2026 VMFL CHEERLEADING HANDBOOK

Mission Statement:

To foster and promote minor football in conjunction with our member associations with the emphasis on participation and competition

VMFL CHEERLEADING HANDBOOK RULES

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VMFL Cheerleading Season Rules and Guidelines

Vancouver Mainland Football League (VMFL) Mission Statement

"To foster and promote Minor Football in conjunction with our member associations with the emphasis on participation and competition."

Goals

1) To facilitate an all-inclusive sport of Sideline Community Cheerleading
2) To provide VMFL certified coaches for the coaching of safe cheerleading skill development, while fostering community spirit
3) To provide VMFL spirit alongside the game of Community Football

Objective and Purpose

The VMFL Cheerleading program is a division of the VMFL. To promote community spirit and football through the sport of cheerleading. To promote an all-inclusive environment where there is a place for everyone and everyone has a place.

Guiding Principles of the VMFL and its member Associations:

- To provide and promote minor football and community cheerleading, through our member associations, to youth aged 5 -18.
- To provide youth the opportunity to play football and cheerleading to their capabilities.
- To provide youth the opportunity to play contact football at the competitive level.
- To provide youth the opportunity to play flag football at the recreational and competitive level.
- To provide youth the opportunity to do cheerleading at a community and competitive level.
- To ensure that our program is enjoyable and safe for all participants.
- To ensure an educational process for the learning and development of team concepts, community spirit and good sportsmanship are entrenched in our program.
- To provide youth the opportunity to appreciate the game of football and cheerleading, enjoy recreational sport and learn the fundamentals of the sport.
- To give the opportunity for players, coaches and officials to develop their skill sets through proper certification programs.
- To ensure safety equipment is utilized properly and adequate playing fields or spaces for practice and games are made available.

Administration

The Cheerleading programs of each Association must follow guidelines and document requirements as set out by the VMFL.
In the event of a conflict between this document and the VMFL Fall Football Handbook, the Fall Football Handbook will take precedence.

Section 1 Roles

VMFL Cheerleading Coordinator

1) Prime responsibility is to facilitate an open communication between Associations, Coordinators, and VMFL Coordinator, and serve as a resource regarding program development, rules, guidelines, competition preparation etc.
2) Appointment is approved by the VMFL and serves as a liaison between the Association Cheerleading Coordinators. The VMFL Coordinator will serve a minimum of one term.
3) Oversee and assist in the development of cheerleading within the league on behalf of the VMFL
4) Attend monthly VMFL meetings and provide status reports of all activities, concerns and/or needs of the Associations
5) Organize and execute the annual VMFL Cheerleading Competition
6) Receive all Squad rosters and confirm all additional information
7) Host and/organize training clinics for Coaches and Coordinator certification.
8) Host and/organize 1 meeting 1 week after the scheduling meeting for fall football to organize and coordinate Cheer Scheduling between clubs and coordinators. This is mandatory meeting of clubs that have cheer that season, if a club representative is not in attendance this will be the $250 mandatory missed meeting fine.
9) Host and/organize a meeting 1 month prior to the competition for organization and receiving all competition declarations. Voting will happen at the Cheer competition meeting, if the association president is absent, the Association Coordinator can vote as a club representative for the Cheerleading meetings only. The only information that is to be discussed at the competition declaration meeting is competition.

Association Cheerleading Coordinator

1) Primary responsibility of the Association Cheerleading Coordinator (ACC) is to utilize the resources provided by the VMFL Coordinator to promote and develop the community cheerleading program for all of VMFL.
2) The Association Cheerleading Coordinator is appointed by the home Association Executive and is a minimum 1 year long term. If an Association Cheerleading Coordinator cannot be found, the VMFL Coordinator can be used as a resource in order to help fill the position.
3) The Association Cheerleading Coordinator is responsible for overseeing their home club cheerleading program and coaches.
4) The Association Cheerleading Coordinator is to work alongside the home Association Executive board to promote the growth of Community Cheerleading and Football.
5) The Association Cheerleading Coordinator is to facilitate open communication between themselves and the VMFL Coordinator within a respectful time frame.
6) The Association Cheerleading Coordinator is to oversee the following areas:
    A. Game Uniform and practice uniform requisition and assignment
    B. Practice and game scheduling - which the game schedules are to be provided at the scheduling meeting after the football scheduling season
    C. Approve Cheerleading Coaching staff including Managers

D. Supervise Coaches and Managers when Possible
E. Ensure Association has Cheerleader Codes of Conduct
F. Ensure coaching staff qualifications are provided and met
G. Coordinate all administrative paperwork with Team Managers
H. Work alongside the Association Secretary or Registrar to have squad rosters sent to the VMFL Coordinator
I. If using indoor area, ensure facilities are scheduled/booked
J. To uphold the rules and guidelines set out by the VMFL
K. Must attend home Association meetings and VMFL Coordinator meetings
L. Any other duties deemed necessary by the Association

7) The Association Cheerleading Coordinator is to work with all the active cheerleading Associations and the VMFL Coordinator to coordinate the annual VMFL Cheerleading Competition.
    A. Attend the hosted meeting of the VMFL Cheer coordinator 1 month prior to the competition for declaration and/organization of competition - Voting will happen at the Cheer competition meeting, if the association president is absent, the Association Coordinator can vote as a club representative for the Competition meeting only. The only information that is to be discussed at the competition declaration meeting is competition.
    B. Provide a list of volunteers to facilitate jobs for the event
    C. Provide a minimum of 1 Judge for competition if requested by the VMFL.
    D. Promote the cheerleading competition within the Association
    E. Ensure the home Association attends competition and declares either competitive entry or showcase entry
    F. Maintain and enforce all VMFL rules and regulations regarding competition
    G. Ensure each squad's coaching staff has at least one certified minimum Occupational First Aid Level 1 person (First Aid person)

Cheer Coaches

1) Coaches' primary responsibility is to the safety and fun of their Cheerleaders. To enrich, teach and help Cheerleaders' skill levels and Spirit grow and flourish through the sport of Cheerleading.
2) Coaches are volunteers and work under the direction of the Club Coordinators. Coaches represent their home Associations and the VMFL as a whole and must conduct themselves in a professional and respectful manner. Coaches are role models to the children that are Cheerleading and must follow the Cheerleader's Coach Code of Conduct. Minor age Coaches are allowed to coach at the Coordinators discretion (coaches who are cheerleading squad eligible) However they must coach below their eligible squad level.
3) Aside from safety and fun the teaching priorities are as follows
    A. Sideline Cheers and Chants in preparation for Football Games
    B. Basic Sport Conditioning

C. Foster Community and Association Spirit
D. Teach a basic understanding of the sport of Football (offense, defense, etc.)
E. Lastly skills related to Competition (i.e. Stunting etc.)

4) Coaches are to be on their feet and participating in practices. A coach must lead by example. (If a Coach is unable to stand other arrangements may be made with ACC)
5) Cheerleading Coaches MUST be on time to practices and games. If not possible the Coach must contact their other Coaching staff and the ACC as soon as possible to ensure the safety of their team.
6) Coaches are to be dressed appropriately in sports attire for practices and games. (T-shirts/Club shirt if owned or provided, active wear pants or shorts and sneakers)
7) Coaches must remain with the Cheerleaders at practices and games until picked up by a parent etc.
8) Ensure certified First Aid person is present at all practices and games

Team Manager

1) Primary responsibilities for Team Manager are to ensure all documents and paperwork pertaining to Cheerleaders is up to date with the Club.
2) Take attendance at all practices and games. Provide Monthly attendance to ACC. Provide PA Cheerleading Roster at Games.
3) Provide a minimum of one open forum for team communication to be agreed upon between Coaching staff.

Section 2 Requirements

VMFL Coaches need to achieve and maintain a minimum-coaching standard in order to ensure that all participants receive the safest and highest quality of coaching possible.

	Manager	Coach	Senior Coach	Club Coordinator	VMFL Coordinator
Criminal Record Check	✔	✔	✔	✔	✔
Code of Conduct (COC form in fall handbook)	✔	✔	✔	✔	✔
First Aid ***	✔	✔	✔	✔	✔
Making Ethical Decisions	✔	✔	✔	✔	✔
Making Headway	✔	✔	✔	✔	✔
Rule of 2	✔	✔	✔	✔	✔
Safe Sport	✔	✔	✔	✔	✔
VMFL Cheer Coach Certification Training or BCSC or ICU Equivalent		✔	✔	✔	✔
One legged extended stunt training Certificate			✔	✔	✔

*** Re: First Aid: (Occupational First Aid Level 1 Minimum) Each cheer squad must have at least one Occupational First Aid Level 1 certified adult present at all practices and games, preferably the team manager. As cheer squads do not tend to have a designated trainer, one certified First Aid person per squad is sufficient.

*** Re: BCSC - British Columbia Sport and Cheer and ICU - International Cheer Union

Training

1) Coaches are not permitted to coach beyond 30 days of Club season practice commencement without attending the VMFL-sponsored Cheerleading Coaching Clinic.
2) In order for a Coach to teach tumbling and/or gymnastics, the Coach must be certified
3) In order for a Coach to teach stunting, the Coach must be certified
4) Coaches must provide annual copy of certificate

Section 3 Divisions, Age Limits and Structure and Restrictions of Divisions

1) Standard Squads - Age Limits & Divisions (Maximum 24 Cheerleaders per Squad)
   - ★ U9 Atom 5-8 years
   - ★ U12 PeeWee 9-11 years
   - ★ U15 Jr. Bantam 12-14 years
   - ★ U19 Senior 15-18 years
2) Mixed Squads - Age Limits & Divisions
   - ★ MU12 Junior Mixed 5-11 years
   - ★ MU19 Senior Mixed 12-18 years

****Mixed squads are suggested to be formed when there is more than 1 yet less than 5 of the two age division ranges****

3) Associations may choose to start their Cheer program at the age of 6
4) Squads are limited to a maximum of 24 Cheerleaders. The minimum number of cheerleaders per squad is 4.

NOTE Stunting of everyone on squad is to be done at the level of the YOUNGEST person on the squad

5) Cheerleading squads are to cheer for all corresponding Football teams to the corresponding Cheer squad; this includes away games and squads are to travel to a minimum of 2 away games per season. If the minimum 2 away games is not met, there will be a $300 fine per game ie the same amount as forfeited games for tackle teams. If more than one Football team is scheduled which causes a conflict, then the ACC must balance scheduling as evenly as possible for the Football teams. A reasonable compromise must be reached if there are two Cheer squads or mixed Squads and one corresponding Football team. If an association doesn't have a division for their cheerleaders to cheer for it is suggested that they rotate and foster community growth to other cheer divisions.
6) Cheerleaders are required to submit proper documentation (i.e. Proof of Birth, Care Card number etc.) by the 2nd week of the regular season. No stunting or tumbling is allowed until documentation is submitted.
7) Cheerleaders are to be on only one Squad/team in the fall season.

Section 4 Uniforms

1) Associations are responsible for issuing basic game uniforms.
   i)Uniforms are to be Club colours.

ii) Wherever possible uniforms for each squad should be identical. There are two options available A) shells, shorts, sweaters and skirts. Or B) Shorts or pants, club T-shirt, or cheer jersey or football.

iii) Cheerleaders are allowed to wear their own provided leggings, headware, pants, gloves, scarves and jackets in team colours at the club's discretion.

iv) Cheerleaders are to provide themselves with socks and sport runners. Shocks style shoes are not allowed.

2) Uniforms are to be age-appropriate attire for youth ages 5 to 18. Uniforms are to fit comfortably and not be short and tight. Midriffs must be covered.
3) Game uniforms are to be worn at games.
4) Every Cheerleader is to wear supportive runners, cross trainers or aerobic style shoes. All shoes on the squad must be uniform in colour and non-scuff soles are required for competition.
5) Hair is to be up. Out of Cheerleader's face.
6) Fingernails must be kept at an appropriate length for stunts due to safety reasons. No artificial nails or nail polish.

Section 5 Game conduct

1) Cheerleading runs the entire football season which includes preseason practice through to play-off games.
2) Cheerleading squads will cheer for their corresponding football teams, including away games, and will attend a minimum of two (2) away games per season. If more than one Football team is scheduled which causes a conflict, the Association Cheerleading Coordinator will balance scheduling as evenly as possible for the Football teams. A reasonable compromise must be reached if there are two Cheer squads or mixed squads and one corresponding Football team.
3) In a case where Associations have a minimal number of squads or football teams it is encouraged that games are rotated and assigned accordingly to MU12 Junior mixed and MU19 Senior mixed squad groups. If an association has a U19 senior squad but no U16 Bantam or U19 Midget football team, they may rotate through other squads and assist cheering for other age groups.
4) Cheerleaders are to be a safe distance from the sidelines at all times. Or as in Section 2.5 of the Fall handbook. Cheerleaders should be a minimum of three (3) yards from the sidelines at all times. Cheerleaders are to not interfere with the playing field and must remain aware of live play, immediately yielding space and getting out of the way if football play is headed toward the sidelines, officials, or athletes.
5) When field layout and space permit, cheerleaders should be positioned between the 30-yard and 50-yard lines, either across from their team bench or in a central midfield location, while cheering for their designated football team. Cheerleaders should not be restricted to end zones unless required due to documented safety concerns, field constraints, fencing, or direction from game officials for safety reasons. Where field design or venue layout limits sideline placement, cheerleaders should be positioned in the closest practical location that allows safe visibility, participation, and engagement with game play.

6) Squads are to be respectful of visiting cheerleaders and exercise common courtesy. (i.e. Do not begin a cheer until the other squad is done)
7) Halftime performances should normally only be done at an Association's own home field to show courtesy and respect to the host Association Cheerleaders. Visiting squads may perform at halftime if invited or approved by the host Association.
8) Cheers should begin between plays on the field or during time-outs. Cheers must not begin when a penalty flag has been thrown, during an injury, or over an announcer.
9) Stunting is not permitted while a football play is in progress on the field.
10) Visiting cheer squads must receive permission from the host Association Cheer Coordinator or Association Executive before performing stunts at an away game. Permission may be granted on a per-game basis or established at the pre-season meeting.
11) Cheerleaders and coaching staff must display good sportsmanship at all times and conduct themselves in a respectful manner toward officials, opposing teams, and spectators.
12) Cheerleaders and Coaches represent their Association and the VMFL and must conduct themselves with honor, dignity, and pride at all times.

Discipline

1) Associations are to have Cheerleader Codes of Conduct.
2) All major infractions (i.e. fighting) will go to the VMFL Discipline Committee.

Section 6 Stunting and Tumbling

1) Stunts may only be performed under the supervision of a certified coach.
2) Tumbling is only to be taught by a certified Coach. Certified coaches are able to teach their level of certification if higher than the VMFL Clinic level 1 with Certification proof. Athletes are able to perform skills they have previously acquired for VMFL events i.e. level 2 etc at the Coach, and Coordinator discretion.
3) Mats should be used whenever reasonably available, in a safe grass area, turf, or on a track. No stunting is to be done on pavement, wet grass or wet floors. Stunting is not permitted on concrete or cement unless you are stunting on Carpet bonded foam (Competition grade mats) Tosses/ releases are to be done with a mat, but a pop-down can be done without. Full extensions must be done with a mat. Seniors, are the exception and can toss and cradle without a mat, however full extensions still need a mat.
4) All mounts and/or pyramids (generic stunting) are only to be two levels high. This means the top person (flyer) must be directly supported by bases who are touching the ground.
5) For a pyramid to be considered valid there must be physical contact between each person in the pyramid.
6) Spotters are required until the stunt has been safely dismounted or returned to the ground. Extended stunts require a continuous spotter. Insufficient spotting in the case of extended stunts is considered a major safety violation.

7) Splits – Stunts, somersaults (flips), jumps, or drops directly into splits are not permitted. The cheerleader's hands must touch the landing surface (ground) first to support themselves before performing a split.

Refer to IASF rules for stunting regulations and parameters

U9 Atom - Stunting Level 1

U12 PeeWee - Stunting Level 1
In VMFL regulated events and competition - 1 legged prep level Non-connected allowed

U15 Jr. Bantam - Stunting Level 2

U19 Seniors - Stunting Level 2
In VMFL regulated events and competition - 1 legged full extension Non- connected allowed

Tumbling for Non-VMFL Events at level of stunting age group
Tumbling for VMFL events and competition at level of Coaches training and Coordinator discretion

Section 7 Recruitment

a) Any coach who recruits a Cheerleader that has not obtained a release from their previous Association will be suspended for 2 games for the 1st offense, a full season including the VMFL Competition or showcase, for the second offense and permanently suspended from participating as a coach in the VMFL for a third offense.
b) For the purposes of this rule, "recruit" means to engage, directly or indirectly, in finding, soliciting, enticing, encouraging, or attracting athletes to move from one Association to play for another Association.
c) NO cheerleader is to receive any type of payment to play in the VMFL.
d) No cheerleader will be reimbursed for any expenses they incur to attend practices or games that are not offered to the entire team unless approved by the VMFL.

Competition Rules & Guidelines

The Annual VMFL Cheerleading Competition is an exciting wrap up to the VMFL Football and Cheerleading season. The active Cheerleading squads of the year must attend the Competition and show their VMFL & home Association Spirit. It is their choice to compete or showcase, which is to be declared ahead of time.

Section 1: VMFL Participation Qualifications

Every single squad whether competing or showcasing, VMFL or not, will be evaluated for the VMFL Spirit award.

1) VMFL Squad

A. Cheered for a minimum of 80% of all games (Home and Away) corresponding to the Cheer team (i.e. North Surrey Peewee Cheerleaders have cheered for North Surrey PeeWee Football)
B. Maximum 24 Cheerleaders per individual squad
C. Each Association must provide a Cheerleading Coordinator or Association representative to assist with competition planning, setup, and takedown.
D. Squads may only compete with the roster of cheerleaders submitted and verified for the season.
E. Squads must declare one month prior to the competition date whether they will compete or showcase at the Cheer Competition Planning Meeting in one of the following divisions: U9 Atom, U12 Peewee, U15 Junior Bantam, U19 Senior, MU12 Junior Mixed, or MU19 Senior Mixed. Voting will occur at the Cheer Competition Meeting. If the Association President is absent, the Association Cheerleading Coordinator may vote as the club representative for cheer competition matters. Only competition-related matters are to be discussed at the competition declaration meeting.

2) Individual Cheerleaders

A. A minimum of 80% of all eligible practices and games must be met in order to compete.
B. Can only compete on the one squad of the roster submitted by the Association Cheerleading Coordinator.

3) Non-VMFL Squad

A. Must be either invited by or ask the Cheerleading Coordinators Committee to join the Competition
B. Must follow VMFL Competition rules, guidelines, age groups etc.
C. May be subject to entry fee
D. May be required to provide representative to assist in setup and takedown of the Competition
E. Declared 1 month prior to date whether competing or showcasing at the Cheer competition planning meeting

Section 2: Categories, Age Limits, & Restrictions

1) Standard Squads - Age Limits & Divisions (Maximum 24 Cheerleaders per Squad)
   - ★ U9 Atom 5-8 years
   - ★ U12 PeeWee 9-11 years
   - ★ U15 Jr. Bantam 12-14 years
   - ★ U19 Senior 15-18 years
2) Mixed Squads - Age Limits & Divisions
   - ★ MU12 Junior Mixed 5-11 years
   - ★ MU19 Senior Mixed 12-18 years

- ➔ Mixed squads are suggested to be formed when there is more than 1 yet less than 5 of the two age division ranges
- ➔ Mixed Squads compete in their mixed squad divisions
- ➔ All stunting must be done at the age restrictions of the YOUNGEST person on the squad

3) Squads must compete (or showcase) in proper divisions with a verified roster. Each Cheerleader can only compete (or showcase) on one team.
4) No restriction on how many squads an Association can have within a division
5) Complete disqualification will result if non-qualified Cheerleaders are discovered to have participated in any portion of a competition routine

Section 3: Code of Conduct

1) Coaching staff must remain with their squad at all times.
2) Cheerleaders are required to remain with their squads throughout the entire Competition, with the exception of break times and lunch. Cheerleaders are not to leave the premises of the Competition without permission from their Coach.
3) Disrespectful behavior, inappropriate comments, or use of profane language directed at other Judges, Coaches, and Coordinators or towards another squad or member of another squad will not be tolerated. This behavior is not in keeping with the goal of the Competition; therefore, violation of this rule may result in disqualification of the squad.
4) Coaching staff, Managers, Cheerleaders or parents may NOT coach or prompt their Cheerleaders during their performance. Exception: The U9 Atom Division Coach may lightly prompt during routine.

***Note: Coaches, Managers, and Cheerleaders are not permitted to sit in front of or stand behind the Judge's table at any time or that squad will be disqualified. With the exception of U9 Atom coaches, they are permitted to sit in front of the judges table and do light prompting.
Coaches are to be either within the Associations' designated area or in Coaches' designated seating area (if provided) during routine performance

Section 4: Stunting, Spotting, and Props

1) All mounts and/or pyramids (generic stunting) are only to be two levels high. This means the top person (flyer) must be directly supported by bases who are touching the ground.
2) For a pyramid to be considered valid there must be physical contact between each person in the pyramid.
3) Spotters are required until the stunt has been safely dismounted or returned to the ground. Extended stunts require a continuous spotter. Insufficient spotting in the case of extended stunts is considered a major safety violation.
4) The only permitted props are signs, poms, and megaphones. Glitter will be permitted to be used on poster/sign props and must not come off.
5) Costumes other than actual pieces to the Association uniforms are not allowed.

Refer to IASF rules for stunting regulations and parameters

U9 Atom - Stunting Level 1

U12 PeeWee - Stunting Level 1

In VMFL regulated events and competition - 1 legged prep level Non-connected allowed

U15 Jr. Bantam - Stunting Level 2

U19 Seniors - Stunting Level 2

In VMFL regulated events and competition - 1 legged full extension Non- connected allowed

Tumbling for Non-VMFL Events at level of stunting age group
Tumbling for VMFL events and competition at level of Coaches training and Coordinator discretion

Section 5: Standard Rules for all Routines

1) Music and choreography used in cheer competition routines must be appropriate for a family-friendly environment. Music, lyrics, gestures, or choreography that are profane, derogatory, discriminatory, hateful, sexually explicit, or sexualized in nature, including references to sexual acts or sexually suggestive movements, are prohibited. Any routine found to contain prohibited music or choreography will result in immediate disqualification from the competition. This enforcement will apply regardless of intent, editing errors, or whether the content was unintentional.
2) Overtime penalty will be assessed at 1.0 point for every 1 second over, deducted from each Judge. Time begins when the squad signals their first motion, or sound, after they have taken their places on the floor. It ends when the team indicates an obvious and strong clean finish.
3) Teams may be called upon to give or repeat an additional cheer or portion of their routine only at the discretion of the judges.
4) If a mishap occurs, a lower mark may be given under execution; however, the team's recovery will be judged under showmanship, providing a chance to gain points
5) Performances will be done on an approximately 40'x40' matted surface.

Section 6: Uniforms/Grooming Standard Rules

1) Competition uniforms are the regular season uniforms worn for games.
2) Every Cheerleader is to wear supportive runners, cross trainers or aerobic style shoes. All shoes on the squad must be uniform in colour and non-scuff soles are required for competition.
3) Make-up is allowed but must be tasteful. No excessive body paints allowed. Club name, symbols, etc. are permitted
4) Hair must be up and out of the face.
5) Fingernails must be kept at a length appropriate for safe participation and execution of stunts and cheers. Artificial nails and nail polish are not permitted.

6) All jewelry must be removed unless it must be worn due to medical or religious reasons. All piercings or jewelry MUST be removed or MUST be taped to the skin.
7) Glitter is not allowed to be worn by a Cheerleader. It is a safety issue; if it comes off it can become a slipping hazard.

Section 7: Competition Routine Categories

Competing Squad

1) Squad routines are to include every Cheerleader on the roster
2) Routines include cheers, a compulsory dance, jumps, tumbling, stunts and pyramids.
3) All squads will have a maximum performance time of 3 minutes.
4) Squads divisions to compete in are U9 Atom, U12 Peewee, U15 Junior Bantam, U19 Senior, MU12 Junior Mixed, or MU19 Senior Mixed

Group Stunt

1) 1 stunt group per squad may compete and must be selected from the roster of the entering squad
2) Stunt groups will include the Atom, PeeWee, Jr Bantam, Senior divisions and will be either 4 or 5 Cheerleaders. There is no mixed age group of Group Stunt. You must be in the age group of declared entry.
3) Stunt groups must follow stunting rules for age division
4) All stunt group routines will have a maximum performance time of 1 minute

Pairs

1) A maximum of 2 pairs per squad may compete and must be selected from the roster of the entering squad
2) Pairs routines can be Atom, PeeWee, Jr Bantam, and Senior. They are to include cheers, a compulsory dance, stunts, jumps and tumbling. There is no mixed age group of Pairs Routine. You must be in the age group of declared entry.
3) Pairs stunts must follow stunting rules for age division
4) Pairs routines will have a maximum performance time of 1½ minutes

Showcasing Squad

1) Showcasing squads can include any (or all) cheers, dance, stunts, pyramids and tumbling.
2) Showcasing squads must follow stunting rules for age division.
3) All Showcasing routines will have a maximum performance time of 3 minutes.

Section 8: Practice

1) Based on time availability, each squad will be given an opportunity to run through their routine on the performance mat. A time limit restriction will apply, to give all squads an equal and fair opportunity. This is an opportunity to check music levels, review your team & exits, set marks, and run through your routine. There is to be no practicing of stunts outside of scheduled times or the squad/group will be disqualified

2) Club Cheerleading Coordinators will be given practice times before the Competition date. It is their responsibility to communicate that to their squad Coaches. Only the squads designated for practice will be in the performance area.
3) Floor time is forfeited if you arrive late and/or not prepared at the designated time. The squad will be added to the end of the schedule only if time permits.
4) All stunting must be on the matted surface with a certified Coach present.

Section 9: Judging

1) A panel of qualified Judges with experience in cheerleading will be judging. The number of judges should represent the number of squads that clubs have taken part in the VMFL season. The final approval of Judges will be at the discretion of the VMFL Executive.
2) There will be an unidentified Spirit Judge committee.
3) From the volunteer list there must be 1 timekeeper and 2 score-checkers. The timekeeper will be responsible for timing the Competition. The score-checkers will be responsible for calculating and double-checking the final scores. These roles can be divided up to 2 designated volunteer shifts
4) The VMFL Coordinator will provide the Judges' score sheets and a copy of the VMFL Cheerleading Competition Rules and Guidelines.

Vancouver Mainland Football League

Cheerleading Official Squad Roster

Head Coach: _____ Phone (____) _____ Div. _____Squad_____

Status	Name	Year Verifier/Association	Date (mdy)

Association: _____Signature of President: _____

Status Legend:
Blank = Active I=Injured S=illness A=Absent D=Discipline

Vancouver Mainland Football League

PA Cheerleading Roster - Alphabetical Order

Association: _____

Squad: _____ Division: _____

First Name	Last Name Phonetic