

VALLEY YOUTH CONFERENCE, INC.

CHEERLEADING SPORT DIVISION

2011 RULES AND REGULATIONS

Date last updated: July 31, 2011

Changes are located on the following pages – 18, 19 to 20, 25, 26

**VALLEY YOUTH CONFERENCE, INCORPORATED
2008 RULES AND REGULATIONS TABLE OF CONTENTS**

| | | |
|---------|------|-----------------------------------|
| Article | I | Name |
| | II | General Purpose |
| | III | Organization |
| | IV | Officers and Duties |
| | V | Meetings |
| | VI | Voting Privileges |
| | VII | Cheerleading Finances |
| | VIII | Insurance |
| | IX | Protest Procedures |
| | X | Revision of Rules and Regulations |
| | XI | Cheerleading Procedures |
| | XII | How to Form A Club |

Article I Name

The name of this organization shall be, The Valley Youth Conference, Inc. – Cheerleading Division.

Article II General Purpose

The objective of this program is to inspire youth to practice fitness, character development, and sportsmanship through active participation in the art of cheerleading.

Specific Purpose

1. To acquaint participants with the fundamentals of cheerleading.
2. To acquaint participants with a knowledge of the game of football.
3. To promote teamwork by encouraging participants to work as one, harmonious unit.
4. To teach participants how to achieve their goals in a safe and healthy manner.

Article III Organization

1. The activities of cheerleaders will be governed by The Valley Youth Conference, Inc. - Cheerleading Division's Board of Directors (Conference), which will consist of officers including a Commissioner, a General Manager, Secretary, Treasurer, Ways & Means Chairperson, Division Presidents and the Cheer Directors of all clubs represented by cheerleaders in the Valley Youth Conference Cheerleading Division.
2. The Board of Directors shall determine and enforce all rules and regulations concerning cheerleaders. This Board shall work in harmony with the Valley Youth Conference Football Board.
3. The Valley Youth Cheerleading Conference is a Member of The Valley Youth Conference, Inc., and is subject to its Constitution, By-Laws, Rules and Regulations.

Article IV Officers and Duties

The Conference Board shall elect a Commissioner, General Manager, Secretary (if not appointed by the Executive Board of Directors of the VYC), and Treasurer.

1. The Cheer Commissioner shall serve a three-year term and may not hold a position or be directly affiliated with any Conference club during their term of office.
 - A. The Commissioner shall preside at all meetings of the Board.
 - B. The Commissioner shall call special meetings as he/she deems advisable or upon the written request of at least one-fourth of the members of the Board.
 - C. The Commissioner shall serve as the hearing officer of a protest hearing.

- D. The Commissioner or designee shall serve as cheer representative at all Football Board meetings and shall have one vote on all Football matters.
 - E. The Commissioner or designee shall serve as Cheer representative on the Valley Youth Conference Executive Board and shall have one vote on all matters before the Executive Board.
2. The Cheer General Manager shall serve a two-year term and may continue to hold a position with their home club. Duties include:
- A. The General Manager shall assist the commissioner and serve as the certification chairperson.
 - B. The General Manager shall assist the commissioner and serve as the competition coordinator.
 - C. The General Manager shall serve as a Cheerleading representative on the Valley Youth Conference Executive Board, and shall have one vote.
3. The Conference Secretary as appointed by the Valley Youth Conference, shall serve a indefinite term at their discretion. Duties include:
- A. The Secretary shall record the minutes of all regular and special meetings and distribute a copy of the minutes to all members for Board approval.
 - B. The Secretary shall handle all correspondence of the Conference Board, phone calls, etc.
4. The Conference Treasurer shall serve a two-year term and may continue to hold a position with their home club. Duties include:
- A. The Treasurer shall maintain the financial records and handle the banking needs of the Conference Board.
 - B. The Treasurer shall report a monthly Financial Statement to all Cheer Board Members.
5. In order to be an officer on the Cheer Board, a member must have been designated as a club representative for two consecutive years, unless a waiver is granted by the Cheerleading Board of Directors.
6. The Cheer Ways & Means Chairperson shall be appointed by the Commissioner with the approval of the Board of Directors and shall serve in that capacity for one year, renewable at the pleasure of the Commissioner and with the approval of the Board of Directors. Duties include:

- A. The Ways & Means Chairperson shall be responsible for any fundraisers during the season, such as the sleep over, etc.
 - B. The Ways & Means Chairperson shall serve as the Cheer clinic and Cheer competition snack bar coordinator and merchandise coordinator.
7. There shall be an equal number of Division Presidents to match the number of Cheerleading Divisions in the Valley Youth Conference. Division Presidents shall be appointed by the Commissioner with the approval of the Board of Directors of the Cheerleading Division and shall serve in that capacity for a one year term, renewable at the pleasure of the Commissioner and approved by the Board of Directors. The duties and responsibilities of the Division President are:
- A. To be the primary coordinator in facilitating information to the Cheer Moms of the Division of responsibility.
 - B. Assisting the Cheer Moms of the Division to prepare for certification.
 - C. Assuring that all athletes of the Cheerleading Division of responsibility are “legal” athletes (has player contract signed by athlete and parent/guardian; medical release) when they are on the field.
 - D. Conducting certification of the Division’s athletes at the designated certification time.
 - E. Assuring that all athletes of Division of responsibility are allowed to participate in Cheer Competition. If an athlete is excused by her club, the Division President shall thoroughly investigate the reasons why and report to the Commissioner and/or General Manager for further handling.
 - F. Upholding the rules of VYC Cheer (including application of fines as defined in the Cheer Playing Rules) and the Constitution and Bylaws of the Valley Youth Conference.
 - G. If a (personal) conflict of interest exists with the Division President’s current/previous club, then the General Manager shall assume responsibility for that Division (in that club) instead of the Division President.
 - H. To be the primary conduit of communication with the Division President in Football.
 - I. To be the coordinator of Cheer activities at Championship games between the Cheerleading Division and the Football Division.

Article V Meetings

1. Regular meetings of the Board will be held the fourth Wednesday of the month. Meetings will begin at 7:00 p.m. except when specifically stated otherwise.
2. The Cheer Commissioner must be notified prior to the meeting of any guest other than an Assistant Cheer Director attending any of the monthly Cheer Director's meetings.
3. Special meetings may be held as deemed advisable or necessary.
4. The Commissioner will determine the location of all meetings.
5. The quorum required for a Valley Youth Conference Cheerleading Division meeting shall be set to 50% plus one of clubs who in the previous year met the minimum meeting attendance requirement as defined in Article V.8 of these Playing Rules.
6. All Conference Clubs, which have cheerleaders, shall send a Cheer Director and a second representative to the Board meetings. In the absence of the Cheer Director, and a second representative, an alternate representative may represent the club.
 - A. Failure to attend a meeting will result in a **\$25.00** fine unless the Club was excused. The fine must be paid at the next regular meeting. This includes the December holiday dinner.
7. Cheer directors and one cheer mom per division must attend the mandatory certification meeting. Failure to attend will result in a **\$25.00** fine per person. Each club must bring enough food for 10 to 15 people to the Certification meeting or the Club will be **fined \$25.00**. No children or instructors shall attend.
8. A Cheerleading program shall be placed in a "probationary status" if that Club's representative(s) fail to attend at least 75% (9 meetings) of the VYC Cheer Board monthly scheduled meetings (4th Wednesday of each month). A determination of the number of meetings a Club actually attended in the preceding year shall be made subsequent to the December meeting/dinner but prior to the January meeting. The Cheerleading Clubs that are entering a probationary status shall be notified prior to the January meeting. This rule remains in effect even if the Club's representative(s) were excused from the monthly meetings.

Article VI Voting Privileges

1. The Commissioner shall vote only in the case of a tie.
2. The General Manager shall have one vote providing she is one of the designated voting members of her club.
3. The Secretary shall have one vote providing she is one of the designated voting members of her club.

4. The Treasurer shall have one vote providing she is one of the designated voting members of her club.
5. Each Club shall have up to two votes on the Board. The representatives who are allowed to vote must be identified to the Valley Youth Conference, Inc. – Cheerleading Division at the commencement of the meeting prior to elections and votes on rule changes. The names of the voting members must be submitted to the Cheerleading Secretary and be on the Club’s letterhead.
6. A majority vote of the Board of Directors constituting a quorum shall pass a: motion; rule; regulation; activity; or elect an officer.
7. Clubs must be in good standing in order to have the right to vote in any election.
 - A. Good standing is defined as having no outstanding fines or unpaid debts owing to the Conference.
 - B. New clubs will not be able to vote due to provisional status period of one year.
 - C. Clubs with a designation of “probationary status” shall not have a voting right while in that state.
8. Nominations for officers shall take place during the regular February meeting. Voting for Cheerleading Board officers shall take place in April.

Article VII Cheerleading Finances

1. The Cheerleading Board may have one or more events with the purpose of raising funds for Conference operations, competition, insurance, and all other incidental expenses of the Conference.
2. The Commissioner and Treasurer shall prepare a budget showing the funds necessary to operate the Conference for the entire season. This budget must receive final approval from the Board.
3. Each club must pay a predetermined affiliation fee per participant at the time of certification.
 - A. Any team failing to complete the season for any reason forfeits all monies paid to the Conference.
4. All funds of the Conference Board shall be paid by a check signed by any two of the three named signatories: Commissioner, General Manager, or Treasurer.
5. All cash transactions must have a signed Conference receipt prepared in duplicate.

6. In any Conference-sponsored event, all teams are responsible for payment of their participants. The teams must insure that all payments are valid and paid in full when submitted to the Conference. Failure by the participants to make full and valid payments will be cause for the Conference to assess the team whatever debt is due.

Article VIII Insurance

1. All teams in the Conference must be insured. The cost of this insurance shall be determined by the time an annual budget is prepared and shall be included in the athlete's participation fee at certification.
2. This insurance must include approved liability and medical insurance.
3. All Conference insurance must be negotiated by the designated Cheer representative.
4. Prior to the first authorized day of practice, each Cheer Director shall be presented a certificate of insurance and a current claim form.
5. Any injury must be reported to the Commissioner, Club Cheer Director, as well as parent or guardian, as soon as possible.

Article IX Protest Procedures

1. To lodge any protest, grievance, or allegedly unfair action of any kind, a written letter must be in hands of the Conference Commissioner or General Manager (whichever is closer in proximity) within 48 hours following the infraction. A \$25.00 protest bond fee must accompany this letter.
 - A. All necessary parties must be notified of the impending protest as soon as possible. The Commissioner or General Manager shall ensure all parties are notified.
 - B. The Commissioner shall chair and appoint a grievance review committee consisting of three uninterested Cheer Directors to meet with the teams involved and each will have an opportunity to present evidence in support of their claim. The Commissioner may also request production of the evidence; non-production of said evidence may result in an unfavorable decision against the unresponsive team.
 - C. Following a hearing with the teams, the committee will render a decision concerning the protest.
 - D. If a team feels an appeal is justified, a hearing of the Conference Board will be called and both sides will present their case. The board will take a vote for or against the action. The action must have a majority vote of a duly constituted quorum of the voting members of the Valley Youth Conference, Inc. – Cheerleading Division.

- E. A complaining team who wins its protest will have the \$25.00 check returned. A complaining team who loses its protest will forfeit the \$25.00 check to the Conference treasury.
- F. The results of any protest may be appealed by any aggrieved party to the Valley Youth Conference Executive Board. The aggrieved party must give notice of an appeal within seven (7) days after the final decision of the Cheerleading Board.
- G. The party may notify any Cheerleading Board member or any member of the Valley Youth Conference Executive Board of their intent to appeal.

Article X Revision of Rules and Regulations

- 1. Any proposed change regarding the cheerleading program is to be submitted to the Conference Board members in the February meeting.
 - A. These proposed rules shall be mailed with the minutes of the meeting of that month to the Cheerleading Board members.
 - B. The proposed rule changes will be discussed in the March meeting in order to clarify the intent or other misunderstandings pertaining to the proposed rule. The club representative will then have the opportunity to discuss the rule with her club and then vote her club's position on the rule at the April meeting.
 - C. A letter certifying the club's voting preference must be submitted on the club's letterhead.
- 2. Any proposed change must be passed by a majority vote of a duly constituted quorum of the Valley Youth Conference, Inc. – Cheerleading Division, the Commissioner's vote acts as a tiebreaker.
- 3. Any passed rule change will become effective in August.

Article XI Cheerleading Procedures

Section I Cheerleading

Each Conference Club may have as many teams cheerleading as it has football teams (except Junior Clinic). If a club has enough girls to fill each Football team Division that exists, there must be a minimum of five-cheer-age girl on each team.

If a corresponding Football team exists, each team member must cheer for the Division where certified for the half-time exchange purposes unless she has an immediate family member on another Division.

1. A Club may certify a team in a Division in which they do not have a football team for Certification purposes. However, the recommended age guidelines remain in effect for that team.
 - a. A team may cheer for another Division as a “fill-in team” as long as the Cheer notebook is on the field.
 - b. If a corresponding football team exists, a team must cheer for the Division where certified for the half-time exchange purposes
 - c. That team must cheer at a Club’s football game each week during the season.

2. There shall be no restrictions as to the size of a cheerleading team.

3. The maximum age for cheerleaders will be fourteen years old as of August 1st.
 - A. Clubs may designate younger participants as mascots. Minimum age 2-6.
 - B. Mascots must abide by all rules and regulations governing other cheerleaders.
 - C. Cheerleaders will be certified according to their age group and shall compete only in the Division in which they are certified.
 - D. A six-year old has the option of being a Mascot or Cheerleader, in accordance with the home Club’s policy.
 - E. Appropriate Age for Certification for competition purposes are:

| | |
|------------------|-------------------|
| Sr. Clinic 6-7-8 | Gremlin 7-8-9 |
| Tiny Mite 8-9-10 | Mity Mite 9-10-11 |
| Pee Wee 10-11-12 | Midget 12-13-14 |

4. A Medical Release (sample in Appendix B) will be required annually for all cheerleaders and mascots.

5. Each cheerleading team must be supervised by a cheer mom. Additional supervision may be done by assistant cheer mom, if available.
 - A. The cheer mom and assistant cheer mom must be at least 21 years old.
 - B. A VYC Cheerleading Coach must be age 15 by August 1 or cheerleader on a High School squad may coach at the age of 14 years old.
 - C. A participating coach may not be a certified cheerleader within VYC – Cheerleading Division.
 - D. All discipline is to be handled by the cheer mom or (*only if over 21*) by the cheer coach or assistant coach,

- E. All cheer moms, assistant cheer moms and cheer coach/instructors must be a member of their respective club.
- F. All cheer coaches and team officials shall have to display a VYC – Cheerleading Division Identification Card at all games and functions.
- G. New Cheer staffing coming in after certification:
 - 1. Club Cheer Director must contact the Commissioner and Conference Secretary within 2 weeks of appointing a new Cheer staff member.
 - 2. A newly appointed Cheer staff member must sign a staff contract and Code of Ethics document.
- H. Coaches Clinic is mandatory for one Cheer Coach per team.

Section II Certification

- 1. The Cheer Commissioner shall appoint a certification committee that may include (but not limited to): the elected officers and division presidents. In all cases, no club representative shall certify any team of a club with which she is affiliated.
- 2. There shall be a non-refundable affiliation fee for each cheerleader or mascot certified with the Conference.
- 3. All cheerleaders and mascots participating in Conference activities must be certified by the third game.
- 4. Certification requirements are:
 - A. A Valley Youth Conference contract must be completed in full, granting parental consent for participation.
 - i. First year participants must enter and sign name as shown on the birth certificate (first, middle, last). Returning participant needs only first and last name.
 - ii. A mascot must sign the contract on the designated line, as best they can. A parent or guardian must sign the full name of the mascot on the contract in the available white space
 - B. A Medical Waiver – The parent or guardian of the participant shall complete and sign a Medical Waiver (see Appendix B) and file this form with the Club prior to the athlete participating or competing in any Cheerleading event in a given Cheerleading year or season. This Medical Waiver when signed by the parent or the participant's doctor gives

assurance to the Conference that a parent or guardian is responsible for getting the athlete checked by a proper medical practitioner.

C. Proof of Age Document – Any of the following is an acceptable document for proof of age:

- i. A Valley Youth Conference Peach Card.
- ii. An Original Birth Certificate, Unedited Photocopy of Birth Certificate, Military Birth Certificate, Passport, Foreign Birth Document or Green Card, Copy of School Record with documented date of birth, or Court Decree.

Note: Each Club shall be accountable for the validity of the proof of age document. If at any time during the season (except within two weeks prior to VYC Cheer Competition), the participant's age is questioned, the participant shall have two weeks to produce the original document. Failure to comply shall result in the participant being suspended from further participation until she is able to comply with the proof of age demand. The person or Club asking such question shall follow the guidelines established for filing a protest.

- Other official documents proving age may be accepted at the discretion of the Commissioner:

D. Executive Order - The Conference Executive Order against fighting must be signed by the participant and a parent.

5. A team notebook is to be submitted at certification. This notebook must contain:

A. A team roster listing all participants must be submitted per division. Rosters must be typed and in alphabetical order, starting with mascots.

1. An asterisk must be placed on the left of each name of a new participant to designate first year of participation.

2. Six copies of rosters are to be submitted at certification.

3. Two copies of rosters with name and date of birth only.

B. The **Cheer Staff Contract and Executive Order** for all Cheerleading Staff Members.

C. The original contract and medical release form for all cheerleading Staff Members under 18 years of age.

D. The original contract, medical release form, Executive Order form and proof of age of all cheerleaders and mascots.

- E. A manila envelope containing the yellow copy of contract of all participants.
- 6. Certification fees are \$27.00 per cheerleader/mascot and are subject to change. All fees due must be paid by club check.
- 7. Failure by team to appear at the established certification time and place shall result in a \$100.00 fine per team.
- 8. There will be a **fine of \$5.00 per error**. Fines are to be paid at certification or at certification make-up which will be held following certification. Any certification error requires attendance at certification make-up. Failure to appear will result in a **\$25.00 fine**.
- 9. To add any cheerleader(s) after certification, the addition(s) must be approved by the Commissioner and must meet all certification requirements and qualifications.
- 10. Participants who do not submit official proof of age will be dropped from a team's roster immediately following the third game of the season.

Section III Team Identification

- 1. Staff members not wearing ID Badges will incur a **\$5.00 fine** as a first offense. (Subsequent offenses will be fines in an amount determined by the Cheer Board). They will also be excused from the track area. (i.e., games, Conference functions). Badges must be shown at all times.
- 2. Use of another person's I.D. Badge is a violation and will result in a **\$50.00 fine** and suspension from the next week's game or event.
- 3. A \$5.00 fee will be charged for a replacement I.D. badge needed during the current season.
- 4. I.D. Badges must be completed by the 3rd game of the season. Failure to do so will result in the Staff member being dropped from the Club roster.

Section IV Practice

- 1. A team record is to be submitted at the July meeting showing the time and location of all practices. The Cheerleading Commissioner and Division President must be notified of any changes made during the season.
 - A. Thirty-five copies of club's home field map, including directions, must be submitted with the team record.
 - B. Team records should include directions to all practice locations.

1. The Cheer Mom or assistant must at all times maintain the teams notebook, (i.e. contracts, etc.) and have it available for inspection. At all times the notebook must be on the field of play.
2. Cheerleader or Mascots may not practice until a contract signed by a parent or legal guardian and a medical waiver form fully completed and signed by parent or legal guardian and physician, if needed, are completed. Contracts and Medical Waivers must be on the field at all practices. Upon a Conference official's inspection at a practice, a **\$5.00 fine** will be assessed for each participant practicing without the completed documents.
3. The Cheer Mom or her adult representative must be present with cheer notebook at all practices. A **\$25.00 fine** will be assessed if a team is practicing without the authorized adult present or without cheer notebook.
4. There is to be no gum chewing during practice, no denim, and only tennis shoes may be worn during practice, no platform tennis shoes.

Practice times will be as follows:

1. Cheerleading practice is allowed to begin on August 1st.
 - A. Limited to five days per week (Monday through *Saturday*). 10 hours maximum. 2 hours practice per day only.
 - B. The 5th day practice is optional.
 - C. All breaks or pep talks are to be incorporated within a two-hour practice.
 - D. Competition cheers, stunts or dance routine may be taught beginning the first Monday in September:
 1. Practice may be held three nights per week, 6 hours per week maximum only (*Monday-Friday*). This is for practices between September and December.
2. Additional competition practice begins the first weekend in October.
 - A. Practice increased to 11 hours maximum, 6 hours during the week and 5 hours during the weekend (Friday night through Sunday night).
3. Penalties for violation of practice schedule:
 - A. First offense - **\$100.00 fine**.
 - B. Second offense -- 15 points deducted from total score in both cheer and dance divisions at competition.
 - C. Third offense -- disqualification from competition.

4. No member of a Valley Youth Conference team may watch the practice of a team from another Valley Youth Conference club.

Section V Games

1. Cheerleaders must wear full regulation uniform at all games, unless waiver is granted by the Cheerleading Board.
2. Uniforms shall all match and consist of:
 - A. Top or turtleneck
 - B. Sweater, vest or sweatshirts
 - C. Skirt
 - D. Briefs
 - E. Socks – (*knee high or short socks may be alternated throughout the season*)
 - F. Shoes
3. Costumes may be worn at the game Saturday before competition.
4. Only tennis shoes may be worn while cheering.
5. When games occur during cold or rainy weather, Cheerleaders, may wear tights in their team color, sweater or turtleneck or sweatpants or leggings at their teams discretion. Cheerleader(s) may wear cold weather items without the entire team dressing in the same manner. Cheerleaders may wear warm up pants and jackets (in team colors) during cold or rainy days.
6. Cheerleaders may not cheer unless Contracts and Medical Waivers are on the field.
7. A Cheer Mom may sit in the stands if she maintains complete control of the team at all times. (Contracts and Medical Waivers should be kept on the field with Cheerleaders).
8. Cheer Mom and Cheerleaders are to maintain sportsmanship at all times. Cheers are to be positive in nature.
 - A. Objectionable cheers may be banned during the season.
 - B. There will be no cheering while there is an injury on the field.
 - C. A cheer team shall not cheer while another is doing so. Ample time of 1 – 2 minutes shall be given to opposing squad to begin a cheer.
 - D. Individual name cheers may not be used at any time.

9. Cheerleaders may stunt during games as long as 3 spotters are present per stunt zone.
10. Cheerleaders may not approach the goal posts or go on the field at any time during a game.
11. Banners are allowed before game or at the half time, as long as litter is picked up and cheerleaders do not loiter on the field. Sitting on shoulders to hold banner is not allowed. At no time shall Banners have unsportsmanlike statements or any other derogatory comments.
12. Cheerleaders and cheer staff may not chew gum during games.
13. There is to be NO eating, drinking or smoking on the track area. Spray bottles and water bottles are allowed on the track area.
14. Jewelry is not allowed, this includes:
 - i. Earrings (Studs-only if new, must be covered by a Band-Aid).
 - ii. Chains/ necklaces
 - iii. Bracelets
 - iv. Wrist watches
 - v. Any visible body piercing
15. Inconspicuous make-up can be worn.
16. Modest hairstyle should be worn. *Penalty for colored hair is removed.*
17. Chants are allowed when directed towards field. Chants consist of no more than 2 to 4 words. They will be considered a cheer if directed at stands. Chants are restricted to arm movements, which consist of clapping or candlestick motions only. Chants are not allowed while other team is doing a cheer.
18. Teams performing a “disrespectful Cheer” during half-time as their “Hello Cheer” shall be fined \$25 for the first offense and \$50 for the second offense. A third offense or more may lead to suspension of the Cheer Mom of that Cheer squad.
19. Maximum 15 minute break after hello cheer. At half time, visitor team does hello cheer first; followed by home team. During games and only during the “hello cheer”, Cheerleaders are allowed to Stunt only if they have Spotters.
20. Each team must exchange a gift with opposing team at half time. Gift to be decision of the individual club. Penalty for violation of gift exchange: **\$25.00 per offense**. Penalty to be paid to Conference and forwarded to opposing club who suffered the violation. If a team is played a second time during the season, arrangements should be confirmed between the clubs for an alternate gift. When a cheer squad is “filling in” at a game

and is not the certified division cheer squad both teams are exempt from the gift exchange.

21. There will be no profane language or gestures or acts of unsportsmanlike conduct from the cheerleaders or from any member of the cheerleading staff.

Penalties for profanity:

- A. First offense, **\$50.00 club fine** and offender will leave field for the remainder of game.
- B. Second offense, **\$100.00 club fine** and offender will be disqualified from participation for remainder of season.

Section VI Competition

1. The Conference Board shall host the Conference competition which may be held Indoor or Outdoor at the option of the Cheer Board of Directors.

- A. The Commissioner shall chair the competition committee, with the assistance of the General Manager.
- B. Each Conference club with cheerleaders shall be assigned a duty.

2. The Conference shall pay for judges for the competition.

- A. The Conference (handled by either the Commissioner or the General Manager) shall hire or appoint 6 judges.
- B. No person who has participated as a cheerleader of a Valley Youth Conference team shall be eligible to serve as a judge.
- C. No person who is affiliated with a team that is associated with the Valley Youth Conference shall be eligible to serve as a judge.
- D. No person who has served as an instructor at the previous cheer clinic may serve as a Judge. *(2E. Competition Judges shouldn't do the clinic – this is the same as 2D.)*

3. A roster of participants must be submitted

- A. Roster must be typed or printed legibly in alphabetical order.
- B. One roster must be submitted for each separate event per division: one for cheer and one for dance.
- C. A separate roster must be submitted for clubs participating in the mascot parade.

- D. A waiver from a non-participating cheerleader must be turned in with competition roster. A waiver must have parent and cheerleader signature with home phone number.
- E. Competition Roster of participants noting Cheer Performance category shall be submitted at the September Cheer Board Meeting to ensure that there are enough teams competing in each category. If there are not enough teams, then the Division President responsible will inform (without delay) the Cheer Mom and Cheer Director involved. The Cheer Mom will have 48 hours to submit another Roster to the Division President. The new Roster shall describe the “new category” that was selected for Competition. If there is no competing category, the Cheer Mom will provide a statement of withdrawal.
- F. No Club shall change the category they have entered on the day of Competition. All changes must comply to the deadline dates identified in the August Cheer Mom’s meeting.
- G. A Club that certified only one team may participate in the Competition only as an exhibition team in a manner similar to the Mascot participation.

MASCOTS shall be allotted one minute routine with music of Club’s choice in keeping with the theme of the competition.

Non-Conference Teams:

- 1. Cheerleading Teams that Cheer for Football teams that are not within our Conference are permitted to participate in the VYC Cheer Competition for a fee.
- 2. Non-Conference Teams do not have to participate in the VYC Cheer Clinic in order to participate in our Cheer Competition.

Stunting: It is not permitted to practice any form of stunting or pyramid building without the Cheer Mom and 2-3 spotters at any time. Remember safety first. No practicing on any concrete or asphalt surface.

Interruption of Performance:

- 1. In the event that the presentation of any squad is interrupted due to the failure of the equipment, facilities, etc., the squad affected will have the opportunity to start over or continue from the point in which the interruption occurred.
- 2. In the event that an injury causes the presentation of a team to be interrupted, the squad must either continue the presentation without the injured person or withdraw from the competition. The competition staff reserves the right to stop the presentation due to injury.

3. Final Decision - the head judge and the competition committee will consider any situation requiring the interpretation of the rules or a decision involving any aspect of the competition not clearly specified in the rules. This group will render judgment and/or interpretation to insure that the competition proceeds in a manner as equitable as possible to all teams and consistent with the general spirit of the rules and goals of the competition. Decisions rendered by the committee are final.

Sportsmanship:

All participants, advisors, coaches agree to conduct themselves in a manner displaying good sportsmanship throughout the competition.

General Rules for all Divisions:

1. Divisions are open to all squads.
2. Squads must be between 5-30 members.
3. If a Club does not have enough cheerleaders to fill a squad for a particular age group and it becomes necessary to combine age groups, then that squad must be certified according to the average age. This squad will then be allowed to compete in the certified division. If more than one "average age" teams are certified by a Club, then each Cheerleader must be certified on the team with the "average age" that is closest to her age as shown in the "age chart".
4. Participants may only compete in one of two Cheer Divisions (cheer with stunt and cheer with stunt and music). All squads may compete in pom dance.
5. Teams must start in the designated area. Each individual must have at least one foot on the ground.
6. All squads will have a specific time limit to perform. Check the division(s) entered. Because penalties are severe, it is recommended that the performance be timed several times before competition. Give at least a five-second cushion to allow for variation in sound equipment.
7. Timing will begin with the first movement, vocal cue or beat of music and will end when the timekeeper see the ending signal.
8. All music must be on a CD and cued to the starting point. A backup CD should also be available. A club representative will be responsible for starting the music at the beginning of the team's routine. The representative must be available to the DJ at least two minutes prior to the teams' performance.
9. The Disc Jockey shall be available to test music CDs for a time to be determined by the Cheer Competition committee prior to the beginning of

Competition for the morning session and prior to the beginning of the afternoon session. It is the responsibility of each Cheer Mom to present their CD for testing during those timeframes.

Warning: Be sure to create your CD using a generic source. CDs created from computing downloads may or may not work on all CD players.

10. Signs may be utilized according to competition rules.
11. A five-point deduction will be assessed for each infraction of the rules.
12. All entries on a team must participate in the routine. There will be no stationary participants standing or sitting on the side or in the front.
13. Certified rosters with 13 or more will compete in the “large division”. Certified rosters with 12 or less will compete in the “small division” in Cheer only (white and gold). *Large and Small divisions in the Dance category is reinstated.*
14. Gloves may be worn at Cheer Competition regardless of if they were worn during the season.

Specific Competition Rules:

1. Jumps/Tumbling/Gymnastics:

- A. Individual floor tumbling is allowed at all levels.
- B. Flips greater than one rotation are allowed at ground level.
- C. Twists greater than two rotations are allowed at ground level.
- D. Dive rolls are prohibited: A dive roll is defined as a forward roll where your feet leave the ground before your hands reach the ground.
- E. Participants may not tumble under or through partner stunts, pyramids or individuals.
- F. The use of mini trampolines, springboards, or any height increasing apparatus is prohibited.
- G. Spotting is prohibited on floor tumbling.
- H. Participants may not land in a stunt or catching position from any tumbling skill.
- I. Landing from all jumps must bear weight of at least one foot.
- J. A forward three-quarter flip to seat or knees is prohibited.

K. Toe pitch and leg pitch to any type of flip is prohibited.

2. Pyramids/Stunts/Tosses

- A. All pyramids and stunts are limited to two persons high. "Two high is defined as the base (bottom person) having at least one foot on the ground. Penalty will be assessed for exceeding this limit.
- B. Stunts/pyramids higher than shoulder stand level must have a continuous spotter for each person over shoulder stand level. Spotters are considered a part of the squad with regard to the maximum number of participants.
- C. When a stunt is bracing another, one of the stunts must be at shoulder height or below. No extended stunt may brace each other.
- D. Backward dismounts from stunts or pyramids are prohibited.
- E. Forward-suspended rolls (where the person flipping is continually holding the base(s) hands are allowed as long as the bases(s) have their feet on the ground.
- F. Basket tosses must be performed from ground level, and be cradled by three Catchers (catchers must include at least two of the original bases and an additional spotter).
- G. Basket tosses or any type of multi-bases tosses are limited to four bases tossing the stunt.
- H. Participants in a suspended split must have hand to hand contact with a base and must be supported on the back thigh.
- I. No skill is permitted when dismounting directly on to the cheerleading surface without constant hand to hand contact with the base(s).
- J. Triple-base straddle sits must have additional head and shoulder spotter. Exception: if the back spotter is holding the "top person" waist instead of supporting the weight by holding under the thighs, The top person in a partner stunt, pyramid or transition may not be in an inverted (head below waist or torso) position.

3. Prohibited Stunts

- A. Helicopter tosses are prohibited.
- B. Tension drops are prohibited.
- C. Knee drops are prohibited. (kneeling is allowed).

- D. Free falling flip or swan dives from any type of toss, or pyramid are prohibited.
- E. Tosses or aerial stunt may not land in a prone, face down position in a cradle.
Exception: Log roll.
- F. Single base split catches are prohibited.
- G. Participants may not be introverted at any point during a toss.

4. Specific Stunting Rules

Sr. Clinic – shall not stunt higher than thigh high

Gremlin - can go to shoulder level

Tiny mites - can go to an extended level, but must cradle

Mity mites - can go to extended level and can do basket tosses

Pee Wee - can go to extended level and can do double downs

Midget - can go to extended level and can do double downs

Any tumbling will result in a 5-point extra credit. There will be no deductions if there is no tumbling in Competition routine.

5. Specific Pom Dance Rules

- a. Squad may not exceed 30 members.
- b. Maximum time for routine is 2 minutes.
- c. No tumbling, stunting or pyramids are allowed. Exception: forward, backward and side rolls are allowed.
- d. Poms must be used 50% of the routine.
- e. No props or costuming is allowed. (a penalty will be assessed if a accessory is worn). Costuming is defined as altering the look of your uniform or faces to theme the routine.
- f. Participants must wear shoes.
- g. Participants may wear face decoration, no larger than a quarter.
- h. Glitter may be used as an accessory in hair but no color sprays are allowed.

6. Specific performance rules Blue Division exists for Senior Clinic only.

7. Specific Performance rules for White Division

- A. Cheer, Music, Stunts, and Tumbling
- B. Squad may not exceed 30 members
- C. Maximum time for routine is 2 minutes with not more than 1 minute of music. Penalty will be assessed if time is exceeded.

8. Specific performance rules for Gold Division

- A. Cheer with Stunts. No music.
- B. Squad may not exceed 30 members.
- C. Maximum time for routine is 2 minutes. Penalty will be assessed if time is exceeded.

9. Music must be on a CD and cued by a squad member or advisor before performance.

10. All advisors and coaches must know the competition rules.

11. No cutting is allowed at any division, except as a disciplinary measure, for lack of attendance at the practices, or in order to achieve the maximum of 30 participants.

12. Awards:

- A. There will be a maximum of three medals awarded by category.
- B. No overall award will be given.
- C. A participation pin will be presented to all participants, including mascots.

13. Penalties: a 5-point penalty will be assessed for any violation of competition rules.

14. The Conference Board will arrange for the entire competition to be taped.

15. Cheerleaders must compete in the division in which they were certified. Participants certified as mascots may not compete. They will perform a mascot dance.

16. Cheering the day before Cheer Competition is optional in accordance with a Club's policy.

17. Spotters for competition cheer routines will be provided by the Conference Cheerleading Board.

18. In case of an emergency situation on the day of competition, the Conference Board

officers must be notified. The decision rendered by the officers regarding the problem is final.

19. Seating for Cheerleaders as well as for spectators shall be drawn at random prior to Competition

20. Competition Score Sheets may be revised periodically

Section VII Fines and Penalties

All fines shall be paid at monthly meetings following notification of infraction. If fines are not paid there will be a \$2.00 charge for each notification of moneys due or any additional statements requested.

Fines:

1. Defiance of cheer board official:
 - A. First offense- defiance of cheer board official by Cheer Mom or spectators will be ejected from field for remainder of game plus a **\$50.00 fine**. Club is held responsible.
 - B. Second offense -- cheer staff will be placed on probation for 1 year and must submit a letter to be reinstated plus a **\$200.00 fine**.
2. Failure to attend meetings and December Christmas/Holiday dinner -- **\$25.00 fine**
3. All papers, i.e.-Team maps and competition rosters are due on time (see cheer calendar)- **\$10.00 fine**.
4. Non-attendance at mandatory cheer clinic.
 - A. Cheer Director--**\$25.00 fine**.
 - B. Cheer Mom or assistant--**\$25.00 fine per division**.
 - C. Cheer Coach/Instructor--**\$25.00 fine per division**.
5. Non-attendance of mandatory certification meeting:
 - a. Cheer Director, moms or assistant - **\$25.00 fine per division**.
 - b. Club treat (not brought) - **\$25.00 fine**
5. Certification fines - **\$5.00 per error**
6. Non-attendance at certification - \$100.00 per team
7. Non-attendance at certification make-up - **\$25.00 fine**.
8. Practice fines:
 - A. Practicing without proper shoes - **\$5.00 fine**

- B. Practicing with Jewelry - **\$5.00 fine**
 - C. Practicing without proper clothes - **\$5.00 fine**
 - D. Practicing while chewing gum - **\$5.00 fine**
 - E. Practicing without contract and medical release forms completed - **\$25.00 per unauthorized cheerleader/mascot.**
8. Violation of practice times:
- A. 1st offense - **\$100.00 fine**
 - B. 2nd offense ---15 points deducted from total score in both Cheer and Dance in competition.
 - C. 3rd offense -- disqualification from competition.
9. Game fines:
- A. Not cheering in full uniform. **\$5.00 per infraction**
 - B. Eating, drinking (except water) or smoking on track - **\$25.00 each**
 - C. Penalty for violation of gift exchange - **\$25.00 fine**
 - D. Profanity - 1st offense - **\$50.00 club fine** and offender will leave field for remainder of game.
10. Any outstanding fees or fines must be paid when turning in your competition rosters. Any fines issued after rosters have been turned in must be paid at our regular October meeting or the participants cannot compete.

Section VIII All-Star Cheerleading Squad

The following applies to **All** squads who are participating in All-Star Cheerleading:

- 1. Girls must be able to do:
 - A. Proper motion techniques
 - B. Stunt & pyramid techniques
 - C. Dance techniques

D. Jump techniques

2. All clubs with a Midget & Pee Wee team must cheer at the all-star game in December. **A \$50.00 fine** will be assessed for a team's non-attendance at all-star game.
3. Selection of All-star participants is at the discretion of each club. Cheerleaders certified at the Midget & Pee Wee divisions are eligible to participate in the all-star game.
4. If a Cheerleader does not complete the mandatory requirements set for the All-Star team including all materials distributed in written form, then she will not receive a sweatshirt nor will there be any refunds of any monies paid.
5. Cheerleaders must wear the designated Conference all-star sweatshirt in order to Cheer at the game. All-star sweatshirt fees must be paid with one club check. The Club is responsible for payment of all shirts ordered.
6. Teams from Los Angeles that are participating in All Star games are permitted to practice and Cheer for Football players hailing from Los Angeles.

Section IX Cheer Clinic

1. A VYC Cheerleading Clinic (*if approved by the Cheer Board*) may be held with the purpose of stressing - healthy exercises, and safety techniques for stunts and pyramids. If no VYC Cheerleading Clinic is sanctioned by the Cheer Board for "the season", then no Cheer Clinic shall be determined to be mandatory.
2. In addition, each Club has the option of sponsoring a private Cheer Clinic tailored to suit the needs of the children participating in their Club's Cheer program, or attending a single Clinic sponsored by another outside organization.
3. The organization conducting the Cheer Clinic and judging the Cheer Competition should be changed every three years to insure the introduction of new policies and techniques.

Section X Miscellaneous

The Cheer Board of directors shall have the right and duty to determine the outcome of any unusual event, or any rule violation, whether specified or not specified in these rules, so long as the Constitution, By-Laws, and Rules and Regulations of the Valley Youth Conference, Inc. is not in conflict.

Section XI Outside Competitions During Season:

During the regular season, a Cheer team may compete at any outside competition after November 1, as long as it does not interfere with Football. The standard practice restrictions remain in effect. The Cheer Board must be notified of participation.

A VYC Cheerleading Division's team must compete in the VYC October Cheer Competition in

order to be eligible to participate in an outside competition.

Outside Competitions After Season:

1. A Valley Youth Conference Club may participate in competitions outside the regular season time frame – December of the current year THRU April of the following year
2. Clubs may combine the girls from their different divisions, but all participants must come from the same club.
3. No new girls may be added to team – ONLY Valley Youth Conference certified cheerleaders may participate.
4. Clubs are to give prior notice to the Valley Youth Conference Cheer board and the appropriate divisional president, in writing along with a list of the girls going to competition. This list of participation will be included with meeting minutes. Failure to notify will result in **\$50.00 fine**.
5. A release form from the girls is to be provided by the Cheer Director for each outside competition. Each girl's parent must sign the form in order to participate.
6. The clubs are allowed to follow the rules and regulations of that cheer competition.
7. Certified trainers may participate in outside competitions if they meet the requirements of that competition.
8. Participants can practice 3 days (2 hours) and 5 hours on weekends.

Article XII HOW TO FORM A NEW CLUB

Any club Applying for Membership:

1. Must conform with the Constitution, By-Laws, Uniform Regulations, Playing Rules, and any amendments thereto, as set forth herein and as may be adopted from time to time, by the Valley Youth Conference, .Inc. Executive Board or the Cheer Sports Conference Board.
2. Must submit an application as approved by the Conference.
3. Must state its desires and objectives, outlining its goals, and capacity to maintain a Club that has the ability to finance and sustain its teams.
4. If it is entering from another Conference, it must show that it left that organization in good standing.

5. It shall specifically show what geographical area its players reside, and show that it is not raiding or recruiting players from another club within this Conference.
6. Each cheer club in the Conference shall pay a \$25.00 affiliation fee per TEAM to the Cheer Conference Treasurer on or before the final team application date, which will be set each year by the Conference Board of Directors. Fee does not apply to certification.
7. Any Cheerleading program whose Football program is under a provisional status (*which means that they are being considered for regular membership in the Valley Youth Conference*) shall also be under a provisional status for a period of no less than one season. Subsequent to the initial provisional season, the Cheerleading program shall petition the Cheer Board for full membership status. Such membership shall not be unreasonably withheld.
8. If any provisional club is suspended by the Cheer Sports Conference for any infractions or violations of the Constitution, By-Laws, Uniform Regulations and Playing Rules of the Cheer Sports Conference the previous year, they may, upon majority vote of the Cheer Sports Conference, be rejected for membership for the current year.

APPENDIX A

Note: This section does not constitute a Rule or set of Rules of the Cheerleading Division of the Valley Youth Conference, it is an Operational Procedure document that describes the major milestones of this Conference. It will be updated from time to time at the discretion of the Board of Directors of the Valley Youth Conference.

STANDARD OPERATING PROCEDURES

ELECTION OF OFFICERS

Accept nominations in February and March.
Individual Clubs discuss in March.
Vote in April.

Board Officers have no vote.

Board elects Commissioner for 3 year term, board elects General Manager, Treasurer for a 2-year term.
Commissioner appoints Division Presidents and Ways and Means Chairperson for a 1-year term.
Executive Board appoints Secretary for an indefinite term.

MANDATORY AUGUST MEETING

One meeting held --- 4th Wednesday of month.

Mandatory for Cheer Director and Head Cheer Mom from each team. (No children).

Pot luck dinner held --- each Club responsible for a dish to feed 10-15, Conference supplies the paper goods.

Agenda is discussion on Certification procedure. Packet will be distributed which includes: sample roster, sample contract, medical waiver, instruction sheet on how to set up Certification notebook, insurance form, parent ethics form executive order and team certification form.

CHEER CLINIC

Determine facility to be used and time schedule --- last weekend of August.

Determine organization to be used to supply instructors (between March and April).

Determine cost of Clinic.

Attendance of Divisions will be determined by the Cheer Board.

Design logo, determine vendor and cost of shirts.

Order T-Shirts based on orders supplied by Clubs.

Determine arrangements for lunch and snacks.

Arrange for first aid coverage.

Determine merchandise to be sold and vendors to be invited to participate.

Prepare an informational flyer for distribution to the Clubs.

On day of event --- check in individual Clubs by Division for accurate head count. Any late comers are to wait until everyone is in and then they may enter to be added to the list of their respective Club.

CERTIFICATION

Confirm location and timeframe.

Division Presidents assign times to Clubs and certify Notebooks with help from the Board Officers.

Clubs bring completed Notebooks, yellow contract copies in a manila envelope, 6 copies of each completed roster, 2 copies of blanked out roster, and team certification form.

Payment for Certification is to be made that day with a Club check.

Conference will bring all needed supplies, laptop, laminating equipment.

SLEEPOVER

Determine facility to be used and time schedule --- evening after a designated game.

Determine cost --- cash at the door.

Prepare an informational flyer for distribution to the Clubs.

Attendance is restricted to Conference Cheerleaders and Mascots only.

Cheer Director must attend and at least one adult must attend for every 10 participants.

On night of event --- check in individual Clubs by Division for accurate head count. Any late comers are to wait until everyone is in and then they may enter to be added to the list of their respective Club. Names are to be checked against Club roster.

Each Club is responsible for conducting one game during the evening and supplying appropriate prizes.

COMPETITION

Determine facility to be used and time schedule --- conducted on the last Sunday in October.

Determine date for Clubs to submit Competition Rosters and Letters of Non-participation by the second week in October.

Select theme and logo design and mascot song in July.

Order theme T-shirts and sweatshirts and determine cost. Prepare a pre-order form for distribution to the Clubs. Ways and Means Chairman handles orders.

Determine six judges. A judge may not have been an instructor at the previous Cheer Clinic.

Provide judges with current Competition rules and policies to be used for judging.

Determine 2 counters.

Determine 2-4 spotters.

Determine security - 3 LAPD officers and 4 Conference members in Security shirts.

Determine videographer.

Determine photographer for still shots.

Determine DJ for music.

Arrange for 1st Aid coverage.

Determine Conference merchandise to be sold and vendors to be invited to participate. Ways and Means Chairman coordinates sales.

Determine arrangements for lunch for staff.

Prepare admission tickets and arrange for pre-sale to Clubs.

Determine decorations.

Order medals.

Order participation pins.

Publish program.

Provide metal signs for designated seating.

Arrange for candy to be given to mascots.

Day of event ---attendees will enter through 3 separate gates --- 1 for girls, 1 for those with pre-sale tickets, and 1 for those buying tickets at the door.

Arrange for staging personnel.

Prepare envelopes with program and participation pins for distribution to the Clubs. Envelope should contain one participation pin for each girl on Competition roster, plus 2 additional pins and a program.

Assign Club duties which will include: placement of seating signs, set-up of merchandise, tables, help with decorations, and monitoring VIP parking lot. Each Club is also to provide 2 adult males to monitor the field gates.

Distribute medals to winners at end of event.

Distribute score sheets and music to Clubs at end of event. (Make copies of score sheets for Conference records before distribution).

Enter data into a computer and print out a list of scores by Division for distribution to the Clubs.

HOLIDAY DINNER

Determine facility to be used, date and time schedule. (Board vote in October)

Determine guest list - Board Officers, Division Presidents, Cheer Directors and an Assistant, any special helpers.

Determine gift exchange cost amount.

Select menu --- Conference pays for dinner within budget set. (No host bar).

Provide thank you gifts/table favors within budget set.

MIDGET ALL-STARS

Determine head-count from each Midget/Pee Wee team. Participation is open to all 12 to 15-year old cheerleaders who were certified as Midgets/Pee Wee.

If a Club does not have a Midget team, then their 12, 13 and 14 year-old Cheerleaders may participate in the Midget All-star game.

Determine facility to be used for practices and time schedule.

Determine coaches. They will coordinate cheers and teach a ½-time routine.

Design sweatshirt logo.

Order sweatshirts and determine cost. (Participants wear Club uniform skirt).

APPENDIX B

**VALLEY YOUTH CONFERENCE
Cheerleading Division**

PARENTS MEDICAL CLEARANCE AND PERMISSION TO PARTICIPATE

VALLEY YOUTH CONFERENCE CHEERLEADING DIVISION strongly recommends that children have a medical check-up by a physician prior to participating. To participate in this Conference, the child's parent or guardian **MUST** fill out one of the statements below and sign at the bottom.

I am aware that Cheerleading is a physically demanding sport that requires strenuous effort to participate. I am not aware of any medical or physical condition(s) of my child (*name listed below*) that would limit her participation in the VALLEY YOUTH CONFERENCE CHEERLEADING program.

PLAYER _____ CLUB _____

My Child _____ has the following medical or physical condition(s) that are of concern to me:

Clearance to play VALLEY YOUTH CONFERENCE CHEERLEADING DIVISION has been obtained through the following medical channels (including tests, examinations and evaluations) and approval to participate has been given by signature of Doctor indicated:

Dr. _____ Date _____

Performance Enhancing Substances – The Valley Youth Conference, its member organizations and representatives of these organizations shall NOT recommend, promote or suggest any type of substance whether chemical, vitamin, mineral, or herbal to be used by its athletes.

PARENT/LEGAL GUARDIAN SIGNATURE _____

DATE _____

VALLEY YOUTH CONFERENCE CHEER STAFF CONTRACT

YEAR _____ CLUB _____ TEAM _____

NAME _____ POSITION _____

ADDRESS: _____ CITY _____ ZIP _____

TELEPHONE NUMBER: DAY _____ EVENING _____

NOTIFY IN EMERGENCY: NAME _____ PHONE _____

ETHICS AND PENALTIES FOR VIOLATIONS

1. I will refrain from smoking, drinking or eating on the track or field during games and practices. VIOLATION: 1st Suspension for one game 2nd Suspension for Two games. 3rd Suspension for remainder of season.
2. I will not criticize cheerleaders in front of spectators, but will reserve constructive criticisms for private or In the presence of the team only. VIOLATION: Same as Number 1.
3. I will not criticize the opposing team, its staff or fans by word of mouth or gesture. VIOLATION: Same as Number 1.
4. I will encourage cheers of a positive nature, in the spirit of sportsmanship.
5. I will emphasize that good cheerleaders are good students and are both physically and mentally alert.
6. I will strive to make every activity serve as a training ground for life, and as a basis for good mental and physical health.
7. I will at all times be on the alert for any signs that would indicate the possibility of a health hazard and shall insure similar alertness by members of our staff.
8. I will emphasize that successful cheerleading is the result of "team work".
9. I will refrain from using abusive or profane language at all times. VIOLATION: Ejection from remainder of game and I am also responsible **for a \$50.00 fine.**
10. I will not defy the authority of any Valley Youth Conference Cheerleading Association official at ANY time. VIOLATION: 1st offense- **\$50.00 fine and ejection** from field or event. 2nd offense- **\$200.00 fine and placed on 1 year probation.** Letter must be submitted to reinstate.
11. I agree to maintain order on my team at all games and practices.
12. I agree to abide by the Valley Youth Conference, Incorporated Constitution & By Laws and the Valley Youth Conference Cheerleading Association Rules and Regulations.

I HAVE READ, UNDERSTAND, AND AGREE TO ABIDE BY THE CHEERLEADING ETHICS AND DISCIPLINARY MEASURES AS STATED ABOVE.

SIGNED DATE: _____