



# **Forsyth County Parks & Recreation**

**Youth Cheerleading Rules and Regulations**





## Parks & Recreation

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# **BI-LAWS AND PLAYING RULES**

## **ARTICLE 1.0 FOUNDATION**

**1.1 TITLE:** Forsyth County Parks & Recreation Department youth football program.

**1.2 COMPOSITION:** Teams entered by the following associations compose county membership of which leagues are developed: Lanierland Park, Midway Park and Sharon Springs Parks

**1.3 PURPOSE:** The purpose is to provide a recreational program for the youth of Forsyth County. It is solemnly resolved that these leagues are for the youth first, last and always. Any attempt by any adult to circumvent or violate these rules is inexcusable misconduct and will result in disciplinary action being taken to prevent any further unacceptable action. The major emphasis will be:

- To provide an opportunity for fun and enjoyment through a well-balanced youth football program.
- To provide an administrative program that encourages the building of character and a spirit of cooperation among teams and players.
- To teach player skills and techniques in addition to sportsmanship both on and off the playing field.

**1.4 AFFILIATION:** Forsyth County youth football and cheer programs shall not be affiliated with any governing body, association, or league.

**1.5 GOVERNING AUTHORITY:** Forsyth County Parks & Recreation Department. Final decisions concerning the operation and activities of this league shall be made by the Forsyth County Athletic Staff.

**1.6 DISCIPLINARY COMMITTEE:** A disciplinary committee will govern all disciplinary problems concerning youth programs. This includes referees, coaches, players, parents, and spectators. The committee shall consist of Forsyth County Parks & Recreation Board Member, Athletic Manager, 1 Referee, 1 Booster Club representative not involved in current situation.

## ARTICLE 2.0 BOARD OF DIRECTORS

**2.1 BOARDS:** There shall be a Board of Directors for youth football and cheer. Each association shall elect members to serve on the advisory Boards of Directors.

**2.2 DUTIES:** Shall include establishing playing rules and policies governing the programs, outline a calendar of events, select any affiliations deemed necessary with State or National Programs, and select ball or equipment that will be designated on a County-Wide

basis and provide a general direction for the Youth Programs. Directors are also responsible for providing a direct line of communication between the Associations and the Forsyth

County Parks & Recreation Department (league office). Directors are also expected to lead, guide, and direct their Associations within the policies, rules and Bi laws established by the County to ensure that each and every Association is abiding by the same set of rules.

Directors do not have the authority to make decisions that pertain to actual games, park facilities, park staff, or people who are not members of their Associations.

**2.3 MEETINGS:** The Forsyth County Parks and Recreation Department will meet with each Advisory Board as often as necessary to ensure efficient operation of the program. Meetings will be called with all Advisory Boards, Directors, and all coaches present to discuss rules, schedules, and administrative details for the coming season.

**2.4 APPOINTMENTS:** The Forsyth County Parks and Recreation Department may appoint as many player reps and or committees as deemed necessary to carry out administrative functions.

## ARTICLE 3.0 PREAMBLE

**3.1 PRIORITY OVER ASSOCIATIONS:** Forsyth County Youth Football Bi-laws, Rules and Appendix shall take precedence over any rule(s) of the individual Associations.

**3.2 PRIORITY OVER OFFICIAL RULES:** Forsyth County Youth Football and Cheer Bi-Laws, Rules, and Appendix shall take precedence over any other Official Rule Book that may be designated for use in the Youth Football Program.

## **ARTICLE 4.0 LIABILITY**

**4.1 RESPONSIBILITY:** The Forsyth County Youth Football and Cheer Advisory Board of Directors, Association Officers, Coaches, Officials, or other Supervisory or participating personnel are not responsible for personal injuries or damage to property at any sanctioned function.

**4.2 ASSUMED RISK:** All participating associations and participating individuals such as players, coaches, parents, spectators, and officials participate at their own risk and shall not hold the FCPRD or any of its members responsible for any personal injuries or damage to property.

## **ARTICLE 5.0 CALENDER**

**5.1 FISCAL YEAR:** Refer to the FCPRD Youth Association Handbook for regulations regarding the fiscal calendar and responsibilities.

**5.2 PLAYING YEAR:** Practices may begin in August and games may begin in September and conclude prior to Thanksgiving. Schedules are to reflect decisions of the FCPRD.

**5.3 BI-LAWS/RULES:** Shall be amended prior to May 1st, unless otherwise approved by the FCPRD.

**5.4 REGISTRATION INFORMATION:** Information pertaining to each association shall be submitted to FCPRD at the annual meeting. All dates and times will be the same for all Associations. This should include fees, sites, and any other information pertaining to registration.

## **1. Resolution & Accountability**

The Forsyth County Parks and Recreation Youth Football and Cheer League aims to create a safe and wholesome environment for youth football and cheer. All rules, policies, and decisions must prioritize the safety and enjoyment of the participants.

All rule violations are subject to disciplinary action including, but not limited to warnings, suspensions, fines, forfeiture of games, and reporting to USA Football. Coaches penalized for unsportsmanlike conduct are subject to mandatory suspension and review.

## **2. Rule Understanding & Certification**

All coaches must understand and agree to the league rules before joining any coaching staff. All Coaches must complete NYSCA Certification prior to the beginning of the season. League rules default to GHSA standards unless otherwise stated.

Each coach must have access to the official playing rules and be ready to present documentation upon request, especially in cases of challenge or protest.

## **3. Forsyth County Synthetic Turf Field Rules**

Unauthorized use is prohibited. Permits are required. The following are not allowed:

- Pets
- Food/beverages (except water)
- Smoking/tobacco
- Glass containers
- Golf, tents, chairs, metal cleats
- Dragging equipment on turf
- Damaging field material

Park staff must be alerted if cleanup is needed.

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## **Rule 1. Team responsibility**

- A. All teams must clean up their sidelines after each game on every field. That team must clean up any materials used in celebrations before leaving the park. FCPRD reserves the right to fine any park not complying with this clean-up effort after each game.

## **Rule 2. Coaching Requirements**

- A. A cheerleading coach should be a person of high moral character who is a respected member of the community.
- B. A coach should have a basic knowledge and understanding of the fundamentals of cheerleading. All head coaches must receive and/or renew their NAYS (formerly NYSCA) certification on an annual basis.
- C. A coach should never conduct him or herself in any manner other than exemplary and never use profanity, alcohol, or tobacco products during any practice, game, or any other FCPRD sponsored event.
- D. Any behavior deemed inappropriate might result in the suspension of a cheerleading coach or assistant coach. Any coach who violates cheerleading practice rules set by the FCPRD may be subject to suspension or termination. Suspension or termination will be determined by the Executive Board of the FCPRD.
- E. A coach must never incite participants or parents by criticizing a game official or Cheer Bowl judge.
- F. A coach should try to the best of their ability to keep all cheerleaders interested and participating throughout the season.

## **Rule 3. Entrance to Program**

FCPRD is a grade-based league. This allows players to cheer with their peers at school. Participants entering the cheerleading program must be at least 5 years of age prior to September 1 of the current season.

- A. K & 1st Grade: associated age is 5 - 7 on August 31st A 5-year-old not registered in kindergarten can still participate in the K/1st Grade division.
- B. 2nd Grade: associated age is 8 or younger on August 31st
- C. 3rd Grade: associated age is 9 or younger on August 31st
- D. 4th Grade: associated age is 10 or younger on August 31st
- E. 5th Grade: associated age is 11 or younger on August 31st
- F. 6th,7th ,8th Grade: associated age is 14 or younger on December 1st - If no 6th-8th grade football team - these participants would cheer on respective 5th grade squad

- G. Note: If you are older than the age associated with your grade, you must cheer up to the next grade or to the grade that is associated with your age. You cannot cheer below your grade level.
- H. Note: Any child that has “skipped/advanced” a grade due to outstanding academic achievement will be allowed to play within original grade division. The report card showing the advancement will have to be on record with the park that the child is playing at.
- I. Any athlete may cheer up a single level at the discretion of the park with approval from the parents of the athlete. If no 6th-8th grade football team - these participants would cheer on respective 5th grade squad.

### **Rule 4. Registration**

Cheerleading registration will be open the standard dates of registration set by FCPRD for football and cheerleading. Fittings will be held on a minimum of two (2) dates. Fees for entering the cheerleading program for each season will be determined by FCPRD. Each park must turn in registration data (names of participants only) in the form of a team roster by September 1st. Information should be separated by grade and coach’s name. Any registrations taken after standard registration closes will be at the discretion of the park and approved by the Vice President of Cheer.

### **Rule 5. Participant Responsibilities**

It is required that all squads cheer at all events in which their football team participates (i.e. regular season games and Lanier Bowl) All squads are expected to participate in the annual Cheer Bowl at the end of the season. Guidelines for participation in the Cheer Bowl are outlined in the Cheer Bowl Rules section below. Each parent must sign off on the cheer bowl participation agreement.

### **Forsyth County Parks & Recreation Department Cheerleading Rules**

### **Rule 6. Squad Sizing**

Squad sizes will be at the discretion of each Cheerleading Director with the minimum number of girls being 10 per squad unless not feasible for a particular age division. The maximum number of participants for the Cheer Bowl per squad is 30.

- EX. 24 participants and 2 football teams, Squad must be split.**
- 30 participants and 3 football teams. Squad must be split.**

## Rule 7. Practice

- A. The purpose of this rule is to provide a standard, fair and equal practice time for all FCPRD squads and to keep practice activity at a reasonable level during school days so as not to create a hardship on the athletes regarding school studies and participation in school activities.
- B. Practice is defined as any gathering of athletes, prospective athletes, FCPRD squads or individual athletes on a FCPRD squad, to discuss the subject of cheerleading.
- C. FCPRD leagues are prohibited from engaging in any organized physical conditioning or other practice-type activity involving players, or prospective players, prior to the date set by the board of presidents. The only activity in which a player, or prospective player, may take part prior to the set date shall be registration, evaluations, and a one-time cheer fitting, or cheer camp. The beginning date of practices will be set annually by the FCPRD board.
- D. All practices and games for FCPRD league teams must take place on an FCPRD field in Forsyth County. This means no practice indoors if practices are cancelled due to the weather.
- E. Each squad is limited to 2 practices per week & a game
- F. If a team has a bye week (no scheduled game on Saturday), that team may practice on that Friday or Saturday in place of not being scheduled to play a game.
- G. After Fall Break, each squad may add additional practice during the week in addition to scheduled games (this may include scheduled mat time or regularly assigned practice at the park)
- H. Each squad is entitled to 2 scheduled mat practices max of 1 hour 15 min each after Fall Break - this is not a requirement but offered to each squad. Must be paid for by the squad, not included in annual registration fees.
- I. During the month of October all practices will be expected unless discussed with the coach prior. Cheerleaders will be allowed 2 unexcused absences during this time.
- J. FCPRD teams and their individual members may participate in non-practice social, civic, and church activities. Picnics, banquets, pep rallies, league carnivals, and work details...etc., are not in violation of the FCPRD rules pertaining to practices. This is provided such activity is not also used for FCPRD cheer instructions and practice.
- K. Violations of this rule, or any other rules pertaining to practice, or practice type activities, shall be considered a very serious offense. In the event any FCPRD squad or associated individual is deemed guilty by the FCPRD board of directors or violates any part of this rule or any other rule pertaining to practice or practice-type activity they (the league, team, and/or individual) will be subject, collectively and separately, to a fine, suspension, probation,

and/or any other action as the FCPRD disciplinary committee shall deem appropriate. This includes a recommendation for dismissal of the league involved.

- L. If the county rain outline reads ALL county youth athletics are cancelled, then cheerleading is also cancelled.

### **Rule 8. Practice Schedule/Time Limits**

- A. The first practice shall be determined by FCPRD for all parks
- B. K/1st can practice for no more than 1 hour (& 2 meetings) during the week until after Fall Break (see above rules)
- C. 2nd-5th grade can practice no more than 1.5 hours (& 2 meetings) during the week until after Fall Break (see above rules)
- D. 6th-8th will adhere to 5th grade practice rules 5. Curfews: K/1st graders cannot practice past 8:00 pm. 2nd graders through 4th graders cannot practice past 8:30 pm. 5th graders (6th-8th) cannot practice past 9:00 pm.

### **Rule 9. Sideline Restrictions**

- A. Cheerleaders must remain outside the coaching box (25-yard line to 25-yard line) during games.
- B. Stunts & tumbling are allowed ONLY when the football team is on opposite 40-yard line and a coach must stand between cheerleaders & field
- C. Parents who are not approved coaches or assistant coaches are NOT allowed on the field at any time before, during, or after any game and/or practice unless their child is injured and they are asked onto the field.

### **Rule 10. Cheer Bowl Rules**

- A. Cheer Bowl competition squads must participate in all **pre-season, regular season and post-season practices and games**. Those squads not participating at a scheduled event will receive one warning before losing the right to participate in the Cheer Bowl.
- B. All head coaches are required to participate in a mandatory rules clinic.
- C. Cheer Bowl participants may not be competition cheerleaders for middle school competition squads.
- D. Maximum number of cheerleaders on one squad is thirty (30) girls (rec squads may combine for competition purposes).
- E. Each cheerleader must wear the shell and skirt provided by the park (the park uniform). The uniform can be embellished but must be the uniform for the park being represented.

- F. Cheering down is not permitted. Cheering up one age group is allowed. 6th-8th may cheer with 5th grade if they are not a part of a competition squad.
- G. Cheer squads may NOT hire or participate in any professional instruction (i.e. choreography, tumbling, stunting) for which a fee has been paid. However, squads may pay for professional music mixes. Stunt privates are allowed ONLY for stunt fixes/safety/basics NO choreography.
- H. Cheer squads may NOT use a professional routine of any type (paid or not paid) nor use a prior routine in its entirety.
- I. The floor size is 42' X 42', will be velcroid with 6 strips and a center X
- J. Routine can be no more than 3 minutes in length. A designated adult per squad will assist sound technician in starting the music. The coach will signal routine is ready to begin. Clock will start on the first team motion or beat of music. Motion does not include fixing placement errors, scratching nose, etc.
- K. If there is an error with the music in the middle of the routine, teams will be allowed one (1) restart of music. It is the responsibility of the coach to let the judges panel know that the music has malfunctioned and needs to be restarted. Restarts must occur PRIOR to the end of the routine.
- L. Teams may not start their routines out of the boundary lines. This will cause an out-of-bound violation.
- M. Prior to competing, squads will wait in the designated waiting area in the host school. One (1) coach per every five (5) athletes will be permitted to be with the squads (maximum of six (6) coaches). All other parents or coaches will not be allowed in the designated waiting area or on the competition floor.
- N. Squads may enter from the desired side (left, right, or center of performance area).
- O. Coaches may stand behind, to the side, or kneel in front of the judges to direct the cheerleaders or mimic the routines (depending on placement of judges panel).. Coaches must not be heard by the judges.
- P. Cheerleaders may use props (flags, megaphones, signs).
- Q. Coaches may place the pom-poms and/or signs on the floor prior to the start of the routine. Time will not count against the squad for the placement of these. Each squad will have a maximum of three (3) minutes to get set up.
- R. Score cards must be approved prior to each season by each park's Cheer board. See scorecard/stunt/tumble rules based on age group U. Judges and spotters will be provided through FCPRD/host school.
- S. Only board members of the current year are allowed in the competition area.
- T. A Cheerleading Director is not allowed at the scoring table during their own child's age division or age division they coach in.

- U. \*\*Please advise each squad that a 5-point penalty may be assessed to their total score for unsportsmanlike conduct by other cheer bowl participants, coaches, or spectators. Unsportsmanlike conduct may include, but is not limited to, comments directed toward participants, coaches, judges, or scoring table. \*\*
- V. Each cheerleading squad competing in the Cheer Bowl MUST cheer for the ENTIRE football game on Saturday just prior to the Cheer Bowl on Sunday.

### **Rule 11. Unsportsmanlike Conduct**

All participants, coaches, adult supervisors, officials, parents, and spectators are expected to conduct themselves in a sportsmanlike manner. Any violation of this principle shall be reported to the Commissioner of the FCPRD. Should a violation be severe and/or a violator(s) be reported a second time, the matter will be brought before the Executive Board of the FCPRD for disciplinary action.

### **Rule 12. Halftime**

During a football game, if each team has a cheerleading squad, please be respectful of the clock. Do not take more than three (3) minutes for your halftime show. This time includes taking the field, announcing the squad, cheer, stunts and/or dance and leaving the field.

### **Rule 13. Issues Not Covered in By-Laws**

Questions or issues may arise that are not specifically addressed or covered by these written by-laws or the FCPRD rules. In such cases, said issues will be brought to the attention of FCPRD and taken into consideration by the Executive Board for decision and resolution and added to by-laws if deemed necessary.

### **Forsyth County Parks & Recreation Cheerleading Rules Stunt and Tumbling Rules K/1 Partner Stunts**

1. Extension level stunts are not allowed
2. No suspended forward rolls or tic toc
3. No inversions
4. Flyer cannot leave their original bases
5. Thigh stand, and nugget requires a back spot
6. Pyramids must follow partner stunt and cradling rules and are allowed up to 2 high. Pyramids are any connection; this can be done on the floor as well. The connection to stunts can be hands or feet and must be established at waist level or below.
7. Flyers must always maintain contact with bases
8. Dead man stunt is not allowed

9. T-Lift does not require a back spot.
10. Moving stunt limited to T-Lift
11. Shoulder Sit: must have a back spot and release from the back

## **Cradles**

1. NO cradles/baskets allowed

## **Tumbling**

1. No aided tumbling allowed
2. All tumbling passes are allowed

## **Illegal Props**

1. No jewelry of any kind PERIOD & can NOT be covered
2. No cowbells or other noise makers other than water bottles with the beads inside per GHSA rules
3. All other props acceptable

## **Forsyth County Parks and Recreation Cheerleading Rules Stunt and Tumbling Rules 2nd Grade Partner Stunts**

1. Stunts may go to prep level with single leg flyer (Lib, Arabesque, heel stretch, scale).
2. Extension level stunts are not allowed.
3. Front spots (hands must always be on the flyer) are required at prep level, however, are not required at waist level stunts (this includes straddle stunts).
4. Inverted stunts may only originate from the floor. Inversion is not allowed during a stunt.
5. No suspended forward rolls or tic tocs.
6. Flyers cannot leave their original bases. The only release move allowed is to squish/step down to ground or basic cradle
7. Thigh stand, and a nugget requires a back spot.
8. Pyramids must follow partner stunt and cradling rules and are allowed up to 2 high. Pyramids are any connection; this can be done on the floor as well.
9. The connection to preps can be hands or feet and must be established at prep level or below.
10. Flyers must always maintain contact with bases and may not lose contact with preps when changing to a different position.
11. Dead man stunt is not allowed.
12. T-Lift does not require back spot.
13. Moving stunt limited to T-Lift or at waist/belly level stunt
14. Shoulder Sit: must have a back spot and release from the back

15. Flyer cannot leave original bases

### **Cradles**

1. Only basic cradles are allowed from all stunts a. Not allowed: twisting, arch, toe touches, pike, tucks, etc.
2. Cradles may not land in prone position (on stomach).
3. Flips are not allowed. Anything other than a straight pop off must be caught in a cradle position.

### **Tumbling**

1. No aided tumbling allowed
2. All other tumbling passes are allowed

### **Illegal Props**

1. No jewelry of any kind PERIOD & can NOT be covered.
  2. No cowbells or other noise makers other than water bottles with the beads inside per GHSA rules
  3. All other props acceptable

## **Forsyth County Parks and Recreation Cheerleading Rules Stunt and Tumbling Rules 3rd-5th Partner Stunts**

1. Stunts may go to 2 leg extension level requiring a front spot.
  - A. 5th grade may go to single leg extension with front spot but hit 2 leg extension first then move to single leg extension.
2. Front spots requirements:
  - a. Hands should be on the flyer during extension
  - b. Once extension is reached, they should be on the flyer, or the bases wrists
  - c. Front spots are not required at prep level
3. Stunts may originate from the floor inverted. Inversions are allowed but must start, end and only travel through prep level or lower. (once prep is established, can push up to extension)
4. Back spot is not required in thigh stand or T-Lift
5. Back spot may dismount/lift flyer (in a tuck position) out of prep level and below stunt.
6. Pyramids must follow partner stunt and cradling rules and are allowed up to 2 high.

7. Flyers must always maintain contact with a base in a pyramid.

a. Tic-Tocs are OK

8. Dead Man stunt in any direction is not allowed.

9. Shoulder Sit: no back spot needed

10. Moving stunts are allowed with constant back spot contact.

### **Cradles/Tosses**

1. Basic cradle is allowed

2. Cradles may not land in prone position (on stomach)

3. All tosses must be caught in a cradle

4. Flyer cannot leave original bases

5. The following tosses/cradles are not allowed: flipping, traveling, helicopters, or twists are allowed. (no flipping, traveling, helicopters, or twists)

### **Tumbling**

1. No aided tumbling allowed

2. All tumbling passes are allowed

### **Illegal Props**

1. No jewelry of any kind PERIOD & can NOT be covered

2. No cowbells or other noise makers other than water bottles with the beads inside per GHSA rules

3. All other props acceptable

## Attendance / Cheer Bowl Agreement

Cheerleading is a team sport and to effectively field a squad for half-time routines and Cheer Bowl, the team must perform in unison to a routine set to music. Each cheerleader has a part in every routine and must attend all practices for the squad to be successful. When members of the team are missing, formations will be off, partner stunts and pyramids cannot be executed. If the routine is not learned and perfected, the team will not be successful. Therefore, excessive absences or tardiness with practice cannot be tolerated and will be addressed by the coach and / or Director of Cheerleading.

Cheer Bowl, which is typically held mid-November.

Below you will find the attendance policy set forth by the FCPRD that must be followed to participate at Cheer Bowl. If you do not agree or feel like you will not be able to adhere to the attendance policy, you may opt out of the Cheer Bowl.

## Cheer Bowl Agreement

1. Rosters will be provided to FCPRD at the beginning of the season.
2. All October practices and games are expected as there is only 1 month left before the Cheer Bowl. 2 unexcused absences will be allowed.
3. Cheerleaders must cheer at all play-off games leading up to Cheer Bowl.
4. If your assigned team is eliminated after the first round of the playoffs, your squad may have Cheer Bowl practice on the Saturday your assigned team would have. This practice is expected.
5. Your coach is required to take attendance at all playoff games.
6. Cheer Bowl rosters will be turned into FCPRD at check-in of the Cheer Bowl. Any cheerleader that is not on the playoff roster will not be allowed to compete that day. The Cheer Bowl roster turned in at the beginning of the season and the roster turned in at Cheer Bowl check in must match.

\_\_\_\_\_ My daughter will participate in Cheer Bowl

\_\_\_\_\_ My daughter will NOT participate in Cheer Bowl Cheerleader's

Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_