

HOWELL AMERICAN YOUTH FOOTBALL AND CHEER 2018 – 2019 Cheerleading Rules & Regulations

- 1. TEAM PLACEMENT OF PARTICIPANTS:** Placement of participants on a team is done on a first come, first served basis as outlined by our American Youth Football/Cheer national and local governing bodies. A participant's placement on a team will be done after the returning and new registrations are completed. In the case of a multiple teams in each division, it is the Howell AYFC Board's right to decide the method of placement on a roster.
- 2. PRIMARY SPORT:** While we encourage our participants to be active in other sports, we do not recognize any other sport/activity taking priority over Howell AYFC cheer functions from August 1st until after the final competition of the season. Practices, games, and competitions will be viewed as priority functions over other athletic and social activities.
- 3. RESPECT:** All participants must always be respectful of coaches, trainers, officials, parents, other cheerleaders and anyone they come in contact with at any AYFC function. All cheerleaders must show respect for the uniform that they wear and the organization that they represent.
- 4. SPORTSMANSHIP:** All cheerleaders must remember that they are a part of a team that represents Howell AYFC. Cheerleaders must always demonstrate good sportsmanship.
- 5. ATTENDANCE:**
 - a. ATTENDANCE IS MANDATORY. Cheerleaders are required to attend all practices, games and other AYF/C activities. In the case of illness, the head coach must be notified no less than two hours prior to the day's activities.
 - b. There is a limit of five (5) excused absences for the month of August, which include sickness and vacations. Children going on vacation must submit the dates in writing by no later than June 30th (unless traveling before June 30th, then submit the dates right away). Notification may be made via e-mail or written note to the head coach, cheer coordinator and/or VP of cheer.
 - c. There will be a limit of four (4) unexcused absences for the entire season (August-season end). Exceeding this limit will mean removal from the team and loss of grandfather status for the following season.
 - d. Religious education will not be counted as an absence. All religious education and holiday observances will be excused provided a note is given to the head coach by the start of practices in early August.

- e. Lateness will not be tolerated. Three late arrivals will count as one unexcused absence. Absences and lateness will be monitored by the Howell AYFC Board and dismissal from the squad could occur if the child exceeds the limit.
 - f. Pep rallies, exhibition games, pre-season and post-season games are all included in the attendance requirements. Participants who do not attend any of these functions will get an unexcused absence.
 - g. All squads are required by New Jersey AVF- Jersey Shore Conference to cheer at all games regardless of weather. If the football team plays, the cheer team is required to cheer. All participants must come prepared for rain and/or cold weather. Cheering can only be terminated if the game is called by the referee or an official of AYF/C.
 - h. The head coach will bring any attendance infractions to the attention of the VP of cheer and/or cheer coordinator.
- 6. INCLEMENT WEATHER:** Dangerous weather conditions such as lightning, heavy winds, extreme heat, etc. will result in immediate termination of any activity. Parents/guardians will be responsible for immediate pick up. One of the three Howell AYFC Board members - President, VP of Cheer, VP of Football - will decide if any activity will be canceled prior to the start of that event.
- 7. PRACTICES:**
- a. Cheerleaders and trainers are required to wear at-shirt, cheer shorts (no denim), white socks and white support sneakers to all practices. In the event of cold weather, cheerleaders may wear a navy sweatshirt and/or navy sweatpants (no plaids or "pajama" pants). Coaches may require their teams to wear Howell AYFC issued practice wear on certain days.
 - b. Absolutely no jewelry. (This includes earrings, necklaces, bracelets, body piercings, rings, watches, etc.)
 - c. All children must arrive at the scheduled place on time as specified by the head coach. Please refer to 5 (e) for the lateness policy.
 - d. Please be on time to pick up your child at the end of practice. Coaches are volunteers and we appreciate your respect of their personal time.
 - e. If a child uses an inhaler, epi pen, or requires special medications, the child must be able to administer it to themselves or the child's parent must remain accessible to administer the medication. Coaches are not allowed to give medications to any participants! Plus, all medications require a note from the doctor. Coaches must be made aware of all medications in writing from the parent.
 - f. The coaching staff must be informed about any allergies (such as peanut, latex, bee stings, etc.) in writing.
 - g. All participants are to bring a water bottle and towel to all Howell AYFC activities.

8. PRACTICES DURING JULY AND AUGUST:

- a. Practices will begin either on July 30th or August 1st depending upon the team. The season start date is July 30th and this is established annually for the entire league by New Jersey AYC – Jersey Shore Conference.
- b. Practice begins at 6pm and ends at 8:30pm unless otherwise specified by the head coach.
- c. Practice days will be announced at the first practice by your coach. Days of the week may change from week to week.
- d. Practices during July/August will be 10 hours per week and may be four or five nights per week.
- e. Parents are not allowed in the practice area.
- f. Please spray insect repellent on your child prior to practice.
- g. Cancellation of practice -please check our website before leaving for practice. Every effort will be made to update cancellation information by 5:30pm. If it rains during practice or starts to drizzle before, please come to practice and we will notify you of the status at that time.
 - i. This is primarily an outdoor program. If your child has severe allergies, such as asthma, or has limits to physical activity, written clearance from the child's doctor is required. This should be given to the VP of Cheer as well as the head coach.
- h. Indoor practices- Once school is in session, we will move all practices indoors. Practice time and availability will depend upon the availability of the schools and any other practice facilities. Schedules may change from week to week and will be announced by your coach. All practices will be closed to parents. Practices will not exceed 3 times or 8 hours per week.
- i. Games and activities —
 - i. Game schedules are normally released by New Jersey AYC – Jersey Shore Conference at the end of August. Most games are played on either Friday night, Saturday or Sunday. As soon as Howell AYFC knows the schedule, we will release that information to you.
 - ii. Directions for away games are available on our website. It is your responsibility to arrive on time.
 - iii. Parents are responsible for the transportation to and from all activities, games and practices.

9. COMPETITIONS:

- a. The New Jersey AYC – Jersey Shore Conference cheerleading competition is a mandatory requirement of the league. The date of this competition is October 13, 2018.
- b. There will be a separate form distributed regarding the competition dates for the season, which are mandatory. The form will be reviewed and signed by both the cheerleader and the parent/guardian.

- c. If a participant has four (4) unexcused absences during competition practices, that participant will not be allowed to compete and may be a game day cheerleader only.
- d. If a child is not competing, they do not have to attend practice once school starts but must attend all games.
- e. During competition practices in the schools, the only excused absences are as follows: A doctor's note signed by the doctor or religious education/observances. All other absences will be considered unexcused and could result in removal from the competition.
- f. All competition fees and balances must be paid in full or the cheerleader will be removed from the competition team.
- g. There will be team placement for the competition teams based on an evaluation; to include cheerleader's skill level, ability and tumbling.

10. UNIFORMS:

- a. You are responsible for keeping the uniforms clean and in good condition.
- b. Uniforms are to be hand-washed or machine-washed on a gentle cycle and hung up to dry. DO NOT IRON UNIFORMS! This material tends to burn and melt easily.
- c. Uniforms are the property of Howell AYFC and are not to be worn outside of league functions (i.e., Halloween costume, school functions, etc.) Cheerleaders must be extremely careful when eating or drinking in their uniforms. They absolutely should not consume chocolate, mustard, ketchup, cheese, sauces, etc. while in uniform unless the uniform is covered. While in uniform, only clear drinks are allowed. Failure to comply will result in the removal of the uniform and returned only to wear for competition and/or games.
- d. No alterations of uniforms are allowed without permission from the VP of Cheer or the Cheer Coordinator.
- e. All cheerleaders will receive a game day uniform. If they are also on the competition team, then they will receive a competition uniform.
- f. Uniforms are to be returned on a hangar at the end of the season. Uniforms not returned or returned damaged will be the financial responsibility of the participant's parent/guardian.
- g. Uniforms must be returned by the designated date or you will lose your grandfathered status for the next season.

11. APPEARANCE:

- a. Hair must be pulled back off the face, in a high pony tail. Short hair must be neat and off the face.
- b. Nails cannot be longer than fingertips. No nail-polish.

12. SCHOLASTICS

- a. Report cards from the previous school year must be submitted by July 23rd showing passing grades.

- b. We encourage our participants to strive for excellence in all that they do, especially scholastics. An overall average of 70 or above must be maintained to participate or special written permission from the principal of the school is required.

13. CLOTHING REQUIREMENTS:

- a. Competition- You will be required to purchase competition sneakers, briefs, a hair bow and possibly a body suit, if required.
- b. Game days- You will need briefs, which may or may not be the same as the competition briefs, white support sneakers, and possibly a bodysuit, depending on the uniform. You should also have a navy sweatshirt, navy sweatpants and a clear poncho for inclement weather. These items need not be brand new but must be in good condition.

14. CHEERLEADER CONDUCT: Fighting, intimidation, disrespect for authority and/or use of any illegal substances (including cigarettes or vapes) at any game, practice, or AYF/C function will result in the following:

- a. 1st offense – benched from remaining practices and game for that week which means cannot participate but must attend and sit out.
- b. 2nd offense- removed from competition
- c. 3rd offense - suspension from program for the remainder of the season with no refund and loss of grandfathered status. A coach, board member, VP of Cheer or Cheer Coordinator must witness such offenses. The President, VP of Cheer or Cheer Coordinator will handle the suspension.

15. SPECTATOR CONDUCT: All spectators will be required to conduct themselves in a lawful and sportsmanlike manner at any AYF/C activities. Any lawful or unethical conduct by anyone will result in expulsion from that venue of that day and could possibly result in banishment for the entire season from Howell AYFC activities. A mutual relationship of respect is maintained between all the franchises in the New Jersey AYF Jersey Shore Conference. Any conduct or behavior that could compromise that relationship will not be tolerated.

16. FUNDRAISING:

- a. Each participant is being asked to help Howell AYFC raise funds prior and during the season. All funds collected go towards making the organization better for the children of Howell AYFC. Please do your part.
- b. Post season fundraising –post season fundraising for travel requires all participants and parents to give some of their time to tag and work at events. This fundraising is designated to go to travel. Outside donations dedicated to travel are more than welcome.
- c. Only those that participate will be eligible to receive a travel check for only the travel events they participated in during the season.

17. PARENT RESPONSIBILITIES FOR TRAVEL: In some cases, competitions require travel and overnight stays at hotels. All expenses incurred in travel are the responsibility of the parents/guardians of the participants. It is also the parent's/guardian's responsibility to ensure that the child is ready and available for scheduled practices at each venue and the coaches' rules are followed for bed check the night before the competition. Any violation of these rules could result in forfeiture of travel allowance money from Howell AYFC. The coaches and staff of Howell AYFC will assume responsibility for their team participants under the circumstances listed below (a-d). At all other times parents are responsible for their child's safety and conduct.

- a. During practices...the same rules apply away as they do at home.
- b. During travel on a team bus.
- c. At the competition venue.
- d. When assembled as a team (i.e., hair parties, parades, pep rallies, etc.).

18. REGISTRATION REFUNDS: Refunds for registration for all Howell AYFC cheerleaders will be given up to June 30, 2018. Any refund requests submitted in writing by the above deadline will be permitted with no questions asked. Refunds will be considered on a case-by-case basis if requested after June 30, 2018 and prior to July 15, 2018. These reasons are generally limited to medical or moving of residence. Any medical condition must be accompanied by a letter from the doctor on his stationary with an original signature (no stamps will be permitted). After July 15, 2018, absolutely no refunds will be considered for any reason.

19. RETURNED CHECKS: Any checks returned to Howell AYFC as unpaid will be subject to a \$35 fee.