

TRI-COUNTY FOOTBALL ASSOCIATION

2021 CHEER & DANCE RULES

GENERAL

1. All towns **MUST** comply with TCFA guidelines at any and all organized events.
2. Tri-County Cheer/Dance annual meetings will be on:
 - a) The first annual meeting will be held the first Sunday **AFTER** the Super Bowl. Meeting will consist of elections for the Tri-County Cheer and Dance Executive Board, and round 1 of proposals for rule changes.
 - b) The second meeting will be held 2 Sundays after the first annual meeting, if needed, for round 2 of proposals for rule changes.
 - c) The third meeting will be held the first Sunday in March. Meeting will be for the official voting of the rule changes for the current year and upcoming season. Meeting/Voting can be done in person or by email by Commissioners vote.
 - d) The fourth meeting for Coaches and Commissioners will be held the **first or second** Saturday in June.
 - Both cheer and dance stunt curriculum should be represented during the stunt camp clinic.
 - Order of appearance for competition will be drawn at the June meeting. **Mandatory – Head Cheer and Dance coaches and commissioners must be present at the June meeting to attend seminar/stunt clinic, or NO stunts will be allowed on field or at competition.**
 - Competition release forms will be provided at the June meeting.
 - e) The seminar fee is not to exceed \$20.00 per person, and will be due three weeks before the first Saturday in June to the hosting town. (Town Rotations at the end of TCFA C&D Rules) Town rosters for all Coaches are due at the June stunt clinic
 - f) The fifth meeting will be held the second Sunday in August for turning in official TCFA rosters, release waivers and entry fees for TCFA Competition.
 - g) Zone Commissioners will also perform a follow-up safety evaluation with each town coaches if needed. This will be at a scheduled practice with the coaches and participants.
 - h) The Executive Board may adjust these meeting dates to avoid meetings falling on holidays, inclement weather or unforeseen circumstances at sole discretion.
3. Attendance is mandatory by a town representative at all TCFA C&D meetings. Attendance is entire meeting.
4. When voting on Executive Committee, (Zone and League Positions), each town will be limited to one (1) vote per town. When voting on proposed rule changes at cheer and dance committee meetings, each town will be limited to one (1) vote per town. In the event of a tie vote the TCFA League Commissioner will be the tie breaking vote.
5. TCFA C&D Executive Board will consist of the League Commissioner, North Zone Commissioner and the South Zone Commissioner. TCFA C&D Executive Committee will consist of each Town Commissioner. The Executive Board is to be allowed to attend any event.
6. TCFA C&D season includes the following: Camps, and July 1st –TCFA All-Star game.
7. Rosters
 - a) All combo squad team rosters must be turned in to your Zone Commissioner **no later** than at the fifth meeting. The League or Zone Commissioner will be forward rosters to town commissioners once they have been signed off on by the Executive Committee.
 - b) You must report any and all changes in a roster to your Zone Commissioner. **No child may be added after the fifth meeting.**
 - c) Anyone who is not listed on official team roster **will not** be allowed to perform on field, sidelines, at competition or be present on the sidelines.
8. A town commissioner or assistant commissioner must be present at all TCFA games or events including Post Season. The head coach or assistant coach must be present for the entire game.
9. A League or Zone Commissioner must be present at each of the Wildcard, Playoff, Super Bowl and All Star games.
10. All unpaid fines assessed throughout the season must be paid no later than the 1st Annual TCFA C&D meeting or participation will not be allowed for the upcoming season. Exception is any guidelines set forth by the Executive Committee.
11. Any unsportsmanlike conduct may result in removal from game or competition. League/Zone Commissioner must notify the town President or town Board within 48 hours.
12. No refunds of any fees or fines paid.
13. Special Performances will be allowed (example: with mothers, homecoming, etc.) This must be reported to zone commissioner via email in advance of the performance. Special Performances are limited to one quarter only.
14. Handicaps/Special Needs of participants is to be noted on the official roster.
15. All warnings/disciplinary actions will be sent via email to town commissioner with town President and League Commissioner copied.

16. In order to hold a coaching position for Tri-County Cheer/Dance, you must be graduated from high school or above the age of 18.
17. In order to hold a junior coach position for Tri-County Cheer/Dance, you must be aged out of Tri-County.
18. Each town will be responsible for a Parent Code of Conduct and enforcing it.
19. At anytime TCFA Cheer/Dance bylaws may be amended to adhere to CDC guidelines

GRADE AND AGE LIMITATIONS

To be eligible, a boy or girl must be enrolled in the first grade on September 1st and not be more than thirteen (13) years of age or in the seventh (7th) grade on September 1st. A Cheerleading member/participant must attend the school district in which he or she shall participate in. The teams will be as follows:

- **Kindergarten-2nd** Division - 8 years and under as of September 1st and be in Kindergarten, the 1st or 2nd grade.
- **3rd/4th** Division - 10 years and under as of September 1st and be in the 3rd or 4th grade.
- **5th/6th** Division - 13 years and under as of September 1st and be in the 5th or 6th grade***AND NOT BE IN THE 7TH GRADE.
- Exception towns that are pre-approved to have kindergartners at March meeting may use kindergartners for the Kindergarten- 2nd grade division.
- **Towns may have a pep squad of 3 & 4 year old and kindergartners.** Exceptions for participants with handicaps will be made. Kindergartners may only be included if the town is not preapproved to have kindergartners on their K-2nd division squad.
 - 1) Only attend home games for one division of play.
 - 2) Performance area is between the 40 yard lines on the home side of the field or the track. Pep squad may cheer during the game on home side line only.
 - 3) Tumbling is allowed, nothing over a backflip.
 - 4) Stunting is allowed.
 - 5) Single leg stunts allowed on the ground with a back spot. Front and back spot required on thigh stand level. Nothing above thigh stand.
 - 6) Back spot required on all stunts

All towns will be allowed to have 1 team mascot per age division. Mascots must be a rostered participant. Mascots may not stunt or fill in for a stunt. Mascots uniforms must apply with TCFA guidelines and may not pose as a safety hazard. If a mascot uniform consists of hand attire the mascot may not tumble. Mascots must be rostered under their age division and must compete at competition if a town chooses to compete.

RULE VIOLATIONS/PROTEST

1. The team protesting must turn in a written/email protest within forty-eight (48) hours to a member of the Executive Board.
2. There is a twenty-five (\$25) dollar fee for filing a protest. A check made payable to the protested teams organization is to be mailed to the TCFA C&D League Commissioner. If a protest is lost, the other team receives the revenue.
3. The protest must be reviewed by the Executive Board within fourteen (14) days of the protested event.
4. ONLY TRI- COUNTY EXCEPTION RULES CAN BE CHALLENGED.
5. If documented evidence is found of any blatant league violations, a protest may be filed after the event or competition without the forty-eight (48) hour time restraint.
6. On blatant league rule violations, the punishment will be decided among the Executive Board.
7. A town may appeal their decision and forward to the Executive Committee.
 - Appeal must be sent to zone commissioner via email within 7 days of the Executive Board's decision.
 - The Executive Board will send out an email (within 5 days of receiving the appeal) to the Executive Committee.
 - The Executive Committee will have 48 hours to respond to the appeal email.
 - If Executive Board fails to respond within 48 hours any vote after allotted time will not count.
 - If majority of responding Executive Committee supports the Executive Board's decision then the decision stands.
 - If the majority of responding Executive Committee does not support the Executive Board's decision, then the Executive Committee will discuss and decide on the course of action via email or a special meeting.
 - Any and All issues may only be appealed 1 time.
8. If any town files a protest against an opposing town, then both town commissioners will be eliminated from the Protest Executive Committee, which shall consist of the remaining town commissioners in the league.
9. If a protest is held and found to be valid by the Executive Board/Committee, the following choice of options will be adhered to base on case by case situation:
 - a) No action
 - b) Verbal warning
 - c) Probation of Coach or Commissioner or TCFA League Official, and Town Board.
 - d) Forfeiture of participating in next game and No Show fine payable to opposing team.

- e) Suspension of Coach, Commissioner or TCFA League Official - length of time to be determined by a consensus of the committee.
- f) Dismissal of Coach, Commissioner or TCFA League Official.
- g) Monetary fine of \$25.00 payable to each town and further increased by \$25.00 for each and every violation that follows based on determination of the TCFA C&D Executive Board and/or TCFA C&D Executive Committee.
- h) Due Dates for fines will be set by the Executive Board.
- i) Elimination from the remaining season with fines of non-attendance to apply.
- j) Elimination from competition with a \$500 fine paid to each town in TCFA.

10. A town with a protest filed and found to be valid, notification to that town's President will be issued.

11. If a protest is filed against a town after a warning has already been given, the protest can still be heard and voted on.

12. Any and all questions in regards to a rule violation need to be put in email format including League and Zone Commissioner

TRY OUTS/SIGN UPS

1. Any town choosing to host try outs may conduct a maximum two week try out with the limit of 6 hrs. per week of instructional time.
2. Try out/Sign up information must be disclosed to the Zone Commissioners via email before the try outs are held.

FUNDRAISERS/CAMP/PRACTICE

1. There are no limitations on fundraising provided there is no organized instruction at the fundraising event.
2. No team shall begin practice prior to July 1st. However, you may have a one (1) week cheer camp and a one (1) week dance camp prior to July 1st. If you elect to hold your camp after July 1st you will not be allowed to begin practices until after the conclusion of the camp.
3. Time limit for camp is 20 hrs. maximum for the week.
4. ALL Fundraiser, Camp & Practice locations and times must be reported to Zone Commissioners by Coaches Clinic..
5. Teams are allowed to practice 8 hours per week from July 1st through August 1st.
6. No more than 6 hours of practice per week, after August 1st, except the week of competition, teams may practice 8 hours.
7. A calendar week is Sunday- Saturday.
8. Birthday parties and/or sleepovers are allowed and not considered practice provided there is no organized instruction at the party or sleepover. If an official town representative is present at the event they cannot be providing instruction to any participants that are present.
9. Skill classes are not governed.
10. A camp may be held in a competitive facility/gym without the assistance of any coach not rostered by your team, No practice or fundraiser or may be held in a competitive facility/gym unless an emergency situation or weather related. Executive board must be notified or location change prior to and approve

GAME DAY

1. Halftime will be limited to 7 minutes per squad.
2. All half time performances are to be towards the home crowd. During post season a squad may perform to their fans.
3. There will be a \$100 fine imposed if a team does not represent both cheer and dance at halftime performance.
4. At least ½ of squad must remain on sidelines to "perform" during the game. A squad will be permitted to leave the sideline with 2 minutes left in 2nd Quarter in order to prepare for halftime routine. Games will consist of 4 quarters. Participants are to return to sidelines before the 5 minute mark in the 3rd quarter. Participants are not allowed to eat in uniform during game time.
5. Participants must stay through the entire game.
6. Each squad must be at least one-half in attendance to all games including any rescheduled games, or a fine of \$100.00 to the opposing town for each squad infraction. For wildcard and all post season games each squad must be at least one-half in attendance, or a fine of \$100.00 payable to each town competing in that division of play for that day.
7. Any unsportsmanlike conduct may result in removal from game or competition.
8. Assisted tumbling will only be allowed up to the beginning of the 1st quarter.
9. Each town will be responsible for providing badges for coaches to wear on game day.
10. All town Commissioners/Coaches are to wear badges on game day.
11. Back spot are required on all stunts
12. Any rostered coach removed from a game for unsportsmanlike conduct will be removed from Tri-County the remaining/entire season.
13. Rostered coaches must be in matching uniform on game day to be on the sidelines.
14. Sidelines are to consist of 1 Coach/Team Mom per stunt group, (exam. 1 coach per stunt group)

GAME DAY LIMITATIONS

K-2nd

1. No stunts higher than prep (½) level. Must have front spotter on all prep level stunts.
2. Dismounts- cradle or drop.
4. Basket tosses are illegal for the K-2 age division.
5. Single leg stunts allowed at prep level
6. Back spot required on all stunts
7. Thigh stands are allowed with no front spot

3-4

1. Front spotter required for extended stunts only. No single leg extended stunts.
2. Dismounts: cradle and drop
3. ½ twist up of top person.
4. Basket tosses are allowed with tricks
5. Back spot required on all stunts
6. Single leg stunts allowed at prep level only

5-6

1. Front spotter required for extended stunts only. Single leg extended stunts allowed.
2. Dismounts: cradle or drop, 1 rotation twist dismount
3. a full twist up of top person **is allowed**
4. Basket tosses allowed. Tricks are allowed in a basket toss.
5. Back spot required on all stunts

POST SEASON

1. All post season games will result in only a medal for all Cheer/Dance participants.
 - Hosting town will be responsible for providing each of the town's participants with medals. Payments for medals will follow TCFA football guidelines of \$75.00 for all Post Season payments of each game
 - Super Bowl game participants will both receive their medal upon conclusion of the game.
 - Attendance for the entire game is required to receive your medal during post season events.
2. Up to 7 members of the squad can be chosen for the All Star post season event to cheer and perform as the Zone All Star Squad. For squads less than 5 participants all are required to participate. It is a towns decision to attend for All Star game only.
 - The selected participants' names need to be turned into the zone commissioners by the pre-competition meeting via email.
 - Placement at competition will determine who choreographs and teaches the Post Season All Star routine
 - Each All Star Squad participant and coach will receive either a medal, All Star Jersey, T-Shirt, or Hoodie as an award and to be the uniform for the event. The cost of the item is not to exceed \$25.00 per participant. Hosting town to furnish hoodies and must be generic to cover all towns. Commissioners will vote during August roster meeting on what will be chosen for that season
3. A town representative must be at **ALL** AllStar practices and All Star game, and be held accountable for their team/town. A fine will be imposed if no head or assistant coach is present during post Season practices or games
4. North/South Zones must meet for the week of practice at the same location as TCFA football each night practice is held. All post season practices are mandatory, any town missing any practice will result in no performance at halftime
5. The Allstar practice video must be available to all towns 1 week prior to practices starting

GENERAL RISK MANAGEMENT

1. Performing surfaces must be suitable and free from objects.
2. Stunts (mounts, pyramids, tosses and tumbling) must be modified to be appropriate to the performing surface area.
3. Use of mini-tramps, springboards, or any apparatus used to propel a participant is illegal.
4. Participants are not permitted to chew gum or have candy in their mouths during practice or performance.
5. If weather conditions or environment are deemed unsafe and agreed upon by all town commissioners involved, and with TCFA C&D Executive Board member approval, arrangements set forth by the above may be enacted for that condition only.
6. All stunting skills required to be approved by Executive Board.
7. Any injuries at practices must be reported to zone commissioner by form
8. It is a towns decision to stunt for the 2020 season and TCFA C&D will not be held responsible.

PARTICIPANT APPAREL/ACCESSORIES

1. No jewelry of any type may be worn at practices, performances, or games. The exception would be a medical alert necklace or bracelet. If a medical alert item must be worn, it must be taped securely to the body during all performances. Any other exceptions require TCFA C&D Executive Board approval.
2. No midriff or crop top uniforms. No strapless uniforms. Uniforms must be securely strapped on/over both shoulders. Invisible straps may be used.
3. Unduly long fingernails, including artificial nails, can become a safety hazard. Therefore, fingernails, including artificial nails, must be kept at a length appropriate to minimize risk for the participants.
4. The hair must be worn in a manner to minimize risk for the participant. Hair devices, if worn, must be secure and appropriate for the activity.
5. Glitter that does not readily adhere on the hair, face, uniform, costume, or the body, is illegal. Glitter may be used on signs, props, or backdrops if laminated or sealed.

HEIGHT LIMITATIONS

1. All mounts and/or pyramids are limited to two persons high, meaning the top person receives primary support from a base(s) that is in direct, weight bearing contact with the performing surface.

SPOTTING

1. Rostered back spotters are required on all extended stunts (mount, pyramid, and toss) over waist high.
2. Spotters are required until a stunt (mount, pyramid, toss, tumbling skill) is properly dismounted.
3. An inattentive person is not considered a spotter.
4. Spotters
 - a) K-2nd teams are required to have a front spot on stunts at prep (half) level at any performance.
 - b) 3rd/4th and 5th/6th teams are not required have front spotters at prep level, but must have front spotter for all extended (full) stunts at any performance.
5. A spotter must be in proper position with arms extended toward the top person's head/shoulders to prevent injuries.
6. A spotter's torso cannot be under a stunt.
7. Any rostered Coach/Assistant/Jr. Coach or Team Mom cannot make a stunt. If there are not enough **rostered participants allowing fill-ins is an option.**

DISMOUNTS

1. Dismounts to the performing surface from shoulder height or below (extension prep is considered shoulder height) must have assisted landings.
2. For all catch/cradle dismounts, the catcher(s) must have continuous visual contact with the top person.
3. Base/catchers must not move during dismounts except for safety purposes.
4. A skill may be performed to a cradle except on backward dismounts.
5. A twist to cradle must not involve more than one complete rotation. *** 5th/6th Only
6. Dismounts from multi-base stunts to a cradle must be cradled by at least two catchers, and an additional head and shoulders catcher/spotter.
7. Dismounts from single base stunts to a single base cradle must have an additional catch/spotter under the head and shoulder area of the top person. (Exception: no additional catcher/spotter is required when cradling a chair or torch).
8. Backward dismounts are required except for shoulder sits.
9. Forward face-down dismounts are illegal.
10. Inverted dismounts are illegal.

DROPS

1. Knee, seat, thigh and split drops are illegal unless most of the weight is first borne on the hands/feet or is controlled to absorb the impact of the drops.
2. Front drops are illegal.
3. Tension drops are illegal.
4. A handspring/flip over to any drop is illegal.

PYRAMIDS/MOUNTS

1. A Participant must not move under or over a mount or pyramid.
2. In mounts, one of the persons bracing shall be at shoulder height or below. Exception: the following extended stunts may brace any of the others listed:
 - a) Chair

- b) Double/triple base dead-man lift
 - c) Double/triple base straddle lift
3. Extension (except a totem pole) provided the top people have both feet in both hands of their bases. A top person, including the flyer in a toss, is not permitted to drop the head backward out of alignment with the torso (eyes are not looking forward).
 4. A top person is not permitted to be in an inverted position.
 5. A totem pole is legal provided:
 - a) Each top person leaning forward is stabilized/supported by the stunt directly in front.
 - b) No extended stunt stabilizes/supports another person
 - c) A spotter is present for each stunt on each side

ROLLS/TUMBLING

1. Backward suspended rolls are illegal
2. Suspended rolls are illegal from a basket toss position, pitch or toss.
3. Tumbling (rolls, inverted extended skills and flips) over or under a stunt is illegal.
4. Tumbling into a stunt from performing surface is allowed and must be reviewed at June's stunt clinic
5. Tumbling over/under an individual or prop is illegal. Exception: Legal forward roll over a prop or under an individual.
6. A forward roll from the ground is legal.
 - a) A dive roll from the ground is legal
 - b) A flip into a mount or cradle without feet returning to performing surface is legal
 - c) Suspended flip - All participants must start and end with feet on the ground are legal.
7. Non spotted blind tumbling is illegal. (i.e. front punch)
 - a) A front limber is legal
 - b) A front walkover is legal
 - c) A front handspring is legal
8. Assisted tumbling at any performance other than the reported practice schedule and 15 minutes prior to the game beginning and at the 2 minute time before halftime is legal. Assisted tumbling must be spotted by a rostered coach
9. 5/6 ONLY- Baja stunt allowed with back spot in contact with the flyer the entire time by hands.

SUSPENDED SPLITS

1. Single-base split or straddle catches are illegal.
2. Tosses to any split or straddle position are illegal.
3. In a multi-base suspended split, the top person must have both hands in constant contact with a base(s) and must have a front and back spot.

TOSSES

1. All tosses must be performed from ground level bases.
2. Basket tosses must not involve more than four tosses, including the person who may set or load the top person.
 - a) One of the tossers must be behind the flyer during the toss
 - b) The flyer must be cradled by all four of the original tossers
3. In all tosses:
 - a) The top person must be directed vertically
 - b) Participants must not pass over or under other participants
 - c) The catchers and spotter must remain in their original positions unless making adjustments for safety purposes.
4. Tosses into stunts are allowed for little league only (i.e. toss to extension, toss to chair, etc.) The toss shall not significantly exceed the height of the intended stunt.
5. Tosses through a prop are illegal.
6. Toe and thigh pitches to a jump or tumbling skill (including a suspended roll) are illegal.
7. Tosses to a split or straddle positions are illegal.
8. Helicopter is illegal.
9. A swan dive is illegal.
10. The flyer in a toss must not drop the head backward out of alignment with the torso (eyes are not looking forward).
11. Basket tosses are illegal for the midget division.
12. On a Barrell Roll front spot does not have to have contact with the flyer

TWISTS

1. A twist performed on the performing surface (jump-twist-land) must not involve more than two complete rotations.
2. A twist performed to a cradle must not involve more than **one** (1) complete rotation.

3. A twist performed during a tumbling pass must not involve more than one complete rotation.

PROPS HEIGHT LIMITATION

1. The weight bearing surface or props used as bases must not exceed 5 feet in height.
2. Mounts are limited to two levels high. Base will be first level and the participant(s) being the second level with direct weight bearing contact with prop.

PROPS AS BASES

1. Stunts on a prop are not permitted. Exception: Legal forward roll which begins with at least one foot and both hands in contact with a prop which is at least 1 foot wide.
2. After mounting a prop higher than 3 feet, participants must maintain contact with the prop at all times until dismounting, except if the performance area for each participant is at least 3 feet by 3 feet.
3. A participant may sit on a prop that is held by two bases provided that the weight-bearing surface of the prop is at waist level or below. A back spotter is required.
4. A prop cannot be used as any part of a totem pole pyramid.
5. Headstands/handstands on a prop are illegal. Other inverted positions on a prop are permitted provided at least one foot is in weight-bearing contact with the prop and the supporting surface of the prop is at least 2 feet wide and 2 feet long.
6. A top may have their head below their waist when lying on a prop which is at least one foot wide and no more than 3 feet in height.
7. A participant on a prop is permitted to drop their head backward out of alignment with the torso provided he/she has weight-bearing contact with a prop which is at least 2 feet wide and 2 feet long and/or she stabilizes herself by grasping the prop.
8. When moving from one prop to another prop, the top person must have visual contact with the new prop prior to beginning the transition.

DISMOUNTS FROM PROPS

1. Dismounts to the performing surface from props higher than 3 feet must have an assisted landing.
2. Backward dismounts from props are illegal.
3. Forward suspended roll dismounts from props not higher than 2 feet tall are permitted provided there is hand-to- hand/arm contact with two bases.
4. Backward suspended rolls from props are illegal.
5. Inverted dismounts (except legal suspended rolls) from props are illegal.
6. When dismounting from props higher than 3 feet, no skill (i.e. toe-touch, twist, etc..) without constant hand-to-hand/prop contact shall be performed prior to landing on the performing surface.

STUNTS NOT ALLOWED AT ANY PERFORMANCE

Single Base Extended Stunts
One Arm Stunt
Diamond Head
Prone
Double Cartwheel
Fly Over Back Flip
Roll Up
Fly Over Toss
Third Level

Gauntlet
Toe leg Pitch
Hands
Two 2 High Pyramid
Helicopter
Assisted Tumbling
No Baskets Tosses for K-2
Barrel Rolls allowed only 5/6
due to 1 rotation twist

Allowed with Clarification :

- Arabesque - torso cannot be flat to the ground.
- **A Reload is Allowed**

COMPETITION

1. All towns must comply with TCFA C&D guidelines.
2. Competition must be held on a football field. Host town is allowed to move competition to a turf field facility or gym due to weather conditions, and availability. The host town must gain prior approval regarding location from the Executive Board prior to making the move.
3. The TCFA C&D Team Competition must be held within the month of October excluding Halloween. No outside competitions during TCFA Cheer/Dance season including Post Season
4. Participation in all TCFA C&D team competition is mandatory. Any competing towns will not be allowed to have a competition routine taught by a gym or competitive facility. Full routine material can not come from an internet source or competition gym

5. Admission fees are \$5.00 for adults and \$3.00 for school aged children and senior citizens. All TCFA town commissioners (including assistant commissioners), and League/Zone commissioners will be free. Commissioners eat and drink free.
6. Competition costs: \$25.00 each entrant.
7. No personal checks or association checks will be accepted for competition. Payment must be made in the form of a money order or cashier check only.
8. Any unsportsmanlike conduct may result in a fine determined by the Executive Board.
9. Pre-Competition meetings to be held two (2) Sundays prior to competition. This meeting is to relay any additional information, etc. This is a mandatory meeting for all head coaches, commissioners and/or the two coaches that will be allowed on the field.
10. Competition times with award ceremonies, will be K-2 start promptly at 8:00am, 3/4th at approximately 10:00am, and 5/6 division at approximately 12:00pm (Noon), unless delayed due to performances.
11. All music must be turned in by the end of the pre-competition meeting. Anyone turning music in after the pre-competition meeting will be given a ten (10) point deduction. With the exception of an emergency, to be determined by the respected Tri-County Town Commissioners. Any music not turned in at the Pre-Competition meeting will go to vote to be decided at that time, the course of action to take. Music can not be a copyright, must be original or purchased
12. Each group will provide one (1) CD clearly marked with the town, age group and group name. Music will not be restarted once it has begun. Music can only be restarted when technical difficulties arise.
13. Teams will be waiting to perform on the back sideline or end zones. All teams will exit the field from the front sidelines.
14. Only coaches and commissioners allowed on field, no spectators. Only two coaches may be with squads while waiting to perform on sidelines, walking across field, sitting on "coaches' bench" during judging, and sitting on sidelines till the conclusion of performances.
15. No men allowed in dressing rooms.
16. No technical skills should be performed when an advisor/coach is not present and providing direct supervision (i.e. during competitions breaks)
17. Directors are allowed to use the field for spacing, during breaks and before the competition begins. Each team will be given 3 minutes each. The teams will go in performance order.
18. The lead child may be shown where to enter the field. The Director may show the lead child the beginning performance position by pointing. As coaches walk across field, hands must be in front of body in full sight.
19. Props may not be placed by coaches. The children must march into their positions and place their props without the aid of adults or instructors. Prior approval must be given by Executive Committee for any handicaps or disabilities.
20. Time limits for all team performances are three (3) to eight (8) minutes.
21. The cheer/dance time:
 - Entrance chant must start at the entrance of the field
 - Entrants may not perform prior to being announced.
 - The time is not stopped between cheers and dances.
 - The time ends when the last child exits the field or when music stops whichever is last unless pre-competition approval is granted by Executive board
 - All music will be pre-timed by league and/or zone commissioner, and written on legality sheet.
22. The cheer/dance routine must include:
 - An Entrance chant from the entrance of the field (motions are allowed). **A chant is defined as being repeated at least 3 consecutive times.**
 - 1 full motion cheer.
 - A minimum of 3 jump sequence. This will include the entire squad doing the jumps. The jump sequence must contain at least two (2) different types of jumps not being in the dance section.
 - A tumbling formation (square). All tumbling must be within the limitations as listed in the TCFA C&D Rules.
 - Stunts – All stunts must be within the limitations as listed in the TCFA C&D Rules.
 - Dance – There must be a minimum of six-8 counts of dance in the routine.
 - Formation changes during the dance section are allowed.
23. DJ must announce on deck team and the performing team.
24. All hosting towns are required to have a minimum # of spotters that would cover the largest squad attending, ages 14 and older, at competitions. Example: a 30 member squad would require 6 spotters. They must attend all directors meetings.
25. The mascot will perform with his or her squad.
26. There will be no prompting of motions/movements during the performance/competition from anyone except the competing participants.
27. No participant should be allowed to throw objects into the stands at competition.
28. Spotters

- K-2nd teams are required to have a front spot on stunts at prep (half) level at any performance. Back spots required on all stunts
 - 3rd/4th and 5th/6th teams are not required to have front spotters at prep level, but must have front spotter for all extended (full) stunts at any performance. Back spot required on all stunts
 - Spotters are not allowed to touch or remove any prop or object left on the performing field.
 - Spotters will wear competition t-shirt or a solid black shirt.
29. Any person found in violation of any of the foregoing rules may be punished in accordance with the Tri-County Football Association Cheer & Dance rules disciplinary actions.
 30. All judges' decisions are final; results of competition are not allowed to be protested.
 31. Participants will be allowed to use counting for loading and dismounts.
 32. Performance music on the CD must be at a level low enough for the cheer to be heard, or silence inserted into the music track.
 33. Poms must be cleared of stunt areas and tumbling areas
 34. Flipping, Stunting or Dismounting with poms is illegal.
 35. Optional for each town to allow Pep Squad to be a show team at competition. All coaches are allowed on the field for pep squad only ***
 36. Participant fee for pep squad at competition to be \$10.00 paid for by that town
 37. No contact with League or Zone Commissioners for at least 24 hours after receiving judges scores

COMPETITION LIMITATIONS

(These will be listed on the score sheets for judges' reference)

K-2nd

1. No stunts higher than prep (½) level. Must have front spotter on all prep level stunts.
2. Dismounts- cradle or drop.
4. Basket tosses are illegal for the K-2 age division.
5. Single leg stunts allowed at p
- 6. Back Spots are required on all stunts**
- 7. Thigh stand allowed with no front spot**

3-4

1. Front spotter required for extended stunts only. No single leg extended stunts.
2. Dismounts: cradle and drop
3. ½ twist up of top person.
4. Basket tosses are allowed with tricks
5. Back spots are required on all stunts
6. Single leg stunts allowed at prep level only

5-6

1. Front spotter required for extended stunts only. Single leg extended stunts allowed.
2. Dismounts: cradle or drop, 1 rotation twist dismount
3. ½ twist up of top person
4. Basket tosses allowed. Tricks are allowed.
5. Back spots are required on all stunts

Competition Routines must be taught by a TCFA C/D rostered coach and not by a gym or taught at a gym/competitive facility.

HOST TOWN/COMPETITION FEES

1. The town hosting competition must notify the TCFA C&D Zone Commissioners of the location and date of the competition by June 15.
2. The TCFA C&D Team Competition must be held within the month of October excluding Halloween.
3. There will be no refunds made for competition. Make sure you will be in attendance before you submit your entry fees. This fee will not be included in the non-participant fee.
4. Pre-Competition meetings to be held two (2) Sundays prior to competition. This meeting is to relay any additional information, etc. This is a mandatory meeting for all head coaches, commissioners and/or the two coaches that will be allowed on the field.
5. The host town is required to provide a concession stand with both breakfast and lunch served. Concession stand will open when gate opens for coaches and children.
6. All hosting towns are required to have a minimum # of spotters that would cover the largest squad attending ages 14 and older at all competitions. Example: a 30 member squad would require 6 spotters. They must attend the spotters meetings.

7. The hosting town must provide a professional sound system with CD and microphone for announcements.
8. Hosting town is to provide water to all participants after their performances.
9. The competition schedule will be provided to each town no later than the pre-competition meeting two (2) weeks prior to the competition date.
10. Hosting town to provide walkie talkies to Executive Board for competition day.

COMPETITION FIELD SET-UP

- a) Teams will be waiting to perform on the back sideline or end zones.
- b) All teams will exit the field from the front sideline.
 - Judges will be seated at the 40, 45, 45 and 40 yard lines.
 - Judges will be seated within 5 feet of the sideline.
 - Judges must be seated on a covered platform between 5-6 feet tall.
 - Coach's bench will be placed by the hosting town upon arrival the morning of competition.
 - The front boundary line is 15 feet from the sideline marker.
 - All teams will be waiting on deck to perform on the back sideline or end zones.
 - All teams must exit the front sideline.

JUDGES

1. TCFA will use officially adopted score sheets. (Amendment 1)
2. All judges must be from outside the Tri-County area and be at least twenty-one (21) years of age.
3. Judges shall be sent a copy of TCFA rules prior to competition.
4. Judges will be required to stay until the beginning of the awards ceremony for the 5th & 6th grade division. Judges will be notified of this requirement in advance.
5. Judges will be notified that breaks are to be taken only between division performances.
6. Judges must be seated away from one another.
7. Judges will be qualified and from a professional organization (i.e. America's Best, NCA, etc.) Judges to be hired by the Executive Board at the expense of the hosting town.
8. All judges must judge in a different colored pen. Judges must initial any mark-outs, changes or corrections.
9. There must be a tie breaker judge for all competition for a total of 5 judges including the legality judge at the hosting towns expense.
10. No one will speak to the judges except the League Commissioners (League Cheer/Dance Commissioner, South Zone Commissioner or North Zone Commissioner). League Commissioners must be together when approaching a judge. **NEVER APPROACH A JUDGE.** If the League or Zone Commissioners have a team competing, they must stay out of the Tally room during that division.
11. All envelopes with score sheets must be sealed.
12. Hosting town football commissioner or person appointed by the hosting town must run all score sheets to the tally room in sealed envelopes.
13. All judges' decisions are final.
14. Legality judge should be in position on the 50 yard line.
 - The Legality Judge will use the official Legality Score Sheet (Amendment 2). Legality judge to be the Executive Board. If all 3 Executive Board are coaching hosting town must pay for a legality judge
15. Returning judges from prior year are allowed.
16. The use of any technological device is prohibited while in the judges stand.

TALLY ROOM

1. The scores shall be tallied by a nonbiased person and to be paid by hosting town
2. These representative will be required to remain in the tally room throughout all 3 divisions not being released until conclusion of the Little League awards ceremony.
3. The only other people allowed in the tally room will be the host (person in charge of the town hosting the competition), Tri-County League Cheer & Dance Commissioner, North and South Zone Cheer & Dance Commissioners.
4. The tally room representative should be at least eighteen (18) years of age.
5. Judges will add their own scores and the totals will be checked by the tally room representative for mathematical correctness only.
6. No erasers will be allowed by any tally person. All mark-outs must be initialed by the person making such mark out.
7. All scores and result sheets must be initialed by each tally person with their respective colored pen.
8. The Tally Room representative must attend the Tally Room Meeting prior to the beginning of the division.
9. Town must appoint a Tally Room Host and the Host must be present in the Tally room at all times.

10. Scores will be added together and not averaged. Any violation points stated above will come off the total score.
11. No cell phones or other technical devices are allowed in tally room.
12. Free admission to competitions and refreshment will be provided for tally room representatives.
13. Tally Room representative must be present 30 minutes prior to that division start time.
14. Judging score sheets will be in a sealed envelope and given to League Commissioner. League Commissioner will scan to town commissioners on the 1st business day of the following week

AWARDS

1. No goody bags/gifts etc. may be given to participants until after awards ceremonies and team has exited the field.
2. Each child will receive a medal for the division in which he/she performs if that child doesn't place Grand Champion or Runner-up, 3rd or 4th place. 1 placement trophy will be given to each team in each division at Cheer Competition. Hosting town must deliver placement trophies during Post Season games.
3. All Head coaches will receive a trophy as the team members.
4. Participation trophies must be at least 14 inches tall, 4th place must be at least 16 inches tall, 3rd place must be at least 18 inches tall, Runner-up trophies must be at least 20 inches tall and the Grand Champion trophies must be 22 inches tall.
5. If a registered team member becomes ill or injured and is unable to perform at the competition they will receive their trophy.
6. Hosting town will provide a Grand Champion trophy to all Grand Champion teams in each division.

Amendments and Links

- Amendment 1 - Official Judges Score Sheet
- Amendment 2 - Legality Judging Score Sheet
- Amendment 3 - Injury Report Form
- Amendment 4-
<http://www.leaguelineup.com/welcome.asp?url=tricityfootball>
<http://usasf.net/safety/cheerglossary/> or <http://usasfrules.com/glossary/>

COMPETITION HOSTING ORDER

2021-KEMP
 2022-ROYSE CITY
 2023-MABANK
 2024-EUSTACE
 2025-CRANDALL
 2026-WILLS POINT
 2027-EDGEWOOD
 2028-QUINLAN
 2029-COMMUNITY
2030- Kaufman

JUNE SEMINAR HOSTING ORDER

2021-ROYSE CITY
 2022-KEMP
 2023-KAUFMAN
 2024-MABANK
 2025-WILLS POINT
 2026-EDGEWOOD
 2027- COMMUNITY
 2028-CRANDALL
2029-Quinlan
2030- Wills Point