

Hampton Parks, Recreation & Leisure Services Department
Athletics Division
2016 Youth Cheerleading Rules/Regulations

1. **Official Rules:** The Hampton Parks and Recreation Department Rules and Regulations and The National Federation for Virginia High School League 2016 cheerleading rules shall govern all leagues. The HPRLS Rules and Regulations have priority over the National Federation for Virginia High School League Rules.
2. **League and Player Eligibility:** HPRLS Youth Cheerleading consists of three (3) divisions: Intermediate, Midget and Mighty Mite. The cut-off date for age limitations is October 1, 2016. **All Mighty Mites MUST BE six (6) years old by August 15, 2016. All mascots MUST BE six (6) years old by August 15, 2016.** Cheer squads will adhere to the following age requirements:

Mighty Mites: 6 – 8

Midgets: 9 – 11

Intermediates: 12 – 14

3. **Rosters and Team Eligibility:** Additions to rosters will be reviewed and approved by the Athletic Division.

Teams will become eligible for participation after the following requirements have been met:

- a. Each player on the roster must reside and attend a City of Hampton school. Use of an address in another school district will be considered the district of residence. If a participant moves out of the City of Hampton or enrolls into a non City of Hampton Public School before the 4th week of the season the player will be considered ineligible for the remainder of the season. Proof of enrollment into their new school will be required before the player can continue to play after the 4th week. The Athletic Division must be notified of all players that move out of Hampton, transfer to a non City of Hampton Public School or stop playing during the season.

Exception: Any youth attending a private school must show proof of enrollment using a Hampton address. Any youth attending school in another district and is a resident of the City of Hampton must prove that tuition is being paid within that other district or that their parent/guardian is employed by the school in that other district in order to play with the HPRLS Football Program. A letter on official school letterhead must be signed by school administrative staff with the following items to be considered a valid letter: the player's name, player's address that was used to enroll into the school, the player's date of birth and the date of enrollment or the acknowledgement that the player is enrolled for the upcoming school year. Any player that is home schooled must provide a letter on official letterhead from the City of Hampton School System granting permission for the player to be home schooled for the current/upcoming school year. This letter will be required for each sport's season that the player falls under this exception for eligibility. A letter from a previous school year, or previous sport's season will not be considered a valid letter to grant the exception for eligibility. (Regardless, the participant must reside in Hampton and if the participant is enrolled in another school district it must be done so using a Hampton address.)

- b. Valid Birth Certificates, Passports or Hospital Birth Records must be presented and approved by each commissioner.

- c. Valid Birth Certificates, Passports or Hospital Birth Records along with signed Parental Consent for Treatment, Participation Consent Forms and Parental Code of Ethics must be turned in to the HPRLS. (No partially filled forms will be accepted).
- d. Each roster must be TYPED and have participant's full name, address, birth date, birth certificate/passport/hospital record number and school attending for a team to be eligible for participation.
- e. Association registration is by appointment only. Appointment time will be provided at a preseason commissioners meeting. Athletic Associations must present rosters, participant consent forms and parent code of ethics to the Athletics Division no later than their scheduled registration day.
- f. Cheerleaders may only cheer for one squad at a time.
- g. Any participant that is unable to walk off the field without assistance will not be allowed to return to a practice or game that day. Coaches should be alert to any type of injury; large or small. Coaches may prevent a participant from returning to a game or practice if they feel continued play could aggravate a minor injury or place the participant in danger. The Athletics Division MUST BE NOTIFIED about all participant injuries that prevent a participant from returning to a game or practice. This includes but is not limited to the following injuries: head, neck or back injuries, sprains, strains, dislocations and fractures. The Athletics Division must be notified within 24hrs of the injury. Participants unable to return due to a physical injury will be required to produce documentation from a certified physician or certified physician's assistant stating the participant is cleared to resume practice. A copy of the release must be presented to the Athletics Division as well as kept on file with the participant's Athletic Association.
- h. Participants may move up to the next age group if the participant is within one year of the next age group. A written request must be submitted to the Athletics Division by the commissioner of the association listing all participants divided by division that wish to play up. The participant's parent/legal guardian must provide written permission stating that they understand the increased risk for injury by moving up to the next age division. The Athletics Division will investigate each request and determine eligibility for each move request. No request or appeals for participants to move down an age group will be accepted. NOTE: if a participant is move up, he/she must stay with that age group for the remainder of the season once the first game of the season has been played.

4. **Ineligible Players:** Any youth who participates in the first official game – Junior Varsity or Varsity will be considered ineligible for league play within the HPRLS Cheerleading League for that year. If a player has been suspended from school they may not participate in a sanctioned league game or practice until he/she is officially (physically) back in school. If a player is suspended on a Friday they will not be allowed to participate on Saturday. No Exceptions. This does not apply to in-school suspensions.

5. **Practice and Game Schedule:**

- a. Registration will begin April 1, 2016
- b. Practice will begin at the discretion of the HPRLS: July 18, 2016 (Tentative)
- c. Practice may last for two (2) hours.
- d. Coaches found practicing longer than two (2) hours a day will be suspended.
- e. There will be no practice on Sundays.
- f. Do not permit any member of the squad to participate in any practice session until the coach/commissioner has in hand the participant's permission forms and their birth certificate/passport/hospital birth record.
- g. Opening day will be Saturday, August 20, 2016 (Tentative)

6. **Heat Policy:** The HPRLS Youth Cheerleading League will adhere to the following Heat Guidelines:
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| <u>Heat Index</u> | <u>Policy</u> |
| 105° degrees – Above | No Practice or Games |

Frequent water breaks and careful monitoring of athletes should be observed no matter the temperature. Practices and games will be cancelled if the heat index is 105 degrees or higher. Games could be cancelled if the heat index is expected to be over 105 degrees later that day. The Athletic Hotline will be updated by 4:30p.m. ONLY if practices are to be cancelled or have restrictions for that day. The Athletics Division will make the official heat index reading. Individual athletic associations or coaches cannot determine their own heat index reading in place of using the official reading provided by the Athletics Division. Any coach or commissioner violating this policy will receive an automatic suspension of three (3) games.

7. **Automatic Suspension:** Any team member, coach, commissioner or president ejected from a game or from the game site shall be suspended for a minimum of **two (2) games** to be played by his/her team. Notice of this suspension will not be necessary. A second suspension will result in that individual being removed from the HPRLS youth cheerleading program for the remainder of the season. If a commissioner is also a coach and is suspended under either title for violations of the rules, the individual will be also be suspended in their other title until the suspension is completed. Any player, coach, commissioner, parent or spectator ejected from a game must leave the premises. If the person doesn't leave the premises the officials will forfeit his or her team's current game. Individuals that are suspended by the league may not return to the game sites during the time when HPRLS youth football games are being played until their suspension is completed.

The following automatic suspensions will also be enforced:

- A. **If a player engages in fighting on or off the field at any City of Hampton Parks, Recreation & Leisure Services game or practice site they will be suspended for the remainder of the season.**
- Fighting:** Engaging in a physical conflict between two or more people before, during or after a play outside of what is a normal and legal cheerleading action regardless of which participant is the aggressor is defined as fighting. If a player is leaving the scene before an incident has occurred and is pursued by another individual the player may act in self defense only to protect themselves without being subject to suspension for fighting.
- B. **During a game if a player, coach, commissioner or spectator leaves the sideline to head towards or displays intent to interact with an altercation or to start one they will be suspended for the remainder of the season.**

Any attempts for an appeal must be presented by the athletic association's commissioner of the ejected individual. The commissioner must present the athletic division with the case to determine if an appeal is warranted by 4:00pm the next business day the Athletic Division is open.

NOTE: The use of such a player, coach, etc. shall result in an automatic forfeit by his/her team of all games in which he/she participated in while suspended.

If any coach, commissioner, president or player is found to be associated with any type of violation of the law (ie: possession of drugs) the HPRLS and the Advisory Committee has full authority to suspend, eject, or ban that coach, commissioner, president or player, if necessary.

8. **Game Times:**
- a. Mighty Mites.....13 Minute Quarters
 - b. Midgets.....13 Minute Quarters
 - c. Intermediates.....14 Minute Quarters

There will be a one minute intermission at the close of the first and third quarters. Half-time intermission will be five minutes. Only two (2) coaches are allowed on the field during half-time performances; no parents or additional staff are allowed. Please keep all cheers and routines tasteful and be respectful to the opposing squad's performance.

9. **Championship Tournament:** The end of season championship tournament will be played between the top four (4) teams within each division.

10. **Awards:** The HPRLS will present pins to those squads cheering in Championship Games.

11. **Coaching Requirements:** All youth football coaches must pass the National Youth Sports Coaches Association(NYSCA) Football Coaches Clinic, complete the NYSCA concussion training and successfully pass a criminal background check in order to coach football in the Hampton Parks, Recreation & Leisure Services Department youth leagues. Coaches will be required to get a FREE background check through the Athletic Division. **Criminal Background Checks:** all youth Cheerleading coaches and team parents must submit to a national criminal background check. The Criminal Background Check (CBC) consent form as well as the background check policy can be obtained from the Athletic Staff. All applicants will be required to come to the Athletic Division and present a legal photo ID before submitting their paperwork. The Athletic Division is open Monday – Friday 8am until 4:30pm. The process will normally take 3-5 business days. an annual basis.

Photo ID Badges: all youth coaches, team parents, commissioners will need to have a photo ID badge. The ID badge is \$5 per person. Checks or money orders should be made payable to: City of Hampton. A photo must be taken in person at the Athletics Office. No one will be permitted on the practice area with players or on the sideline for games without a photo ID badge. Photo ID Badges will be valid for one year. Any replacement badges will be assessed a \$5 fee.

All head coaches must be at least 21 years of age, and all assistant coaches must be 18 years of age. If a coach, commissioner or president violates any HPRLS standards stated within the rules and HPRLS manual or breaks the NYSCA Code of Ethics, the HPRLS will investigate each case with full authority to impose any disciplinary measure, it deems necessary.

A Coaches Roster must be submitted along with the team rosters. Only certified coaches with HRPLS issued badges are permitted on the sideline. Under no circumstances will a non-certified coach be permitted to conduct a practice or coach during a game.

Any non-certified person that is found coaching on the practice field or on the sidelines during a game will be asked to leave. If an individual is wearing a coaching badge that belongs to someone else that individual will be asked to leave. The head coach and the owner of the badge will be suspended for a minimum of one year.

12. **Coaches Uniforms:** Coaches must wear similar uniform shirts. Coaches' uniforms must be different than apparel worn by parents and spectators with that association. Coaches are not allowed to wear shirts with any vulgar or graphic writing or pictures. Coaching badges must be worn around the neck at all times; no coach or any other individual will be allowed on the sideline without a coaching badge.

- 13. Uniform Policy:** Uniforms must be tastefully worn and all a similar color. The Athletic Association must have all their teams wearing the association's assigned colors. Any usage of sponsors on uniform must be preapproved by the Athletics Division.
- 14. Liability:** The head coach must assume full responsibility for personal injuries that occur during non-league scheduled games, for injuries that occur while traveling to and from such contests, and for injuries that occur on other than sanctioned practice and/or playing fields.
- 15. Alcoholic Beverages/Illegal Substances/Property Damage/Firearms:** The use of alcoholic beverages, illegal substances and/or possession of firearms on City of Hampton property is prohibited. Anyone caught using them will be subject to arrest. Any participant, coach, commissioner or president caught with or using an illegal substance/firearm or consuming alcoholic beverages will be suspended from the league indefinitely.
- 16. Unsportsmanlike Conduct:** Any act of unsportsmanlike conduct observed by the HPRLS or reported to the HPRLS by its agents (i.e. officials, school officials, etc.) will be investigated by the HPRLS and the Advisory Committee. If a suspension is imposed, it will be for a minimum of one (1) year to life from the date of suspension and will include all activities sponsored by the HPRLS.
- 17. Spectators:** Anyone at the games should remain on the sideline of the team/organization that they are supporting. Spectators must remain behind the restraining lines that surround the field. If a spectator fails to stay behind the restraining line, a 5yd penalty can be called against the team they are supporting. Continued failure to remain behind the restraining lines can result in being removed from the game area. Only service dogs are allowed near the game fields. Spectators can be asked to leave the area or even the park if they are acting in an unsportsmanlike manner. The use of amplified music will be strictly prohibited near any game field outside of the halftime performance by a HPRLS Youth Cheerleading Squad. Any individual that refuses to turn off their music will be asked to leave the game or practice site for the remainder of the day.
- 18. Appeals:** All appeals must be submitted in writing to the Athletic Division within 24 hours from the initial decision.
- 19. Game Cancellation:** Games cancelled due to weather or field conditions shall be determined at each field. If the games are cancelled by the HPRLS, a message will be left on the Athletics Information Line 727-6251 and the Hampton Parks, Recreation & Leisure Services Facebook Page by 7:30 a.m. If cancellations are not on the Information Line, games will be played.
- 20. Adding Associations to the League:** No new associations will be added if the league has reached its maximum number of allowable associations. Individual teams will not be permitted to participate in the HPRLS Youth Cheerleading League. Any new association wanting to join the HPRLS Youth Cheerleading League must be approved by the Director of Parks and Recreation, the HPRLS Athletics Division and the Cheerleading Advisory Committee. No new Cheerleading association/team will be allowed without having a football team also participating. The maximum number of allowable associations is ten (10).

- 21.** The Athletics Division will not review video tape for disputes on rules infractions, suspensions, ejections, player eligibility, penalties, scores, clock/timing issues or any plays that occurred during the course of the game. The Athletics Division will also not intervene or overturn any ruling from an official unless it deals strictly with an administrative rule created by HPRLS.
- 22.** Hampton Parks, Recreation & Leisure Services reserves the right to change or amend any of the above rules at any time.
- 23.** The Hampton Parks, Recreation & Leisure Services Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex or disability.

CHEERLEADING GUIDELINES

All teams:

- No basket or elevator tosses.
- No tension rolls.
- Tumbling is acceptable, but not required.
- No twisting tumbling (Arabians or full twists).
- No released twists (no helicopters, log rolls or twisting cradles).
- Only straight cradles allowed.
- A spot is required on all building.
- No inversions allowed in stunts.

Additional restrictions:

Mighty Mites

- No building above the waist.
- Thigh stands are acceptable
- One foot must be in contact with the base at all times.

Midgets

- No building above shoulder level.
- Elevator preps, shoulder level liberties, shoulder stands/sits are acceptable.
- One foot must be in contact with the base at all times except during a cradle.

Intermediates

- The top girls must have both feet in contact with the base at all times during any extended stunt (no liberties).