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CHEERLEADER SUPPLEMENTAL RULES

As Revised March, 2011

SR-1 ELIGIBILITY

Any cheerleader, who resides in the Thurston County area and is entering the **2nd, 3rd, 4th, 5th, 6th, 7th, 8th or 9th grade** in either public, private, church, or home schooled.

- If younger participants wish to participate, it will be left to the discretion of the individual Cheer Coaches.
- All cheer squads will be required to have a Head Coach at least 18 years of age. This person will be the main contact for your squad.

SR- 2 CHEERLEADER RECRUITMENT AND ASSIGNMENT

Cheerleaders shall be accepted on first come, first served basis until cheerleading squads are full. Should squads of the respective school be full, the cheerleader shall have the opportunity to cheer on another squad at the school closest to their school or go on a waiting list for a squad at their school. Under no circumstances shall a cheerleader be denied the opportunity to be on a squad because of arbitrary roster size limits.

Recruitment: All persons associated with the league are encouraged to recruit cheerleaders for the league. Under no circumstances shall any person recruiting cheerleaders make any promises as to squad assignment or entice a roster cheerleader on another team to request a change of team. Any coach violating this policy shall be subject to immediate suspension or dismissal from his/her position in the league. All cheerleaders shall cheer for a team at the school they attend. The only exception shall be returning cheerleaders who change schools within the North Thurston School District. They shall have the option of remaining with their former squad or going into the squad at their new school. Any situations that arise which fall outside the rules regarding cheerleading assignments as written above shall be submitted in writing to the league president prior to the player starting practice. A final decision shall be rendered by the league rules committee.

SR- 3 INJURED CHEERLEADERS

Head coaches must submit in writing to the board within seven (7) days all available information with regards to the cheerleader who has been injured and required a Physician's assistance. Coaches are to obtain from a parent a doctor's release and submit this to a board official A.S.A.P. Injured cheerleaders will not be allowed to participate in practices or games until this has been cleared by the board.

SR- 4 CHEERLEADING PERFORMANCES

Kneeling pyramids will be permitted. Squads will be permitted to perform a dance routine, not to exceed 3 minutes, during the half time of their game. The squad that is representing the home team of the game will have the first option of performing any dance routines. If the home team does not wish to perform during half time, then the visiting team may perform in their place. Since half times are only 5 minutes long, cheerleading squads are asked to exit the field as soon as their routines are finished.

Stunting will be allowed as followed: (Subject to Change)

Bantam - Knee High
Youth - Waist High
Juniors - Chest High

SR- 5 PRACTICE TIMES AND DATES

Practices shall start on the first Monday in August. Squads may practice up to four (4) days per week until the first week of school in the North Thurston School District. Starting with the first week of school, squads may practice only three (3) days per week. Squads may practice only Monday through Thursday. No practice shall start before 5:00pm. No practice shall exceed two (2) hours in length. Practice days and times shall be at each squad's head coaches' discretion. After Labor Day, players who fail to make a minimum of two (2) practices per week for an unexcused reason shall have the following restrictions:

- * **Cheerleaders missing one (1) unexcused practice shall not cheer in the first quarter.**
- * **Cheerleaders missing two (2) unexcused practice shall not cheer in the first half.**
- * **Cheerleaders missing three (3) unexcused practice shall not cheer in the game.**

SR- 6 CHEERLEADER CONDUCT/SCHOOL SUSPENSION

Should a cheerleader be suspended from school for any reason, they will be suspended from participating in practice and games until he/she returns to school. There shall be no appeal to this rule. Cheerleaders given a long term suspension, who then transfer out of their district or are home schooled will not participate until they have been reinstated in their original district. Coaches are to encourage high academics and good behavior from their cheerleaders while in school. If a cheerleader is ejected from a game, suspension from participating in the next scheduled game shall be automatic. There shall be no appeal involving the ejection of a cheerleader unless a head coach can clearly show that the wrong cheerleader was ejected. The appeal will be accepted only if the incident was witnessed by a board official or was video taped.

Cheerleaders will display good sportsmanship amongst their squad, other cheer squads and players at all times. Any act of poor sportsmanship toward fellow squad members, other teams or cheer squads may result in disciplinary action by the League to include suspension or dismissal from the league. They will display a non-smoking, weapons free, drug free, alcohol free, and profanity free environment during practice and games. No clothing, jewelry or any other accessories promoting any alcohol, tobacco or gang related paraphernalia will be permitted

Although the Black Hills Junior Football League is a private league we still work closely with the public school district and schools. Any conduct of a cheerleader in school reflects on the League as well as their teammates. Any misconduct in school can result in disciplinary action with the League.

SR- 7 HEAD COACH CONDUCT AND GENERAL RESPONSIBILITIES

Safe Environment

Head coaches will provide a non-smoking, weapons free, drug free, alcohol free, and profanity free environment during practice and games. This rule will be strictly enforced in compliance with existing Washington State law(s). Parents, coaches, and players who repeatedly violate this rule will be removed from participating in practices, games, and/or removed from the league.

Head Coach Responsibility

Head coaches shall at all times conduct his/herself in a professional manner. Head coaches are responsible for the conduct of their assistants and players. Should a head coach or assistant be ejected from a game, he/she shall be suspended from participating in the next scheduled league game. A league game is defined as the next set of games.

General Conduct

Any coach who by his/her actions, conduct, or public comments, is found to be in conflict with the best interest of the League, players, parents, or school district is subject to immediate removal from his/her position in the League. The decision of the Executive Board in such matters shall be final.

SR- 8 EXECUTIVE BOARD NOTIFICATION OF RULES INFRACTIONS

Alleged infraction of the supplemental rules must be submitted to the League President in writing by Monday, 7pm. following the game in question. The Board will render a written decision by Wednesday, 5pm. prior to the ensuing weekend's games. At least three eligible board members will be involved in the decision. Under no circumstances is the alleged infraction to interfere with the progress of the game or be brought to the attention of the public or the referees. The Board will review the alleged violation and render its decision based on the letter of the rule violated. Each of the three board members will have one vote. The decision of the board will be based on a majority vote.

SR- 9 UNIFORMS

Cheer Coaches shall do their best to keep the cost of their cheerleading uniform to no more than \$100.00. (Basic Cheer uniform consist of: Shell, Skirt, Spankies and Poms). In addition accessories may include matching socks, shoes and warm ups which is not included in the uniform package price and will not be part of the reimbursement. Cheer Coaches shall make an honest attempt through fundraisers to reimburse the parent's any cost over \$75.00 for the basic cheer uniform package. Uniforms will be neat and appropriate. No midriffs or bra straps showing. Cheer briefs/shorts must be worn. Any League purchased items will be returned at the end of the season. Any lost, stolen or destroyed items will be replaced at the participant's cost.

SR-10 FUNDRAISING

The cheerleading squad may hold fundraisers to raise money for any additional costs that may be incurred in addition to this \$75.00. Any money earned from fundraisers exceeding \$500.00 must be reported to the League Board with documentation of how the money was raised, how much was raised and what the money was spent on. Each cheerleading squad will be allowed to hold one bake sale on game days. The game day will be assigned first come, first serve. This date will need to be scheduled with the League Cheerleading Coordinator.

The rules in this section supplement the rules of the National Federation of State High School Association's current edition. Specific rules contained herein supersede those of the federation.

The rules in this section are supplemental rules for the Black Hills Junior Football League. These Supplemental rules will be applied in conjunction with W.I.A.A. rules fore all games.
