



Article 14 Cheerleading Guidelines (Revised 6/2019)

General Guidelines

- A. Unless otherwise defined, we will adhere to the MHSAA Middle School current year rules.
- B. At least one representative from each franchise from the ESFL committee
- C. A \$25.00 fine will be charged for any missed meeting in the office season
- D. A \$50.00 fine will be charged for any missed meeting in during the season
- E. Anyone running for ESFL Cheer Director Coordinator must have at least one year of coordinator experience with the league. This is an ESFL Board Appointed Position.
- F. All rules will be voted upon and finalized during the April Monthly Cheer Director's Meeting. No additional changes will be made to the Cheer Rules during the period from April - February. Rules change proposals can be submitted prior to the March Monthly Cheer Director's Meeting. Upon a majority approval, Cheer Rules will remain in place for 2 consecutive years.
- G. Cheer rules will be updated and distributed to each Franchise by the May Monthly Cheer Director's Meeting, as well as updated on the ESFL website.
- H. Cheer Rules will include the following:**
 - i. Cheer Rules for Sideline Cheer
 - ii. Cheer Rules for Competition
 - iii. Score Sheets for Competition
 - iv. Completed Examples of Score Sheets for Competition
 - v. Cheer Guide Book
- I. Acceptable Stunts (See Table for Specific Stunts)
- J. All Cheerleaders should receive proper training before attempting any form of tumbling, stunting, pyramids, and jumps
 - i. **Flag & Freshman** - May NOT stunt higher than waist level stunting. (Flyers feet must stay at or below waist)
 - ii. **JV** - May NOT stunt higher than shoulder level stunting (Flyers Feet must stay at or below shoulder level)
 - iii. **Varsity** - May NOT stunt higher than fully extension level
- K. Practice Schedules**
 - i. Adhere to football players schedules using them as maximums
 - ii. Practice times may be shortened at the franchise's discretion.



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L. Squad Ages & Placement

- i. Exception - For game day ONLY - Cheerleaders may cheer ON GAME DAY ONLY with any squad regardless of age. They may participate in halftime and sideline chants; however younger girls may NOT STUNT during competition. For practice, ALL cheerleaders practice with appropriate age groups ONLY and stunt at appropriate stunt level.
 - ★ Mascots - Two Mascots allowed per squad
 - ★ Age 3-5 Only Flag Level Stunts Allowed – SIDELINE ONLY
 - ★ Flag - Ages 5-8
 - ★ Freshman - Ages 8-10
 - ★ JV - Ages 9-11
 - ★ Varsity - Ages 11-13

M. Miscellaneous

- i. Sports physicals are required by all cheerleaders
- ii. Rosters
 - Sideline Cheer Rosters
 - a. Each initial team roster must be turned into the cheer division of the ESFL on the Tuesday prior to the first (1st) league playing date. Only cheerleaders on the roster will be eligible to CHEER. Franchises may continue to add cheerleaders up to three (3) weeks after this date.
 - b. Rosters will then be considered final, except for cheerleaders transferring from one squad (within a franchise) to another within age guidelines during the season.
 - Cheer Competition Rosters
 - a. Each cheer competition team roster must be turned into the ESFL in a binder by 9pm of the day of the September Cheer Directors Meeting. Only participants on the roster will be eligible to cheer with their designated team for the competition. No roster changes will be allowed once the cheer competition team rosters have been submitted.
- iii. Birth certificate: REQUIRED
- iv. ESFL consent, disclaimer of liability and indemnification agreement, players code of conduct, and sports physical, to be signed and dated for calendar season file.



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- n. **Eligibility** - is conditional upon the following
 - i. Cheerleaders who are on a competitive cheerleading roster between the dates of August 1st thru November 15th of the given ESFL playing season will be eligible for all sideline activities, but will not be able to participate in the ESFL Cheer Competition.

Coach Responsibilities

- A. All coaches will receive proper training prior to beginning instructing their cheerleaders in any form of tumbling, stunting, and jumps.
- B. Junior Cheer Coaches (Coaches under 18 years old) will be no less than 15 years of age. The purpose of a Junior Cheer Coach is to offer additional support to the head and assistant coaches as they feel it is needed. At no time will they be left alone or placed in charge of any squad. At no time will they be allowed to discipline or reprimand any cheerleader. Example: Making them run laps, do push-ups, sit-ups, excluded from any part of the game, cheer, halftime, etc. These are to be done at the discretion of a head coach or assistant coach only.

Game Day

- C. **Half Time Show**
 - i. Welcome cheer is to be done by the HOME team first and then the VISITING team
 - ii. Half time show is to be no longer than 6 minutes including the welcome cheer and the dance for the home team
 - iii. Half time show is to be no longer than 4 minutes including the welcome cheer and the dance routine for the visiting team
 - iv. Each Team will face their own crowd for the halftime show
 - v. Each team will watch the opposing team from the opposing team's sideline.
 - vi. The home team has the option of using the entire half time for the Homecoming festivities. The home team is required to give 1 week notice to the opposing team that they will not be able to participate in halftime.
- D. Spirit day optional per ESFL Cheer committee
- E. Same Sideline Cheering
 - i. No over cheering will be tolerated
 - ii. Each city will set up on their cheer squads between their respective 30-40 yard lines unless there is no track for the girls to cheer on and then it is up to the city to place the girls in a reasonable, equal location
- D. If a franchise finds a suitable cheer competition, and the ESFL board approves their entry, the ESFL will approve their participation and cover the ESFL insurance



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E. Professional Stadium games:

- i. Each city will have the option to do a dance routine. Dance routines will be limited to no more than three minutes including the welcome cheer.
- ii. Scheduling for halftime routines will run as it would for a normal field game with the visiting team performing first, followed by the home team.
- iii. As a courtesy, cities that choose to perform a dance routine should give the opposing team one week's notice prior to the stadium game.

F. Conduct

- i. Unsportsmanlike conduct - Is defined in the Coaches code of conduct & ESFL parent / guardian agreement, and players code of conduct. Unsportsmanlike conduct - offense could result in cheerleader being removed from the cheering squad at the game.
- ii. Continued unsportsmanlike conduct - Repeat offenses could result in a suspension from the cheerleading squad or dismal for the squad.
- iii. Ejection - If participant is ejected from a squad refer to the Coaches code of conduct & ESFL parent / guardian agreement. And player code of conduct.

Competition Guidelines

A. Franchise Declaration of Teams at Competition

- i. All franchises that field a sideline cheer team will be required to participate in competition.
 - i. Competition teams do NOT have to mirror sideline teams. (Example) If a franchise has one sideline team that rotates performances at games, they do not necessarily have to compete as one team however number of girls must match barring injuries or drops from participation.
 - ii. If a franchise has four small sideline teams and wish to combine for the competition this is allowed.
 - iii. ALL age requirements still apply for competition.
 - iv. A multi-aged team would compete at the level in which the majority of the cheerleaders fall into based on age but will have to follow the stunting level based on the youngest cheerleader on the squad. (Example) A squad has Five 7 Year olds, one 6 year old, and 2 10 year olds this squad would have to compete at the stunt level of Flag due to the 6 year old
 - v. Each Franchise is required to declare the number of teams, per division based on the number of Franchise teams that will be performing at competition during the September Cheer Directors Meeting.
 - vi. Team declaration information must be submitted in writing to the ESFL hosting franchise; ESFL Cheer Directors Coordinator; and ESFL President by the September Cheer Directors Meeting.



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- B. A Pre-Competition walkthrough of the facility will be scheduled within 2 weeks of the competition
- C. All franchises are required to have at least one representative at the walkthrough
- D. Mat size shall be 42' x 42'
- E. It is requested that no movement or interruptions happen during the performance
- F. One Head Coach, Assistant Coach, or Team Mom is required to sit with their squads during the competition
- G. All parents are to sit on the spectator side of the gym until end of competition.
- H. It is important that your routine be choreographed not to exceed mat measurements because penalty points will be assessed for going outside the mat area. Judges will score only what occurs within the boundaries.
- I. All franchises will have the opportunity to nominate a judge candidate for competition prior to binder turn in date. All potential judges will be interviewed and 3 will be voted on to judge competition prior to binder turn in date. If 3 are not nominated, hosting franchise will fill the remaining spots if necessary by the competition binder turn in date. Judges will be given rules as well as all scoring and penalty documents at this time.
- J. A standard entrance and exit on the mat for all teams will allow consistency and equity in judging each team as well as eliminate confusion and wasting time at the competition.
 - i. The team will be ready and waiting in the “on-deck” area, so they are ready for the announcer when the team before them finishes.
 - ii. The announcer will request the team by franchise name to “approach” the mat. This means to position behind the mat without delay.
 - iii. The Announcer will request the team to “take the mat and begin when ready”. This means to enter on the mat -- only vocal cheering and arm movements are allowed at this time, NO Kicks, jumps or tumbling are allowed onto the mat. This will receive a (2) point penalty.
 - iv. Upon completion of your routine, the team may exit off the side and back of the mats only; any exit off the front of the mat will result in a penalty.
 - v. Spiritng off the mat is allowed, but NO TUMBLING, KICKS OR JUMPS.
 - vi. The team must complete the routine once it has begun. Exception -- In case of a severe injury of a competitor during the routine, a judge will stop the routine.
 - vii. Once finished, cheerleaders can return to the bleachers and cheer on the rest of the teams.
 - viii. All scores are final.
 - ix. Coaches will not be allowed to refute penalties imposed by the safety judges, at or after the competition. Request for clarification of the penalties are allowed.
 - x. An area for non-participating and/or injured cheerleaders will be



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located at the front corners of the mat. Cheerleaders must sit a minimum of 10 feet away from the mat and not get in the way of the safety judge.

- K. Performance Order will be done as follows
 - ★ Flag Round One and Round Two
 - ★ Flag Awards
 - ★ Freshman Round One and Round Two
 - ★ Freshman Awards
 - ★ Lunch
 - ★ JV Round One and Round Two
 - ★ JV Awards
 - ★ Varsity Round One and Round Two
 - ★ Varsity Awards
 - ★ Spirit Stick Presentation
- L. Order of performances within divisions and rounds will be decided at September Cheer Director's Meeting by means of pulling names of franchises so order is randomly drawn.
- M. The MHSAA Rule of no one being last in one round and first in the next will be followed.
- N. Performance order and schedule will be given out the week before competition by the hosting Franchise Cheer GM in written form (Email)
- O. Expectations of Coaches
 - i. Scoresheets, Penalty Sheets and description sheets are due prior to the walkthrough
 - ii. Questions regarding scoresheets will be answered during the Pre-Competition walkthrough to ensure accuracy
 - iii. A brief meeting with the judges will be held during the Pre-Competition walkthrough for any questions, clarifications, or explanation of rules
 - iv. Coaches are required to be with their teams during practice, on deck, and holding
 - v. Coaches are allowed to direct/encourage their team during its performance. Coaches will have an area behind the panel judges, but in front of the spectators for no more than 3 Coaches and the Franchise Cheer Director.
 - vi. Coaches may motion, dance, point, and mouth words. NO VERBAL COMMUNICATION is permitted between coaches and cheerleaders during the performance.
 - vii. One coach may approach the score table area to review scores sheets and check addition of scores, anytime after the round sheets are verified, but NO later than 10 minutes after all scores are recorded for the Round. After each round, a maximum of 10 minutes with judges will be allotted for discussion of scores
 - viii. Coaches are allowed to see team scores for all teams within their franchise and each round score will be visible to all coaches at the score table.
- P. Warm-Up



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- i. Teams will warm up in order based on round order of the day
- ii. Each Team will be given time on the main mats prior to the start of competition
- iii. The warm-up time is the time where you need to make sure your music is tested
- iv. Full routines are not allowed at warm up time

Q. Music

- i. Each GM of cheer should have a copy of your franchises music for each team as a backup
- ii. Coaches' should have cheer music for their team and have a designated person who will cue the music for them

R. Scores

- i. All scores are final after the allowable 10 minutes for coaches to review scores sheets after each round.
- ii. All score sheets are to be kept at the tally table until distributed to each franchise's cheer director at the completion of the competition but may be reviewed throughout the competition.
- iii. Hosting franchise MUST have a volunteer at the scoresheet table to ensure no scoresheets are removed. Pictures of each scoresheet must be taken after each round.

S. Illness or Injury

- i. In case of illness or injury after the start of competition, a coach must notify the judges of the 'hole' and amend the paperwork to reflect the number of competitors and skills that will be performed in each round.
- ii. If an individual normally participated on the team is injured she has the option of excluding herself from the competition or be judged equally as long as medically cleared.

T. Special Consideration

- i. Only soft soled cheers shoes will be allowed on performance mat
- ii. Teams will wear their uniforms for both rounds of competition
- iii. Routines must be appropriate for family viewing and age appropriate
- iv. Any Child that is a MASCOT (Ages 3-5 years old) will wear a ribbon during competition and will not be judged or counted for difficulty
- v. Any child who falls under the Americans with disability Act (Physically or mental Disability) can participate with their team and not be judged. Please indicate this on your score sheets of the team they participate on. This will be kept confidential. It is at the discretion of the cheer Director to determine if this cheerleader will wear a ribbon. This Is not required.
- vi. All hair devices (Bows) shall be safe and secure with NO METAL clips or pins
- vii. Hair shall be worn away from the face to ensure safety while performing.
- viii. No Makeup or glitter shall be on hair, face, uniform, or body
- ix. No piercings of any kind are allowed on the competition floor.



Round 1 (Cheer Round)

- i. MHSAA current year 10 Count must be performed at the beginning of the round facing the judges panel
- ii. Cheerleaders must be in staggered lines when performing the 10 count.
- iii. The 10 Count must be performed as written and described.
- iv. Rhythm (tempo) and head movement is coaches choice
- v. All motions, movement, vocals, and tumbling must be performed in UNISON for the ENTIRE Round 1 performance. From the moment the girls step on the mat until they step off the mat. No ripples, staggers, or levels are permitted during Round 1. For example, if you choose a kick, all kicks must be the same kick, with the same leg, at the same time.
- vi. Unison in the 1st cheer refers to every aspect of the routine, including formations, tumbling, jumps and vocals
- vii. The three (3) MHSAA Skills list will be used for required skills (Flexibility, jumps: and tumbling) At least one skill from each skills list must be performed.
- viii. Round 1 - Requirements
 - i. Maximum time for all teams ----- 1 Minute 30 Seconds
 - ii. 10 Count Precision Drill
 - iii. Skills performed in order stated on score sheet.
 - a. FLAG - 3 Skills
 - b. Freshman, JV, and Varsity -- 4 Skills
 - iv. On the Freshman and above teams one skill from each category (Flexibility, Jumps and tumbling) must be performed.
 - v. No more than three (3) 1.2 skills can be selected also only ONE (1) 1.4 skill can be selected *below chart applies to round 2 as well*

Flexibility	Jumps	Tumbling
Any Kick (.6)	Tuck Jump (.6)	Somersault (.3)
One Side Splits (.8)	Spread Eagle (.6)	Forward Roll (.5)
Center Splits (.8)	Double Hook (.8)	Backward Roll (.5)
Heel Stretch (1)	Double 9 (1)	Cartwheel (1)
Switch Splits (1)	Herkie (1)	Round Off (1)
Triple Splits (1.2)	Pike (1)	Back/Front Walkover (1.2)
Valdez (1.2)	Front Hurdler (1)	Back Handspring (1.2)
Back/Front Walkover (1.2)	Toe Touch (1)	Front Handspring (1.2)
	Universal (1)	Handstand Forward Roll (1.2)



		VARSITY ONLY SKILLS
		Back Extension Roll (1.2)
		Aerial Cartwheel (1.4)
		Standing Back Tuck (1.4)

- vi. Qualifying Skills must be in unison
- vii. Splits must be performed parallel to the judges
- viii. Walk-overs, Springs and Valdez need to be performed perpendicular to the judges with the lead leg closest to the judges.

Round 2 (Stunting Round)

- A. Tumbling, Gymnastics and Stunting are allowed – *flexibility/jumps/tumbling chart shown in round one applies to round 2 as well*
- B. Maximum Overall Routine Time ----- 3 Minute (Time is completed when the last foot of the competitors is off the mats)
- C. Minimum Music Time ----- 1 Minute
- D. Minimum Overall Routine Time ---- 1 Minute and 30 Seconds
- E. Franchise designated person will cue music for their teams
- F. Round 2 - Requirements
 - ix. Each coach is required to submit in writing, tumbling, jumps, stunts and fliers that will be performed in the **ORDER** in which they will be performed with difficulty, variety and choreography indicated numerically prior to the Pre-Competition walkthrough.
 - x. Signs, poms, megaphones are not to be utilized while performing at competition.
 - xi. MHSAA Safety Regulations will be followed (Please see page 38-64 of the 2016-2018 Competitive cheer manual)
 - xii. No participant is allowed to walk, tumble, move or be under a stunt
 - xiii. A flyer is not permitted to drop; her head backwards out of alignment with her torso during a flare or toss.
 - xiv. Round 2 must begin with a team jump. Team jump must consist of all athletes performing any jump at the same time.
 - xv. Team tumbling is defined as: every athlete'
- G. Round 2 - Judges Categories
 - i. **Variety of Skills** - *Possible Points Per Judge (15)* -
Each panel judge will evaluate variety of skills in the routine on a 1 to 15 point scale. The number of DIFFERENT tumbling, jumps, stunts, and flairs performed must be counted. Each different tumbling skill, jump, stunt and flair will be valued at (1) point.
 - ii. **Degree of difficulty of skills** - *Possible Points Per Judge (15)*
Each panel judge will evaluate the difficulty of the tumbling, stunts, flairs, transitions, and jumps performed in the you



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routine on a 1-20 point scale.

- a. Difficulty Factoring - In order to more equitably score teams with a different number of competitors on the mat, the total difficulty points earned for tumbling, stunts, flairs, preps and transitions and jumps will be determined by each panel judge compared to the total number of points reflect on each routine description. Difficulty points are awarded on each score after utilizing the difficulty factoring chart.
- b. Difficulty points will be earned per competitor per skill for tumbling, jumps, stunts, preps, flairs and transitions per tables below.

Tumbling and Skills Difficulty Values				
1 point per competitor	2 point per competitor	3 point per competitor	5 point per competitor	7 point per competitor
Backward roll Cartwheel Somersault Forward Roll Handstand Headstand Heelstretch on Floor Jumps Kicks Push Up Round Off Side Splits on Floor	Back Bend Center Splits on Floor Far Arm Cartwheel Handstand Forward Roll Limber (Front or Back) Near Arm Cartwheel Switch splits on Floor	Back Extension Roll Back Handspring Back Handspring Step Out Crabstand Front Handspring Look Through Press Handstand Forward Roll Triple Splits on Floor Valdez Walkover (Front or Back)	Aerial Cartwheel Aerial Walkover Back Layout Back Pike Back Tuck Twisting Handspring Whipback 2 Foot Front Tuck	Arabian Full Twisting Layout Lay-out Step Out Layout -X Out Tuck Half Tuck Full

Flairs - Transitions - Preps Difficulty Values		
Flairs will not receive additional points when performed during tumbling passes and No difficulty points are earned for a 1 or 2 footed standard hop and go or stander step-up		
Flairs - In a Stunt <i>4 Difficulty Points for Each Skill performed</i> *Note - Not Limited to:	Transitions <i>4 Difficulty Points for Each Skill performed</i> *Note - Limited to:	Preps <i>4 Difficulty Points for Each Skill performed</i> *Note - Not Limited to:
<ul style="list-style-type: none"> ● Arabesque ● Box Out ● Braced Release Skill ● Cupie 	<ul style="list-style-type: none"> ● Changing Bases ● Reload ● Retake ● Sponge 	<ul style="list-style-type: none"> ● 180-degree vertical turn or more to shoulder to extension level ● Floor Up to Extension



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<ul style="list-style-type: none"> ● Dismounts ● Cradle Catch ● Shoot Through ● Heel Stretch ● Liberty ● Log Roll ● Mountain Climber ● Moving Stunt 5 steps or more ● Rotating 180 or 360 ● Scorpion ● Scale ● Waist Level Kick Out ● 360 		
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Difficulty Values for Stunting	
Refer to Stunt Table For Spotters	
*Varsity Only - Any Stunt that is Extension Level with bases arms fully extend will receive 10 points per stunt group	
*Varsity Only - A show-n-go includes both lifting and lowering actions as well as feet being together in cupie position.	
*Varsity Only - To receive the 7 difficulty points for the elevator and the 10 difficulty points for the extension, a below-Shoulder level transition must be performed between the elevator and the extension.	
● Below Shoulder Level Stunt	4 Points per group performing that stunt
● Cradle	4 Points per group performing that stunt
● Shoulder Level Stunts, Shoulder Stand, Elevator	7 Points per group performing that stunt
● *Varsity Only* Show - N- Go	7 Points per group performing that stunt
● Suspended Splits at Shoulder Level	7 Points per group performing that stunt
● Swedish Lift or side press	7 Points per group performing that stunt
● Single Twist to Cradle	8 Points per group performing that stunt
● *Varsity Only* Extension	10 Points per group performing that stunt

Difficulty Points Earned	<u>Difficulty Factoring Chart</u>																
# on floor	20 +	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4
20	1230	1180	1130	1080	840	790	740	690	640	590	540	490	440	390	340	290	240
19	1210	1160	1110	1060	830	780	730	680	630	580	530	480	470	380	370	280	230
18	1190	1140	1090	1040	820	770	720	670	620	570	520	470	460	370	360	270	220
17	1170	1120	1070	1020	810	760	710	660	610	560	510	460	450	360	350	260	210
16	1150	1100	1050	1000	800	750	700	650	600	550	500	450	400	350	340	250	200
15	1130	1080	1030	980	790	740	690	640	590	540	490	440	390	340	330	240	190



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14	1110	1060	1010	960	780	730	680	630	580	530	480	430	380	330	320	230	180
13	1090	1040	990	940	770	720	670	620	570	520	470	420	370	320	310	220	170
12	1070	1020	970	920	760	710	660	610	560	510	460	410	360	310	300	210	160
11	1050	1000	950	900	750	700	650	600	550	500	450	400	350	300	290	200	150
10	1030	980	930	880	740	690	640	590	540	490	440	390	340	290	280	190	140
9	1010	960	910	860	730	680	630	580	530	480	430	380	330	280	270	180	130
8	990	940	890	840	720	670	620	570	520	470	420	370	320	270	260	170	120
7	970	920	870	820	710	660	610	560	510	460	410	360	310	260	250	160	110
6	950	900	850	800	700	650	600	550	500	450	400	350	300	250	240	150	100
5	930	880	830	780	690	640	590	540	490	440	390	340	290	240	230	140	90
4	910	860	810	760	680	630	580	530	480	430	380	330	280	230	220	130	80
3	890	840	790	740	670	620	570	520	470	420	370	320	270	220	210	120	70
2	870	820	770	720	660	610	560	510	460	410	360	310	260	210	200	110	60
1	850	800	750	700	650	600	550	500	450	400	350	300	250	200	150	100	50

iii. **Choreography Bonus - Possible Points Per Judge (4)**

A team may receive a maximum of 4 points per judges for adding the requested choreography for their team level. The number of times a choreography bonus is requested is according to the number of competitors on the floor.

Choreography Bonus Chart - Flag & Freshman				
Number of Competitors	Team Tumbling	Box Stands	Thigh Stands	Extra Team Tumbling
Number Times the Skill needs to be performed to earn bonus				
4-5	1	2	2	1
6-7	1	3	3	1
8-9	1	4	4	1
10-11	1	5	5	1
12-13	1	6	6	1
14-15	1	7	7	1
16+	1	8	8	1



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Choreography Bonus Chart - JV				
Number of Competitors	Team Tumbling	Cradles	Back Handsprings or Back Tucks	Extra Team Tumbling
Number Times the Skill needs to be performed to earn bonus				
4-5	1	2	2	1
6-7	1	3	3	1
8-9	1	4	4	1
10-11	1	5	5	1
12-13	1	6	6	1
14-15	1	7	7	1
16+	1	8	8	1

Choreography Bonus Chart - VARSITY				
Number of Competitors	Team Tumbling	Cradles or 360 Flairs	Extensions	Back Tucks Standing or with Tumbling
Number Times the Skill needs to be performed to earn bonus				
4-5	1	2	2	2
6-7	1	3	3	3
8-9	1	4	4	4
10-11	1	5	5	5
12-13	1	6	6	6
14-15	1	7	7	7
16+	1	8	8	8

iv. **Execution of Skills- Possible Points Per Judge (20)**

Each panel judge will evaluate tumbling, jumps, flairs, transitions, all preps/entrances, and stunts for proper execution in the routines on a 1 to 20 point scale.

v. **Execution Bonus- Possible Points Per Judge (3)**



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This category rewards teams that execute skills with a very few errors. A team can earn up to 3 points in this category if its execution is 17.5 or higher. This category has been added to encourage good execution.

Execution Points	17.5	18	18.5	19.0	19.5-22
Bonus Points Earned	1	1.5	2.	2.5	3

Awards

- A. Specific awards will be voted on by Cheer Directors prior to the beginning of the current season
- B. Participation awards are MANDATORY for ALL participants. Each franchise is responsible for purchasing participation awards for each participant.
- C. BEFORE places are announced. In an effort to keep spirits high and girls engaged, each team will be recognized and given participation awards (medals, bows, etc.) These will be handed out to the Cheer Directors during the walkthrough.
- D. Cheer Directors from each Participating franchise will meet immediately following final performance to view scores. The presence of all Cheer Directors is MANDATORY at this meeting. Cheer Directors will agree upon an initial tallied scores and award places (1,2,3) for Each Round in each division
- E. Award ceremony will occur after competition is over and results are tallied and initialed by the Cheer Directors for each participating franchise.
- F. The Cheer Directors will receive the medals at the Awards Ceremony to disburse to his/her franchise.
- G. 4 Awards presentations will occur. One will follow the completion of Flag division. One will follow the completion of the Freshman division. One will follow the completion of the JV division. One will follow the completion of the Varsity division. Athletes will receive their participation awards and medals during their division awards. Presentation of the Spirit Stick will occur during the Varsity awards.
- H. Spirit Stick Award - this award is given to the team that demonstrates the most spirit at the competition. Criteria that will be look at for this is as follows
 - i. Fan Spirit
 - ii. Cheering on all teams
 - iii. Cheerleader Spirit
 - iv. Good Sportsmanship
- I. Each Cheer Director will be given one (1) vote for the team they feel should be awarded the Spirit Stick Award. Directors MAY NOT vote for their own franchise.
- J. Spirit Stick Award will occur after the completion of the JV & Varsity Awards, as the final award of the day



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- K. Participation Awards will be given to each cheerleader ON THE MAT prior to distribution of medals
- L. All franchises will show good sportsmanship and applaud all the teams when awards are handed out
- M. Franchise will have the ability to choose whether all the squads are required to remain in attendance for the entire day, OR if they are able to leave after their respective division is complete.

Competition Hosting, Profits, and Financial Responsibility

- N. All ESFL Franchises will share financial responsibility for the Cheer Competition. Hosting franchise will secure venue and determine total cost of venue, judges, and medals. Costs will be added and divided equally by the number of franchises in the ESFL. Profit from the entry fees will be split equally between all ESFL franchises.
 - i. Hosting franchise will be responsible for stocking and selling concessions. Hosting franchise will receive all profit from concession stands. There may be no other concession stands permitted.
 - ii. Hosting franchise will be responsible for providing flowers for purchase. NO other franchise can sell flowers/other competition paraphernalia.
 - iii. All ESFL franchises can sell spirit wear with their LOGO (and Football or Cheer) NO COMPETITION SPIRIT WEAR, NO FLOWERS, etc.
 - iv. Hosting franchise may sell spirit wear with their logo AND the ESFL Cheer Competition Logo/Wording