

**BCSC Elementary Basketball League**  
**www.bcsc.k12.in.us/EBL**  
**CHEERLEADING RULES**  
**2019-20**

1. **Rules**  
Coaches should follow the BCSC Cheerleading Guidelines, which are based upon the National Federation Cheer Rules, given to you by the Cheer Coordinator (CC). Additional rules will be given if necessary for the safety of the cheerleaders.
2. **Eligibility**  
A player becomes **INELIGIBLE** if his/her 13<sup>th</sup> birthday occurs before August 1. This is in accordance with IHSAA rules. To be eligible as a member of a BCSC elementary squad, a prospective cheerleader must have a completed physical examination form and a completed/signed Consent and Waiver Form on file at the school prior to cheer tryouts. All participants must maintain the minimum eligibility standard as stated in the BCSC Elementary Basketball League Regulations and General Concepts / Cheerleading Division, Part III, K.
3. **Team Sizes**  
The maximum roster size at the beginning of the season will be 12 cheerleaders.
4. **Conduct of Coaches and Bench Personnel**  
Any form of inappropriate behavior (vulgar language, violating the spirit of playing rules, the obvious use of alcohol and tobacco products when the coach is in direct supervision of his/her squad members) will be addressed by the BCSC Elementary Basketball League Council and could be the basis of disciplinary action.
5. **Schedule**  
Refer to the BCSC Elementary Basketball Regulations and General Concepts, Section I.
6. **Rosters**  
Names will be shared with other schools prior to the start of the season.
7. **Practices**  
Sunday practices, get-togethers, etc. are prohibited. According to written Bartholomew Consolidated School Corporation Board Policy, neither games nor practices of any kind can occur in elementary schools when school is canceled throughout the BCSC due to inclement weather or other corporation-wide situations. When school is dismissed early throughout the BCSC due to inclement weather or other corporation-wide situations, neither games nor practices can occur in elementary schools. And, when BCSC schools have a delayed start to the school day due to inclement weather or other corporation-wide situations, morning practices cannot occur before the actual start of school.

Preseason “open gyms” and conditioning programs are allowed if all BCSC students are invited and allowed to participate. These programs must be advertised to all.

## 8. **Philosophy/Sportsmanship**

Cheerleaders shall serve as a support group for the BCSC Elementary Basketball League (referred to as EBL). Each squad should strive to boost school spirit, promote good sportsmanship, and develop good, positive crowd involvement.

Being one of the most visible and recognizable representatives of your school, cheerleaders are in a position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and squad cohesiveness demonstrate these standards. Appropriate behavior will help earn the respect of the student body which is the core of developing effective school spirit.

Cheerleading activities should center on “leading” and “directing” the cheering of the student and adult fans. The activities the cheerleading squad should focus on are: school spirit and good sportsmanship for cheerleaders, athletes, students, and spectators.

## 9. **Definitions**

- . Stunt: Any tumbling skill, partner stunt/mount or pyramid.
- . Partner Stunt/Mount: Any skill in which one or more person support one or more persons.
- . Pyramid: Multiple partner stunts/mounts.
- . Sponge: A skill in which base(s) absorbs the flyer’s downward momentum to push/lift the flyer into position for the next stunt/skill.
- . Prep (half): A skill in which base(s) hold a flyer at approximately chest height.
- . Base: A person in direct weight-bearing contact with the gym floor and who provides support for another person.
- . Top Person: A person who receives primary support from another person at any time during a stunt. (Also called “flyer”)
- . Back Spot: A person in direct weight bearing contact with the gym floor whose primary function is to minimize risk to the flyer.
- . Front Spot: Same as a back spot, however the person is standing in front of the stunt group.

## **General Safety**

- . An adequate warm up, including stretching, must precede all cheerleading activities.
- . FYI: NFHS and AACCA have determined that the majority of head injuries are body-to-body contact and not the performing surface, however, baskets, tumbling fulls, and one-arm stunts may only be performed on mats, grass or rubberized tracks and not on a basketball court. (EBL DOES NOT ALLOW BASKETS AND ONE-ARM STUNTS)
- . Stunts must NOT be performed during a basketball game when the ball is in play, including free throws.
- . Cheerleaders may not take the floor during a 30 second time-out. Floor cheers may only be performed during a full time out or at quarter breaks.

- . Use of mini-tramps, springboards, or any apparatus used to propel a participant is illegal.
- . Cheerleaders must not warm up stunts on the court or sideline area during player warm-up if there is an alternate area available. If there is no other area, coaches must take reasonable precautions to minimize risk to cheerleaders.
- . Cheerleaders must not chew gum or have candy in their mouths during practice, games or any cheer event.
- . Cheerleaders must not stand behind the free throw lane during a basketball game.
- . No hard barrettes or jewelry. This includes ankle bracelets, necklaces, bracelets, watches, earrings, rings. Religious medals or medical medals may be worn taped to the body (without a chain) and under the uniform. ***Hair elastics worn on the body are considered jewelry.***
- . Fingernails must be kept at an appropriate length (short, near the end of the fingers) to minimize risk.
- . Hair should be up in a secured manner. Ribbons should be of reasonable length to be safe (not floppy).
- . No hard braces unless covered with an Ace bandage or sleeve. A cheerleader wearing a cast (excluding a properly covered air cast) must not be involved in a stunt. Wrist braces do not need additional padding.
- . When standing at attention, uniform must cover the midriff.
- . Glitter shall not be on hair, face, uniform, or body. Glitter may be used on signs or props if laminated or sealed.
- . Cheering on the sidelines is limited to the cheer squad. No small children. Mascots should be the same grade level as the cheerleaders. Mascots are able to be on the floor with the cheerleaders, however they are not to be included in a stunt or pyramid. Mascots are welcome to perform as members of their squad, but must adhere to all rules and regulations expected of team members. A participant in full head and/or body costume must not spot or stunt at any time.
- . There should be no excessive noise during free throws.

#### 10. **Stunting**

##### **GENERAL RULE – NOTHING EXTENDED – EVERYTHING SPOTTED**

##### **(Exception: Shoulder sit)**

***NO EXTENDED STUNTS OR PYRAMIDS.. “Extended” is defines as anything above the head, such as a full press or extended elevator. Arms of the base are straight up. ((REMOVED: The extended Russian lift is OK with a back spot.))***

- . HEIGHT LIMITATION: Two High. A flyer must be in constant contact with their base(s). The base must be in constant contact with the floor.
- . No pendulums. “Pendulum” is defined as constant hand to foot contact between top and base, top falls forward/backward to at least a four person catch.

- . Splits from thighs need to have hand-to-hand contact and splits from prep, load-in, etc. have to have four people under it.
- . No basket tosses.
- . No twist dismounts. (FYI: Double downs will no longer be allowed for Middle/High School. Twists are limited to 1 full rotation or 1 ¼ from a side-facing stunt.)
- . Cradle dismounts are allowed provided they do not pop enough to be considered a toss.
- . No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- . No free flipping or assisted flipping mounts or transitional stunts are allowed.
- . A flyer must not be in an inverted position, meaning feet completely over hands.
- . A spotter must keep their eyes on the flyer at all times. You may have seen this on a score sheet as an inattentive spotter. The spotters hands cannot be behind their back and at this level should be focused on the top person to be prepared for a fall.
- . A spotter is required on all single base/shoulder level stunts. (Exception: Shoulder sit, thigh stands or triple base straddle sit (still not extended).
- . Stunts should be learned and mastered progressively. (Example: Master a stable thigh stand before moving on to a prep (half).
- . No Poms can be used when tumbling.
- . You may not cradle if holding signs. Signs can't be thrown by the top person. Signs must be handed to someone on the floor or brought down by the flyer.
- . A base must not hold any objects if his/her hands are primary support.
- . All tumbling must originate from and land on the court. (Exception: Tumbler may rebound for his/her feet into a stunt transition. For example, doing a back handspring and jumping into the bases arms.
- . Tumbling over, under, or through a stunt, individual, or prop, is illegal.
- . Spotted, assisted, or connected (*to another person*) tumbling is prohibited. (Example: Double cartwheels are illegal.) Example: Round-off back-handspring is NOT connected to another person.

**If you have any questions that are not covered above, it is your responsibility, as the coach, to contact the Cheer Coordinator for approval.**

*The following additions to the National Federation Spirit Rules book shall be  
observed by BCSC Elementary Cheerleading squads.*  
**NATIONAL FEDERATION RULES BOOK APPLIES TO MIDDLE/HIGH  
SCHOOLS.**  
**YOU MAY OBTAIN A COPY BY CALLING THE DIVISION OF STUDENT  
ACTIVITIES OFFICE AT 317.891.9900 x 1 220.**