



MAYFL 2010 CHEER CONFERENCE ARTICLES AND RULES

MAYFL CHEERLEADING PROGRAM ARTICLES

NAME

The name shall be the Metro Atlanta Youth Football League doing business and hereinafter referred to as the MAYFL Cheerleading Program.

PURPOSE

The primary purpose of the MAYFL Cheerleading Program shall be to provide a wholesome and faith based environment for the children of the Metro Atlanta area to enjoy the sport of cheerleading. This program shall also strive to promote the physical, mental, social, educational, and welfare of the participants in the program, and to promote the ideals of good citizenship as well as good sportsmanship through its cheerleading programs and activities, and for the benefit of the communities it represents. All articles, rules, policies and actions of the

MAYFL Cheerleading Program and its representatives should be interpreted with this purpose in mind. MAYFL shall always promote "safety first" by conducting and promoting only programs with strict controls over age/weight, equipment and the behavior of the participants, coaches, and spectators.

PREAMBLE

When the rights of MAYFL are in conflict with the rights of the individual associations, the rights of MAYFL must prevail.

ARTICLE 1 - Duties of the Cheer Commissioner

The Cheer Commissioner shall be responsible for the administration and enforcement of these Rules. The Cheer Commissioner shall adopt such rules and regulations and issue such orders as are deemed necessary and appropriate to achieve the purpose outlined in the purpose.

The Cheer Commissioner shall also be responsible for the certification of all MAYFL cheer coaches, cheer volunteers, and all cheer squads prior to the first scheduled football game and cheer competition.

ARTICLE 2 – Duties of the Cheer Coordinator

The Cheer Coordinator shall be responsible for attending MAYFL meetings, ensuring all Coaches and Cheerleaders are within regulatory guidance and assisting the MAYFL Cheer program in the certification process and the annual cheer competition. The Cheer Coordinator is responsible for ensuring all cheerleaders have a valid birth certificate and current physical form. The Cheer Coordinator is responsible for ensuring all those registered within the Association is entering into the MAYFL database. The Cheer Coordinator shall enforce these rules and issue such orders as are deemed necessary and appropriate to assist the MAYFL Cheer Commissioner.

ARTICLE 3 – Duties of the Cheer Coach

The Cheer Coach shall be responsible for conducting practice, teaching the art of cheerleading, certification documentation for each cheerleader, attending games, preparing the squad for the annual cheer competition and the conduct of the squad to include parents. The Cheer Coach shall be responsible for selecting team moms, assistant and junior coaches to assist with the squad. Cheer Coaches must sign the Coaches Affidavit and must be certified by the MAYFL Cheer Commissioner before rendering any type of instruction.

ARTICLE 4 - Cheerleading Squad Agreement

In accordance with MAYFL By-Laws and these Rules, the Cheer Coach and Cheerleading Squad agree as follows:

The cheer coach and cheerleading team will comply with all provisions of these rules, regulations, and relevant orders of the Cheer Commissioner.

ARTICLE 5 – Enforcement of these Rules

In the event of the cheer coach's and cheerleading team's noncompliance with this Order or with any of such rules, regulations, or orders, the cheer coach or cheerleading team maybe suspended from further participation in MAYFL's cheer program and declared ineligible for MAYFL's cheer competition, and such other sanctions may be imposed and remedies invoked as provided by these rules, regulations, or order of the Cheer Commissioner.

The Cheer Commissioner shall be responsible for securing compliance by all cheer coaches and cheerleading teams with these rules and implementing any additional rules or regulations. All cheer coaches and cheerleading teams shall comply with the terms of these rules and any implementing rules, regulations, or orders of the Cheer

Commissioner. The cheer coach and cheerleading team shall cooperate with the Cheer Commissioner and shall furnish such information and assistance as the Cheer Commissioner may require.

(a) The Cheer Commissioner may investigate the cheerleading practices of any cheer coach or cheerleading team to determine whether or not the provisions of this Order have been violated. Such investigation shall be conducted in accordance with the procedures established by the Cheer Commissioner.

(b) The Cheer Commissioner may receive and investigate complaints by other persons which allege acts contrary to the provisions specified in any portion of these rules.

The Cheer Commissioner shall use his/her best efforts, directly and through interested parties and all other available resources to cause any cheer coach or cheerleading team to cooperate in the implementation of the purposes of this Order. The Cheer Commissioner shall, in appropriate cases, notify the MAYFL Commissioner whenever it has reason to believe that the practices of any cheer coach or cheerleading team are in violation of these rules.

(a) The Cheer Commissioner, designated by rule, regulation, or order of the Cheer Commissioner, may hold such hearings, public or private, as the Cheer Commissioner may deem advisable for compliance, enforcement, or educational purposes.

(b) The Cheer Commissioner may hold, or cause to be held, hearings in accordance with Article 1 of this Section prior to imposing, ordering, or recommending the imposition of penalties and sanctions under these rules. No order for ineligibility of any cheer coach or cheerleading team from competition shall be made without affording the cheer coach or cheerleading team an opportunity for a hearing.

MAYFL CHEERLEADING PROGRAM RULES

RULE 1 - MAYFL Rules

All rules pertaining to cheerleading must be voted on by the cheerleader coordinators.

- a. All rules must attain a majority quorum for approval.
- b. Minutes of all meetings shall be taken and distributed at the succeeding meeting.

RULE 3 - Organizational Structure

- a. All member associations shall have a cheerleader coordinator which must be 21 years of age.
- b. Each cheer squad must have at least one coach.
- c. The coach must be twenty-one (21) years of age.
- d. The coach cannot be either an all-star, collegiate or professional cheerleader at the time of his or her appointment.

RULE 2 - Cheer Representative

Each MAYFL member shall designate a cheerleader coordinator.

- a. Each member shall have the cheerleader coordinator or a representative present at all MAYFL meetings.
- b. The member shall face a \$25 fine for unexcused absences from monthly meetings.

RULE 4 - Cheer Squads

- a. MAYFL member organizations must have an open registration or enrollment period.
- b. Each member organization shall have the right to determine its own method of forming squads.
- c. No person who signs up in good faith to participate in cheerleading shall be cut.
- d. Each cheer squad must have a corresponding football team from their association.
- e. There will be a maximum of twenty (20) cheerleaders per team.

- f. There shall be no mascots for cheer squads. Cheerleaders of league age must cheer for their respective age group. Cheerleaders are allowed to cheer for an older age group. (One age up)
- g. Three (3) and Four (4) year olds may certify and cheer in MAYFL on a 6 and under cheer squad or as Non Competitive. Non Competitive Cheer is open only to girls 4 years of age. All cheerleaders, regardless of age, must certify in accordance with MAYFL Cheerleader RULE 6: Certification. During games, 4 year olds can combine with 6 and under cheer squads only, and can not be used as Mascots. If a 4 year old certifies as Non Competitive, she can not compete with any other certified squad during the MAYFL Cheer Competition. If a 4 year old is certified with a 6 and under squad, she must compete with that squad at the MAYFL Cheer Competition. Non Competitive Cheerleaders must also participate in the MAYFL Cheer Competition and are subject to the same penalty as stated in MAYFL Cheerleader RULE 9: Competitions; Subsection A.
- h. All MAYFL Certified Cheerleading Squads are prohibited from participating, training or volunteering collectively or as a group in any advanced cheerleading training during the MAYFL Cheerleading Season. This excludes camps covered in MAYFL RULE 8: Camp

RULE 5 - Mascots

- a. Mascots are defined as one (younger by four to five years in age) who participates in leading the cheering of spectators in a sports contest.
- b. Mascots are held to the same level as the squad to which assigned.
- c. Mascots are allowed to cheer on MAYFL certified teams and must adhere to the following:
 - 1. Mascots must certify along with the squad to which she is a participant.
 - 2. Mascots must perform during the annual MAYFL Cheer competition. Mascots must perform with the squad that she certified with.
 - 3. The maximum number of mascots on a MAYFL cheer squad is two.

RULE 5.1 - Stunting Restrictions

A mascot can only be positioned as a base during a stunt routine if the following rule applies: Mascots may be a base for all stunts that are underneath prep level or below shoulders. (I.e. Shoulder sits, thigh stands are legal)

RULE 5.2 - Placement

- a. A (only two per squad) 4 year old will be allowed to cheer 8 and under
- b. A (only two per squad) 5 / 6 year old will be allowed to cheer 10 and under
- c. A (only two per squad) 7/8 year old will be allowed to cheer 12 and under
- d. A (only two per squad) 9/10 year old will be allowed to cheer 14 and under

RULE 6 - Eligibility

- a. All persons that furnish the necessary documents shall be eligible to participate.
- b. All participants must provide a written consent from the parent or guardian giving permission to cheer.
- c. All participants must provide a birth certificate as proof of age. Other state issued documents, passports or military ID shall be reviewed by the MAYFL cheer director. All other documents must be current.
- d. No participant shall be cut without just cause related to safety of other participants.
- e. No person on a school cheer team or an all-star or competitive team shall be eligible to participate in MAYFL.

RULE 7 – Certification

MAYFL cheer coaches, cheer volunteers, and all cheer squads must be certified no later than one week prior to the first scheduled football game and cheer competition.

RULE 7.1 - Coaches

- a. All coaches' certifications shall be conducted by the MAYFL Cheer Commissioner.
- b. All coaches shall be certified by the MAYFL Cheer Commissioner and the MAYFL Safety Officer (MSO).
- c. Host member associations may select the MSO.
- d. The MSO must be a director or instructor of a high school, collegiate, professional, all-star or competitive team.
- e. The safety officer shall also serve as the safety judge during MAYFL cheerleading competition.

RULE 7.2 - Cheerleaders

- a. All cheerleaders shall be certified by the MAYFL Cheer Commissioner.
- b. All cheerleaders must have an original birth certificate. Document must be provided to the MAYFL Cheer Commissioner at the time of certification.
- c. All cheerleaders must have a current physical dated no earlier than March of each year. Documentation must be provided to the MAYFL Cheer Commissioner at the time of certification.

RULE 7.3 - Age Requirements

Cheerleader ages shall correspond with the MAYFL football rules and regulations ages. Ages for cheerleaders shall be determined as of July 31 of the current year.

- a. Non Competitive – 3, 4 year old
- b. Pee Wee - 4, 5, 6
- c. Mighty Mite - 6, 7, 8
- d. Bandit - 8, 9, 10
- e. Junior - 10, 11, 12
- f. Senior - 12, 13, 14

RULE 7.4 - Process

- a. Each squad is required to take an individual picture of each cheerleader. Pictures should be legible and attire should be a uniform or camp gear.
- b. Picture should be uploaded to the MAYFL Registration system within the allotted time frame set by the MAYFL Executive Committee.
- c. Each squad is required to have a Certification Book.
- d. Certification books shall consist of both certification and public team roster, copy of birth record, copy of a current physical for each member of the squad and a parent contact list.
- e. All parental and or guardian contact information must be the same on the physical form as that entered into the MAYFL Registration system.
- f. Certification books must be present at all MAYFL games and events in which the team is performing.
- g. Certification must take place prior to the last Friday before the first schedule conference game and before the annual Cheer Competition.
- h. Cheerleaders shall not be added to the official roster after certification. Extenuating circumstances will be reviewed by the MAYFL Executive Committee.

RULE 8 - Practice

- a. The starting dates for cheerleader practice shall correspond with the dates set for football.
- b. The purpose of this rule is to provide a standard, fair and equal practice time for all MAYFL teams to keep practice activity at a reasonable level during school days so as not to create a hardship on the cheerleaders with regard to school studies and participation in school activities.
- c. Practice will be limited to twelve hours per week until school begins. From that point, until the first week of scheduled games, teams shall be allowed eight hours of practice per week. After the start of school teams may not at anytime practice more than three times during any calendar week not to exceed 6 hours. No practice shall continue past 9:00pm.

RULE 9 - Cheerleading Coaching and Location

- a. No individual or team who has been certified to participate in the Metro Atlanta Youth Football League, Inc. Cheer program shall engage or solicit coaching or training from an organization or individual who is considered to be a professional in cheerleader coaching and training, and who is not certified by MAYFL as a cheerleader coach.
- b. No MAYFL certified cheerleading individual or team shall practice or commit to practice at any facility that is owned, operated, or leased by a program that teaches combined cheer, gymnastics, tumbling or any other form of instruction by a professional, or that could be viewed as a possible conflict of MAYFL rules.
- c. Teams shall be allowed to practice off site in preparation for cheer competition. But those practices must take

place in facilities that do not teach these skills such as schools, churches, and other commercial buildings.

RULE 10 - Camp

- a. No member organization or coach shall require that a cheerleader or cheer squad attend a cheerleading camp or clinic before, during, or after the season with exception to a MAYFL sponsored event.
- b. A cheer camp shall be termed any training session provided that is not a team practice or league try-outs.
- c. All camps and clinics sponsored by member associations must be open to all members of MAYFL.
- d. No member association can pay in full or in part for any cheerleader to attend a collegiate camp.

RULE 11 - Uniforms

- a. Camp gear is considered a T-Shirt with Association, Team and/or Squad logo and a pair of shorts. Camp gear is acceptable at games but must not be worn to competition.
- b. A Cheerleaders uniform is defined as:
 1. Shell (Top portion of a Cheerleaders uniform)
 2. Skirt (Must not be any higher than the tip of the thumb with both hands side by side)
 3. Briefs and/or Cheer Shorts must be worn underneath a cheer skirt.
 4. Shoes (Cheer Shoes preferred, tennis shoes only. No three quarter or high top tennis shoes allowed. Ankles must be free at all times and foot covered completely).
 5. Full body uniforms are permitted. Length must not be any higher than the tip of the thumb.
 6. Blue Jeans are permitted only for special occasions such as homecoming, spirit day, pep rallies, etc.
 7. Socks must be worn at all times.
 8. Midriffs are suggested when weather permits.
 9. No jewelry of any kind is permitted, to include watches. Medical tags should be pinned to the inside of the Shell.

RULE 12 - Games

- a. A MAYFL certified coach must be present at all games and practices.
- b. No offensive or explicit cheers shall be performed by any MAYFL cheer squads.
- c. Opposing squads cheering within 20 yards of each other because of seating shall alternate cheering/chanting throughout the game.
- d. Cheerleaders are required to cheer at every scheduled game, regular season, playoffs and championship games and are expected to travel with their corresponding football teams.
- e. All squads are requires to be in uniform by the 3rd game. (Camp gear acceptable)
- f. Only one head coach and one assistant or team mom is allowed on a MAYFL playing field during a game. Squad must cheer in the area designated by the host park. All coaches are to be seated while on the field and must adhere to all rules set forth by the Orange Cap and Referees.

RULE 13 - Competitions

- a. Each cheer squad certified with MAYFL is required to compete in the annual MAYFL cheer competition. Any member association that does not compete at the league cheer competition will be assessed a fine of \$250 for each team not participating.
- b. There shall be no cutting of members from the regular season roster for the competition. Any member not participating in the competition for medical reasons should be submitted to the MAYFL cheer director one week before the schedule competition. Cheer squads can not combine for the competition.
- c. MAYFL shall provide awards for the top four squads in each division. There shall be one grand champion, first place, second place and third place trophy awarded at each age group. The grand champion team shall be awarded individual awards as well as the team award.
- d. The specific size and design of these awards shall be determined by the MAYFL Executive Committee.
- e. The judges for the cheer competition shall be secured by the MAYFL Executive Committee and not the host member association.
- f. Competition judges must be coaches, directors, instructors or cheerleaders of high school, collegiate, professional, all-star or competitive teams.

g. Coaches, trainers or others associated with the cheer squads are not allowed in the cheering area during competition. Spotters will be provided by MAYFL. When learning the required cheer, no cheerleaders, video or tape recorders allowed.

h. All squads shall follow the following format:

1. Introduction (Cheer, Dance or Chant)
2. Required Cheer
3. Dance

i. There shall be a three minute time limit for all routines with a pre-determined point reduction for any violations.

j. All squads are required to be in uniforms at competition. (Camp gear unacceptable)

k. In the event of a tie in the overall score, the lowest and the highest score will be dropped and the squad with the highest middle score will be determined the winner.

l. The MAYFL Cheer Commissioner shall issue additional Rules and Guidelines at least thirty days prior to the date of the competition. This Rules and Guidelines must detail the date, location and time of the event.

RULE 14 - Insurance

- a. It shall be mandatory that all members have adequate insurance per rule 24 of the football rules.

RULE 15 - Sanctions and Penalties

a. In accordance with such rules, regulations, or orders as the Cheer Commissioner may issue or adopt, the Cheer Commissioner may:

1. Publish, or cause to be published, the names of the cheer coach or cheerleading team which it has concluded have failed to comply with the provisions of this Order or of the rules, regulations, and orders of the Cheer Commissioner.
2. Recommend to the MAYFL Commissioner that, in cases in which there is substantial or material violation or the threat of substantial or material violation of the provisions set forth in Part 4 of this Order, appropriate proceedings be brought to enforce those provisions of these rules.
3. After consulting with the cheer coach or cheerleading team, direct the cheer coach or cheerleading team to cancel, terminate, suspend, or cause to be cancelled, terminated, or suspended, any activity that is deemed in violation of these rules.,

b. Pursuant to the rules and regulations prescribed in these rules, the Cheer Commissioner shall make reasonable efforts, within a reasonable time limitation, to secure compliance with the provisions of these rules by methods of conference, conciliation, mediation, and persuasion before proceedings shall be instituted to declare a cheer coach or cheerleading team ineligible for MAYFL's cheer competition event.

RULE 16 - Violations

a. Violations of MAYFL Cheerleader Rules shall be considered a very serious offense. In the event any MAYFL league, team or associated individual is deemed guilty by the Cheer Commissioner of a violation of any practice, practice-type activity, certification, competition and games; the league, team and/or individual will be subject, collectively and separately to a fine, suspension, probation and/or any other action deemed appropriate by the MAYFL Cheer Commissioner and the MAYFL Disciplinary Committee.

RULE 17 - Rule Changes

a. The rules of this league may be reviewed annually. All rule reviews must be completed prior to the last day of March of each year. Rules are voted on during the month of April at the regularly schedule meeting. Rule changes must be submitted in writing to the membership at a regularly schedule monthly or a special meeting between December and March of each year. No rule changes can go into effect between May 1st and November 31st, except for extreme circumstances or emergency conditions. All rule changes must be presented in writing to the membership at a regularly scheduled monthly meeting before they can be voted on by the membership. Rule changes are allowed a maximum of five minutes to explain said rules, prior to the actual vote by the party introducing the rule change.

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