



General Rules for Football & Competition

1. Good sportsmanship, honesty and leadership should be shown at all times.
2. A cheerleading team's first responsibility is to participate in all scheduled games and post- season play in full cheering attire. If you have a football team participating in post-season games, a cheerleading team must support the sideline. (*This excludes Monday night games)
3. Team rosters shall be submitted in the manner requested by CCL and must be submitted to your Commissioner along with the CCL medical waiver form prior to your first practice. Updates need to be submitted as the roster changes. Final rosters are due October 1st of each year.
4. Membership fees are due by August 1st of each year.
5. Football ages shall be determined as follows:
 - a. Flag Football cheering: 5 – 7 years old with age being determined as of 9/30 of the current year.
 - b. Football Cheering: 8 – 14 years old with age being determined as of 9/30 of current year for minor, junior and senior cheerleaders who are not aging out.
 - c. Age for seniors cheering during their last year of eligibility will be determined as of 12/31 of the current year.
6. The cheerleader must cheer on the squad as determined by his/her age (see #5 above).
7. Mascot cheerleaders are non-competing members of CCL.
8. Cheerleaders are not allowed to stunt or tumble during inclement weather, when the ground is wet or on paved surfaces.
9. Cheerleaders must follow the appropriate CCL Football and Spectacular Level Guidelines when constructing and performing routines.

