



LAKE WORTH YOUTH ASSOCIATION
CHEERLEADING STANDING RULES

Mission Statement

It is the purpose of the Lake Worth Youth Association, Inc. (LWYA) to provide organized cheerleading to all children who want a chance to perform and to give each of those children an opportunity to gain self-confidence, learn teamwork, sportsmanship and the fundamentals of cheerleading.

Section 1 CODE OF CONDUCT

All coaches, players, parents and spectators are expected to behave in a sportsmanlike manner. Any violations of the rules of conduct may result in being removed from the game and/or park grounds up to and including dismissal. Anyone removed from any practices or games will be subject to discipline. Full Code of Conduct is located in Appendix A of this document.

Section 2 AGE DIVISIONS

LWYA is an age-specific organization. Age divisions are determined based on age of the cheerleader as of September 1 of the current year. A squad should consist of five or more cheerleaders.

5U Flag - 5 and under	9U Tackle - 9 and under
6U Flag - 6 and under	10U Tackle – 10 and under
7U Tackle - 7 and under	12U Tackle – 12 and under
8U Tackle - 8 and under	

Players in the 12U division must be in 6th grade or below to be eligible. Proof of grade for kids 12 years of age must be supplied (e.g., previous years report card from school or current year enrollment from school).

Requests for cheerleaders to move to a different age division must be submitted to the Cheer Commissioner BEFORE initial football weigh-ins. The Cheer Commissioner will review requests and provide a FINAL decision before 2nd football weigh-ins. If there is an insufficient number of cheerleaders to fill a squad, then the Cheer Commissioner will place them on a squad of the next closest age group. If there are an insufficient number of football players to make a team for any one age group, then the Cheer squad for that age group will be moved to another age group.

Section 3 COACHES AND VOLUNTEERS

All Coaches and Volunteers will be required to complete an “Application to Coach or Volunteer” on lwya.org and a copy of their State Approved ID for a criminal background check.

1. Background checks shall be conducted by LWYA on every person who will be in continuous contact with players in an official capacity, including but not limited to, head and assistant cheer coaches, water persons, photographers, directors, team parents and officers.
 - a. No person convicted of a felony, a sex crime requiring reporting as a sex offender, or a crime against a child shall be allowed to be in continuous contact with players in an official capacity.
 - b. No person currently on parole and/or probation and/or convicted within the past two years for any assaultive or alcohol related crime or any crime above a class “C”



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misdemeanor shall be allowed to be in continuous contact with players in an official capacity.

- c. LWYA reserves the right to allow or disallow continuous contact with players in an official capacity.
- d. Any minor who is in continuous contact with players in an official capacity must be continuously supervised by an LWYA approved adult.

(A) Cheer Commissioner

The Cheer Commissioner will preside over all areas of the cheerleading program.

1. Oversee an Assistant Cheer Commissioner and shall delegate proper duties and responsibilities.
2. Work in conjunction with the Treasurer, Secretary and Public Relations Officer to coordinate cheerleading signup dates and advertising.
3. Coordinate and obtain a coach for every squad. Coaching interviews should be completed with every potential coach.
4. Ensure every cheerleading coach has a completed an acceptable background check.
5. Relay all necessary LWYA information to the cheerleading coaches. Cheer Commissioner should collect and maintain a list of coach and Team Parent information.
6. Along with the Football Commissioner and Secretary will coordinate all team photograph times and dates and ensure all Football/Cheer Coaches are aware of the dates and times.
7. Will serve as the initial point of contact for written complaints against any LWYA cheer coach or parent.
8. Coordinate half time routines. Cheer Commissioner is responsible for final approval of all dance routines and music selection.
9. Be responsible for each cheer coach having a Coach's Handbook that contains by-laws, full roster, coach's expectations and any other items the board recommends

(B) Head Coaches

1. Follow LWYA BY-LAWS, and LWYA Cheerleader Standing Rules.
2. Submit Assistant Coach and Team Parent selections to Cheer Commissioner. Cheer Commissioner has final approval on all assistant coaches and team parents.
3. Attend all team practices and games.
4. Provide team with printed or digital copies of all cheers.
5. Attend or send a representative from their team to the monthly LWYA Board Meetings, if requested by Cheer Commissioner.
6. Provide each parent and Cheer Commissioner a schedule of practices and games.
7. Provide each parent with directions to all away games. Can be found at www.lwya.info
8. Notify the Cheer Commissioner of all meetings with your team.
9. Submit music and choreography to Cheer Commissioner PRIOR to a performance for approval. Appropriate music and choreography are outlined in Sections 9 and 10 of this document.
10. Delegate tasks to assistant coach and team parent.



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11. Ensure all coaches, cheerleaders, parents and spectators are following proper rules and guidelines. Notify the Cheer Commissioner within 24 hours of any violations.
12. Will serve as the initial point of contact for any complaints amongst team. Report any complaints to Cheer Commissioner.

Head Coach is held responsible for the conduct of themselves, their assistant coaches, team, parents, and spectators.

- a. All coaches will be evaluated in part on his/her ability to maintain appropriate behavior during practice, games, tournament situations, and the off season.
 - a. 1st Offense: Written warning
 - b. 2nd Offense: Probation
 - c. 3rd Offense: Suspension from all LWYA activities for one full week.
 - d. 4th Offense: Season Suspension from coaching.
- b. Any parent, assistant or head coach that is removed from a game will not be allowed on the practice field during the designated suspension time.
- c. In severe cases, coaches may be barred from coaching within LWYA for future seasons.

(C) Assistant Coaches

1. Attend all practices and games.
2. Assist Head Coach where needed and be available to step up and perform all Head Coach responsibilities in the event of an absence, suspension, or removal of the Head Coach.
3. Help ensure all coaches, cheerleaders, parents and spectators are following proper rules and guidelines. Report any violations to the Head Coach or Cheer Commissioner if the report is against the head coach.
4. Assist in stunt groups.

(D) Team Parent

1. Work with the Head Coach to get all information from parents and to parents.
2. Maintain a schedule of parent's responsibilities for concession stand duty, refreshments and fundraising.
3. Organize fundraisers and keep track of all team funds.
4. Make or purchase homecoming mums.
5. Plan and organize end-of-season team party.

Section 4 CHEERLEADER RESPONSIBILITIES

1. Cheerleaders will be required to attend all practices and be on time. (Review Section 7 ABSENCES AND TARDINESS)
2. Each cheerleader will be expected to conduct herself properly at all times. Endeavor to promote good will and good sportsmanship when in and out of uniform. (Review Appendix A Code of Conduct)
3. No finger nail polish or jewelry, except small stud earrings.



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4. All Cheerleaders are expected to show up to all practices and games ready to work hard and cheer hard.
5. Cheerleaders are expected to bring all necessary equipment (e.g., poms, water, buckets, banners etc.) to all practices and games.
6. Wear proper practice attire. Midribs must be covered, shorts must be at least 1-inch past inseam, proper athletic shoes are required. Any cheerleader who shows up to practice without proper attire must sit out and will be subjected to discipline actions outlined in Section 7 ABSENCES AND TARDINESS.
7. Be in full uniform, bow to toe, for all games and LWYA events. (Review Section 8 PROPER UNIFORM AND UNIFORM VIOLATIONS)

Section 5 PARENT RESPONSIBILITIES

1. EVERY COACH IS A VOLUNTEER! BOTH CHEERLEADERS AND PARENTS SHOULD TREAT THEM WITH COURTESY AND RESPECT AT ALL TIMES.
2. Parents are responsible for transportation to and from each practice session, and game. All cheerleaders must arrive AT LEAST 15 mins prior to game time, unless otherwise directed. PARENTS MUST PICK UP THEIR CHEERLEADER PROMPTLY AT THE END OF EACH PRACTICE AND GAME. (Please review Section 7 ABSENCES AND TARDINESS)
3. If a Cheerleader cannot make it to practice the coach or team parent must be notified AT LEAST 2 hours before scheduled practice and provide documented cause, if requested. (Please review Section 7 ABSENCES AND TARDINESS)
4. If you have a problem regarding anything on your cheerleader's squad, please approach their adult coach. If the coach is not aware of a problem, then the coach cannot help to solve the problem. We are all more than willing to listen and workout any problem you may have. We only ask that you do not disrupt a practice to talk to a coach. Coaches cannot watch out for the safety of the cheerleaders and talk with parents at the same time. Please approach the coaches either before or after any practice or game. All Coaches are required to communicate all problems to the Cheer Commissioner.
5. Parents are to respect the Coach's decision regarding any disciplinary action of their cheerleader. A special meeting with the parent regarding disciplinary action of their cheerleader is encouraged should the parent or parents disagree with said disciplinary action. This can be arranged outside of the field and/or practice with the Coach and Cheer Commissioner.
6. We ask that everyone involved observe the 24-hour rule with respect to any disagreement.
 - a. A Member is not to approach a Coach to discuss a game, a game incident or a situation that occurred during the game that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact. This allows BOTH parties to cool down and collect their thoughts rationally before anything is discussed.

Section 6 PRACTICES

1. Practice is important ... we understand that many commitments we all have. LWYA practices are usually 2-3 days a week for 1-2 hours. Once practice is over the cheerleaders are dismissed by



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the coach. Please do not go over to another squad or football team while they are still practicing and disrupt them.

2. Parents are must stay during all practices, however; we understand that things may come up during the same time as practice. If this occurs, parents must make the coaches aware that they are leaving and the parent/parents MUST return approximately 30 minutes before practice is over. If there should be a threat of inclement weather, PARENTS MUST STAY THE ENTIRE PRACTICE or make suitable arrangements.

Section 7 ABSENCES AND TARDINESS

1. Attendance will be taken at the start of each practice. Cheerleaders are expected to be on time. If there is a problem with transportation, please seek alternate means.
2. If a cheerleader is going to be absent from a practice or a game, a phone call or text message from the parent to the coach is expected at least a 1 hour before a practice or 2 hours before a game. DO NOT SEND A MESSAGE WITH ANYONE ELSE.
3. Cheerleaders need to be in full uniform, with her squad, 15 minutes before the start of a game (UNLESS OTHERWISE STATED BY YOUR COACH). Attendance will be taken at that time. If a cheerleader is late for attendance at a game, she could be benched from half time routine or 1 quarter of the game.
4. Cheerleaders must use the restroom PRIOR to a game or practice.
5. All cheerleaders must stay together with their squad during games and practices. No one will be allowed to leave or wander from their formation during a game. If this occurs, they may be benched for the remainder of the game.

Section 8 PROPER UNIFORM AND UNIFORM VIOLATIONS

1. The official LWYA approved uniform consists of a skirt, shell, bloomers, socks, hair bow, white athletic shoes and pom poms. Anything else, unless specified by your coach, is not allowed.
2. In cold weather, long sleeves under the uniform, or a warm up suit, will be allowed. All Cheerleaders must match.

VIOLATIONS – Cheerleaders will be required to sit in the stands for the entire game. Repeated violations can lead to a 1-game suspension or removal from the program for the remainder of the season.

Section 9 APPROPRIATE CHOREOGRAPHY

All movement performed in the routine should be suitable for a family viewing audience. Inappropriate gestures may include, but not be limited to: slapping, touching and/or rubbing body parts, sticking bottom out at the crowd, aggressive thrusting, positioning of body parts relative to another person, or any sexually-specific movement. If the appropriateness of the movement is questionable, it is recommended that the movement is removed from the routine.

Section 10 APPROPRIATE MUSIC



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All music must be appropriate for family listening. Music or lyrics deemed inappropriate, include, but are not limited to swearwords and/or references to any type of sexual act or behavior, drugs, explicit mention of body parts, and/or violent acts or behavior. Removing improper language or lyrics from a song and replacing with sound effects or other words may still constitute as 'inappropriate.'

Appendix A
Cheerleading Code of Conduct

The Association recognizes that the conduct of its members reflects not only on the individual, but also on the entire program. The following are prohibited:

- a. Abusive or profane language.
 - a. First Violation: A Verbal Warning
 - b. Second Violation: One game suspension. Cheerleader must come to the game dressed in their uniform and sit on the sidelines.
 - c. Third Violation: Removed from program.

Any cheerleader using profanity or obscene gestures TOWARDS any member of LWYA will be disciplined as follows:

- 1. First Violation: 2 Game suspension.
- 2. Second Violation: Removal from the program.

- b. Fighting
- c. Tobacco, alcohol consumption or illegal drug use
- d. Explicit public display of affection
- e. Behavior that is determined to be a detriment to this organization or its objective at any LWYA sanctioned event
- f. Making negative or profane comments and/or gestures from the stands or sidelines that may be seen or heard by children, adults, coaches, or opposing teams
- g. Making negative or profane comments and/or posts on social media sites that could be considered a detriment to the league
- h. Coaching a cheerleader from the sidelines or stands when not a member of the coaching staff

Cheerleaders and Coaches: When you're in a LWYA uniform, your behavior should be exemplary! Your behavior reflects on this program. You represent LWYA and we are proud of this organization and you should be also. You should behave well even when you are at school, out in public, wherever, you still



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represent the world of cheerleading and you should be proud of that. Not following the LWYA rules, will result in disciplinary action.

Cheerleader Code of conduct

To ensure that all participants gain the maximum benefit from their involvement in LWYA Cheerleading, it is essential that a disciplined climate be maintained. The following is a list of activities that CAN result in suspension or dismissal of a cheerleader for the remainder of the season:

- General Misconduct
- Being Disruptive
- Inciting and/or engaging in unsportsmanlike conduct
- Use of abusive or profane language, directed toward peers, Coaches, Officials or anyone else.
- Belittling or fighting with other cheerleaders
- Any other activity deemed by coaches or members of the LWYA Board to be detrimental to themselves or others

CHEERLEADERS RULES TO LIVE BY You are a cheerleader! It is an honor and a privilege to be part of this organization. It is very important that you all get along with each other. **NO ONE CHEERLEADER IS BETTER THAN THE OTHER! YOU ARE A TEAM!** Remember you are all on the same team representing the same organization! You must work as one squad. If a cheerleader is struggling, please do not ridicule ... help them. It makes you a better person and makes your squad stronger. Feelings are important. Treat someone as you want to be treated. Be proud and stand by each other!