

# Oakland Macomb Youth Football Association Cheerleading Rules 2010

(Approved Nov. 2009)  
For the Season of 2010

The mission of youth athletics is to promote lifetime skills and values. There must be learning within these contests. There is no single lesson more important in this classroom than sportsmanship. A true sport shows a combination of values and attitudes, all in a positive light. Respect, fairness, courtesy and graceful acceptance of the results are all characteristics of good sportsmanship. A good sport reflects "fair play" in every area of life. MHSAA

To promote citizenship, good sportsmanship. Fellowship and physical development among boys and girls of the Oakland Macomb Youth Football Assoc. OMYFA

## Rules and Definitions:

- A.) OMYFA: Oakland Macomb Youth Football Association, Cheerleading consists of cities; Berkley, Clawson, North Farmington/West Bloomfield, Hazel Park, Madison Heights, Roseville, Royal Oak Chargers, Royal Oak Chiefs, Shelby and Troy.
- B.) Franchise: A franchise shall consist of four (4) teams, maximum, consisting of Flag, Freshmen, Junior Varsity and Varsity teams.
- C.) Voting: Each franchise will have a maximum of two (2) votes at all Cheerleading League Meetings.
- D.) Meetings: Are open to the public, however, permission to speak will be at the discretion of the cheerleading chairperson.

## Section A: The Board of Directors:

- 1. Make certain that all of the Cheerleading General Managers have a copy of these rules. Be sure they are thoroughly familiar with them, understand them and understand the OMYFA philosophy.
- 2. Each franchise in the OMYFA Cheerleading Committee must have at least one (1) representative present for cheerleading meetings, which shall be during the season every 2 weeks (typically on Mondays) at 8:00 p.m. Out of season the 4<sup>th</sup> Monday of each month at 7:00 p.m.. A fine of \$25.00 will be levied against a city for each meeting a representative is absent. Fines are paid directly to OMYFA at the next scheduled meeting following the time they were assessed/ Failure to comply will result in suspension of a city's voting privileges until paid. Any and all disciplinary actions shall be left to the vote by the OMYFA board of directors.

## Section B: To the franchises and officials

- 1. Make certain that all people in your organization who are active in the presentation of our games and competitions have a copy of these rules and

understand them. Also please be aware of the age criteria for the participants in cheerleading and the philosophy of our program.

2. Please report unpleasant incidents and examples of improper coaching and/or unsportsmanlike behavior directly relating to cheerleading to the Cheerleading General Manager of the team involved and also to the Director of Cheerleading and representatives thereof, of the OMYFA.

#### Rule 1 Cheering Rules:

- a.) The rules of the current edition (2010) National Federation of State High School Athletic Association/the MHSAA Girls Competitive Cheer rules and regulations or a State of Michigan combination thereof, rules apply except herein noted. All rules of the OMYFA will be binding on all members. It is the responsibility of each city to furnish the above mentioned rules to their board of directors. These rules will apply to the regular season and Competition.
- b.) The MHSAA rules book clarifies legal and illegal stunts and specifies required spotting techniques for each type of stunt prep and dismount in Michigan and how it relates to Junior High/Middle School age limitations.(see stunting limitations addendum). O. M. Y. F. A. limitations are as follows; Freshmen level may not stunt higher than waist level J.V. may not stunt higher than shoulder level and Varsity is permitted to do all stunts with the exceptions noted and stated in the addendum.
- c.) All cheerleading General Managers and head coaches must attend a mandatory OMYFA coaches rules meeting prior to the start of the season.
- d.) No parent, coach, GM or Association official may overrule the decision of medical personnel.
- e.) No one other than the coaches, uniformed cheerleaders, GM's Vice Presidents, equipment managers and medical aid persons for participating teams will be allowed on the playing field without proper identification. Each city is to provide identification for their personnel.
- f.) Head Coaches must be at least 18 years of age.
- g.) Disrespectful manner against a coach, official or another cheerleader or participant will result in dismissal from the game of violation or of the next game if at the end of the current game.
- h.) A Cheerleading GM or representative thereof must be in attendance at all times. Emergency cards, first aid box and player information must accompany the representative.
- i.) No formal or informal coach lead cheer practice may take place prior to the beginning of the season, unless authorized by the cheer committee of the OMYFA
- j.) All association rules contained herein are to apply to all games, play-offs, Cheer-Off and Super Bowl and any post season activities.
- k.) Games called due to inclement weather is the responsibility of Football GM's. Cheerleading GM's must defer to this person for the decision.
- l.) No stunting or tumbling is permitted in inclement weather or on unsafe surfaces.

- m.) No stunting involving members of other teams (squads) or not currently enrolled in that cities franchise.
- n.) No stunting permitted without coach's knowledge and attention given.
- o.) All coaches and team assistants must have on file a recent background check and/or signed permission from parents/guardians for underage assistants.

Rule 2 Participants:

- a. Cheerleading General Managers will be responsible for the conduct and actions of head coaches, assistant coaches and cheerleaders while on the practice field and/or at the games
- b. Violators will be openly discussed by the cheerleading committee. Violators may be asked to speak before the committee to give more information or on their own behalf.
- c. The Cheer Committee may ask for written information, video, etc. to be made available before any action is taken.
- d. It is the duty of each Cheerleading G.M. or designated person to see that coaches are giving cheerleaders proper opportunities to participate in practice or games.
- e. Participants may not double roster on any competitive cheer or dance team during the OMYFA season.
- f. Participants must adhere at all times to rules and regulations regarding dress code as stated by the cities philosophy on such matters.
- g. Each team member must be provided with the same uniform as other members on the team (with the exception of backordered merchandise; 2 game window) or the participants outnumber current uniform team quota; team then may make exceptions.
- h. Each participant and Coach must have participated in at least 5 games prior to being allowed to participate at Cheer-Off.
- i. Each participant must have practiced at least 2 out of 3 or 3 out of 4 practices prior to performing at a game. Cheer teams may practice at different times than football; due to building availability, however all teams must maintain the no practice on Sunday policy or as stated in the OMYFA rules and/or may take one other day off during the week.
- j. All teams will maintain a 3 hour maximum practice schedule throughout the season.
- k. For participant releases in cheerleading refer to the OMYFA release rules for clarification and ruling, determination.

Rule 3 Eligibility:

Flag: (1<sup>st</sup> and 2<sup>nd</sup> grades) 6 and 7 year olds (5 year olds are permitted and at each cities discretion must have turned 5 by Aug.1 of this season)  
 Freshmen: (3<sup>rd</sup> and 4<sup>th</sup> grades) 8 and 9 year olds  
 Junior Varsity: (5<sup>th</sup> and 6<sup>th</sup> grades) 10 and 11 year olds  
 Varsity: (7<sup>th</sup> and 8<sup>th</sup> grades) 12 and 13 year olds

Participants are age/grade/level appropriate up to Nov. 1<sup>st</sup> of current year.  
No 9<sup>th</sup> graders or High School participants

- 1.) Each participant must have a physical of good health, dated after April 15<sup>th</sup> of current year; new registration form and a newly dated birth certificate with current picture signed by a licensed physician, parent guardian, prior to the first day of practice. If all of the above are not on file they are not eligible to participate in practice or in games
- 2.) Cut-off date for adding participants will be the Sunday after the second game. Rosters will be turned in by \_\_\_\_/10. Final rosters will be turned in by \_\_\_\_/10 additions to rosters cannot be made unless the roster falls below 16 participants.
- 3.) A second book of registrations including rosters will be turned in to the Director of Cheerleading on date set by the League for final roster turn in.
- 4.) At the beginning of each season the cheer GM's (or designated representative) responsibility will be to exchange (1 to each city) team rosters; which will include; List of Participants (last name first,) city of residency, birthday and number of years participated in franchise. Any discrepancies regarding rosters must be forwarded to the Director of Cheerleading's attention (or representative thereof). A hard copy of this will be exchanged with each G.M; . any changes during the season will also be in hard copy presented to each G.M.
- 5.) Any designated acting Cheerleading G.M. must be cheer related and currently participating in cheer program in some capacity.

Athletic Code for coaches & G.M.'s:

The coach is the official representative of the city participating at athletic activities. In this important capacity, these standards should be practiced. The G.M. of Cheerleading for each city will insure that these guidelines are enforced.

1. Develop an understanding of the role of coaches affiliated in the OMYFA and communicate it to participants, players and the public.
2. Develop an up to date knowledge of the rules, strategies, safety precautions and skills of the sport and communicate them to the cheerleaders and parents.
3. Develop, communicate and model policies for athletic conduct and language at practice, during travel, during competition and at other appropriate times.
4. Develop fair, unprejudiced relationships with all team members.
5. Allow athletes to prove themselves anew each season.
6. Allow athletes time to develop skills and interests.
7. Give the highest degree of attention to athletes' physical well-being
8. Teach participants by precept and example, respect for authorities and officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media.
9. Teach participants strict adherence to rules and contest regulations

10. Present privately to cheerleading committee evidence of rule violations by opponents and counteract rumors and unproven allegations of questionable practices by opponents.
11. Attend required meetings, keep abreast of policies regarding cheerleading and be familiar with eligibility and regulations.
12. Present a clean and professional image in terms of personal appearance and provide a positive role model in terms of personal habits, language and conduct. Use of tobacco within sight of players and spectators and use of alcohol any time before a contest on the day of the contest is not acceptable