

# Walton County

## Parks & Recreation

### Cheerleading Rules

Revised: July 17, 2006

#### 1. Age Divisions, Mascots, & Draft:

**Age Divisions:** 5-6, 7-8, 9-10, 11-12

**Age Control Date:** August 31<sup>st</sup> of the current year

Participants must cheer in their own age division. Participants may advance one (1) age division only with the approval of the Recreation Department and the head-coach of the squad involved. Participants are not allowed to cheer in a younger age division.

**Mascots:** Mascots must be registered with the Recreation Department. Mascots must be age 4 or older on August 31<sup>st</sup> of the current year. Each squad is allowed to have one (1) mascot. A squad's mascots will be chosen by the head-coach & approved by the Recreation Department.

**Draft:** The Recreation Department will hold a draft in order to select squad members. The following draft procedures will apply to all age groups:

- Each registered participant will be placed in their correct age category.
- Older participants will be drafted first, then the younger participants will be drafted.  
Example: Age Division 5-6. The coaches will take turns picking the 6 year olds and then they will take turns picking the 5 year olds.
- A draw will determine in which order head-coaches will pick squad members.
- Once in the draft, head-coaches will pick in numerical order in the first round and pick in reverse order in the second round. They will continue the sequence each additional round.  
Example: round one.....pick 1,2,3,4  
round two.....pick 4,3,2,1  
round three.....pick 1,2,3,4
- Each squad will freeze the children of one (1) head-coach and one (1) assistant coach. These participants will be picked in the first round from the age category in which they are placed. Assistant coaches that do not continue to coach after their child is automatically placed on a squad, will not be replaced.
- Siblings which reside in the same household will be drafted on the same squad.

2. **Uniforms:** Parents & cheerleaders will attend a meeting (scheduled by the Recreation Department) at which time uniform sizes will be determined. The uniform will include a vest w/ team logo, skirt, & bloomers. Parents must submit a uniform payment at this meeting.

Checks should be made payable to: \_\_\_\_\_.

The uniform style & colors will be determined by the Recreation Department.  
The uniforms will be ordered by the Recreation Department.

Participants will wear tennis shoes, socks, and long-sleeve shirts (if necessary).  
Parents are responsible for furnishing these items. There shall be no mandatory purchase of matching attire.

**Accessories:** Accessories (i.e., hair bows, gym bags, etc.) will be allowed. Cost for these items must not exceed \$20 per cheerleader. Coaches will be responsible for selecting and coordinating the purchase of these items.

**Pom-Poms:** Pom-Poms are supplied by the Recreation Department.  
When the season ends, participants may keep their pom-poms.

3. **Cheers:** The Recreation Department will issue a “Book of Approved Cheers” to each coach. Coaches will select their cheers from this book.

**Cheer Additions:** Coaches may add new cheers to the book by submitting a written copy to their area recreation office for approval.

4. **Practices:** Cheerleading coaches will contact their area recreation office in order to schedule practice sessions. Practices are limited to three (3) per week prior to opening day games. After opening day, squads may have three (3) events per week (i.e., 1 game & 2 practice sessions).

Recommended days.....Monday, Tuesday, Thursday, Saturday.  
Each practice session should not exceed 1 ½ hour.

5. **Discipline:** The head-coach is responsible for ensuring that squad members conduct themselves in an appropriate manner. A cheerleader may be restricted from cheering at a game for disciplinary reasons. Parents / guardians must be notified and given details prior to game time.

**6. General Game Rules:**

- A. Cheerleaders are not to interfere with football players during a game. After the game, cheerleaders are encouraged to follow football players and shake hands with the opposing team's football players & cheerleaders.
- B. It is important that cheerleaders stay in their designated cheering area.
- C. Coaches, parents, fans, or spectators not abiding by the Walton County Recreation Department rules of conduct may be barred from the facility. Example: cursing, bad sportsmanship, offensive remarks, showing disrespect to officials, etc...

7. **Team Captains:** Each cheerleader may be designated captain or co-captain for at least one game. In order to qualify, the cheerleader must attend the required number of practices and abide by the rules. Captains may call the approved cheers of their choice during this game.

8. **Cheers:** Cheerleading coaches should use good judgement when performing cheers and choreography suitable for youth. The Recreation Department has the right to ban a cheer or choreography that, in their opinion, is inappropriate..... refer to page 2, rule 3.

9. **Stunts:** Stunts will not be allowed during games or practices unless a coach is present. Basic techniques & fundamentals must be taught and "mastered" prior to attempting a stunt. At no time should a cheerleader be pressed to perform a particular stunt which they are not comfortable with, nor ready for. It is the coach's responsibility to closely observe, monitor, & recognize a cheerleader or squad's ability level and limit activities accordingly.

- A. Cheering stunts are not permitted on paved areas. Conditions should be inspected before stunts are performed. If the performing surface is wet, muddy, not level, or determined unsafe.....the coach should not allow the squad to perform stunts.

- B. Definition of "STUNT": A stunt is when a cheerleader relinquishes control of her primary body weight to another individual or individuals.

Ground level heel stretch and other one-foot stunts are permitted.

Head-Coaches must make every effort to ensure the safety of the squad members!

10. **Music:** The Recreation Coordinators must approve all cheerleading music. Sideline music is permitted, but must cease when the team breaks the huddle.