



TEXAS CHRISTIAN ATHLETIC LEAGUE Cheerleading Competition Guidelines & Registration (Rev. 2/2011)

The following represents the “CHEER” portion of the T★CAL athletic program. Cheer is now a sanctioned sport in our league. We will continue to build and support the program year-by-year as the participation demands. We purpose to review all safety guidelines and Rules & Regulations according to the Christian Cheerleaders of America standards annually to ensure a safe and successful program.

Any violation of the following rules & regulations will result in DISQUALIFICATION without refund. The competition judges and competition director will judge any and all violations.

- ★ **CHEERS & CHANTS:** All words or phrases included in your team’s performance should be positive and uplifting for your team. Negative, degrading, or unsporting comments toward another team are prohibited.
- ★ **MUSIC:** All music selections shall abide by the above stipulation and must be approved by the state office 2 weeks before competition. Music with the following lyrics are prohibited: harmful, immoral, sexually suggestive, of or relating to the drug or “gang” culture, glorifying the use of tobacco or alcohol, degrading to authority (law enforcement, parental, political, league administration, etc.).
- ★ **BODY MOVEMENTS:** Sexually suggestive or lewd innuendos are prohibited. References to violence, murder, or criminal activities are also prohibited.
- ★ Special attention is required to ensure that God, Jesus Christ, or the Deity is not referred to in any way that might be less than holy and pure.
- ★ **UNIFORMS:** The key word is “modesty”. Length of skirt can be determined by your own school’s dress code or policy. Judging will not be done in regard to skirt length.
Modesty in under garments is critical. Please be sure that undergarments cover the participants properly and supportive sports bras are worn. Bare midriff uniforms or practice outfits are prohibited. Tank tops are allowed but cannot have strapless or completely bare shoulders. Low cut or brief uniform tops are prohibited. NOTE: If you are not sure if your uniforms meet the dress code requirement stated herein, it is suggested that body suits be worn under any questionable tops. Skirts should be long and loose enough for modesty, even when stunting, jumping and tumbling.

I, as a coach, administrator, or teacher have read, understand, and will comply with the above stated guidelines. I have also provided my team parents with a copy of these guidelines. I further understand that any violation of this policy, at the discretion of the judges and league or competition officials will result in DISQUALIFICATION without refund. I accept this policy as part of the agreement for the privilege of competing in a T★CAL competition.

Cheer Coach Print and Sign

Date

Name of School

Coach’s Cell Phone Number (In case of emergency)

Mascot Entry: Enter name of student and Mascot Name (refer to page 2 for mascot Rules & Regulations)

