

2025 Premier Lakes Sports League Cheer and Drill Team Competition Rules and Guidelines Updated 2/23/2025 (previously updated 3/20/2022) (Adopted 3/5/2019)

Premier Lakes Sports League (PLSL) competition is a combination of Cheer, Dance, and Drill Team. All participants must be part of Rec Youth or Peewee organization cheer, dance, or drill team within PLSL. All participants, coaches, members, directors, and board members must adhere to the Cheer and Drill Team Competition Rules and Guidelines, the bylaws of Premier Lakes Sports League, and their individual league's bylaws.

PLSL will have three different categories for competition. Those categories will be Cheer/Dance, Drill Team/Dance and Show.

The cheer category will have four divisions. Each town/league can decide if they will have squads that are grade pure based on what is best for that town/league. If a town/league does go grade pure with all cheer squads or some squads, that town/league will be required to compete at the higher grade level of that division.

For example, grade pure town/league will be required to have their 1st-grade squad complete in the 1st and 2nd grade division. The 5th grade squad would need to compete in the 5th and 6th-grade division.

Pre-K and Kinder – Compete Division

1st and 2nd Grade – Compete Division

3rd and 4th Grade – Compete Division

5th and 6th Grade – Compete Division

The Drill category will have four divisions. Each town/league can decide if they will have squads that are grade pure based on what is best for that town/league. If a town/league does go grade pure with all drill teams, that town/league will be required to compete at the higher grade level of that division.

Cheer Category Competition Guidelines:

Routine Time:

Pre-k – 6th Cheer Grade Squads:

Competition performances will be required to be on a turf football field **or indoor facility on mats**. Each performance must be a minimum of 2 minutes and 15 seconds and a max of 5:00 minutes. The time begins when the first girl steps across the line of a football field **or onto the mat** with an organized movement (**i/e: chat/cheer or music begins**), a squad walking into place will not be considered an organized movement. Time ends when the entire squad has exited the field and passed the judges. There will be a deduction if a participant returns to the field once the whole squad has exited the field. The time will stop once the entire squad has exited the field **or mat** and the field/**mat** clean-up time will start. Each squad will have a 2:00-minute setup before performance and 2:00-minute cleanup (dropped poms or chant signs) after the performance. Coaches are the only individuals that are allowed to set up and clean up the field.

Elements of Routine:

Judges will score each squad based on their performance. Each squad is required to incorporate certain elements into their performance. The elements may be performed in any sequence. Each competing squad performance is required to include at least one chant, one cheer, one jump, one stunt, one dance, and tumbling.

In the event of a music error the Head Coach of the team can decide to restart or go to the end of the

division to repeat performance.

Cheer Category Deductions:

Routine/Performance TIME: A single 5-point deduction will be given if a squad performs less than 2 minutes and 15 seconds and/or over 5:00 minutes (this does not include field setup and/or field clean up). **There will be a 5 pt deduction if the team steps off the mat during the routine.**

Safety Violation /Spotter: There will be a single 5-point deduction per infraction for any stunt that does not follow the stunt policy. Any Pre-K and Kinder or 1st and 2nd Grade squad that performs a basket toss will be disqualified from the competition. The deduction judge can give a deduction for any stunt he/she feels is unsafe or for a stunt that comes down in an unsafe manner. The deduction judge cannot give a deduction for a stunt that wobbles or comes down in a safe manner. Any squad that walks, dances, stunts, tumbles, or kicks any prop or pom on the ground will receive a 5-point deduction per infraction.

Pre-K and Kinder – Stunts cannot exceed thigh level. One legged stunts may be performed with a base in nugget position and a back spot only. A front spot is not required for a nugget or thigh level stunt.

1st and 2nd Grade – Stunts cannot exceed a prep level. All stunts at a prep level must have two bases, back spot, and front spot. No one leg stunts allowed at prep level. One legged stunts may be performed with a base in nugget position and a back spot. A front spot is not required for a nugget or thigh level stunt.

3rd and 4th Grade – Stunts can go into a full with both legs. One-legged stunts cannot exceed a prep level. All stunts at a prep level and above must have two bases, back spot, and front spot. Can execute a cradle, spin down, and/or flip-down in a safe manner. Basket tosses may be performed with two bases, back spot, and front spot.

5th and 6th Grade – Is allowed to perform a one and full two-legged extension with two bases, back spot, and front spot. A front spot is not required for anything at a prep level or lower. Squads can execute a cradle, spin down, and/or flip-down in a safe manner. Basket tosses may be performed with two bases, back spot, and front spot.

Pre-k through 2nd Grade DIVISION COACH VIOLATION: 1st and 2nd Grade Division can have one coach assist with limitation.

There will be a single 10-point penalty (deduction) if the Pre-k through 2nd grade Division coach performing the routine with the squad has any verbal or hand communication during the routine, **including whistles**. One coach from Pre-k through 2nd grade division will be required to select one direction during the routine. The coaches not assisting must sit in the coach section during the performance. These coaches may not have any verbal or hand communication during the routine. The Pre-k through 2nd grade Division coach providing assistance can mock the routine and stay that direction for the entire performance. The coach assisting cannot do the routine full out. The coach assisting may not point or talk at any time during the routine. Absolutely no verbal or hand communication is allowed until the last athlete steps off the field. Once all athletes have exited off the field, the coaches can join their squad.

3rd – 6th Grade DIVISION COACH VIOLATION:

There will be a single 10-point penalty (deduction) for any coach in the 3rd – 6th Grade division that gives field assistance or assists with movements during performance. Coaches in 3rd – 6th grade must sit in the coach section during the performance. Coaches in the 3rd – 6th grade will not be allowed to talk, point, or show any movement that can be considered assistance during that squad's performance. Once all athletes have exited off the field, the coaches can join their squad.

Coaches will not be allowed to spot or help with stunts or tumbling during competition routines. Each stunt requires at least two side bases and a back spot at all times. The 1st and 2nd Grade Division will require a front spot on all stunts prep height.

Cheer Competition Scoring for Competing Squads Pre-k – 6th grade:

Each squad's scores will be based on the following criteria:

Floor/Field Mobility

Dance

Cheer and Chant

Jumps

Stunts

Team Coordination

Variety

Creativity

Difficulty

Final Impression

Tumbling.

All routines must be age appropriate. Girls should not perform any movements that could be considered vulgar. **Volunteer Coaches are responsible for the creation of their team/squad routine. All routines must be original, and the coaches or cheer commissioner/team directors of the squad/team must be the ones that come up with their competition routine on his or her own.** Again, all towns/leagues competing in the competition are considered Pee wee Game/Rec.

No copying or using other town material. No reusing the same routine for 6 years, not including chant. Music may be repeated but the dance and cheer should be 100% original.

Drill Team Category Competition Guidelines:

Routine Time:

Competition performances will be done on a football field or **indoor facility on mats**. Each performance must be a minimum of **2 min 15 seconds and a max of 5 minutes**.

Time begins when that team's captain waves her hand or salutes. Time ends when all the team performing participants have completely exited off the field. There will be a deduction if a participant returns to the field once the entire squad has exited the field. The time will stop once the entire squad has exited the field and the field clean-up time will start. There will not be a field setup time for any team that is performing under the drill team category. All field setup time will be included in the team's performance time. 2:00-minute clean-up (props, poms, etc.) after the performance. Coaches are the only individuals that are allowed to clean up the field.

Elements of Routine:

Judges will score each team based on their performance and if each element has been incorporated in the routine. Each team is required to incorporate certain elements into their performance. The elements may be performed in any sequence. Each team is required to have one entry, one kick line, one dance, & one ripple.. Any team under the drill team category that performs a stunt, tumble, cheer, and/or chat will be disqualified from the competition.

All routines must be age appropriate. Girls should not perform any movements that could be considered vulgar. Volunteer Coaches are responsible for the creation of their team/squad routine. All routines must be original, and the coaches or cheer commissioner/team directors of the squad/team must be the ones that come up with their competition routine on his or her own. Again, all towns/leagues competing in the competition are considered Peewee Game/Rec.

Deductions:

Drill Team Category Deductions:

Routine/Performance TIME: A single 5-point deduction will be given if a team performs less than 2:15 seconds or over 5:00 minutes (this does not include field clean-up). The team participating in the drill team category that executes a stunt or tumbles will receive a disqualification. Drill Teams can perform a lift. Any team that walks over, dances, or kicks any prop or poms that is located on the ground will receive a 5-point deduction per infraction.

Drill Team Competition Scoring:

Each team scores will be based on the following criteria:

Entry

Dance / Drill

Floor/Field Mobility

Team Coordination

Kick Line

Variety

Creativity

Difficulty

Exit

Final Impression PLSL Cheer and Drill Board consist of each participating town/leagues cheer commissioners and drill team directors. The end of season competition does not have to take place in the same location as the Super Bowl. The cheer commissioners and drill directors have the right to change location, date, and time of the end of season competition for the best interest of the majority of the towns involved and participating. Cheer competition location, date, and time must be decided and confirmed no later than July 15th.

All towns within the PLSL must confirm the number of qualified squads and teams for the season no later than Sep 15th. If a town does not confirm the number of squads on or before **September 1st**, that town will not be allowed to participate in that season's cheer competition. **All towns are responsible for their portion of the competition fees regardless of participation. Please see the PLSL Bylaws, Article 9 – Finances.**

Cheerleader / Team Eligibility:

Any youth who qualifies must have completed a registration form and provide proof of age to her respective town/league. All leagues must follow their town/leagues bylaws in regards to cheerleader eligibility to participate. The PLSL Cheer Board can allow exceptions with a vote.

For competition only, if an issue arises and the town/league is forced to move an entire squad/team up due to uncontrollable circumstances, that town/league will be required to get approval through a vote from all PLSL Cheer Commissioners and Drill Team Directors. At any point, a cheerleader or a squad cannot move down. A participant may not resign from one team and join another at any time. A participant cannot register with more than one team at any time.

If the conduct of any participant is considered unbecoming a lady or an athlete, on or off the field, she will be removed and may be suspended or removed from further participation in any association athletic competition for any period of time as determined by the PLSL Cheer and Drill Board of Directors and PLSL Board of Directors.

Uniforms:

All squads/teams must compete in their towns/league-approved uniforms.

Cheer Coaches, Drill Team Directors, and Team Moms:

Each squad/team may have 1 badged coach/director for every 5 girls and No more than 2 JR Coaches per team (18 years or younger). All coaches must have or wear PLSL approved Cheer Coach / Drill Team badges to all games and competition.

Each squad/team may have only one (1) badged team mom. The squad/team may have more than one team mom, but only one (1) will be issued a PLSL approved badge.

Any coach or team representative ejected from any PLSL game or competition, that representative will be brought before the PLSL Board of Directors for a possible constitution and bylaw violation.

All registered participants, coaches, directors, and representatives will be required to follow their town/leagues bylaws and PLSL bylaws. If a participant, coach, director, or representative breaks or goes against any bylaws within his or her town and/or PLSL bylaws, that individual will be removed.

Possible violations for ejection are:

1. Profanity
2. Any abusive language on the field or in the presence of player participants.
3. Under the influence of intoxicating liquor or drugs while on the playing field or any other league activity.
4. Unsportsmanship conduct.
5. Willingly and intentionally abusing referees, coaches, assistant coaches, team representatives, or players.

There shall be no squad/team within PLSL permitted to participate in the PLSL Competition that is deemed a "competitive" cheer or dance team, or that is coached or taught by a professional dance or cheer school/gym. A max of 40% of each squad/team can be in off-season competitive cheer. Head Coach and Asst. Coaches cannot currently be competitive cheer coaches. Junior Coaches can currently be participating in competitive cheer or dance but can not be choreographers assisting with cheer routine. PLSL Competition is strictly a Recreational Drill/Cheer organization. If a town goes against this, that town will automatically be disqualified from the competition. Squads/Teams cannot

participate in any form of competition prior to the PLSL competition. A squad/team can participate in any competition after the PLSL competition has completed. If you hire a Choreographer, you will be automatically disqualified. Even if you own a gym, no outside hire can assist with making the routine for competition. This is peewee sideline cheer not a competition cheer squad, so the goal is to keep it fair for every organization.

Stunt/Jump clinics allowed for fundamental learning and skills only not for choreography of routine.

Only one (1) representative per town is allowed at the table to tally scores. These individuals do not need to have any communication with any cheerleaders/cheer coaches or cheer commissioners other than the hosting town if a question should arise. Cellphones need to be put away and not used during competition by the town reps. Calculators can be provided for tallying. Any cheer commissioner or drill team director can request to view their deduction sheets prior to awards. In the event, there are any errors in score or deduction sheets, cheer commissioners and drill team directors from any town can challenge their deductions. Any deduction that is challenged can be removed if the majority of the cheer commissioner and drill team directors agree to remove the deduction. All score sheets will be scanned and sent out before competition ends to the designated town representative.

If any league has gone against any of the bylaw rules, (1) Head commissioner per town will vote on deduction/disqualification. 1 Vote per town by the head commissioner. This will be done not in public viewing. In the event of a tie, the hosting town makes the final decision.

Judges: Judges will be decided on by the PLSL Cheer Commissioners and Drill Team Directors. Judges must be 21 years of age or older to be able to judge. Judges must have some form of experience in Peewee Drill/Dance and Cheer. Judges will be paid \$150.00 per judge to attend or if they are volunteering their time, they are to receive a free meal from the hosting town. They are to evaluate and judge the cheer/drill team competition. These judges will be selected from outside of any participating town city limits and **will have no ties whatsoever to any cheer coach or child** that may be participating. Final selection of judges will be voted on by the PLSL Cheer Board Directors.

All judge selection must be completed six weeks before the competition. Four weeks before the competition, all selected judges will receive a copy of the competition rules, score sheets, and deduction sheets. This will allow any judge to ask questions prior to the day of competition.

There will be a total of four judges, three scoring judges, and one deduction judge. The judge count can be increased by majority vote from the cheer commissioners and drill team directors. Judges will be asked to keep their cell phones away during competition. If a judge needs to speak to someone, the only individual allowed to communicate with a judge is the Cheer Commissioner or Drill Team Director from **the hosting town.**

Competition Procedures:

An area will be designated for squads/teams to stand (staging area) while waiting to perform. No parents will be allowed in this area, and the Coaches are expected to maintain control during this time.

Teams and coaches will be staged in the visitor stands before their start time and are to remain in this location until their award ceremony.

As the team completes their performance, they will be expected to exit in an organized manner and proceed to the designated area to await the awards.

Individual team trophies/rings will be awarded to the teams that place 1st, 2nd, 3rd. Any team(s) that places after 3rd place will receive a medal. No gifts from Coaches or Parents are to be brought onto the field. Once awards have completed, all score sheets and deduction sheets are final. After the presentation of awards, the score sheets will be handed over to the towns Cheer Commissioner/Drill

Team Director.

Each town will receive a total score for all towns with their towns score sheet. Participants will not be allowed to leave at any time before awards. Once awards are completed, participants will return to the designated area to get their items and will be escorted by their coach to the selected parent's pickup area.

Awards:

Awards will take place at the end of the competition in the order below. This is subject to change and must be voted on by all towns participating in the PLSL competition.

Award Order for Announcing:

Drill Pre-K and Kinder-Compete

Drill 1st and 2nd Grade-Compete

Cheer Pre-K and Kinder – Compete

Cheer 1st and 2nd Grade – Compete

Cheer and Drill Awards Pre-K to 2nd Grade – Compete

Drill 3rd and 4th Grade- Compete

Drill 5th and 6th Grade-Compete

Cheer 3rd and 4th Grade – Compete

Cheer 5th and 6th Grade – Compete

Cheer and Drill Awards 3rd-6th grade-Compete

Awards will be announced as follow:

Reverse order. Last to 1st place. Any team that placed 4th or higher will receive a participation medal.

1st – 3rd place will receive **trophies or rings**. Show off medals only.

Hosting Competition:

Each town will be responsible for paying an agreed-upon equal cost for the cost of the competition. The cost per town will be determined by the PLSL Board of Directors and a decision will be made no later than Oct 1st. **The amount is capped at \$500/town per the PLSL Bylaws, Article 9 – Finances.** This fee must be paid to the hosting town no later than **Oct 1st**. The hosting town will get to keep all profit from the competition.

The hosting town will be responsible for all competition costs.

Responsibilities of the hosting town:

- Location: Turf Field or **Indoor facility on mats**
- Design and ordering of competition shirts.
- Staff (town volunteers, board members, coaches) to work the competition for the day. ·

Concessions

- Gate
- Medals
- Trophies/or Rings
- Announcer
- Score Runner
- Photographer/Video
- Paying of Judges
- Judges Tables

Competition Gate Fee:

Cheer Coaches and Drill Team Directors with PLSL approved badges: FREE

League Presidents / Commissioners / Board Members with PLSL approved badges: FREE

Competition gate fees will be **\$10 per person.**

- Kids under five years of age: FREE
- If a football player wearing that season's jersey: FREE

If that current season's hosting town is unable to host, the next town listed will host. If a town **doesn't participate** in a competition year **prior** to them hosting a competition, they **cannot** host the next year. **That slot will move to the next in line and they will move to the bottom of the rotation.**

Hosting Town Order:

Caddo Mills- 2025

Royse City- 2026

Sunnyvale- 2027

Greenville- 2028

Forney -2029

Wylie- 2030

The hosting town must provide a full concession stand and turf field/indoor location for competition. NO OUTSIDE FOOD OR DRINK IS ALLOWED TO ANY FIELDS AT ANY TIME DURING THE SEASON.

Amendments:

Any section of the Competition Rules and Guidelines may be changed or amended at any point with 51% majority affirmative vote by the Cheer and Drill board of directors and PLSL Board of Directors

_____ Caddo Mills Youth Cheer

_____ Caddo Mills Youth Drill

_____ Royse City Youth Cheer

_____ Forney Youth Cheer

_____ Wylie Youth Cheer

_____ Wylie Youth Drill

_____ Sunnyvale Youth Cheer

_____ Greenville Youth Cheer