



**Knox County
Youth Cheerleading
Rules, Regulations, and Procedures 2009**

SECTION 1: The League

- 1.1 This organization shall be known as Knox County Youth Cheerleading, herein referred to as “KCYC, The League or the Organization”. This organization shall provide the framework in which a program of competitive and recreational cheerleading is offered and the ideals of good sportsmanship are stressed and taught. This organization shall be responsible for administering all the rules and regulations through the procedures set forth in this book and enforce the ideals by which KCYC was formed.
- 1.2 This organization shall form a league consisting of member communities willing to participate in the ideals of community based cheerleading. Each member community shall be an established community as set forth by Knox County Parks and Recreation.
- 1.3 All member communities are required to have a defined boundary. The boundary will be defined as the community’s city limit, the community’s city limit plus surrounding unincorporated county area (gray area), or a specified community within a metropolitan area. Member communities shall not recruit or accept a player that is outside the defined boundaries of the member community or who was or is currently a participant of another member community, unless the participant becomes a resident of the community.
- 1.4 The member communities of KCYC for 2009 are
- 1.5 Administration of the Organization and League shall be vested in Knox County Parks and Recreation and the KCYC Executive Committee, whose purpose shall be to administer the rules and regulations set forth and to vote on all issues and rule changes presented.
- 1.6 Each member community shall have one (1) commissioner representative on the KCYC Executive Committee. This representative will coordinate all information from Knox County Parks and Recreation and the KCYC Executive Committee to the coaches and directors in their community, this includes, but is not limited to, inquiries about the organization, game or tournament delays or cancellations, and registration information. The names and contacts for each of these commissioner representatives must be presented to Knox County Parks and Recreation. The Knox County Recreation Superintendent and Sports Supervisor will serve on the Executive Committee as well.
- 1.7 Each member community shall be responsible for appointment of all coaches. All coaches actively instructing in practices or coaching in games shall be certified by an approved National coaches certification program (i.e. NYSCA) and agree to bound by the “Code of Ethics” contained therein.
- 1.8 The League shall be divided into three (3) divisions. The setting of communities into divisions will be determined by the Knox Metro Youth Football Staff and presented to the KCYC Executive Committee for approval at the May meeting for the upcoming season. The Knox Metro Youth Football Staff will consider community size and win/loss percentages of the previous four (4) seasons as the primary, but not necessarily the sole, criteria for their conference alignment. Any community can request to move to a larger conference pending approval by the KCYC Executive Committee. The divisions of the League in 2008 is expected to be:

SECTION 2: Rosters & Eligibility

- 2.1 All cheerleaders must be rostered and registered with Knox County Parks and Recreation by DATE. A government issued proof of birth document (copies only) is required for all cheerleaders and are to be turned in with the game day rosters, youth player registration sheets, and a twelve (12) dollar insurance fee per cheerleader by this sign-up date. Rosters, registrations, and birth documents are to be on file with the Recreation Superintendent.
- 2.2 Any cheerleader requesting to cheer in a different age division, for any reason, must submit written a request, signed by the participant's parent or legal guardian, to Knox County Parks and Recreation and the KCYC Executive Committee. The request must also be accompanied by a legal and signed Liability Release Form releasing Knox County Parks and Recreation and its' members and officers from liability. The KCYC Executive Committee **AND** Knox County Parks and Recreation must approve the request.
- 2.3 To be eligible for KCYC, a cheerleader must be seven (7) years old as of September 1st of the current year and may not be fifteen (15) years old or older before August 1st of the current year.
- 2.4 No one under the age of seven (7) as of September 1st of the current year is to be rostered and will not be allowed on the sidelines or the approved cheering area (NO MASCOTS).
- 2.5 Cheerleaders that currently cheer for any school programs or private competition squads will not be allowed to participate in Knox County Youth Cheerleading Competition. This does not apply to cheerleaders taking individual tumbling or gymnastic lessons.

SECTION 3: Guidelines for Cheerleading Coaches

- 3.1 All coaches that will be supervising on game day or at practices must be listed on the squad's roster and be NYSCA or UCA certified. All coaches must also complete the Volunteer Coaches Registration Form. A maximum of 4 (four) coaches' names per squad will be submitted with the squad roster. Any other adult not certified, registered, **AND** rostered will only be permitted in approved cheerleading areas if accompanied by a rostered coach.
- 3.2 Coaches must be at least 18 years of age before April 1, 2009.
- 3.3 All cheerleading coaches shall be prohibited from using any form of tobacco, alcohol, or illegal drugs as well as any form of profanity while on the playing field or practice field, or at any time while in contact with children.
- 3.4 Coaches are to be familiar with cheerleading techniques, stunts, and jumps.
- 3.5 Coaches are to be on time and should set a good example for their squads and communities at all times.
- 3.6 Coaches are to be in control at all times, whether at a game or practice.
- 3.7 Coaches are to treat all cheerleaders, parents, and other coaches (football and cheerleading) with respect.
- 3.8 Coaches should always look the part by dressing appropriately, following team dress-code guidelines as well.

- 3.9 Cheerleading coaches are to treat all cheerleaders fairly, teach all cheerleaders equally, and make them feel a part of the squad.
- 3.10 Coaches are to carry certification cards at all games, practices, and competitions.

SECTION 4: Practice Regulations

- 4.1 Preseason starts on June 1, 2009.
- 4.2 No team can practice before the preseason start date.
- 4.3 During preseason no team can practice more than three (3) days a week.
- 4.4 Practices cannot last longer than ninety (90) minutes.
- 4.5 No Sunday practices.
- 4.6 A rostered coach must be at all practices and there must be at least one (1) adult for every ten (10) children present at any practice.
- 4.7 All stunts and tumbling may only be done on a mat or flat grassy area.
- 4.8 The coach is responsible for inspecting the area prior to the start of all practices and workouts. Make sure there are no physical obstructions in the area, and that cheerleaders are not in the pathway of any other individuals.
- 4.9 Cheerleading camp is optional and may not be required for any cheerleading team.

SECTION 5: Game Day Protocol

- 5.1 Half-time cheers, dances, or stunts will be limited to three (3) minutes per squad & are to be performed for the opposing crowd.
- 5.2 The visiting squad shall be introduced and perform first.
- 5.3 At the end of the game, all cheerleaders shall line up behind the football team for the purpose of shaking hands with the opposing team and their cheerleaders.
- 5.4 If a football player becomes injured during a game, both cheerleading squads are to stop cheering, kneel on one knee, or stand quietly, until the player is up or removed from the playing field, at which time the injured player should be applauded.
- 5.5 All cheers and chants are to be free of vulgar words, phrases, and motions. No type of derogatory cheer will be allowed. The penalty for violation of this rule shall be:
 - *First Offense - a verbal warning for the coach and coach must sign form indicating he was warned that would be kept on record
 - *Second Offense – A written warning for the coach, a copy of which needs to be signed and kept for records
 - *Third Offense – the coach is removed from the organization for the season and record is kept for the following year.
- 5.6 Cheerleading coaches are to keep their cheerleaders off the playing field and within the defined sidelines boundaries, as designated by Knox County Parks and Recreation, except at half time.

- 5.7 Each squad must be accompanied by at least one (1) rostered coach on game day. No squad should be on the field without a certified coach.
- 5.8 All participants must be in uniform. A uniform may be as simple as a t-shirt, but all members of the squad must look alike
- 5.9 All participant uniforms must cover the midriff when standing at attention. Flesh/nude colored body suits or liners and any sort of fringe do not constitute as a covered midriff. All skirts must also be an appropriate length.
- 5.10 All participants must wear tennis shoes.
- 5.11 Cheerleaders may have a warm-up/Sweatshirt and leggings (not both).
- 5.12 Poms and flash cards are allowed. All other items considered as props, including megaphones, are not allowed.
- 5.13 Music and boom boxes are ONLY allowed during half-time performances.
- 5.14 All stunts, tosses, and tumbling are prohibited on surfaces other than a mat or flat grassy area. All cheerleaders MUST BE GROUND BOUND when on the concrete surfaces. Jumps are okay on all surfaces, as long as they are flat and no physical obstructions are in the work out or performance area.

SECTION 6: Stunts, Jumps and Tumbling Restrictions

- 6.1 All stunts, pyramids, jumps, and tumbling MUST be taught in sequence. Cheerleaders MUST master a stunt, pyramid, jump and tumbling move in practice before they can do it at a game or competition.
- 6.2 Stunts and pyramids must follow NCA or UCA safety guidelines. Height limits are as follows:
Ages 5 & 6 may go to the waist
Ages 7 & 8 may go to the shoulder
Ages 9 – 15 may go full extension
- 6.3 Basket tosses are only allowed for ages where full extension stunts are allowed.
- 6.4 All jumps are allowed for all ages.
- 6.5 Tumbling restrictions are as follows:
Ages 5 & 6: Cartwheel, round off, front and back walkover, and handstands
Ages 7 & 8: All of the above, plus front handspring (1) and standing back handspring (1)
Ages 9 – 15: All tumbling is allowed.
- 6.6 Cheerleaders should be taught proper spotting techniques and proper spotting should always be used when practicing new stunts.
- 6.7 If stunts are performed ABOVE WAIST HIGH, continuous spotters shall be required. Thigh stands DO NOT require spotters once the skill is mastered.
- 6.8 Each child must follow the guidelines stated above for their age group no matter what team they are cheering for or that child is cheering with other children who are older.

SECTION 7: Cost and Fees

- 7.1 Each community will be responsible for setting and collecting fees for cheerleading.
- 7.2 NOTE: please set the total price for cheerleading at a reasonable amount so that EVERYONE is able to participate.
- 7.3 Insurance for cheerleading is \$12 per participant, and that gets paid to Knox County Parks and Recreation when registering participants and turning in rosters.
- 7.4 Cheerleaders must each have their own uniform and tennis shoes as detailed in the bylaws. All other possessions may be purchased but will not be required by Knox County Parks and Recreation for any cheerleader.
- 7.5 Cheerleading camps will be optional for each participant and MAY NOT be required for any team or participant.
- 7.6 Cheerleading competition is optional. If a team wants to compete, a separate and additional fee may be taken up. No participant will be required to compete, even if the team decides to.
- 7.7 Personalization of any cheerleader's uniform or equipment is optional, and may not be required.

SECTION 8: Cheerleading Notes and Definitions

NO SQUAD should perform any stunts without first performing skill progression drills and proper step and lock procedures. All skills should be mastered before progressing to the next skill level to ensure safety to the cheerleaders.

TOP PERSON – a person who is held off the floor by another person or persons

BASE – a person who supports the majority of a top person's weight while the top person is off the ground.

SPOTTER – a person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming off of a stunt or pyramid.

CRADLE - a dismount form a partner stunt, pyramid or toss in which the top person is caught in a face-up, pik position before being placed on the performance area or remounting into another stunt, pyramid or loading positioned.

LOADING POSITION – a position in which the top person is off the ground in continuous movement that puts the bases and top in a position to end the movement in a stunt.

STUNT – one or more bases supporting one or more top persons of off the ground.

CUPIE – a stunt in which both feet of the top person are in one hand of a base.

BASKET TOSS – a stunt in which a top person is tossed by bases whose hands are interlocked.

ELEVATOR TOSS – a stunt in which the top person loads into an elevator loading position and is then tossed into the air.

DOUBLE BASED SUSPENDED ROLL- dismount with a foot-over-head rotation where the top person has continuous hand-to-hand contact with two bases who are controlling the top person onto the performance surface or into a cradle.

OPTIONAL
SECTION 9: Championship Committee

- 9.1 KCYC Executive Committee shall appoint a Championship Committee to handle the KCYC Cheer Championships.
- 9.2 The committee shall compose of four (4) Executive Committee members and/or nominated community coaches.
- 9.3 The Championship Committee shall have the responsibility of:
 - a) Determining rules, regulations, and guidelines based on KCYC established by-laws.
 - b) Investigating and locating a host gym for the Cheer Championships.
 - c) Scheduling all duties for the Cheer Championships.
 - d) Ordering Trophies.
 - e) Selecting Judges not affiliated with any squad in the organization.
 - f) Determining penalty and points system for judging.
 - g) Handling all concessions operations (set-up, staffing, orders, returns, cleaning, etc.).
 - h) Determining the cost of entry for each team, as well as the cost for spectators (if any).
- 9.4 Each committee member's appointment will be for one (1) year and each member is eligible for re-appointment in any subsequent year.
- 9.5 The KCYC Executive Committee must approve all money spent by the Championship Committee. The Executive Committee will take all budget requests to the Knox County Recreation Superintendent for approval. If Knox County Parks and Recreation does not approve the money being asked for, the Championship Committee will be responsible for fundraising efforts to raise money, or must eliminate costs somewhere.