

## **Cheerleading Program Rules and Guidelines**

### **Mission Statement**

*"It is our goal to provide age appropriate instruction to cheerleaders in a structured manner and to insure a rewarding, enjoyable atmosphere for all participants".*

The League and it's Board of Directors, shall establish and maintain the environment necessary to perpetuate the ideals of good sportsmanship, honesty, loyalty, courage, reverence, self discipline, and the respect for others in the youth of the local communities. The objective being to develop happier, well adjusted youth who will grow to be healthy, trustworthy and successful contributors to our society. The above will be accomplished by providing for organized, directed, and competitive cheerleading squads and related activities.

### **League Structure:**

There are four (4) age divisions in the cheerleading program as follows:

- A Division – 12 & 13 year olds
- B Division – 10 & 11 year olds
- C Division – 7, 8 & 9 year olds
- Pom Pom Squad – 5 & 6 year olds

Note: The cheerleading program will follow the same age appropriate guidelines in placing cheerleaders on squads as the football program. Any cheerleader that is within one (1) year of the next age bracket may be placed in an upper age division with the exception of 5 & 6 year olds that must remain in the Pom Pom Squad.

Pom Pom Cheerleaders ages 5 & 6 years will be accepted on a space available basis only. The Pom Pom cheerleaders will cheer for the flag football league on Friday evenings at Bill Allen Field, 300 S. Sterling Blvd., Sterling, Virginia. There are certain circumstances in which LLBF will allow cheerleaders to be placed together. The following are the options for these circumstances:

- Daughters of Cheerleading Coaches, Cheerleading Assistants, Head Football Coaches and Football Assistants may be placed on the same team as their parent(s) within the appropriate age division only.
- Siblings that are in the same age bracket as another sibling may be placed together.
- Siblings that are within one (1) year of the next available age bracket may be placed in the upper age division except for 5 & 6 year olds that must stay in the Pom Pom Squad.
- Parents that have handicapped children may ask for a special consideration from the league in placing their child on a squad. Requests may be made in writing and attached to the cheerleading application. However, they must remain within their appropriate age bracket.

Any other requests for placements will not be honored. We will make every effort to place siblings within the same age bracket together, however, these considerations will be made on a space available basis only. They are no guarantees.

## **Cheerleading Responsibilities:**

LLBF has established responsibilities for cheerleaders, cheerleader parents, and cheerleading coaches. These responsibilities are outlined in the attachments listed as follows:

Attachment 1 – Cheerleader's Responsibilities

Attachment 2 – Cheerleading Parent's Responsibilities

Attachment 3 – Cheerleading Coaches Responsibilities

The Cheerleading Coordinator's responsibilities and duties are outlined in the Lower Loudoun Boys Football By Laws.

## **Membership:**

- a. Any youth meeting the requirements as to age as set forth in the appropriate League rules and regulations, shall be eligible for participation in the Cheerleader Program of Lower Loudoun Boy's Football, Inc.
- b. Any youth or adult having an active interest in Lower Loudoun Boy's Football Inc. maybe selected by a majority of the Board of directors to become an associate or honorary member.
- c. Active members shall perform any reasonable service required. Members need not necessarily be affiliated with any other organization. The youth of the League may be considered active members and should perform any reasonable service required. The youth need not be affiliated with any organization or sponsoring group.
- d. The Board by a two thirds vote at any duly constituted meeting, shall have the authority to suspend any member, Head Cheerleading Coach or assistant thereof whose conduct is considered detrimental to the best interest of the League.
- e. The Board shall, upon evidence of the misconduct of any youth, notify the Head Cheerleader Coach, of the squad of which the youth is a member. Said Cheerleading Coach shall appear with the youth, as directed by the Board in the capacity of an advisor, before a duly appointed committee of the Board, which will have the power to suspend, or revoke, such youth's right to future participation.

## **Registration:**

Cheerleading registration will be available no later than May of each year. The parents will be required to complete and sign the cheerleading application, pay the appropriate fees and provide the cheerleading coach with all required signed documentation. The registration fees will be determined each year by a two-thirds vote of the Board of Directors.

## **Head Cheerleading Coaches and Assistants**

- a. Head Cheerleading Coach of cheerleading squads shall be annually reviewed, selected, and approved by the Board. It is only by an action of the Board, that a Head Cheerleading Coach may lose his/her position in the League.
- b. Individuals, seeking a Head Cheerleading Coach position, must submit their applications to the Board, in writing, no later than date specified by the Board for that year. The Cheerleading Coordinator will review each application.
- c. In situations where it may become necessary to eliminate a team from a specific

program(s), A, B, or C, (for example, if a sufficient number of players are not available to field the existing number of teams), the League Board will determine which team (by name) will be eliminated. The League Board, at the time it determines it is necessary to eliminate a specific team, will also be required to make a determination, by a majority vote of the Board, as to which Head Cheerleading Coach, as a result of the League eliminating a team, will have to step down from or moved to a different Head Cheerleading Coach position. The action of the Board is to eliminate a specific team from the League, does not, in and of itself, automatically cause the Head Cheerleading Coach of the team being eliminated to lose a Head Cheerleading Coaches position. The Board will have to make a further determination as to which existing Head Cheerleading Coach in the League, without regard to specific Programs from which a team is eliminated, may have to be required to give up a Head Cheerleading Mother's position.

- d. The League Board, at it's discretion, and when it believes it is in the best interest of the League, has the right to suspend or terminate a Head or assistant cheerleading Coach from their Board approved and assigned position, for not abiding by approved rules, regulations or procedures. The League Board with the approval of a majority of votes at a duly constituted meeting of the Board may suspend a Cheerleading coach from their position for a specified time or specific number of games and/or practices. The League Board may terminate a Head or Assistant Cheerleading Coach from their position, with the approval of a two-thirds vote of the Board members. The President will call a special meeting of the Board, for the purpose of addressing and voting on, whether a cheerleading coach should be terminated from a League appointed position.

### **Attachments**

The following is a list of attachments to these Program Rules and Regulations:

Attachment 1 - LLBFL Cheerleader Responsibilities

Attachment 2 - LLBFL Cheerleading Parent's Responsibilities

Attachment 3 – LLBFL Cheerleading Coaches Responsibilities

Attachment 4 - Code of Conduct

Attachment 5 - LLBFL League Rules