

Cheerleading Rules

The purpose of this program is to provide an opportunity to cheer in an organized, supervised safety oriented manner. The sport emphasizes fun for all, and encourages the qualities of sportsmanship and team cooperation, towards a common goal.

The program shall have an Association member (commissioner) who will report directly to the Board of Trustees. With Board approval, the Commissioner and Cheerleading Committee will choose a Head Coach, and Assistant Coaches, for each squad, from registration volunteers. The Commissioner will comprise a budget, and purchase necessary equipment, according to the Board approved budget. Coaches must be 18 years old and provide proof of Coaches Certification. The Commissioner will be responsible to provide the Board with a copy of all the coaches certifications.

I. Registration: This will be according to grade level.

- A. Tag Squad grades 1 & 2
- B. PeeWee Squad grades 3 & 4
- C. Junior Squad grades 5 & 6
- D. Senior Squad grades 7 & 8
- E. Each squad shall have at least one certified coach for every 12 children. No child who has signed up in good faith to participate, may be arbitrarily cut from a squad.
- F. One mascot per squad is permissible, providing a registration form is filled out. The registration fee will be waived if the parent supervises the mascot at all practices and games. Mascots will only be permitted to join in on side line cheers. Mascots will not be permitted to participate in the Hello and Half Time cheers. Mascots are not permitted to participate in any lifts or gymnastic moves. Mascots should be at least 5 years old.

II. Schedule:

- A. The Cheerleading program will follow the P.R.A.A. Football schedule. Postponements and/or cancellations will be determined by the Commissioner.
- B. PeeWee, Junior, and Senior squads are eligible to participate in the League Cheering Exhibition. Towns expressing the desire to host

this event applies through the Football Commissioner. All other cheering events must get Board approval, prior to participating.

III. Uniforms:

- A. All participants must wear authorized uniforms, in order to participate. This will be enforced by team coaches and/or the Commissioner.
- B. Coaches will be responsible for the distribution and collection of all uniforms.
- C. Parents will be responsible for issued uniforms not returned, at full price.

IV. Practice:

- A. Each squad has it's own practice schedule. Each Head Coach is responsible for green sheeting inside practices, at the schools.
- B. Pre-season practice shall not begin before August 15th.
- C. Practice will not be mandatory until the day after Labor Day.
- D. Practice should not exceed 6 hours per week, and no more than 2 hours per day.
- E. Attendance will be kept for all practices.
- F. If a participant has multiple absences, causing them imminent physical harm to themselves or teammates, from not knowing a routine, they can be excused from participating in that cheer, at the Head Coaches discretion.

V. Safety:

- A. Coaches/Commissioner are responsible for checking the condition of the field, prior to squads performing.
- B. Spotters are required for ALL lifts/stunts. Mats are required for ALL indoor lifts/stunts.
- C. No tucks or flips are permitted with dismounts.
- D. Pops and basket tosses are permitted at the Junior and Senior levels only, with the use of spotters.
- E. No hanging mounts. No collapsible pyramids. No pyramids higher than 3 levels are permitted.
- F. Tag Squad: Lifts, stunts, and pyramids are not permitted. Splits and cartwheels are permitted, if athletically capable, at Coaches

discretion.

- G. PeeWee Squad: No lifts higher than Thigh or Waist lifts. A 2 level pyramid is permissible, with the use of a spotter. Cartwheels, splits, and round-offs are permitted, if athletically capable, at Coaches discretion.
- H. Junior Squad: No lift higher than half-extension (chest lift). No pyramids higher than 3 levels. Cartwheels, splits, round-offs, and hand springs are permissible, if athletically capable, at Coaches discretion.
- I. Senior Squad: Full extension lifts are permissible. No body drops. No pyramids higher than 3 levels. Cartwheels, splits, round-offs, and hand springs are permissible, if athletically capable, at Coaches discretion.

REVISED TO REPLACE EXISTING RULES 5/2002