SPORT GUIDELINES
COMPETITIVE SPORT CHEER

Acalanes, Alhambra, Campolindo, Clayton Valley,
College Park, Concord, Las Lomas, Miramonte

Approved: October 1, 2026

1. SEASON

1.1 Competitive Sport Cheer is a Spring Sport, as defined by NCS.
1.2 Starting dates for practice will be determined by NCS.

2. CONTEST INFORMATION

2.1 League games will be played on Friday, with a starting time of 5:30.
2.1.1 If transportation is late, a suitable warm-up time will be allowed
2.2 Per NCS By-Laws; Maximum number of contests: 24.
2.3 Per NCS By-Laws; Maximum number of scrimmages: 2.
2.4 Tournaments: All tournament games, excluding NCS post season games count for game against maximum contests.
2.5 League games will not be played when school is not in session, unless agreed upon by AD's and Principals of both schools.
2.6 League games take precedence over any tournament or pre-season postponed games.
2.7 Contest format shall consist of a maximum of:
2.7.1 Duration and order of games will be 3 (three) 4 round quarters and 1 (one) 3 round quarters. Overtime will be determined by play of games;
2.8 Host team is to contact the visiting team to find out how many players will be playing and approximate arrival time.
2.9 Will remain a Varsity only sport.
2.10 Host team is responsible for reporting scores per NCS policy

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3. RULES

3.1 USA Cheer Federation, CIF, and NCS rules will govern league and tournament play.
3.2 The DAL will adhere to all NCS guidelines and bylaws regarding Competitive Sport Cheerleading.
3.3 All other USA Cheer Federation rules governing the sport of Competitive Sport Cheerleading will be in effect and knowledge of the rules will be the responsibility of each player and coach.
3.4 Game ending procedures: Any contest suspended for any reason will continue from the point of interruption, unless mutually agreed upon by the schools involved, to end the contest, (Example: Game out of reach and both teams agree to end the contest).

4. EQUIPMENT AND UNIFORMS

4.1 Uniforms must conform with those listed in the USA Cheer Rule Book and NCS Bylaws.
4.2 Home teams shall have light jerseys.
4.3 Visiting teams shall have dark jerseys.
4.4 All players must wear team uniforms.
4.5 Each hosting school shall pay for all officials on hosting dates.
4.6 Hosting school is responsible for all hosting materials for all games.
4.7 Each hosting school is responsible for providing 9 (nine) panel mats of the same thickness (minimum thickness 1 3/8") and white tape/Velcro for the playing surface.

5. DETERMINATION OF LEAGUE OR DIVISION CHAMPIONS

5.1 League or Division Champion:
5.1.2 The League or Division Champion will be the team with the best overall record over the course of the league or division schedule.
5.1.3 If there is a tie for first place, the tied teams will be Co-Champions.
5.1.4 Ties, for the purposes of NCS qualification and DAL Tournament Seeding (If Applicable), will be resolved using the tie-breaking criteria. (See 5.2)

5.2 Criteria used to break ties:

1. Head to Head.
2. Ladder Finish. Which is defined as comparing each team's record against the other teams in the league based on the league schedule, starting with the highest ranked team and continuing down the ladder until the tie is broken.
3. In a 3 way tie (or more) once the initial tie is broken, it will revert back to the 1st tiebreaker with the remaining schools.
4. Lottery. If the coach or designee is not present at the pre-season coaches meeting, that school will receive the last number. If there are more than one coach or designee absent, the commissioner will draw numbers for the absentees after the initial lottery.

6. NCS QUALIFYING AND AT LARGE REPRESENTATION

6.1 The automatic representative to NCS will be the League/Division Champion or the winner of the tiebreaker.
6.2 Any other qualified team may apply for an NCS At-Large Berth.

7. MVP AND ALL LEAGUE SELECTION PROCESS

7.1. There will be 1 MVP selected from each division.
7.1.1. The MVP vote will be done first.
7.1.2. Coaches **CAN** nominate their own player for MVP. Each coach will receive an opportunity to explain their nomination.
7.1.3 Coaches **CAN** vote for their own players for MVP.
7.1.4. In the case where there are 3 or more nominations, voting will be done by a Tier Voting Process. Each coach will rank the players for MVP. Coaches **CAN** rank their own player. Athletes will then receive a number of points based upon how they were ranked by each coach. Points will be assigned in reverse order, with the last player ranked receiving 1 point, the second to the last player ranked will receive 2 points, etc. The player with the most points added from all of the coaches ballots will be named MVP.
7.1.4.1 If there is a tie in MVP voting, the tie is attempted to be broken once. If then still a tie, Co-MVPs will be named. If there are Co-MVPS, one spot will be taken away from the 1st Team All-League.
7.1.5. MVP is **SEPARATE** from 1st Team All-League, the MVP(s) will not be on the 1st Team All-League list.
7.2. Coaches will receive a number of All-League Nominations based upon their finish in league play.Ties in order of finish will result in that amount of nominations being split between the tied teams.
7.2.1. 1st Place = 10 Nominations
2nd Place = 8 Nominations
3rd Place = 7 Nominations
4th Place = 6 Nominations
5th Place = 5 Nominations
6th Place = 4 Nominations
7th Place = 3 Nominations
8th Place = 2 Nominations
7.3. Nominations must be submitted digitally **BEFORE** the postseason meeting.
7.4. Each All-League team will consist of 13 players total. The teams will be composed of the top players in the league as voted on by the coaches, regardless of position. The voting process for the teams will take place as follows:
7.4.1. Coaches will receive 13 votes for each All-League Team. Coaches **CANNOT** vote for their own players. Coaches **MUST** use all of their votes.
7.4.2. Coaches will vote for 1st Team All-League, this will be done by a secret ballot process. Once the results are tabulated, the 13 athletes who receive the most votes will be taken off of the nomination list and be placed on 1st Team All-League. Coaches will then conduct a new vote for 2nd Team All-League based on the remaining names, none of the votes from the first round of voting will carry over towards the second round.
7.4.3. If there is a two-way tie for the last spot of an All-League Team, an additional selection will be added to that team. If there is a three-way or more tie for the last spot, the coaches will revote between those tied players for the last spot.
7.4.4. If an athlete receives at least one vote throughout this process, they will be placed on the Honorable Mention List.
7.4.5. After the voting process has been completed, If they choose to, each coach can also add one more athlete to the Honorable Mention List. The Honorable Mention List is not published by the DAL.
7.4.6. If a school is not represented at the postseason meeting, their nominations will be taken off of the list for voting. However, the present schools can have a roundtable discussion BEFORE the voting process begins and elect any member of that school's nominations to an All DAL team. This is up to the discretion of the schools present and would require a majority vote. These elections are **NOT** in addition to the maximum number for each All-League Team, they would be taking a spot that could have been given to another athlete from a school that is present at the meeting.

7.5. Any athlete who cannot finish the season because they are deemed academically or behaviorally ineligible at their school will not be eligible for All-League consideration.