

2011
English Mountain Cheerleading Committee
Articles of Understanding

The purpose of this Conference will be to provide organized Cheerleading for girls and boys who live or attend school in Cocke, Claiborne, Grainger, Jefferson and Sevier Counties and are five {5} thru age eleven {11}.

The E.M.F.C and the E.M.C.C. Board of Directors is open to the public. All parents and concerned citizens are welcome to attend. However, the following policy will be in effect: Only the Director from a Community will be allowed to present written evidence or verbally address the Board of Directors. Any concerned citizen needs to go through their communities Directors to be placed on the agenda.

I. General Rules

1. The size of each squad is determined by each community but cannot exceed thirty-five {35} children; unless that squad has 35 returning children. Mascots are also at the discretion of each community however they must be listed on a roster and squads cannot exceed thirty-five {35}.
2. Each squad is required to submit a roster showing cheerleader's name, birth date, Address {NO P.O.BOXES}, grade and school. A photo static copy of each Cheerleader's birth certificate {certified and notarized}, must be attached.

Note: The name that is on the birth certificate must be the same on roster.

If a birth certificate is not available, a notarized doctor's statement or school record will constitute as proof and must be attached to roster.

Cheerleader Director will check, sign, and turn in a roster at Jamboree. Any community failing to have their roster by the designated time will not be allowed to compete at competition.

3. Only the cheerleaders on the legal roster representing the teams playing at Super Bowl will be permitted to cheer on the sidelines and on the field.
4. Non Conference Squads cannot perform {from the sidelines or on the field} after the ball game starts.

CHEERLEADER'S MUST BE IN UNIFORM OR MATCHING CAMP CLOTHES AT ANY WEIGH IN.

Note: Late weigh in; you are required to bring a birth certificate. (NO EXCEPTIONS).

II Eligibility

1. To be eligible to participate in the English Mountain Football Conference, one must reside {permanent address} in/or attend school in either: Cocke, Claiborne, Grainger, Jefferson, or Sevier County.
2. A Cheerleader on a roster who begins with one community must continue through their career with that community throughout their eligibility in that category. Requests for a transfer must be brought before the Board for approval.
 - A. A child that has never cheered can sign up anywhere they choose. Also if a cheerleader sits out an entire season, they will be allowed to transfer to any team they choose the next year.

- B. Any transfer, only upon evidence that the residence of the child and their parents or legal guardian has changed to a location outside the geographic boundaries {county} established by the conference are not subject to the child being required to sit out for a twelve {12} month period of time.
 - C. If a child's residence alone changed due to a valid court order, they are subject to the above restrictions.
 - D. No transfer between teams that are based within the same county. The Conference will allow a child that has moved to another county, to change teams without being penalized as long as the request to transfer is made before late weigh-in.
3. To be eligible as a grasscutter, the child must not have reached their 8th birthday before August 1st of the football season. Once a child moves up to super-grasscutters or practices 3 days they cannot move back to grasscutter.
 4. To be eligible as a super-grasscutter, the child must not have reached their 10th birthday before August 1st of the football season. Once a child moves up to pee-wees or practices 3 days they cannot move back down.
 5. To be eligible as a pee-wee, the child must not have reached their 12th birthday before August 1st of the football season.
 6. Once a child moves up from pee wee to middle school and practices 3 days you cannot move back to pee-wee.

Note: if you move up and are not the age to be on that squad, a parent or legal guardian will be required to sign a waiver for the E.M.F.C. and E.M.C.C. that states your community is responsible not the E.M.F.C. or the E.M.C.C.

7. Children are only allowed to participate in/on competitive teams during off-season. Season is defined as follows: the first day of practice to Super Bowl {decided by E.M.F.C. Board of Directors}, however each community has the authority to extend their season from sign-ups/ spring practice to Super Bowl. If you practice 3 days after the season starts you cannot participate in E.M.F.C. or E.M.C.C.
8. Cheerleaders may sign-up till last weigh-in, anyone joining the squad after that date must be registered on a late roster. No cheerleaders may sign up after rosters have been turned in.
9. The cut-off date for new cheerleaders to transfer is last weigh in. After that date, new cheerleaders must set out for one year.
10. Mascots may attend competition at the discretion of each community as long as it doesn't exceed thirty-five {35} maximum or according to General Rule # 1.

Note: Mascots will be judged the same way as the Cheerleaders

11. Team Mascots {tiger, rooster, eagle, etc.} can travel with the team and be at Competition, but out of girls view during performance.

III Practice

1. No team shall begin practice before **August 1, 2011** TSSAA Rules. The only exception to this rule is as follows:
 - A. Each squad is allowed ten {10} consecutive days within a 15 day range to hold Spring Practice. Dates must fall between **March 1st and May 31st 2011**.
 - B. Each community is allowed a maximum of five days for tryouts. Registration and/or Sign-ups are not included in this period unless the girls do practice.
 - C. Each squad is allowed one week before jamboree for any camp, one week is {=} to five consecutive days.

2. At competition no cheerleader will be eliminated from participating due to her inability. Each squad member is eligible to compete unless they request not to or if the required paper work is not turned in.
3. Any squad involved in competitions or activities following a football season {super bowl} must use that season's cheerleaders {squad} or begin following the above specification in # 3 Practice.
4. Squads who do not abide by these dates/rules will not be allowed to compete at competition or practice in the E.M.F.C. or E.M.C.C. program. Any questions regarding this note should be cleared with the Board.

IV. Miscellaneous

1. A quorum consists of Directors present provided that they are at least 6 present.
2. When voting a majority of committee member's presents must be in favor of the issue for the motion to pass.
3. Each Community only has one vote on all issues.
4. If a director is unable to attend a meeting they must designate a person to represent their league and vote on their behalf. If a director is not present and fails to have a representative present the following will apply:
 - A. First missed meeting the football director will be notified.
 - B. Second missed meeting the community will be fined \$250.00
5. Each team is allowed 8 cheerleading sponsors {coaches} gate entries {free passes} at any conference games.
6. Minutes will be furnished for all members of the committee; Members not present should request a copy of the minutes.

Sportsmanship and Ethics

The spirit of good sportsmanship means being modest in victory as well as accepting defeat gracefully after trying our best, Sportsmanship demands honesty, fair play, cooperation, competitive spirit, respect for authority and rules, acceptance of responsibility, and respect for others. The true sportsmanship plays hard in order to win but respects his opponent and accepts defeat gracefully.

A person does not have to be a skilled athlete of sportsman to practice sportsmanship. A person can show sportsmanship by showing courtesy to the visiting team, greeting them with a smile and welcoming them to your field. When visiting someone else's field show respect and responsibility for their field by not tearing down signs and not down playing the team that is down with derogatory cheer. But most of all, you can win without boasting and lose without offering excuses.

V. Fees

1. A \$ 200.00 entry fee is required for each community prior to Jamboree to the E.M.F.C.
2. Gate fees for all conferences games shall be **Adults \$4.00, Students \$1.00**, {fees are subject to change to coincide with E.M.F.C.}
3. Community team jersey or uniform must be worn to be admitted free.

VI. Unethical Matters

Any unethical matters that may arise during the season or from year to year that are contrary to the policy and will be brought before E.M.F.C. and E.M.C.C. and judged on their merits.

1. Any sponsor who is ejected from a game will be suspended for 1 game pending an appeal to the Board of Directors.
2. Any time a sponsor is ejected from the game by an official or security guard, a report will be made about the ejection to chairperson of the E.M.C.C. within 48 hours.
3. The Chairperson of the E.M.C.C. will call a meeting of the Board of Directors before the next scheduled game the sponsor is to participate in.
4. The Sponsor, official, or security guard at the game when the sponsor was ejected, as well as the director of that sponsor will be required to appear to explain their actions.
5. Any sponsor who is ejected from a game and refuses to leave the area of the gate entry before completion of the game or attempts to communicate with the team in any way will be suspended indefinitely pending an appeal before the Board of Directors, 2, 3, and 4 will also apply.
6. Any person who physically attacks or verbally threatens to physically attack a league official, referee, coach, or sponsor will be handled in the following manners.
 - A. If a person is a fan, the team will be placed on probation for the remainder of the season and the entire next season pending an appeal to the Board of Directors of the E.M.C.C.
 - B. If a person is a cheerleader, the cheerleader is suspended for the remainder of his/her career in the E.M.C.C. pending an appeal to the Board of Directors, 2, 3, 4 and will also apply
 - C. If a person is a sponsor, the sponsor is suspended indefinitely pending an appeal for the Board of Directors 2, 3, 4 will also apply.
 - D. Any cheerleader or sponsor that uses drugs, alcohol, or that is intoxicated at the game area, will be suspended indefinitely, pending an appeal before the Board of Directors.
 - E. All the above rules also apply to cheerleading competition.

Ethics

Ethics: Human actions in respect to who is right or wrong, ones moral ideas and goals, our motives of choice and our patterns of good and bad conduct. Because we are human and are different, we sometimes disagree, saying or doing things without thinking in the heat of the moment, setting the stage for the E.M.C.C. to set up the above rules for unethical matters that may arise during the season or from year to year that are contrary to policy and ideas of E.M.C.C. Those unethical matters will be judged on their merits.

VII. Competition Rules & Rating

1. Interruption of performance

- A. In the event the presentation of any squad must be interrupted because of failure of the equipment, facilities, etc. the squad will be allowed to perform their routine from the beginning. Each squad is required to bring a backup tape, if the music is interrupted the squad should stop immediately and repeat the entire performance.
- B. In the event that a serious injury causes the presentation from the squad to be interrupted the injured person must leave the competition floor and the remainder of the squad must repeat the entire performance at the end of their division.

Note: If they are the last squad to perform they will be given five minutes grace period.

2. General Rules of Competition

- A. Any community that does not participate two or more consecutive years will be skipped from hosting the competition when their time comes with the exception of new communities coming into a vacant spot.
- B. Each community must be represented at competition with half of the community's squads participating, if not the community will be fined \$500.00 {example- If a community has three squads two of those must be present} unless approved by the board.
- C. Cheerleading competition will be in three categories: Grasscutters, Super-Grasscutter and Pee-Wee's. These categories will then be divided into either X or Y small division {ten cheerleaders or less}, X or Y large division {eleven or more cheerleaders}.
- D. Each squad must be in uniform or matching shorts and shirts and wearing rubber sole shoes.
- E. Competition is inside the lines of basketball court. A squad time will begin when the first member of that squad steps over the line onto competition area. Each squad will have a total of five minutes when their name is called to get into competition area, show spirit, demonstrate cheerleading style and expertise, and get out of area with all equipment. Equipment {pom-poms, props, etc.} is to be placed and removed from competition area by squad member only! No coaches, sponsors, or parents are allowed in the competition area, with the exception of adult safety spotters {spotters cannot be coaches or directors}.

Routines must include but are not limited to the following:

1. **One cheer without music, {cheer is a sequence of non-repetitive phrases}**
2. **One chant without music {repetitive phrases 3 or more times}**
3. **One routine with music**

- F. Timing will begin when a cheerleader from that squad steps over a line onto the competition area.
- G. Timing will end when five minutes has expired.
- H. Jewelry is not allowed. If a child had just pierced her ears, she must have earrings covered with band-aids.
- I. Any non-squad member who sets up or removes equipment/props for a squad will cause that squad to receive a penalty of 25 points per judge.
- J. No noisemakers, signs, cowbells, air horns, etc. Will be allowed!
- K. No coaches or team moms are to sit on the floor or on the sidelines in front of the squads as they are performing. If this happens the community will be fined \$250.00

Note: The girls will not be penalized

Twenty-Five points per judge will be taken off if a person is fumbled or dropped in {X} division as well as in gymnastics and stunting.

Note: Penalty for any of the above violations will be 25 points per performance judge assessed for each violation. Except for rule K.

Note: Because penalties are severe, it is strongly recommended that all squads should time their routine several times, but also leave a cushion of several seconds.

******Remember******

Five minutes is your total time to enter, perform, and exit from the competition area with entire squad and all equipment or penalty will be enforced.

Note: Squads should remain seated during competition and awards ceremony. Bathroom breaks should be handled by the coach; drinks for the entire squad should be brought at one time by the designated person or coach. Girls should not be running in and out. No coolers or food can be brought in the doors at competition.

1. Competition will be divided into two categories:

- A. Class X:** There will be no restrictions-except if a person is fumbled or dropped.
No mini tramps, springboards, or height apparatus permitted.
Note: Must have adult spotters {spotters cannot be coaches or directors}.
- B. Class Y:** Teams that compete in this category cannot build above a prep and will need to follow the safety guidelines.
Note: Both feet must remain in the prep position {unless cradling in pee-wee division}.

SAFETY GUIDELINES

English Mountain Football Conference Safety Guidelines for Rating Competition

1. All pyramids stunts, which is prep and above, must be with a continuous spotter. {X and Y}.
2. All pyramids and partner stunts are limited to two person high. Two high is defined as the base (supporting person) having both feet on the ground.
3. No extensions allowed higher than a shoulder sits stand and must have spotter.
4. All gymnastic stunts must originate from the ground and may progress to a circle.
5. Cradle dismount is prohibited in Y division with the exception of peewee squads.
6. No hanging pyramids are allowed
7. Standing front or back flips, which originate from the ground level, are permitted.
8. Knee-Drops, Jazz-Sits, and Body Drops are prohibited unless the hands first carry the body weight.
9. Each shoulder stand must have a continuous spotter and the bases must brace the top person.
10. Adult spotters {No coaches or Directors} must to be on the competition floor in **X-Division Only!!!** for safety. They can supervise the stunt, but may not talk to or physically touch the cheerleaders unless they are falling.

These Things are prohibited

1. Mini-tramp, springboards, or any other height increasing apparatus for X & Y divisions.
2. Toe pitches and leg/toe pitch flips, spotted or unspotted.
3. Free-Falling flips from any type of toss, stunt, or pyramid.
4. Front and back tension drops.
5. Back suspension rolls, including shoulder sit roll-offs
6. Single-base split catches
7. Vaults or suspended flips
8. Helicopter stunts.
9. Basket tosses (TSSAA Rule for Gym Floors).

Note: The E.M.C.C. does not sanction any other stunts other than what are mentioned under our safety guidelines. Any other stunts that are performed at ball game half times are done under the responsibility, liability, and insurance of that squad's community only.

Note: Penalty-any team not abiding by these safety regulations will be assessed a 25 points penalty per performance judge for each violation {a total of 75 points}.

Note: Since tumbling mats will not be provided at competition it is recommended that your squad uses per-caution in all aspects of their routine.

Judging Criteria

- A. The judges will score the squads according to the judging criteria on a 100-point decimal system.
- B. To be consistent with the proper role of cheerleading, emphasis will be placed on the practicality of material.

Projection-25 Points

This includes: Eye contact, facial expression, and smile, use of equipment-such as pom-poms etc. memorization, confidence and presentations.

Fundamental Skill-15 Points

This includes: motions, jumps, cheerleading gymnastics, partner stunts and pyramids.

Group Techniques-15 Points

This includes: synchronization, avoiding watching each other, avoiding counting, uniformity of kicks and leaps, formation and spacing.

Overall Effect-25 Points

This includes: difficulty, continuity and visual effect.

Most Spirited-20 Points

This includes: crowd appeal- is the words, rhythm, inflections, and content of the cheer and chants practical for the crowd to yell with.

Note:

To receive the spirit award in each category the highest score wins. One judge must use the points system.

Time penalties-25 points per performance judge.

Score Ranking System

(X Division)
300-275
274-225
224-

I. Superior
II. Excellent
III. Good

(Y Division)
300-240
239-195
194-

Note: There will be one {1} overall high score in each division Grasscutter, Super Grasscutter, and Pee-Wee.

VIII. Disqualification and protest

1. It is further understood that any squad that does not adhere to the terms and procedures of the "Articles of Understanding" shall be disqualified from the competition and shall forfeit any rights or awards presented by the competition.

2. How to handle procedural questions (protests)

A. Any question concerning the rules of captain or the ranking of the squad shall be handled exclusively by the captain or advisor of the squad. Any protest must be made in hands of committee chairman within forty-eight hours of competition. It must be in writing and include two hundred (\$200.00) dollars in cash or check. All protest will be decided by a majority vote of the committee members.

3. Other Situations

- A.** Any situation requiring of the rules of a decision involving any aspect of the competition shall be considered by the cheerleading committee. This group will render a judgment in an effort to insure that the competition proceeds in a manner as fairly as possible to all squads and consistent with the general spirit of the rules and goals of competition.