



Cheerleading Standard Operating Procedures

Urbana Youth Football, Cheer and Poms

2016

Article I. CHEERLEADING BY-LAWS

- A. All programs must follow rules and bylaws of the UYFCP and General Rules (Standard Operating Procedure for Football, Cheerleading and Poms).

Article II. MEETINGS

- A. Regular cheerleading meetings shall be held monthly, at a time and place to be determined by the Commissioner of Cheerleading for the coaching staff. All meetings shall be conducted in accordance with parliamentary procedures.
- B. Meetings minutes must be made available to all UYFCP prior to the next meeting.

Article III. COACHING/VOLUNTEERING REQUIREMENTS

- A. Head Coaches must be at least 18 years of age.
- B. All coaches, trainers and other team representatives must submit and pass a background check.
- C. All coaches, trainers and other team representatives are expected to stress courtesy, friendship, spirit, teamwork and good sportsmanship at all times.
- D. Cheerleading coaches are required to complete safety certification as determined by MVYFL and UYFCP.
- E. Cheerleading coaches must complete the Concussion Certification prior to the first day of practice.
- F. Cheerleading coaches must follow the National Federation High School Spirit Rules Book and American Association of Cheerleading Coaches and Administrators (AACCA) safety guidelines. When dealing with younger children, the guidelines are expected to be modified to further assure the safety of the children.
- G. Cheerleading coaches and teams must follow USASF Rules and Guidelines for competition routines.

Article IV. CHEERLEADER SAFETY

- A. Safety of cheerleaders, pom, and dancers is highest priority and supersedes all other rules.
- B. Every program must purchase annually and comply with the National Federation of High School Associations Spirit Rules Book.

- C. Every program must comply with the USASF Rules and Guidelines for all competition routines.
- D. Every coach should have this book in their possession during all cheer activities, including practices, games and competitions.
- E. Stunting should only occur in appropriate weather and good ground conditions.
- F. For the safety of both players and cheerleaders, no stunting should occur on the sidelines while the ball is in play unless there is enough distance between the play and the sidelines.
- G. Spotters should be on the field with cheerleaders, at younger ages and older ages, if stunting is advanced for the ability of the cheerleaders.

Article V. ELIGIBILITY

- A. Parental consent for each player must be kept on file by each program.
- B. Medical waiver for each player must be kept on file and with each coach while on the field.
- C. Sideline cheerleading, pom, and dance squads have no age restrictions for squads, but it is recommended that they follow the age and squad requirements as outlined in Article X to provide cheerleaders with similar squads for which to cheer and participate in halftime shows as appropriate.
- D. Youth ages 5 – 14, as of September 1 may participate in UYFCP cheerleading.
- E. Cheerleaders are allowed to be a member of more than one squad. They may not cheer for a high school but can cheer for an All Star team during the UYFCP season. The UYFCP season is defined as the beginning of practice to either the end of season, Cheer competition or the Super Bowl, whichever is later.
- F. No player may participate in the UYFCP while living in or being housed in a juvenile detention facility.
- G. Programs are to remember that the UYFCP is a Recreation program. Sideline cheerleading and programs who sponsor squads for recreation cheerleading competitions are not to hold try-outs for squads but team evaluations are appropriate to ensure the levels of the team are equal.
- H. Cheerleaders are not to be turned away for lack of experience, skill or disability. All programs will follow the Equal Rights provisions followed by all County Recreation Councils.

Article VI. UNIFORMS

- A. All cheerleaders must be equipped as follows:
 - a. Cheer shell
 - b. Cheer skirt
 - c. Boy shorts
 - d. Crop top
 - e. Cheer shoes (must be white cheer shoes)
 - f. Warm ups

- B. All cheerleaders must wear uniforms modestly and not reveal cleavage or undergarments.
- C. Cheerleaders who are not appropriately covered may not sideline cheer.
- D. Skirts should not be worn below belly button.
- E. Jewelry is not permitted while cheering. This includes newly pierced ears.
- F. Make-up is to be modest and natural looking.
- G. Hair must be up and out of face while cheering and stunting.
- H. In cold weather, cheerleaders may wear extra items, however they may not stunt if clothing is too loose or ill-fitting.

Article VII. PRACTICE, PRESEASON COMPETITIONS & SQUAD SIZE

- A. A program/squad may attend an outside-run camp outside the regular season.
- B. Programs may run or contract to run, any camps, conditioning programs, or clinics prior to the beginning of the official season.
- C. Programs may attend outside rec-level competitions during the season.
- D. A week is defined as seven days from a Monday to Sunday.
- E. Practice hours are unlimited during preseason with duration of no longer than two (2) hours per practice. Hours will increase two – three weeks prior to a competition.
- F. The first date of preseason practice will be determined by the UYFCP Board.
- G. There is no minimum number of cheerleaders for a squad.
- H. Cheerleader must be present at the practice prior to the game in order to participate in the half time performance.

Article VIII. OFFICIALS

- A. Officials must be respected and their instructions followed at all games.

Article IX. HOME TEAM RESPONSIBILITY

- A. The Home team must provide a space for cheerleaders of both the home and away teams on the sideline and in front of or in close proximity of spectators for all games. (see Figure 1.1)
- B. Should a field not permit spectators on both sides of the field, cheerleaders are to be provided space to cheer on the same side as their fans. This space should measure no less than four (4) yards deep and seven (7) yards long and be separate from the football coaches and player area on the sideline. If a field has less than 10 yards from sideline to spectators (e.g. turf fields or high schools) cheerleaders are to be provided a reasonable space in proximity of spectators. This space will be marked with tape so that football coaches and players refrain from entering the area. It is recommended that cheerleading areas be approximately one (1) yard off the sideline to provide a small safety buffer between football players and cheerleaders.

Figure 1.1 – C Field Set Up 6

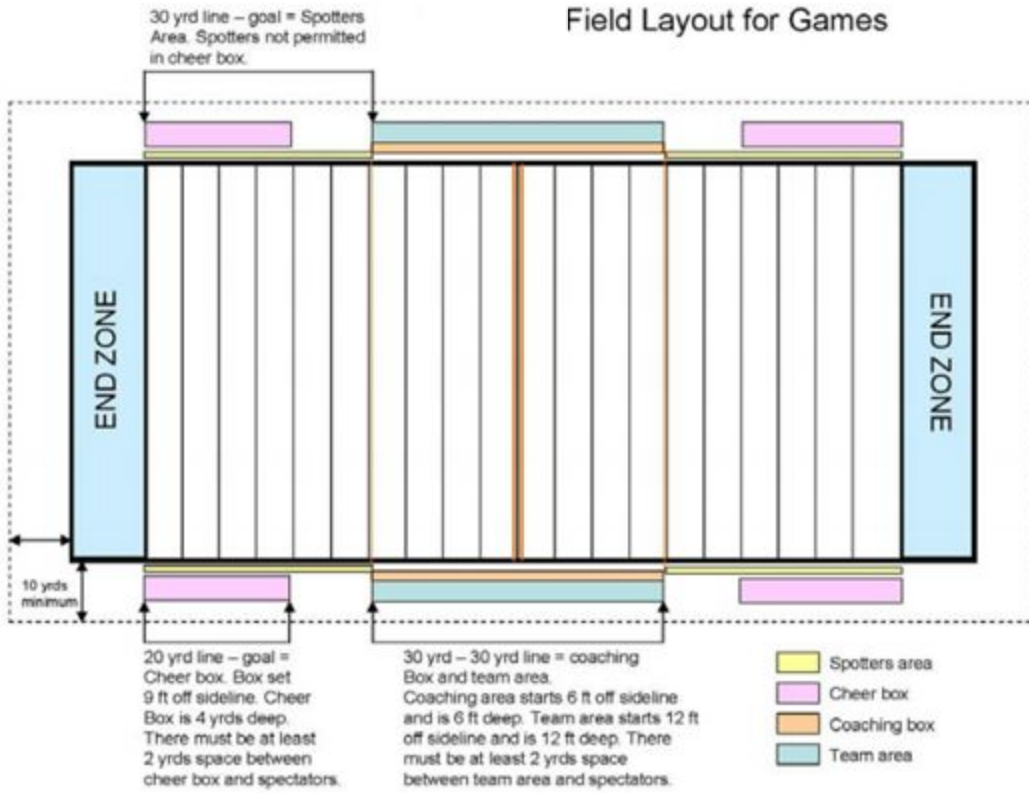
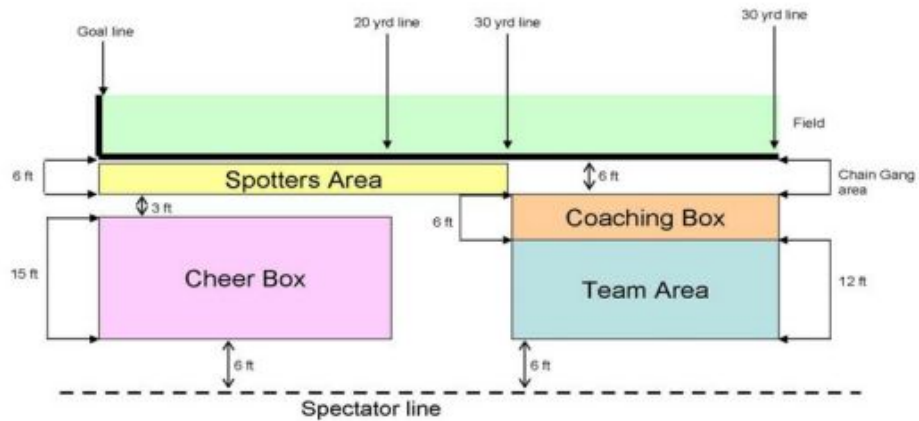


Figure 1.2 UYFCP Field Set-Up



- C. The home team must greet each visiting football and cheerleading team and show them their sideline/cheer space, area to warm-up, restroom facilities, and location of concessions.
- D. Cheer Commissioner or cheer coaches of the home team should greet the visiting team prior to the start of the game.
- E. Rosters for all cheerleading squads should be provided to home team Field Director, Cheer Commissioner or announcers so that if time permits, cheerleader's names may be announced at halftime.
- F. Halftime Procedures
 - a. At halftime, cheerleaders and poms have priority use of the field for halftime shows. Football players, coaches, spectators or others should not be using the field during halftime shows. Cheerleading halftime shows will take place at or around the 50 yard line of both the home and visiting teams, or be centralized to spectator viewing areas. If announcements or music is played at games, this should not occur during cheerleading halftime shows, unless it is part of the halftime performance. Halftime shows for each program are to be limited to three (3) minutes each for a total time of six (6) minutes combined for the entire halftime period. Programs with more than one squad performing at a halftime of one game must split their time to not be longer than 7 three (3) minutes total. Half-time performances will be strictly limited to 3 minutes or less.
 - b. First the visiting team will perform for the visiting side, with the home team watching; then the home team will perform for the home team side with the visiting team watching.
 - i. Order of Performance:
 1. Visiting Poms
 2. Visiting Cheer
 3. Home Poms
 4. Home Cheer
 - c. Stunting may occur at halftime shows, provided ground and weather conditions permit.
 - d. Squads should show good sportsmanship by applauding or positively supporting the opposing squad at the completion of their halftime show.
 - e. During Flag and Mini Pony football games, half time intermission is 10 minutes. Cheerleaders may perform a halftime show at Flag football and Mini Pony games.
- G. Sideline Cheering Procedures
 - a. For the safety of both players and cheerleaders, no stunting should occur on the sidelines while the ball is in play unless there is enough distance between the play and the sidelines.
 - b. Coaches and cheerleaders must stay inside the cheerleading area. They may under no circumstances be on the playing area of the field.
 - c. Coaches and cheerleaders must give way to football spotters and politely inform them if they intrude in cheerleader areas.

- d. It is recommended that large or especially loud squads refrain from cheering prior to the snap and beginning of play to allow all youth football players to have a positive experience in the game as well.
 - e. When there is an injured player on the field, the cheerleaders must take a knee and not cheer until the player is up and moving to the sidelines.
- H. End of Game Procedures
- a. Squads should show good sportsmanship by applauding or positively supporting the opposing squad at the completion of the game and support both football teams at the end of the game, regardless of the outcome.
 - b. Squads will not participate in post-game hand shake with football teams.
 - c. Squads may participate in end of game cheers to thank the opposing squad or support their football team. They may participate in their own team tunnels. On turf fields, tunnels must be held outside the fence.

Article X. TEAM STRUCTURE

- A. Age Guidelines
- a. Flag Team
Grade eligible: K and 1st
 - b. Mini-Pony Team
Grade eligible: 2nd and 3rd
 - c. Pony Team
Grade eligible: 4th and 5th
 - d. Junior Varsity Team
Grade eligible: 6th and 7th
 - e. Varsity Team
Grade eligible: 8th grade

* As of September 1st

- B. All participants must attend a feeder school for Urbana High School

Article XI. COACHES CODE OF CONDUCT

- A. Uphold all rules and regulations.
- B. Assure that each coach and organizational official has access to and has read all league regulations.
- C. Assure that each participant knows and obeys the Cheerleaders Code of Conduct.
- D. Any coach or team official that knowingly allows an ineligible cheerleader to participate in a game/competition will be subject to disciplinary action by the Executive Board.
- E. It is deemed proper ethics that anyone that knows in advance or has strong suspicions of an ineligible cheerleader should contact the Executive Board as soon as possible.
- F. Gracefully accept decisions of the game officials on the field or at competition.
- G. Together with game officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan that becomes a nuisance and is out of control is the responsibility of the coach and should be removed from the area.
- H. To make pursuit of victory more important than winning.
- I. To integrate positive life lessons on and off the mat.
- J. Do not criticize cheerleaders in front of spectators, with gestures and loud noises, but reserve criticism until a more private situation arises.
- K. Do not criticize cheerleaders, an opposing team, its players, coaches or fans, by word-of-mouth or by gestures.
- L. Refrain from using abusive and profane language to anyone connected with the game, as a spectator, player, opposing coach or game official.
- M. Do not deliberately incite unsportsmanlike conduct.
- N. Abstain from drinking of alcoholic beverages and smoking on both game and practice fields.
- O. Assure that no cheerleader practice or cheer at a game without proper shoes, under garments (if wearing uniforms) or with jewelry or other items that could injure cheerleaders.
- P. Remove from a game or practice, any cheerleader or trainer when slightly in doubt about her health, whether or not a result of injury, until competent medical advice is available.
- Q. Any coach who actively solicits a cheerleader from another organization by either making telephone calls or visits will be penalized.

NOTE: If you violate these rules, you will be suspended from participation at a minimum of a full game for the first violation and subject to suspension for the season for the second violation. Any decision by the board will be final. Head coaches will immediately report cheerleader ejections to the program’s cheerleading area director and program director.

Name: _____ Team: _____

Signature: _____ Date: _____



Article XII. CHEERLEADERS CODE OF CONDUCT

- A. No fighting, hitting, kicking, striking or otherwise abusing opponents, football players, or teammates at any time before, during or after a practice, game, scrimmage or competition.
- B. No verbal or physical intimidation by making gestures such as, victory laps, "number one" chants or other "bring down" or demeaning actions will be allowed.
- C. No disrespectful behavior or derogatory comments aimed at cheerleaders, referees, football players or fans are permitted.
- D. Report to your coach any knowledge of an ineligible cheerleader on your team or another team.
- E. No sexually-explicit or illegal cheerleading or stunting techniques will be allowed.
- F. No talking back to officials, teammates, opposing squads or coaches.
- G. No profanity or inappropriate displays of temper will be allowed at games or practices.
- H. Disciplinary problems at school or unsatisfactory classroom performance will not be tolerated.
- I. Behave with respect and good sportsmanship at every practice and game.
- J. Attend every practice and game that I am able and will contact the coach if I cannot.
- K. Be a team player and commit myself to the team and full season participation.
- L. Support those who are supporting me (parents, teammates and coaches).
- M. I will have a positive attitude and will at least try new things that are presented to me.
- N. I will pay attention and obey the instructions given to me by my coaches and parents.
- O. I understand that if I do not pay attention to the instructions I may be asked to sit down and not participate to avoid any potential harm or injuries.
- P. No jewelry at practice or games
- Q. I will wear my hair in a ponytail for practice and games unless otherwise told.
- R. I will ensure that my uniform, including shoes are clean for all games.
- S. No gum chewing at practice or games

TOGETHER we stand, TOGETHER we fall, TOGETHER we win, and winners take ALL.

TEAM

- T- Together
- E- Everyone
- A- Achieves
- M- More



"Life is an attitude. Have a good one." ~unknown

Name: _____ Team: _____

Signature: _____ Date: _____

Article XIII. PARENTS CODE OF CONDUCT

- A. I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this code of ethics.
- B. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports events.
- C. I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- D. I will insist that my child play in a safe and healthy environment.
- E. I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all. I will demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- F. I will remember that the game is for children and not for adults.
- G. I will do my very best to make youth sports fun for my child.
- H. I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- I. I will always address any issues with my child's coach in private.
- J. I will refrain from responding to all if I have an issue with the cheer commissioner, cheer coach or team mom.
- K. I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.

Name: _____ Team: _____

Signature: _____ Date: _____

