



SPORT GUIDELINES

COMPETITIVE SPORT CHEER

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

Approved: January 24, 2019

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 5:00.
 - 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: **TBD**.
- 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

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 Champions

- 5.1 League champion will be the team with the best overall record.
- 5.2 Tie records shall be Conference Co-Champions.

6. North Coast Representation

6.1 To be determined when information is received from NCS

7. All League Selections

7.1 Coaches will nominate athletes from their own teams.

7.2 The number of nominations for each school will be determined by the number of schools participating, determined as follows: 1st place: 3 nominations; 2nd and 3rd place: 2 nominations; all other teams; 1 each.

7.3 There will be a first team consisting of 7 athletes.

7.4 There will be a second team consisting of 7 athletes.

7.5 Any athlete nominated but not selected to the first or second team will receive Honorable Mention.

7.6 Coaches will vote for athletes for the first and second team. Coaches may not vote for their own team members.

7.7 In the event of a tie for all-league selection a vote will be held to break the tie.

7.8 A league MVP will be selected from the first team.

7.9 Any athlete who is deemed academically or behaviorally ineligible at their school will not be eligible for all-league consideration. Athletes who are ejected twice during the season under the NCS ejection policy will not be eligible for all-league consideration.