



Cheer Rules and Guidelines

MEMBERSHIP:

1. Membership is open to 1st through 6th grade girls attending AYFCO and the surrounding areas and must sign registration
2. Girls registering must:
 1. Be willing to commit to attend **ALL** practices and games.
 2. Be willing to use good grooming and high standards of character.
 3. Be willing to put forth her best efforts in school.

SQUAD PLACEMENT:

- A. All girls will be placed on squads according to grade level.
- B. Squads are determined by number of football teams.
- C. Squads will be assigned to a football team. If we have 2 teams and only 1 cheer squad for a grade, squads will cheer multiple games.
- D. All cheer placements on squads are final for the season.

ATTENDANCE:

- A. Practice and Game attendance is mandatory. Your Squad depends on you as a part of their team!
- B. Attendance at regular and post season games for the entire game is mandatory.
- C. All girls must be at the field 30-45 minutes prior to the game (Coach sets the time). If late, she will not be allowed to perform during the first quarter and must sit on the bench.
- D. Pick-up from camp, practice and games must be within five minutes of the end of said scheduled event. Girls who are not picked up within the time period on two occasions (need not be consecutive) will be benched at the next game. AYFCO coaches have volunteered to coach during scheduled events, it is very important for you to be on time to pick up your child. **Coaches cannot transport cheerleaders to and from practices or games.**

ABSENCES:

- A. Coaches need to be notified of an absence prior to the event in order to be excused.
- B. Situations needing special consideration for absence will be dealt with on an individual basis.
- C. Going out of town will only be excused one time per season.
- D. A girl **cannot** perform in the first quarter of the game and during half time, if she did not attend the preceding practice.
- E. More than two unexcused absences from games will result in suspension from the squad.

PRACTICES:

1. Each cheerleader is expected to attend **ALL** practices. **All practices are mandatory** unless a cheerleader is ill. In the event a practice must be missed, the Coach should be notified. It is important to be on time to practice. Missed practices and not being on time to practice may result in non-participation during parts of games.
2. Cheerleaders should wear appropriate clothing and shoes to practice in. Athletic shoes, socks, t-shirt and shorts are appropriate. Girls wearing flip flops or jeans to practice will sit out. Athletic cheer or dance shoes and stretchable clothing is very important.
3. Cheerleaders should come to practice prepared and ready to learn. There is a limited amount of time and lots of things to work on. Coaches will supply parents and cheerleaders with information regarding appropriate behavior during practice and games. Information will also be provided about actions taken when a cheerleader's behavior is inappropriate or un-sportsman like.
4. **Coaches are not allowed to transport cheerleaders to and from games and practices.**
5. Coaches will determine all practice times and locations.
6. Practice time regulations: **Mighty-mite** cheerleader may practice a maximum of three days per week. Each practice shall not exceed 1 ½ hour in length from the scheduled start time. **Third or fourth** cheerleader may practice a maximum of three days per week. Each practice shall not exceed two (2) hours in length from the scheduled start time. **Fifth & sixth** cheerleader may practice a maximum of four days per week. Each practice shall not exceed two (2) hours in length from the scheduled start time.
7. A Coach may set extra practice as needed, but must not exceed the maximum hours as indicated above
8. **NO CELL PHONES** at Practices or Games! Coaches will take cell phones that are seen during practices or games and return them to **ONLY** a parent, after Practice or Games.

GAMES:

1. Cheerleaders need to be at the football field 30-45 minutes before each game (Coaches will set times). This allows the squad to find each other and do some warm up stretches before going on the field. If a cheerleader is going to be absent, the Coach needs to be notified before the game.
2. Each cheerleader should be in full uniform to cheer. Full uniform includes: cheer shell top, cheer skirt, briefs, cheer or dance shoes, white socks, and ribbon in hair. Uniformity is important! Everyone on the squad needs to look the same. If cheerleader is not in complete uniform, she will not perform at half time. For cooler weather, mid turtlenecks and /or uniform jacket is required. Other cheer accessories such as ear-warmers and gloves will be determined by the Coach.
3. Each cheerleader should wear her hair up and off her face, so it does not bother her during practices and games. She is required to wear a ribbon in her hair.
4. Cheerleaders should be ready to cheer and pay attention to the game. Between cheers each cheerleader is expected to stand at attention with her hands behind her back, facing the field to watch the game.
5. Each cheerleader is expected to cheer a full game unless she becomes sick.
6. Cheerleaders should bring their own water bottle to each game. Girls should eat before the game so they are not hungry during the game.

7. Every cheerleader is expected to stand and salute the flag during the Pledge of Allegiance at the beginning of each game whether cheering for that game or not. Parents and relatives should stop and salute the flag during this time also.
8. If a cheerleader should become ill, or needs to use the restroom during a game, she will be sent to her parents so she can get the necessary attention.
9. No gum or candy is allowed.
10. No nail polish.
11. No jewelry allowed-- this includes earrings. This is an AYFCO can be fined if girls are wearing jewelry. Newly pierced ears are no exception, but can be covered up with band-aids.
12. In the event that a football player from either team becomes injured and the game is stopped, all cheerleaders need to face the injured player on bended knee. This requires one knee on the grass and both hands on the other knee. When the injured player gets up, cheerleaders may stand again and cheer if the crowd does.
13. Each cheerleader will have the opportunity to be the Captain during a game. Captain's duties include calling out cheers and chants and leading by example.
14. The Coach will find out from the Football Coach if a game is canceled due to weather conditions. The Sponsor will then call and e-mail everyone on the squad as soon as the cancellation has been announced. If you do not hear from your Sponsor, assume that the game is on as scheduled.
15. **NO CELL PHONES** at Practices or Games! Coaches will take cell phones that are seen during practices or games and return them to ONLY a parent, after Practice or Games.

UNIFORM AND PERSONAL APPEARANCE:

- A. Girls should be well groomed.
- B. The official uniform consists of AYFCO shell top, skirt, briefs, white no show socks, hair bow, mid turtle neck, and AYFCO warm up. All other items are not allowed unless the coach approves and all squad member wear the item, such as leggings, gloves, ponchos, sweatshirts, or pink out items.
- C. Uniform must be kept clean, neat, and in good repair.
- D. Appropriate undergarments should be worn.
- E. Hair must be kept clean and away from face and shoulders.
- F. No gum chewing or candy eating during camp, practices, or games.
- G. No jewelry allowed.
- H. No nail polish for all cheerleaders! Conservative use of make-up for 5th & 6th grade.
- I. If Coach determines that extra gear is required such as sweatshirts, wind suits, ponchos, or gloves, each cheerleader is responsible for buying and wearing such items.

EXPECTED BEHAVIOR:

- A. Listens to instructions.
- B. Is cooperative and enthusiastic.
- C. Helps and encourages others.
- D. Does not use profane, obscene, or rude language.
- E. Is punctual and maintains a good attendance record.
- F. Shows respect for Coaches and instructors.
- G. Uses time well (does not waste time).
- H. Thinks of cheerleading/pom as a squad effort, rather than an individual performance.

- I.** Makes Sponsor aware of impending absence or problems.
- J.** Refrains from hurtful comments to or about others and is sensitive to other's feelings.
- K.** Refrains from negative behavior toward other squads.

DISCIPLINE:

A. Any girl who fails to comply with any of the rules and regulations is subject to discipline. Such discipline will be for conduct unbecoming of a AYFCO member or any AYFCO activity. This includes conduct that brings embarrassment or distracts from the image of the group.

B. Discipline will follow the progressive format:

1. Verbal warning by the Coach. Push -Ups, Crunches, and Running.
2. If the behavior continues following the verbal warning, the girl will be isolated from the group until the behavior is under control.
3. If the behavior continues, the Coach will make parental contact.
4. If the behavior continues following parental contact, a discipline report will be submitted to AYFCO for disciplinary action, which may result in suspension.

ADDITIONAL INFO:

1. Cheerleaders are encouraged to wear their cheer uniform to school the Friday before each game to promote school spirit. However, the skirt does not meet school dress policies so your child will need to wear leggings or warm up pants under her AYFCO skirt.
2. Game admission is \$3-\$4.00 for adults and \$2-\$3.00 for children. Cheerleaders get in free when wearing their cheer uniform.
3. Games are generally 1 hour long for Mighty Mites, and 1.5 to 2 hours for 3rd through 6th grades. The clock stops for time-outs, and some games may go into overtime. Cheering at ALL games is mandatory (Rain or Shine).
4. Maps and driving directions to all fields, can be found on the AYFCO website: www.ayfco.com
5. Game schedules are released about three days prior to the first game.
6. Parents are encouraged to stay during practices and participate during games, but please remember to let the cheerleading Coaches do their jobs. If for any reason a problem should arise, contact the Coach after the practice or game and not during.

GOALS FOR ALL SQUADS:

- A.** Shows good spirit and sportsmanship at all times.
- B.** Good audience interaction.
- C.** Good strong jumps.
- D.** Good timing.
- E.** Completes all movements.
- F.** No lazy, flying arms.
- G.** Good tight fists.
- H.** Good sharp movements.
- I.** Pointed toes.
- J.** Good voice projection.
- K.** Uses a variety of jumps.
- L.** Able to memorize routines.
- M.** Shows good rhythmic ability.

D-1 1 Visiting cheerleaders will perform first followed by the home cheerleaders.

D-2 2 All cheer squads will be required to dress in team cheer outfits at the games. Coordinators must also get National Youth Coaches Association certification and wear their badges while at the games. Squads having teams on their home field are required to cheer on their home sideline; visiting squads are required to cheer on the visiting sideline. Cheer Coordinators are responsible for their actions and the actions of their squads before, during, and after the games. Neither negative or demeaning cheers nor inappropriate routines will be allowed during or after the game. These are MANDATORY RULINGS and anyone in violation will be banned from the field or suspended. Any disputes should be submitted to the DFO.

D-3 Anyone not possessing coach's certification or passes will not be allowed in the sideline or bench area and will be asked to leave immediately. There will be no exceptions, parents are not allowed unless an injury occurs to a child on the cheer squad or player on the team. Cheer squads are not to get into conflicts with parents or fans on the sidelines or other cheer squads. Discipline will occur if squads or coordinators get into conflict or arguments. We must remember that this is a game for children and requires a certain amount of restraint.



COACHES' CODE OF ETHICS

_____/_____
Team Name Organization

All Administrators, Coaches, and Volunteers will abide by a Standard of Conduct, which includes the following provisions. If any of these provisions are violated, the AYFCO shall have the authority to impose any penalty it see fit. Administrators, Coaches, and Volunteers, having already accepted and agreed to abide by the Coach and Administrators Pledge and the Coach and Administrators Code, by their accepting and active participation in membership, shall follow the intent of the Pledge and Code and shall inclusively and/or additionally agree to:

1. Not smoke and/or use smokeless tobacco on the field or in front of participants at any time.
2. Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on the field or in front of participants at any time.
3. Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best of their ability.
4. Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.
5. Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any parent, guardian, or fan that becomes a nuisance and out of control must be asked to leave.
6. Not use abusive or profane language at any time.
7. Not encourage their team to intentionally run up the score on an opponent. In the event of a commanding lead every effort shall be made to let all players play.

8. Not permit or encourage, “extreme dieting”, or “sweating down” tactics of any kind for any reason. Must report any instance witnessed or suspected to the parent/guardian and local administrator.
9. Not recommend or distribute any medication, controlled or over the counter
10. Not deliberately incite unsportsmanlike conduct.
11. Not criticize/berate participants ever, to provide constructive criticism, in private, or in the presence of team/squad members if others might benefit.
12. Remove from a game or practice any participant when his/her health is in question, whether or not as a result of injury, until competent medical advice is available.
13. A coach will not use ineligible players and will take the responsibility of having proper and legal documents on each and every player proving his eligibility at all times.
14. Insure that all participants meet the minimum required number of plays under the Mandatory Play Rules and Regulations.
15. Uphold all rules and regulations of the AYFCO.
16. A coach must discourage the wearing of Gang colors or any gang symbol and the use of any gang related forms of communication during any and all team related activities including but not limited to team practices.
17. There will be a zero tolerance policy in regard to physical fights. Adults who fight will be banned for the remainder of the season. Coaches must be approved by the General Board in order to return the following season.



I hereby pledge to live up to my certification as a NYSCA Coach by following the NYSCA Coaches' Code of Ethics:

- **I** will place the emotional and physical well being of my players ahead of a personal desire to win.
- **I** will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- **I** will do my best to provide a safe playing situation for my players.
- **I** promise to review and practice basic first aid principles needed to treat injuries of my players.
- **I** will do my best to organize practices that are fun and challenging for all my players.
- **I** will lead by example in demonstrating fair play and sportsmanship to all my players.
- **I** will not cheat or engage in any form of unethical behavior that violates league rules.
- **I** will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- **I** will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- **I** will use those coaching techniques appropriate for all of the skills that I teach.
- **I** will remember that I am a youth sports coach, and that the game is for children and not adults.

Print and Sign Head Coach Signature

Date

Print and Sign Assist Coach Signature

Date

Print and Sign Assist Coach Signature

Date

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