



MAYFC Cheering Coaches Rules



Massabesic Area Youth Cheering

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Cheerleading Coach Duties

- I. Team Roster:** All Cheerleading Coaches need to make and issue a team roster with phone numbers for all the girls on the squad.
- A. Before you publish this list PLEASE ask all parents permission. Some people have unpublished numbers that we are not allowed to share.
 - B. Once permission has been given please hand out a copy to each girl. This will help with car-pooling to both practices and games.
 - C. Please provide copies to President and Vice President of Cheering in case of emergencies.

II. Uniforms:

- A. The cheering uniform consists of a league issued sweatshirt, tee shirt and socks that are purchased by each girl. The skorts and pom-poms are rented from the MAYFC.
- B. Uniform try-on and order date: This takes place around the time that school gets out for the summer.
 - 1. Cheerleading Coach's will contact all girls on their squad to let them know: the date and time of skort try-ons, how to place a sweatshirt and sock order, and the cost of both rental items, and sweatshirt, tee-shirt and sock orders.
 - 2. Cheerleading Coach's will review their team forms to assure each girl has ordered and paid for all necessary uniform items.
 - 3. Any unaccounted for girls will be contacted by the appropriate Cheerleading Coach to get the girls sizes, and collect money before any uniform is ordered.
- C. Uniform Money: All uniforms MUST be paid for before they can be ordered. NO uniforms will be ordered without prior payment.
- D. Rental Fees: All rental fees MUST be collected prior to the uniforms being issued.
- E. Issuing of Uniforms: Cheerleading Coaches will issue uniforms including rental items.
 - 1. Since parents pay to rent pom-poms, please ask for input from parents regarding who will be responsible for the pom-poms. Many parents will be happy to have you responsible for the pom-poms. Other parents feel that since they have paid a rental fee they should be allowed to take them home.

2. *It is reasonable for you to let both cheerleaders and parents know that if pom-poms are forgotten for a game or practice you will be allowed to keep them in your bag from that date on.*
- F. Uniform Return: Cheerleaders will wear uniforms to the last game and be instructed to bring clothes to change into after the last game.
- G. Cheerleading Coaches will collect skorts and pom-poms immediately following the last game. Cheerleading Coaches are responsible for collecting any unreturned rental items. Turn them in to the President and Vice President of Cheering.
 1. ***Trophies and awards will be withheld until all uniform rental pieces are returned.***

III. Schedule Changes and Cancellations: Cheerleading Coaches are responsible for contacting all cheerleaders with any rain dates or other changes to their normal schedule.

- A. This includes changes you make to your practices and changes made by the league.

IV. Game and Practice Conduct:

- A. Practices: Cheerleading Coaches need to maintain orderly practices, while encouraging sportsmanship, fun, and safety.
- B. Games: All squad members must show respect for other Cheerleading Coaches/Coaches/Parents and other cheerleaders at ALL times.

V. Sideline Cheering: During games please allow the other squad to finish a cheer before your squad starts a new cheer.

- A. Girls need to be standing with their hands on their hips and smiles on their lips while waiting between cheers.
- B. If the coach chooses, girls can stand with their hands resting on their backs between cheers. Please be clear about which position you have chosen.
- C. Goofing around during any game will not be tolerated. Cheerleaders should be paying attention to the game at all times.
- D. Please have a system with your squad about when they can watch and when it is time to cheer to the crowd.

VI. Injured player:

- A. If a football player is injured, all cheerleaders will get down on one knee until the injured player gets up.
- B. Any injuries to cheerleaders need to be reported to the board immediately.

VII. Half-time Cheering: Previous to the start of the game Cheerleading Coaches will determine which squad will cheer first at half-time.

- A. While waiting, cheerleaders will take a knee on the sideline, to watch the other squad's routine.
- B. Half-time routines need to be kept to three minutes or less in length from start to finish.

- C. Please be aware that any chants or cheers that are not in the handbook cannot be included in half-time routines. If you have chants that you are passionate about, they must first be submitted to and approved by the board. Once approved the chants are made available to all appropriate squads.

VIII. Safety: Cheerleading Coaches need to insure all safety regulations at all times.

- A. Warm up: Before all games and practices cheerleaders must warm up and stretch.
1. Cheerleading Coaches will determine warm up routines.
- B. Formations: All formations need to be kept at a low level.
1. Junior division- Feet will be held no higher than the waist.
 2. Senior division- Feet will be held no higher than the chest.
 3. **SHOULDER STANDS ARE NOT ALLOWED.** No cheerleaders should be held or standing above chest level.
- C. Cartwheels- Splits: Cheerleaders may do cartwheels, splits, and forward rolls as they apply to the cheer. Cheerleading Coaches will keep safety and ability in mind when choosing stunts.

(ONLY CHEERLEADERS THAT CAN DO THESE STUNTS SAFELY WILL BE CHOSEN TO PARTICIPATE IN THEM.)

- D. Throws and Flips are NOT ALLOWED.
1. This includes the basket toss and popping.
 2. This also includes gymnastics moves, even if some cheerleaders are capable and trained.

IX. Opening Ceremonies: At the start of the season, we have opening ceremonies. This is usually held several hours before the first game.

- A. Please inform parents and girls about this and encourage them all to attend. We know it can make for a longer day so a little notice and planning helps. We will try to fill the time with pictures.

X. Appearance: Cheerleading Coaches need to make sure that the cheerleaders follow these guidelines.

- A. Hair: Cheerleaders need to have their hair pulled back away from their faces.
1. Ponytails work well for long hair.
 2. Flat barrettes that fit closely to the head may be worn to pull back short hair.
- B. Jewelry: Because of safety hazards, no jewelry may be worn during games or practices.
1. If a cheerleader recently had her ears pierced, she may choose to put medical tape over the earrings.
 2. It would be best to encourage girls to not pierce their ears during the cheering season.
- C. Sneakers, gloves, white tee shirts and white turtlenecks.
1. Please make sure the girls wear sneakers to all games and practices.
 - a. They are not allowed to practice or play in sandals.

- b. Sneakers need to be flat. No chunky heel sneakers are allowed.
 - c. Solid white sneakers are preferred.
 - 2. The girls are allowed to wear white tee shirts, gloves and/or turtlenecks depending on the weather. This decision needs to be made previous to each game to maintain uniformity.
- D. Fingernails: Fingernails need to be kept short while girls are cheering. This is for their safety and the safety of other cheerleaders.
 - 1. Cheerleading Coaches are to make sure girls have their nails at the appropriate length.
 - 2. If a cheerleader has nails that the Cheerleading Coach feels are too long, the cheerleader will need to clip them before she is allowed to cheer.

XI. Food & Drink: There is no eating during games or at half time.

- A. Girls may bring water bottles to have at half time. These drinks need to be kept out of sight.
- B. Soda is not allowed during practices or games.
- C. Cheerleaders must either eat before their game or wait until the game is over to have any food or soda at the field.
- D. Absolutely no gum chewing will be allowed.

XII. Set Up and Clean Up: Cheerleading Coaches need to facilitate clean up with the cheerleaders for trash from our games.

- A. WE are not responsible to clean up trash left from High School games.
- B. At the first set of games the Cheerleading Coaches need to help set up the barriers on the Jr. playing field to assure room for cheerleaders.
- C. After the second set of games, Cheerleading Coaches need to return barriers to the shed before leaving.

XIII. Awards:

- A. There are incentive items given to each cheerleader that participates in the fund-raising.
- B. Cheerleaders will also receive a trophy and a certificate at the end of the season. Sixth grade cheerleaders will receive a jacket with their name embroidered on it.
- C. No awards will be given out until the rental items are returned.
 - 1. It is up to the Cheerleading Coach to keep track of who has returned their equipment.
 - 2. If equipment is not returned the cheerleader's trophy and incentive item will be held by the league until all equipment is returned.

Cheerleading Coach & Team

Janice Berry/President MAYFC Cheering