



# The Sertoma Club of Summerville

## Cheerleading Program Official Rules

2010

### **1. Organization:**

The Youth Cheerleading program shall be known as The Sertoma Club of Summerville Youth Cheerleading Program. The Sertoma Club of Summerville delegates the responsibility of The Sertoma Club of Summerville Cheerleading Program to the Cheerleading Program Committee as defined hereto. The Cheerleading Committee will perform their responsibilities and duties in the best interest of The Sertoma Club of Summerville.

The Cheerleading Program Committee shall consist of the Program Commissioners and the League Commissioner from each of the respective leagues.

The general duties of the Cheerleading Committee are:

- To appropriate league rules and regulations that governs the program.
- Recommend expenditures of all available funds as needed to the Club.
- Rule on all league disputes.

### **2. Purpose:**

The purpose of the Sertoma Club of Summerville Cheerleading Program is to provide an opportunity for the youth in the Summerville and surrounding area to participate and enjoy an organized cheerleading program. This program will teach the fundamentals of cheerleading, sportsmanship, insures maximum participation by all players and the safety of all participants.

### **3. Personnel:**

#### **A. Program Commissioner.**

1. Responsible for all operations of The Sertoma Club of Summerville Cheerleading Program.
2. Chair the cheerleading committee and report to the club.
3. Provide and maintain all schedules and forms.
4. Coordinate with emergency responders as necessary.
5. Order equipment and trophies.

6. Facilitate the resolution of problems that cannot be solved solely by League Commissioners.
7. Answer complaints.
8. Arrange for publicity of registration, games and playoffs.
9. Provide forms and reserve site for registration.
10. Attend Tuesday Sertoma Club meetings.
11. Insure safety of all participants.

**B. League Commissioner Duties (A, B and C League):**

1. Responsible for overall operation of their respective leagues.
2. Report to the program commissioner and serve on the cheer committee.
3. Appoint team manager & coaches and approve assistant Team managers & coaches.
4. Provide game/practice schedules to program commissioner.
5. Conduct registration and draft.
6. Arrange for press box sponsor book and press box etiquette are maintained
7. Attend all Club meetings.
8. Setup, coordinate and administer group meeting for all parents in your league at the beginning of the season.
9. Resolve problems and answer complaints. Complaints that cannot be resolved will be passed on to the Program Commissioner.
10. Provide reports to the Program Commissioner.
11. Insure safety of all participants.

**C. Team Managers desiring to become a Sertoma Club of Summerville Coach must complete the following requirements:**

1. Team Managers must submit an application and be approved by The Sertoma Club of Summerville Cheerleading Committee.
2. Team Managers must submit and pass a criminal background check.
3. Team Managers must attend training session before being assigned a team.

**Team Manager Term: Upon accepting a position as Team Manager, each Team Manager agrees to the following:**

4. A Team Manager will be evaluated on an annual basis and the opportunity to manage shall be granted at the sole discretion of The SERTOMA Cheerleading Commissioning Board.
5. At anytime the Commissioning Board may remove a Team Manager from the Program if said Team Manager has been deemed a risk to the safety and the liability of the cheerleaders, fans and program, otherwise a Team Manager will revert to the 3-strike policy for other offenses, see Section 13.

#### **D. Team Managers Duties:**

1. Select assistant Team Manager and submit to League Commissioner for approval.
2. Notify selected cheerleaders after the draft.
3. Be present and conduct practices.
4. Hold an orientation with the parents of the cheerleaders. Notify League Commissioner of time and place of orientation.
5. Promote good sportsmanship and the goals of the cheerleading program.
6. Encourage good classroom attendance and emphasize the importance of maintaining good grades.
7. Insure the safety of all participants.
8. Head Team Managers are totally responsible for the actions and behaviors of their assistant team manager and coaching staff.
9. Team managers will refrain from the use of profanity and tobacco products during practices and games.
10. All complaints to a commissioner shall be in writing. Parents should be told this and they should attempt to settle indifferences with a team manager or coach prior to making any report to a commissioner.
11. Team managers and assistant team managers are responsible for ensuring that practice sites and/or sidelines are cleaned and free of any trash, team items and debris after each practice and/or game.

#### **4. Registration**

- A. All cheerleaders (new and returning) will register.
- B. A parent or legal guardian must accompany and sign the application form of each cheerleader.
- C. Date of birth will be verified at registration. Copy of Birth Certificate, Picture School ID or Military ID will be accepted.
- D. There will be no exceptions on the above regulations.
- E. Only Sertoma members will register participants.
- F. Participant's age as of September 1st will determine which league that the cheerleader is eligible to participate in (A, B and C Leagues).
- G. Siblings in the same league will be on the same team.
  - If one is a returning cheerleader the other is automatically assigned to the team. (Unless the parent request otherwise)
  - If both are in the draft, when one is drafted, the other becomes a roster member of that team.
- H. Ages: (ages as of September 1st)
  - A-League:
    - Ages 5-7 years old

- B-League:
  - Ages 8-10 years old
- C-League:
  - Ages 11-14 years old

## 5. Rules:

- A. The official rules for the league are designated by The Sertoma Club of Summerville.
- B. Practices are mandatory beginning the week of August 16, 2010. Practices may be held any day except Sunday. Saturday practices can be no longer than 4 hours and must include plenty of breaks. Max practice time for the week is 6 hours. When games begin, the game is substituted in place of 1 practice. Team Managers must be present and actively participate in practices.
- C. Practices are to only be held at the practice site assigned by the Cheerleading Committee. **NO EXCEPTIONS**

## 6. General Conduct:

- A. Any coach or team manager suspended from a game will leave the premises or be expelled from the program.
- B. Any coach suspended from any game will not be allowed to participate on or at any team function until the next game.
- C. Any cheerleader or coach ejected from a game will be suspended for the next game.
- D. Any cheerleader ejected a second time will be expelled permanently without refunding any monies.

## 7. Team Practice:

- A. A coach may hold three events per week. An event is a practice or a game. The opening day Jamboree will not count as an event.
- B. All practices **WILL END BY 8 PM AND NO LATER**. All practices are LIMITED TO A MAXIMUM OF TWO HOURS. Any violation will result in a strike against the Head Coach with the exception of Saturdays. Saturday practices will last no more than 4 hours.
- C. No practices will be held at Gahagan Park at any time.
- D. Absolutely no Sunday practices.
- I. Participants must attend and actively participate in practices to receive cheer time.

## 8. Uniform:

- A. All cheerleaders are responsible for keeping their uniform and shoes neat and clean at all times.
- B. Only tennis shoes with socks are to be worn during any cheerleading event. NO FLIP FLOPS!
- C. No tank tops with spaghetti straps or sports bras are to be worn during any cheerleading event by cheerleaders, coaches, and team managers.

**9. Injured cheerleaders:**

- A. In the event of an injury to a cheerleader, the team mom is responsible to get the player medical attention. All leagues injure requiring professional medical attention must be reported to the League Commissioner **immediately**.

**10. Game Etiquette:**

- A. All cheerleaders are to support their football team at a goal post at entry to field at start of game.
- B. Cheer all 4 quarters of the game.
- C. Half time routine – visiting team is introduced first, then home team follows.
- D. Half time routines should be quick to allow time for bathroom and water breaks.
- E. Pay attention to the play of the game to know what’s happening. Defense/Offense cheers should be done at appropriate times.
- F. When a player (regardless of team) is injured, all cheerleaders should kneel and wait for the player to be escorted off the field.
- G. At the close of game, cheerleaders should walk with the football players to shake hands with opposing players.
- F. After games, cheerleaders should go over to their football team and show spirit by doing a cheer of two for them no matter the outcome of the game.

**11. Teams:**

<u>Mighty Mites</u>	<u>Bantam</u>	<u>A-League</u>	<u>B-League</u>	<u>C-League</u>
1. Redskins	1. Cowboys	1. Cowboys	1. Giants	1. Cowboys
2. Packers	2. Falcons	2. Falcons	2. Cowboys	2. Falcons
3. Steelers	3. Jaguars	3. Jaguars	3. Jaguars	3. Giants
4. Vikings	4. Packers	4. Packers	4. Jets	4. Raiders
5. Giants	5. Panthers	5. Panthers	5. Packers	5. Steelers
6. Jags	6. Redskins	6. Redskins	6. Panthers	
	7. Steelers	7. Steelers	7. Vikings	
	8. Vikings	8. Vikings	8. Redskins	
	9. Giants	9. Giants	9. Steelers	

10. Jets

10. Raiders

11. Bucs

## **12. Schedule:**

- A. The League will set regular season games.
- B. Make up games are mandatory.
- C. Playoffs and Championship games are mandatory and must be cheered like all other games.

## **13. Discipline:**

A. The Three Strike Rule states: If the team managers or coaches fails to adhere to and violates any of the league rules, the following discipline will occur.

- 1. First offense: issuance of a verbal warning to the offender.
- 2. Second offense: the offender will be suspended from his teams sideline for the next game.
- 3. Third offense will result in the offenders permanent suspension and removal from the team and league. Keep in mind that more than one offense can happen within a single game and the coaching staff that blatantly abuses the rules will be disciplined accordingly.

## **14. Sponsor Cap:**

A. The sponsor cap her team is \$100.00 per girl.

B. Any sponsor who donates over \$100.00 or more will receive a sponsor plaque unless they choose not to. The cost of the plaque will come from the Team's fund. All donations must be received before November 1<sup>st</sup>.

C. Money may only be used for approved items. (Competitions/Parade entries, hair bow materials, replica competition trophies, team t-shirts with sponsors names for cheerleaders only)

## **15. End of Season**

- A. All games, playoffs and championships must be cheered at to receive year end trophy.
- B. Sertoma Cheerleading competition is mandatory.