

Official Cheerleading Rules  
Of  
Pax River Raiders Youth Football League  
2010 Football Season

## **EXCEPTIONS TO RULES**

Any item not covered in the rules will be decided by the Cheerleading Commissioner(s) and the PRRYFL President.

Any complaints should be submitted to the Cheerleading Commissioner(s) in writing.

The Cheerleading Commissioner(s) reserves the right to make exceptions in special cases for all rules, procedures, and policies and reserves the right to modify, change, or create any rule that is in the best interest of the PRRYFL Cheerleading Program and/or its participants.

## **PRRYFL SPORTSMANSHIP**

The PRRYFL Cheer Commissioner(s) regards “poor sportsmanship” as intolerable. The sportsmanship and behavior of all coaches, assistant coaches, cheerleaders, parents of cheerleaders, and spectators is subject to the PRRYFL Uniform Code of Conduct found at: <http://www.paxriverraider.org/documents.htm>

## **COACHES SPORTSMANSHIP**

All PRRYFL Cheer coaches are required to demonstrate positive sportsmanship in respect to their cheerleaders, parents, coaches, spectators and game officials. Coaches who are unable to demonstrate positive sportsmanship will be suspended from further coaching in the PRRYFL Cheerleading program until a conduct review meeting is held with the PRRYFL President and Cheer Commissioner(s).

Any coach who is ejected from a game for un-sportsmanlike conduct will be required to leave the field of play and will be unable to attend practice for the next week, or coach in the next scheduled game. The coach will be required to meet with the PRRYFL President and Cheer Commissioner(s) in order to resume coaching. The continued demonstration of improper sportsmanship may constitute suspension from any number of practices and games as the PRRYFL President and Cheer Commissioner(s) deems necessary.

Head Coaches, Assistant Coaches are responsible in assisting referees with the sportsmanship of all-playing and non-playing team members, as well as spectators and fellow coaches.

## **CHEERLEADER SPORTSMANSHIP**

All cheerleaders must demonstrate positive sportsmanship at all times. Coaches are responsible for the sportsmanship of their cheerleaders. Good sportsmanship is a priority in the development of PRRYFL athletes. Cheerleaders who cannot demonstrate proper sportsmanship will be dismissed from the game and subject to discipline at the discretion of the League Director and/or Cheerleading Commissioner(s).

## **SPECTATOR SPORTSMANSHIP**

All spectators will also be expected to demonstrate positive sportsmanship. Spectators who cannot demonstrate proper sportsmanship will be asked to leave the game site and will not be allowed at the next game. PRRYFL reserves the right to ban any spectator from any PRRYFL sport.

**2010 PRRYFL  
CHEERLEADING  
COACHES RULES**

## **COACHING ELIGIBILITY AND SELECTION**

The Head Coach and Assistant Coach must complete an application and all new coaches must attend a PRRYFL coaches' clinic.

Head Coaches and all Assistant Coaches over the of 18 will be required to submit and pass a criminal background check, as well as complete the NYSCA training, and any other training or certifications required by PRRYFL.

The Head Coach and Assistant Coaches must sign and abide by the PRRFYL Coaches Code of Conduct.

The Head Coach or Assistant Coach must be present at all cheer camps and other training events.

The Head Coach, Assistant Coaches, Jr. Coaches and Cheerleaders are expected to participate in all season games, as well as but not limited to play-off games, cheer offs, pep rallies, homecoming, Super Bowl, and Inter-League Games.

The Head Coach and Assistant Coach will be responsible for teaching the rules and fundamentals of cheerleading.

All teams will have a certified Head Coach and an Assistant Coach if possible.

The Head Coach will be responsible for seeing that their Assistant Coaches and Cheerleaders conduct themselves in a manner that is supportive and positively reflective of the PRYFL organization.

The Head Coach will work with the Football Coaches to coordinate team events.

The Head Coach and Assistant Coach will be responsible for teaching cheers, chants, and dances that are provided by PRRYFL to their squads. Coaches may also teach any other appropriate cheers, chants, or dances to their squads. If there are any questions regarding the appropriateness, they must be approved by the Cheer Commissioner(s).

High school students, under the age of 18, who request to be a Jr. Coach must be approved by the PRRYFL Cheer Commissioner(s). Jr. Coaches will be required to follow all rules and regulations that Head Coaches and Assistant Coaches must abide by. Jr. Coaches must remember that as a Jr. Coach the Cheerleaders see them as a role model, and should always display a positive attitude and set an example.

The home field Cheer Commissioner(s) will make the decision regarding teams stunting at half time the morning of the games. The Commissioner(s) reserve the right to make changes to their decision as the day progresses, if weather and field conditions begin changing. If at a visiting field, and there is not a home Cheer Commissioner, and a PRRYFL Cheer Commissioner(s) is not available the decision will be made by the Head Coach.

The Cheer Commissioner(s) for PRRYFL will assist all Head Coaches, Assistant Coaches, Jr. Coaches, Cheerleaders, and Parents to the best of their ability. The Commissioner(s) will not show favoritism to any one squad at any time during the season. If the Cheer Commissioner(s) is not able to assist, solve a problem in a timely manner, or if further assistance is required, the Commissioner(s) will contact the PRRYFL President, or Vice President if the President is not available.

Head Coaches must notify the Cheer Commissioner(s) at least 24 hours prior to the game if they are not going to be attending the game, so that adequate cheer staff can be at the game. If there is an emergency less than 24 hours before the game the Head Coach must notify the Cheer Commissioner(s), and their Assistant Coach.

Head Coaches must give the parents 24 hour notice if they intend on cancelling practice or moving the location of practice. The Head Coaches must also notify the Cheer Commissioner(s). **The exception to this rule would be due to weather conditions, and there is not ample time to provide 24 hour notice.**

Head Coaches should establish a form of communication with their parents at the beginning of the season. All coaches, the team mom, team mom coordinator for cheerleading, and Cheer Commissioner(s) should have a copy of your form of communication. (i.e. email, phone chain, or letters at practice)

Cheerleaders will not be allowed to wear flip flops, chew gum, wear inappropriate clothing, and be using cell phones during practices or games. The cheerleaders will also be required to have their hair up if possible. The same will apply for all coaching staff.

Coaches are to keep personal conversations to a minimal during practices, games, and events. (i.e. discussing weekend "adult plans", family issues)

**CHEER COMMISSIONER(S), HEAD COACHES, ASSISTANT COACHES, AND JR. COACHES, WILL TREAT ALL CHEERLEADERS EQUALLY AND WILL STRESS THE FACT THAT CHEERLEADING IS A TEAM SPORT AND HAVING FUN.**

**PRRYFL CHEERLEADING STAFF WILL TREAT THE PARENTS/GUARDIANS WITH THE SAME RESPECT AS CHEERLEADERS. PARENTS SHOULD BE ENCOURAGED TO STRESS THE IMPORTANCE OF HAVING FUN AND BEING A PART OF A TEAM TO THEIR CHEERLEADERS.**

**2010 PRRYFL  
CHEERLEADING  
RULES**

## **PRRYFL CHEERLEADING RULES, GUIDELINES, AND REGULATIONS**

### **UNIFORMS**

Uniforms will be provided by PRRYFL. The uniform consists of: shell, skirt, bloomers (kick pants), socks, and poms.

NOTE: Uniforms should be similar in colors to the football team the squad is aligned with, unless the football team is partnering with a local high school and wearing their uniform, at which time the cheerleading uniform colors may not coincide. Stomachs and bottoms are not to be shown at any time during practices, games, or events the squad is a part of. This will be taken into consideration when being fitted for a uniform.

Parents/Guardians of cheerleaders are responsible for purchasing any other approved accessories such as shoes, hair bows, and turtlenecks. The league will offer an accessories package that will include shoes, hair bows, and turtlenecks. Parents will have the option to purchase the package in advance for a set fee that will be determined before the beginning of the season.

Teams can use fundraisers, sponsorships or individual contributions to pay for any other approved accessories that may include but not be limited to the following: warm up suits and homecoming/spirit supplies.

Cheerleaders will not be allowed to wear flip flops, chew gum, wear inappropriate clothing, and be using cell phones during practices or games. The cheerleaders will also be required to have their hair up if possible.

### **PRACTICES**

Once registration begins for the upcoming season, cheerleaders may not participate at practices for that season until they are registered with PRRYFL.

Practices should be a minimum of one hour in length, and no more than two hours in length for any one practice.

Squads will be allowed to practice based off the following schedules:

Prior to school starting – Up to four days a week

Once school has started – No more than three times a week

October 1<sup>st</sup> – No more than two times a week. At this time squads will prepare to move indoors, and indoor locations will be booked by the Cheer Commissioner(s). The Cheer Commissioner(s) will determine if more practice days will be allotted for the Cheer Off once the season begins, but will provide enough advanced notice.

**Missing Practices** – If a cheerleader misses the practice before a regularly scheduled game she will still cheer during the game, however, will not be allowed to perform during the half time show of that game. The cheerleader will still enter onto the field with the squad, and stand to the side with the coaches.

### **Uniform Checks**

Uniform checks will be enforced before every game to ensure that each cheerleader is wearing the proper uniform. If not in proper uniform the cheerleader will sit out for that game. The cheerleader will stand with the coaches, and support the game even though they are not allowed to cheer. If the correct uniform can be presented before the game is over the Head Coach will have the option on whether the girl will be able to cheer.

### **Behavior**

If a cheerleader causes disruptions during practices or games the coach has the option to sit the cheerleader out during a portion of the game. Disruptions can include but not be limited to excessive talking, disrespect to coaches, fellow team members, parents, and/or spectators, refusal to participate. It is the coaches' decision whether the cheerleader will be given one or two verbal warnings. After the verbal warnings the cheerleader will be required to attend the game in full uniform, and report on time. After the cheerleader has been given verbal warnings, the Head Coach will speak with the parents, and the cheerleader will have to sit out during a portion of the game. If behavior continues to be a problem the Head Coach, Cheerleader, Parent, and Cheer Commissioner(s) will have a meeting discussing the issues at hand.

### **TEAM PICTURES**

Team pictures and times will be scheduled and teams given advance notification. It is the coach's responsibility to communicate that schedule time to their cheerleaders and parents, and to provide parents with picture order forms.

### **GAME GUIDELINES**

Cheerleaders will cheer/participate at all football games their team is involved in. This includes: Regular Season Games, Play Offs, Super Bowl, and any Tournament games.

Coaches and cheerleaders must be at the field 30 minutes before game time to properly warm-up and practice their half time routine.

Cheerleaders must remain along the sidelines performing cheers and chants throughout the football game.

At halftime, cheerleaders will perform their halftime performance. The visiting squad will perform first, then the home team. The halftime performance will be at each coach's discretion. Acceptable performances include: cheers, or chants, and approved stunts.

After the game each cheerleading squad will line up with the football players and walk through the line to shake hands. All that the girls will say is good game/good cheering. Then each cheerleading squad will form a "Spirit Tunnel", for their team to run through. The "Spirit Tunnel" will consist of cheerleaders, coaches and parents.

Only certified coaches and registered PRRYFL Cheerleaders and Football players are permitted on the field.