyfa.com) who will handle the situation from there.

E. Any volunteer who does not comply with this Dress Code regulation should not be allowed on the field by either the volunteer’s own organization or their opponent. If they are allowed to violate this regulation by their opponent there can be no Grievance submitted by that organization later.

F. If a volunteer disregards rules and blows a whistle or their cell phone goes off and stops a play, their team will receive a 15-yard unsportsmanlike either right then (if on the sideline) or once they take the field (if warming up). If in the judgment of the referees “Last Man” should be invoked, they may do so.

G. Section 46.035 of the Texas Concealed Handgun law dictates that concealed handguns are not allowed, whatsoever at any event including sporting events that are taking place at a school or at an event that is being sponsored by an educational institution. Section 46.035 of the Texas Concealed Handgun law also states without question that hand guns cannot be brought to any sporting event, be it youth, middle school, high school, college or professional. If a volunteer is found with a handgun at a TYFA Event, they will be charged as a Level IV Violation of the rules. The only exception to this is law enforcement officers (on duty or off).