

CATHOLIC YOUTH ORGANIZATION

CHEERLEADING RULES/REGULATIONS

I. PARTICIPATION RULES:

- A. Official Rules: The rules of CYO Cheerleading are those established specifically for the sport of CYO Cheerleading. It is imperative that each coach have a working knowledge of the CYO Cheerleading Rules for contests, league or non-league contests, and CYO sponsored competitions, in addition to those rules governing CYO Athletics.
- B. Insurance: Secondary medical insurance is provided for participants for all athletics through the Michigan Catholic Conference. This coverage is in effect if the student has no medical coverage. Information can be obtained through the School Principal or Parish Pastor.
- C. Pyramid/Mounting Rulings:
1. Mounts of any kind are not permitted at any league, non-league contests or at any CYO sponsored cheer competitions.
 2. Mounts which require additional support, (i.e., both feet standing or kneeling on base, supported jumps, flips, pulling up with arms, etc.) are not permissible.
 3. If the action cannot occur without the aid of another, it is considered a mount and should not be used.
- D. Stunt Rulings:
1. The general rule when cheerleaders are in contact with another cheerleader, one foot should remain on the floor.
 2. Cartwheels, forward rolls and backward rolls will be allowed on football and/or soccer fields only.
 3. Cartwheels, forward and/or backward rolls shall not be performed on a basketball court or volleyball court.

II. CHEER SELECTIONS & EMPHASIS:

Teams are to carefully scrutinize the music and choreography that is used. Teams will be responsible for the content and should be certain that the values present in the Catholic Parish/School are upheld. Music or dance in poor taste should be avoided and eliminated.

III. THE ROLE OF THE CHEERLEADER:

- A. Objectives/Goals: The pastor, principal, athletic director and coaches within each Parish/School shall set objectives and goals for their cheerleading squads.
- B. Function: Cheerleading serves a dual function. First as promotion of Parish/School spirit and second as a Parish/School team in performance and competition.
- C. Emphasis: Strong emphasis on building Parish/School, league, and community spirit.
- D. Sportsmanship: Cheerleaders display modesty and values. Eliminate moves, songs, and words that may be considered unsportsmanlike or that may be perceived as inappropriate and not in accordance with Christian ideals.
- E. Target Audience: All cheers should be positive and directed to your own teams and fans. (No put-down cheers of your opponents, fans or referees).

IV. PREP BOWL PARTICIPATION:

All CYO cheerleading squads that participate in the Prep Bowl will receive 15 bonus points added to their Winter competition score.

V. CYO COMPETITIONS:

Cheerleading teams participating in CYO competitions must support their Parish/School athletic teams in accordance with the guidelines set by the CYO Athletic Program Director.

VI. VIOLATIONS & PENALTIES:

Violation of CYO rules and regulations shall subject a member Parish/School to any or all, but not limited to the following: censure, probation with competition, probation without competition, forfeiture, or expulsion.