

NRFL Cheerleading Rules and Regulations Content and Stunting

1. Teams are to be divided by age. These divisions are created in regards to stunting levels. Players may play down however, not up.
2. Teams can only stunt at the level of their youngest participant.
3. Cheers and chants should be of good taste and are acceptable to each program that they are operating under. Avoid cheers and chants that make derogatory remarks or comments about or to opposing teams are considered to be in poor taste and displaying poor sportsmanship. Please choose team building, enthusiasm building cheers. IF you have questions regarding content, please forward requests on to Cheer Director of your program or NRFL Cheer director.

Standards by grade level: The following should be taught and emphasized:

3rd & 4th grade

- Tight arm positions, facials and precision. Work on getting arm swings and positions unified and tight.
- Work on voice projection. Teach diaphragm usage.
- Preps for jumps as well as jumps including tuck jumps, herkies and toe touches.
- Begins formation changes-- doing so unified.
- Use of spirit signs, megaphones and crowd leading items to raise crowd enthusiasm and spirit.
- Proper stretching of muscles to attain skills such as switch splits, bridges, walk overs.
- Strengthening exercises to help with core strength and arm strength.

***Please remember that many of these stunting sequences need to be taught with proper technique. If you do not have that knowledge, please refrain from using these stunts until you attain the coaching level! Please look for coaches clinics in your area and through the NRFL to help build skill levels. Contact NRFL Cheer Director with questions.

Stunting for 3rd & 4th grade

- Thigh stands with back spot.
 - Kneeling
 - Standing
- Flairs at thigh stand level
- Pony Stands

5th & 6th grade

All of the above should be taught and may also include:

5th & 6th Grade continued

- Shoulder sits with back spots -- 2 approaches
- Halves or elevators (BS)
- Reloads, sponges, transitions (BS)
- Cradles

- Single leg elevator flairs (BS)

Liberty
Scale
Scorpion
Arabesque

- Flairs from elevator level

V-sits
Box outs
Mountain Climbers
Hopscotch entrance
Twist up entrance

7th & 8th Grade

Teach and emphasize all of the above and including:

Extensions with front and back spots (FS) (BS)

NO SINGLE LEG EXTENSIONS !
NO FLAIRS AT EXTENSIONS!

- Cradle from extensions

NOTES:

Football coaches and Field Directors biggest complaints RE: Cheer is that the cheerleaders and cheer coaches do not pay attention to what is going on out on the field. For example:

- doing defensive chants when your team has the ball.
- Continuing cheers/chants when there is an injured player on the field.

Coaches need to remain with their squad at all times and keep an eye on the field of play as well. Cheerleaders should take a knee - just like the football players when a player is hurt.

As long as the game is playing, cheerleaders should be present on the sidelines. Breaks should take place at quarters and at half time. Save large cheers/routines

for half time or quarter breaks. After that, take bathroom breaks etc. Be back in formation when play resumes.

Cheer at scheduled time, regardless of weather. Rain is not a reason to not cheer. If boys can play in it, we can cheer in it! Reduce tricky stunting during rain/snow or other conditions that make shoes and track slippery.

Remember that you represent your community and conduct yourselves in that manner. Welcome opponents to your field and be helpful. Explain where bathrooms are, concessions stand and offer information before the game begins.

Remember that we are in this for the fun, the competition and the enjoyment of the sport, but first and foremost.....for the kids.

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