Bethel Recreation Association
Girls Winter Cheerleading K-5th Grades

2026 K-5th WINTER CHEERLEADING RULES

These rules are to be in effect for all practices, games and other performances.

GOALS OF THE PROGRAM

The K-5th Girls Cheerleading program is an instructional league designed to teach the proper fundamentals of cheerleading in a fun-filled atmosphere. Teamwork, dedication and good-sportsmanship will be strongly reinforced.

SQUADS

- Cheer squads may be combined with Kindergarten-5th grade girls.
- Cheer squads will cheer for Bethel Recreation's 3rd - 6th Youth Basketball program in the large school gyms.

THE COURT

1. Cheer squads will cheer on the spectator sidelines.

PARTICIPANTS AND EQUIPMENT

1. Bethel Recreation will supply all participants with poms, shirts and cheer bows.
2. Every member of a squad must wear the Bethel Rec. shirt provided.
3. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited.
4. Participants may participate in limited capacity while wearing plaster casts or a walking boot. Participants wearing casts/boot may not stunt, or tumble during the performance.
5. Jumping with a cast is permitted with the exception of the cast being on a foot or leg.
6. ***Jewelry is prohibited. This includes earrings (taping jewelry is NOT acceptable).*** Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. Hard barrettes, bobby pins in the hair that are securely fastened are allowed. ***Temporary plastic earring retainers can be worn in the ear in place of studs.***

HAIR/BOWS/RIBBONS/PINS

- Hair must not interfere with participant's ability to stunt safely. Hair must be secured away from the face.
- All hair pieces/bows must be securely fastened as to not fall out onto the performing surface.
- Length of ribbons must not impair vision.

GAME DURATION/SUPERVISION/OFFICIALS

1. There will be a Gym Supervisor at each game site to answer questions and provide assistance.
2. Games will consist of two (2) twenty (20) minute halves.

CHEER GUIDELINES

1. All cheer squads are expected to introduce themselves to the visiting team participating to exhibit good sportsmanship.
2. All squads shall alternate cheering and chanting throughout the game. Cheers may not be performed during free throws.
3. All squads are to perform during half time; the home team squad performs last. All performances shall be limited to two (2) minutes to allow each squad equal time to perform and adequate time to clear the court for continuation of the game. All squads should cheer, encourage and display good sportsmanship during squad performance.
4. No music containing profanity or sexual innuendo will be allowed during performance.
5. All squads are required to kneel and reframe from cheering when a player is injured until instructed by the coach.
6. All cheers must be positive in nature. No profane language or gestures are allowed.
7. Dance moves should be in good taste and reflect positive moral values.
8. Cheerleaders shall adapt their routine to the environment conditions and playing surfaces for which routines are used.
9. Coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
10. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts).

TUMBLING

Tumbling is permitted provided the athlete has been properly trained. All basic skills with hand support performed from a standing position are allowed.

- No twisting tumbling (Arabians or full twists).
- No front and back handsprings, flips, or aerials.

Tumbling maneuvers permitted are the following:

- Cartwheels
- Round Off
- Forward and backward roll
- Forward and back walkover
- Hand Stand

STUNTS

Stunts Allowed: Thigh Stands and variations of thigh stands and kneeling thigh stands and variations of kneeling thigh stands.

- Back spotters are required on all stunts.
- Spotters must have physical contact at all times.
- Stunts must remain stationary.
- One foot must remain at thigh level or lower at all times.
- One foot must be in contact with the base at all times.
- Absolutely no stunting in a hard cast.
- Absolutely no building above the waist.
- Absolutely no tosses, inversions and swing up stunts are allowed.
- No pyramids.
- No tension rolls or cradles.
- No released twists (no helicopters, log rolls or twisting cradles).

DISMOUNTS

- Basic dismounts only.
- Hand dismounts are allowed. The bases take their outside hands and hold the hands of the Flyer. As the Flyer jumps down, the bases catch her under her armpits with their other hands.
- Dismounts to the performing surface shall have assisted landings.

BETHEL RECREATION CODE OF CONDUCT

1) Coaches, players, and spectators:

- MUST follow all BSD rules and regulations including- NO use of alcohol, tobacco, smokeless and vapor/e-cigarettes, marijuana and **NO animals (including DOGS)** on BSD property.
- May not disrespectfully address or yell at an official, other coaches, players, parents or spectators.
- May not attempt to influence an official's decision.
- May not use profane or inappropriate language or obscene gestures.
- May not disrespectfully address, bait, or taunt an opponent.
- May not confront officials before, during or after a game.
- May not make a threat of physical harm or use physical force towards an official, supervisor, staff, coaches or players.

2) The head coach is responsible for the conduct and behavior of their team players, bench personnel and spectators.

3) All children/siblings must be supervised and all garbage (including water bottles) needs to be picked up.

4) If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback please contact: During Games: Supervisor **Before or After Games:** BR Director/Board

PENALTY:

Any coach, player or spectator who fails to comply with the above rules will be subject to Code of Conduct disciplinary action. Depending on the severity of the violation, supervisors and officials have the authority to remove individuals.