

# Oakland Macomb Youth Football Association

## Cheerleading Rules 2025

The mission of youth athletics is to promote lifetime skills and values. There must be learning within these contests. There is no single lesson more important in the classroom than sportsmanship. A true sport shows a combination of values and attitudes, all in a positive light. Respect, fairness, courtesy, and graceful acceptance of the results are all characteristics of good sportsmanship/ A good sport reflects “fair play” in every area of life. MHSAA

To promote citizenship, good sportsmanship, fellowship and physical development among boys and girls of the Oakland Macomb Youth Football Assoc. OMYFA

### Rules and Definitions:

- a) OMYFA : Oakland Macomb Youth Football Association Cheerleading consists of the following cities: Anchor Bay Buccaneers, Berkley, Birmingham, Chesterfield, Clawson, North Farmington/West Bloomfield, Madison Heights, Roseville, Royal Oak, Romeo, Shelby, St. Clair Shores Green Hornets, Troy and Waterford.
- b) Franchise: A franchise shall consist of four (4) teams, maximum, consisting of Flag, Freshmen, Junior Varsity and Varsity teams.
- c) Voting: Each franchise will have a **maximum of two (2) votes at all League Meetings.**
- d) Meetings: Are open to the public; however, permission to speak will be at the discretion of the Cheerleading Chairperson.

### Section A: The Board of Directors:

- 1) Make certain that all Cheerleading General Managers have a copy of these rules, be sure they are thoroughly familiar with them, understand them and understand the OMYFA philosophy.
- 2) Each franchise in the OMYFA Cheerleading Committee must have at least one (1) Representative present for cheerleading meetings, which shall be during the season every 2 weeks (typically Monday) at 7:00pm. A fine of \$25.00 will be levied against a city for each meeting a representative is absent. Fines are paid directly to the OMYFA at the next scheduled meeting following the time they were assessed; failure to comply will result in suspension of a city's voting privileges until paid. Any and all disciplinary actions shall be left to the vote by the OMYFA Board of Directors.

## **Section B: To the franchises and officials.**

- 1) Make certain that all people in your organization who are active in the presentation of our games and competitions have a copy of these rules and understand them. Also, please be aware of the age criteria for the participants in the cheerleading and the philosophy of our program.
- 2) Please report unpleasant incidents and examples of improper coaching and/or unsportsmanlike behavior directly relating to cheerleading to the Cheerleading General Manager of the team involved and to the Director of Cheerleading and representatives thereof, of the OMYFA. (Immediately at the time of infraction with written documentation provided to the League within 24 hours of time of incident)

### **Rule 1 Cheering Rules:**

- a) The rules of the current edition MHSAA Girls Competitive Cheer Rules and Regulations or a state of Michigan combination thereof, rules apply except herein noted. All rules of the OMYFA will be binding on all members. It is the responsibility of each city to furnish the above-mentioned rule book to their board of directors. These rules will apply to the regular season and competition.
- b) The OMYFA Coaches Handbook clarifies legal and illegal stunts and specifies required spotting techniques for each type of stunt, prep and dismount. OMYFA limitations are as follows: Freshman level may not stunt higher than shoulder level with a front spot for the same number of points. If a freshman team stunts at shoulder level, they cannot twist cradle; A V-Sit for freshman does not need a front spot. Junior Varsity may not stunt higher than shoulder level; and Varsity is permitted to do all stunts with the exceptions of as stated for Junior High School addendum of rule book. Flag Cheerleaders may stunt at waist level, Back spots are needed for every flag level stunt.
- c) The OMYFA Coaches Handbook supersedes the MHSAA book.
- d) All show-n-go's must have a front spot. This applies to all levels.
- e) There will be a mandatory head coaches meeting prior to the season. Date is TBD. A fine of \$25.00 will be assessed to each city for each head coach that does not attend. Flag coaches do not need to attend. If you have a team, but no coach, the GM will be responsible for coming to the mandatory coaches meeting to represent that team.
- f) No parent, coach, G.M. or assoc. official may overrule the decision of the medical personnel.
- g) No one other than the coaches, uniformed cheerleaders, GM's, Presidents, Vice presidents, equipment managers and medical aid persons for participating teams will be allowed on the playing field without proper identification. Each city is to provide identification for their personnel.
- h) Head Coaches must be at least 18 years of age.
- i) Disrespectful manner against a coach, official, or another cheerleader or participant will result in dismissal from the game of violation or the next game, if at the end of the current game. (This must be reported to The Cheer Director within 24 hours). The track

(or approved cheering area) is reserved for the exclusive use of the cheerleaders. This area is under the supervision and control of the Cheer GM at the direction of the Football GM. Any infringement on the cheerleaders may result in a reprimand and/or ejection from the field area.

- j) A Cheerleading GM or representative thereof, must be in attendance at all times! Emergency cards, first aid box, and player information must accompany the representatives.
- k) No formal or informal coach led OMYFA practice may take place prior to the beginning of the season, unless authorized by the Cheer Committee of the OMYFA.
- l) Flexibility & Fundamentals clinics can be held January 1<sup>st</sup> through one week prior to the start of the season. Clinics must be voluntary. Clinics **cannot** include city cheers, MHSAA 10 count precision drill, or stunting. Clinics cannot exceed more than 2 hours a week. Clinics need to be supervised by city officials.
- m) Camps can be held beginning June 1<sup>st</sup> until one week prior to the start of the season with a thirty (30) day notice to the league of date, time, and hosting city/person. Each franchise will be allowed a maximum of twelve (12) hours of summer camps over a maximum of six (6) days with each day not exceeding three (3) hours for football and cheer each. Camps must have a generic lesson plan. Camps must be open to all cities. Camps need to be supervised by city officials. Send information out to the executive board and all cities.
- n) All Association rules contained herein are to apply to all games, play-offs, Cheer-Off, Super Bowl and any post-season activities.
- o) Games called due to inclement weather are the responsibility of the Football GM, in conversation with the Cheer GM.
- p) No stunting involving members of other teams (squads) or anyone not currently enrolled in that city's franchise.
- q) No stunting permitted without the coach's knowledge.
- r) All coaches and team assistants must have a recent background check on file and/or a signed permission slip from parent/guardian for underage assistants.
- s) If a team makes the playoffs, all level cheerleaders can attend and cheer with the squad at the GM's discretion.
- t) Any illegal stunting needs to be turned into the Cheer Director within 24 hours and at that time, an investigation will be started. Penalties for illegal stunting are as follows:
  - a. 1<sup>st</sup> offense: Formal warning to GM and coach.
  - b. 2<sup>nd</sup> offense: Coach suspended for one week of practice and one game.
  - c. 3<sup>rd</sup> offense: Coach cannot attend backstage at Cheer Off. May attend as a spectator only.

## Rule 2 Participants:

- a) Cheerleading General Managers will be responsible for the conduct and actions of Head coaches, Assistant coaches, and cheerleaders while on the practice field and/or at games and any post-season events.
- b) Violators will be openly discussed by the Cheerleading Committee. Violators may be asked to speak before the committee to give more information or on their own behalf.
- c) The Cheer Committee may ask for written information, video, etc. to be made available before any action is taken.
- d) It is the duty of each Cheerleading G.M. or designated person to see that coaches are giving cheerleaders proper opportunities to participate in practice and/or games.
- e) Participants may not double roster on any competitive or Middle School cheer, dance or gymnastics team during the OMYFA season. In addition, any infringement on OMYFA cheer teams practice schedules will not be permitted. Youth participants may sign up and be rostered on another competitive team as an alternate or on the waitlist until after Cheer-Off in order to hold their place on the other team once our season is **completely** over. They may not, however, practice with the new team until after the OMYFA season is **completely** over. Any infractions by any participants to the above ruling will result in participant being removed from the OMYFA roster and unable to participate in any OMYFA sanctioned event or game.
- f) Participants must always adhere to rules and regulations regarding dress code as stated by the city's philosophy on such matters.
- g) Each team member must be provided with the same uniform as other members on the team (except for backordered merchandise – 2 game window) or the participants outnumber current uniform team quota; team may then make exceptions.
- h) Each participant **and** coach must have participated in at least 5 games prior to being allowed to participate at Cheer-Off.
- i) Each participant must have practiced at least 2 out of 3, or 3 out of 4, practices prior to performing at a game. This is the minimum requirement, and all participants are subject to their city's by-laws. Cheer teams may practice at different times than football, due to building availability; however, all teams must maintain the no practice on Sunday policy plus take one other day off during the week. Instances to the contrary will be addressed on a case-by-case basis by Board of Cheerleading G.M.'s and in agreement.
- j) All teams will maintain a 3-hour maximum practice schedule throughout the season.
- k) For participation releases in cheerleading, refer to the OMYFA release rules for clarification and ruling determination.
- l) At the end of the games, Cheerleaders will line up at the 40-yard line closest to the scoreboard in order to shake hands and congratulate one another.
- m) While maintaining a "no practice on Halloween" all teams are permitted to practice 5 days the three weeks prior to cheer-off.
- n) In the event of a city missing a football team, when still maintaining a cheer squad, the cheer squad will be required to cheer with a designated squad from their city. A determination will be made by the GM at the beginning of the season for scheduling purposes as opposing cities will be required to cheer at the game/level that the cheer

squad without the football team is cheering at and this rule applies to the entire season including playoffs.

- o) All absences are excused for a school sponsored event.

### **Rule 3 Eligibility:**

- ❖ FLAG (1<sup>st</sup> and 2<sup>nd</sup> grades) Age 6 & 7 (Children age 5 are permitted at each cities discretion, must have turned 5 by Aug. 1<sup>st</sup> of current season)
- ❖ FRESHMEN (3<sup>rd</sup> and 4<sup>th</sup> grades) Age 8 & 9
- ❖ JUNIOR VARSITY (5<sup>th</sup> and 6<sup>th</sup> grades) Age 10 & 11
- ❖ VARSITY (7<sup>th</sup> and 8<sup>th</sup> grades) Age 12 & 13

Participants are age/grade level appropriate up to **September 1<sup>st</sup>** of current year.

Participants may be 14 but NO 9<sup>th</sup> graders or high school participants.

Participants may be either male or female and may compete.

Participants that are homeschooled will go on the level that is age appropriate.

- 1) Each participant must have a physical of good health, signed by a licensed physician, parent/guardian, dated after April 15<sup>th</sup> of current year; new registration form and newly dated birth certificate with current picture, prior to the first day of practice. If all the above are not on file, the participant is not eligible to participate in practice or games.
- 2) Cut-off date for adding participants will be the Sunday after the second game. Please see the OMYFA League Rules for dates and additional information.
- 3) At the beginning of each season, The Cheer G.M.'s (or designated representative) responsibility will be to exchange team rosters with each city, which will include: Participant last name, first name, city of residency, and birthday. Any discrepancies regarding rosters must be forwarded to the Director of Cheerleading (or representative thereof). A hard copy of this will be exchanged with each G.M. Any changes during the season will also be presented to each G.M. Additionally, prior to each game, a hard copy of the roster must be provided to the announcer. Please include name (please include phonetic pronunciation), grade, birthday, and city of residence.
- 4) Any designated acting Cheerleading G.M. must be cheer related and currently participating in cheer program in some capacity.

### **Athletic Code for Coaches and G.M.'s**

The coach is the official representative of the city participating at the athletic activities. In this important capacity, these standards should be practiced. The G.M. of Cheerleading for each city will insure that these guidelines are enforced.

- 1) Develop an understanding of the role of Coaches affiliated in the OMYFA and communicate it to participants, players and the public.
- 2) Develop an up to date knowledge of the rules, strategies, safety precautions and skills of the sport and communicate them to the cheerleaders and the parents.
- 3) Develop, communicate and model policies for athletic conduct and language at practice, during travel, during competitions and at other appropriate times.
- 4) Develop fair, unprejudiced relationships with all team members.
- 5) Allow athletes to prove themselves each season.
- 6) Allow athletes time to develop skills and interests.
- 7) Give the highest degree of attention to athletes' physical well-being.
- 8) Teach participants by precept and example, respect for authorities and officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media.
- 9) Teach participants strict adherence to rules and contest regulations.
- 10) Present privately to Cheerleading Committee evidence of rule violations by opponents and counteract rumors and unproven allegations of questionable practices by opponents.
- 11) Attend required meetings, keep abreast of policies regarding cheerleading, and be familiar with eligibility and regulations.
- 12) Present a clean and professional image in terms of personal appearance and provide a positive role model in terms of personal habits, language, and conduct. Use of tobacco within sight of players and spectators and any use of alcohol any time before a contest, on the day of the contest, is not acceptable.

**GM Game Day Responsibilities:** (in addition to your own city Cheer GM volunteer description/guidelines)

- 1) Be on the field/track (designated cheer space) with the teams.
- 2) Be available to all coaches as well as the opposing team coaches and GM.
- 3) Bring your own rosters for announcers.

- **The visiting team always performs first at Half-time.**
- **Halftime routines should be kept under 2 minutes.**

**\*\*Any violation of rules will be reviewed by the executive board and cheer director to determine fines and/or disciplinary action.**