



MCCS SEMPER FIT  
OKINAWA JAPAN

## **Junior Cheerleading Bylaws**

Marine Corps Community Services (MCCS) Cheerleading will be played according to the NFHS rulebook, and the amendments defined in these bylaws.

- 1) Warm-ups will take place before the scheduled start of the game.
- 2) All teams may do stunts.  
Junior: (Ages 9 - Up)
  - Squads can only be two cheerleaders high.
  - Bottoms cheerleaders may stand.
  - Must have spotters.
  - No throwing in the air.
  - Squish is allowed.
- 3) Please avoid making any movements or gestures that could be considered inappropriate, provocative, or offensive in nature.
- 4) Mats are available upon request the day before the game and are not required for stunts.
- 5) To allow both teams to perform:
  - Half-time cheers are limited to two cheers and two minutes on the court.
  - The time limit includes putting the cheerleaders in their positions.
  - The home team will cheer first at half-time.
  - Notify the scorekeepers/referees you will be cheering at half-time.
- 6) Cheerleaders may not interfere with Basketball players during a game.
- 7) Songs must not have explicit lyrics or any content that is unsuitable for young listeners.
- 8) Your team's name does not have to match the team you are cheering for.
- 9) Squads may use optional items such as hairbows, shoe poms, signs, etc.
- 10) Coaches must not make additional purchases a requirement.

11) MCCS supplies the top, skirt & pom poms.

- The MCCS uniforms are the only uniform authorized during games.
- MCCS Youth Sports representatives must approve any customization of uniforms.
- Teams may not modify them in color or texture.

12) MCCS will provide team equipment, which is the Head Coach's responsibility.

13) **Cheer-down:**

End-of-season celebration for our cheerleaders!

- Each squad will be able to showcase the skills learned throughout the season in a non-competitive setting.
- There will be no grading of squads.
- Squads will be allowed to use music during their performance.
- There is a 4-minute time limit on cheer squad performance.
- Stunts- adhere to the bylaws above apply.
- Props, spotters, and other items are optional.