

WYF CHEERLEADING RULES 2007

These rules are additional rules to be followed along with the OCYFL rules.

Cheering is a sport. Cheerleaders are under the direction and supervision of their coach. During the season cheerleaders shall follow the rules of the team, town, and league. Any cheerleader who doesn't follow the rules will be subject to disciplinary actions and possible expulsion from the team.

Rules for WYF Cheerleaders

1. Each girl must be signed in and out by their coach.
2. Water breaks are required. You must bring your own water bottle or you will not be able to practice or cheer at the game. Please **NO** juices, soda, lemonade, Kool-Aid, Gatorade, hot chocolate, or the like.
3. **ABSOLUTELY NO** eating of any kind! This includes gum, candy, or snacks during the practice and/or games.
4. Cheerleaders are to wear appropriate clothing for practices. Tee shirts, shorts, or sweat pants, and sneakers (cheer sneakers if coaches request them). **NO JEANS**
5. All cheerleaders must wear the required uniform. Specifics are mentioned under appearance.
6. All cheerleaders are required to cheer in all weather conditions. **NO EXCEPTIONS** except thunder and lightning. The football players miss them when they are not there.
7. There is **ABSOLUTELY NO** jewelry, long / fake nails, nail polish or glitter allowed. Please don't get any new piercing during the football/cheerleading season. If you do, you will be asked to remove the jewelry, if you do not remove it, you will not be allowed to cheer.
8. **ATTENDANCE** is very important. If you cannot make a practice or game please contact your coach and let him/her know. **LATENESS** is an issue that coaches have to enforce in order to have the team ready to practice on time. Cheerleaders that are late to practice will have to do extra work to make up for lateness. This could include running a lap and / or exercises. This is for safety reasons not a punishment.
9. **UNIFORMS** When uniforms are handed out in the beginning of the season, you will be requested to sign a uniform policy form. This form states you have read how to care for the uniforms and the return policy of the WYF uniforms. At the end of the season all uniforms **MUST** be turned in at Cheerfest. A \$50.00 charge will be imposed on anyone turning in a uniform after December 1, 2006. Please give your uniforms to your coach or a board member **ONLY** so you will get credit for returning it. Please **DO NOT** give uniforms to anyone else. This saves the WYF board members a lot of work.
10. Cheerleaders **MUST** be picked up promptly after practice is over.
11. We will have at field practice cancellation. This means you come to practice and if the weather is not favorable we will cancel practice at that time.

APPEARANCE

1. All WYF cheerleaders must wear the required uniform to be eligible to cheer at the games. This includes royal blue bloomers, appropriate turtleneck, footwear, socks and pants that the coaches require.
2. Hair must be pulled back in a neat like fashion for safety reasons.
3. **NO** jewelry. This is a safety issue!
4. No long/false nails, nail polish or glitter. For safety reasons!

SAFETY

1. No pyramid shall be higher than 2 people
2. No tucks or flips shall be used when dismounting
3. No seat, knee or body drops directly onto the floor/ground
4. Spotters are required when engaging in a partner stunt. Spotters are required for all stunts. Spotters must remain in position until the dismount is complete.
5. Coaches, trainers, or helpers are not to assist in stunting. They may however be used as an extra spotter
6. No Jewelry
7. No long/false nails, nail polish or glitter
8. Hair must be pulled back
9. If the ground is wet at the football games, we recommend the cheerleaders not do a half time routine with stunts.

PRACTICES

1. Pre-season practice shall not begin until August 1st.
2. At least 10 minutes of warm up exercise (to stretch and to limber-up) shall be included prior to practices, games, and competitions.
3. Practices shall not exceed the number of hours per week permitted for cheerleader practice.
 - A. **NO** cheer team may schedule more than 10 hours per week during pre-season.

- B. After pre-season, practices are limited to 6 hours per week.
- C. No more than 2 hours of practice may be scheduled on any one day
- D. Water breaks are to be given during practices
- E. No practice, stunting, or participation at games shall be permitted without the head coach or pre-approved adult.
- F. If a cheerleader does not attend practice, it is up to the discretion of the coach to allow the cheerleader to participate in that week's game.
- G. A cheerleader must attend 75% of the games in order to receive a trophy.
- H. Anyone who is going to miss more than 3 weeks of practice in the month of August, should not register. If they do register, and miss more than 3 weeks in August, Walkkill Youth will have the right to ask them to leave the program.

GAMES

Each town will provide a safe, convenient area to cheer, free of fan interference and the bleachers if possible.

- 1. The home team will do the "Hello Cheer" first.
- 2. A coach from each team will travel with the team during the "Hello Cheer".
- 3. Each team will cheer on their side of the field.
- 4. Half time is comprised of 8 minutes, this is to be shared by both cheer teams.
- 5. At half time, the visiting team will use the field first for their routine
- 6. Each team's performance should not exceed 3 minutes.
- 7. Each team will watch each other's routine, cheer and support each other.
- 8. Remaining time is to be spent with coach regrouping for the next half of the game.
- 9. During an injury all cheerleaders will stop cheering while the player is being administered to.
- 10. NO trips to the concession stand or wandering the field during the game or half time.
- 11. A cheerleader's job is not only cheer, it is to observe the game, get involved, and know where their team stands.
- 12. Mighty Mite cheerleaders will also have allotted time for a half time cheer/dance.
- 13. Cheerleaders are required to be at all football games no matter what the weather conditions are.

CHEERLEADER CODE OF CONDUCT

- 1. Be respectful to one another, coaches and opposing teams.
- 2. Follow league rules, town rules, and team rules.
- 3. Positive attitude at all times
- 4. When in uniform remember you are representing Walkkill Youth Football
- 5. After the end of game form a line with the opposing cheerleading team, and high five them
- 6. Watch and applaud opposing team after their "Hello Cheer" and "Half Time" routine.

PARENT/GUARDIAN CODE OF CONDUCT

Under **NO** circumstances are any parents, guardians, family members or friends to become belligerent, arrogant, or abusive towards the coaches or trainers. This could result in the cheerleader being removed from the program. Remember they are volunteering their time to provide your child with an opportunity to take part in the sport of cheerleading.

MASCOTS

Walkkill Youth Football Board of Directors decision for the 2006 season will be **NO** mascots.

NO EXCEPTIONS!

AGE

All cheerleaders must be at least 6 years old by December 1st, and entering 1st grade but not 9th grade of the current season. Cheerleaders will be placed on teams according to their grade level and/or age.

- Mighty Mite.....1st & 2nd Grade
- Division 1..... 3rd & 4th Grade
- Division 2..... 5th & 6th Grade
- Division 3 &/or 4.....7th & 8th Grade

REGISTRATION

Each cheerleader must furnish the following in order to be placed on a team.

- 1. Registration Form - signed by either parent and/or guardian.
- 2. Medical Examination- signed medical form or statement form from an examining physician stating that the child is physically fit to participate in the sport.
- 3. Proof of Age - A copy of the child's birth certificate
- 4. Three copies of signed Parents Code of Conduct
- 5. Registration fees are non-refundable