

## **ARTICLE 1 – CHEERLEADING COACHES**

### **Section 1: I. D. Cards**

A Coach's name shall not be placed on a GCYSA roster, nor be allowed to hold a position on the sideline, until he or she has been issued an ID card. The ID cards are to be in the possession of all authorized coaches and clearly visible while on the sidelines for review by the Alliance officials during contests. ID cards are to contain a recognizable picture of the coach. No coach may be added to a roster after the Wednesday prior to the third week of the season.

### **Section 2: Number of Coaches**

Should a team's coaching staff fall below two cheerleading coaches at any time the team will be allowed to add as many coaches as needed to fully staff its team regardless of the third week deadline.

### **Section 3: First Aid**

All coaches shall be adequately trained in the performance of First Aid or have a phone available to contact emergency personnel.

### **Section 4: Sideline Management**

- a) Each head coach has the responsibility of maintaining an orderly bench and sideline area. The head Coach shall restrict herself, the coaching staff, and team members inside the boundaries of the 5 yard line markers on both ends of the football field.
- b) NO cheerleading squad shall enter the playing area without at least two certified coaches who will insure the squad's safety during the contest and shall monitor the contest and move their team out of harms way, should a play in process require such action. If a team has less then 14 cheerleaders, there shall be two coaches on the sidelines, between the play in action and the cheerleaders, or one coach who must be certified and one attendant. If your team has 14 or more cheerleaders, then you must have three coaches on the sidelines, between the game and the cheerleaders, at least one of the coaches must be certified. They must be turned around facing the playing field. If game action is headed in the direction of the cheerleaders, they must move the cheerleaders out of harms way. If not, the team will be fined \$25.00/per person not on the field.

### **Section 5: Rosters**

Coaches shall turn in separate team rosters for cheerleaders to the Alliance Commissioner by midnight each Wednesday prior to each Saturday's games, until the time for adding players has passed, at which time the roster is frozen except for changes permitted under the sections of these by-laws. This roster shall contain the full name, address, age, and

grade eligible to participate. Failure to turn in team rosters will result in a forfeit unless exception is made by the Commissioner's office.

### **Section 6: Transfer Between Parks**

Any coach currently registered with another organization of the GCYSA will not be allowed to transfer to another member organization unless he or she has been granted an approved waiver. Such waiver must be acquired from the member organization of his current registration. In the event a member organization fails to grant such waiver, the coach shall have the right to appeal to the Board of Directors for approval. The decision of the Board of Directors in these matters is final.

### **Section 7: Money Owed to Parks**

Each park will submit a list of who may still owe money. Then the Alliance will hand out a master list to all parks of outstanding debts.

## **ARTICLE II – REGISTRATION FOR CHEERLEADERS**

### **Section 1: Requirements**

- a) Each cheerleader must be officially registered with the Alliance Commissioner 48 hours prior to game participation or as otherwise specified by the Alliance Commissioner.
- b) Each cheerleader must present his/her original birth certificate upon registration. Each Alliance member shall have the responsibility of screening their cheerleaders and sending a completed roster to the Alliance Commissioner.
- c) Application for registration shall contain the following information: Name, Address, Date of Birth, and School.
- d) A cheerleader may not be placed on a GCYSA Team roster until he/she has been issued an ID card approved and signed by the Alliance Commissioner or his/her designee. ID cards are to be placed on a ring and carried onto the field for review by the opponent's coaches and made available to officials during games if so requested by an official. ID cards must contain a recognizable picture of the cheerleader.
- e) Teams must be registered and all fees paid no later than midnight August 15<sup>th</sup> of each year to be eligible to participate. On August 15<sup>th</sup>, or shortly thereafter, there will be a meeting so fees can be collected.
- f) Cheerleader registration may not occur prior to March 1<sup>st</sup> of each year.
- g) Cheerleaders are to be registered by birth date. If school grade of the child is affected, the child may be placed by grade instead of birth date (only one grade level is permitted). If registered by grade then letter from school is required.
- h) Mascots have to be certified and they cannot take the place on a roster of an eligible player during the season.

## **ARTICLE III – CHEERLEADER ELIGIBILITY**

All players who meet requirements of the member organization shall be eligible to participate in Alliance competition.

### **Section 1: Exceptions**

It is prohibited for any player to participate in the Alliance competition if he/she participates in another “affiliated” sport and fails to obtain a RED card. This is grounds for disqualification!

### **Section 2: Requirements**

All players in the Alliance must be currently attending a school, be it public, private, parochial, home school, or military in nature.

### **Section 3: Penalties**

Violation of player eligibility rules shall result in the forfeiture of all contests in which the ineligible player participated. Under no circumstances will a player known to be ineligible be allowed to play in the Alliance. The member organization team wishing to play an ineligible player will be dropped from the schedule.

## **ARTICLE IV – CHEERLEADING TEAM COMPOSITION**

### **Section 1: Staff**

The staff of each GCYSA team shall consist of no more than one head coach, two assistant coaches, and two attendants. All coaches and attendants must be at least 16 years old and head coach at least 21 years old.

### **Section 2: Teams**

Each GCYSA team shall consist of:

- a) A maximum of 30 cheerleading members per team roster are allowed to dress out for the contest. No more than 30 cheerleading members may be on the sidelines for a contest at any given time. The 30 members include the mascot.
- b) Mascots must turn 4 years old by August 1<sup>st</sup> of the playing year.
- c) Mascots can be 5 years old as long as their park does NOT have a Mighty Mite team.

## ARTICLE V – CHEERLEADING TEAM PRACTICE/GAMES

The purpose of this Article is to insure fair and equal practice time for all GCYSA teams.

### Section 1: Rules

- a) Practice is defined to include a gathering of players, and prospective players, to discuss and study the subject of cheerleading.
- b) An Alliance team is prohibited from engaging in any organized physical conditioning or other practice type actually involving players, or prospective players, no sooner than **June 1<sup>st</sup>** of the playing year. If you practice prior to June 1<sup>st</sup>, you will forfeit going to competition, and you will be fined.
- c) **Practice sessions shall not exceed two hours duration in any given day. No practice session shall last beyond the Alliance's 9:00p.m. deadline. There will also be no practice on Sunday for any reason without prior approval of the league.**
- d) For safety reasons, every cheerleading member must have hair pulled back (if long enough to do so) away from face and securely fastened. No jewelry allowed!
- e) NO tumbling on the sidelines during games. There will be no stunting on the sidelines except quarter changes, half time or before or after a game. Only exception to this rule is if you are at Pensacola Tigers field, Pace, Gulf Breeze or playing on a High School field and on these fields you can stunt as long as the football players are not behind the cheerleaders. There will be a \$50 fine for each violation.

## ARTICLE VI – COMPETITION FORMAT FOR CHEERLEADERS

### Section 1: Alliance Organization

The Alliance shall be organized in the following format:

- a) Mighty Mites Conference: Cheerleaders will be 5 & 6 years old by August 1<sup>st</sup> of the playing calendar year.  
**Note:** 4 year olds may be added to this conference if they will turn 5 years old on or before December 31<sup>st</sup> of the playing calendar year.
- b) Mini Mites Conference: Cheerleaders will be 7 & 8 years old by August 1<sup>st</sup> of the playing calendar year.  
**Note:** 6 year olds may be added to this conference **ONLY** if their Park does **NOT** have a Mighty Mite conference.
- c) Mites Conference: Cheerleaders will be 9 & 10 years old by August 1<sup>st</sup> of the playing calendar year.
- d) Midgets Conference: Cheerleaders will be 11 & 12 years old by August 1<sup>st</sup> of the playing calendar year.

**See FR 4.020 for move up rule**

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## **PREFACE**

The following guidelines, regulations, policies and procedures governing the GCYSA Cheerleading Program have been approved by the Board of Directors. They apply to all regular season contests as well as the GCYSA Playoffs, All-stars & Jamborees unless otherwise modified or superseded by the terms and conditions approved for GCYSA Football competition.

**FR1.000            ELIGIBILITY OF ATHLETES**

**FR1.010            AGE**

All players who meet the age requirements of the GCYSA shall be eligible to participate in Alliance games and competition.

**FR1.020            SCHOOL**

All players in the ALLIANCE must be currently attending a school, be it public, private, parochial, home, or military in nature.

**FR1.030            ATHLETE CERTIFICATION**

Each player must be certified by the Alliance's Commissioner or authorized member of the certification committee 48 hours prior to game participation.

**FR1.040            APPLICATION FOR CERTIFICATION**

Acceptable Birth Date verification shall be:

- a) Birth Certificate (**original or certified copy**)
- b) Certificate certified by a U.S. State or Federal U.S. Government
- c) Birth record from a hospital is **NOT ACCEPTABLE**
- d) Court document or certified adoption certificate

**FR1.060            CERTIFICATION DEADLINES**

After the 3<sup>rd</sup> week of the season, the Alliance registration shall be frozen and there shall not be any additions to the roster of an Alliance team except as provided for in Article IV, Section 2, Sub-Paragraph (b).

**FR1.070 ID CARDS**

A player may not be placed on a GCYSA team roster until he has been issued an I.D. card approved and signed by an approved Alliance Official. The player(s) birth date verification as provided for under section 3 of this article shall be completed prior to issuance of the I.D. card. I.D. cards are to be placed on a ring or chain and made available during games. I.D. cards are to contain a recognizable picture of the player(s).

**FR1.090 USE OF INELIGIBLE ATHLETE**

If an ineligible athlete is accidentally or intentionally permitted to participate in any contest, forfeiture of the contest(s) and honors shall be automatic and mandatory.

**FR1.100 TRANSFER RULE**

Any athlete or coach currently registered with another organization of the GCYSA shall not be allowed to transfer to another member organization unless he or she has been granted an approved waiver this is limited to two transfers in a lifetime.

**FR1.110 WAIVER OF TRANSFER**

Athletes/Coaches must submit transfer from his/her previous park prior to the first day of July and secure an "Application for Waiver of the Transfer Rule" signed by the park president of the departing park. If the student transfers on or after the first day of July the student cannot participate in the season. If the athlete/coach transfers from a park at which he/she was ineligible because of GCYSA disciplinary action or unsatisfactory conduct the athlete/coach will be ineligible at the new park also for 1 year. If the athlete participates on a non-park team (i.e. Basketball, Baseball...) that is affiliated with or coached by a coach from a park other than the one the athlete attends, or has attended, and then transfers to that park it will be assumed the athlete has been recruited to attend that park or transferred to that park for athletic reasons and the athlete will be ineligible there for one year. If the athlete transfers to a park that his/her coach has relocated to within the past year, it will be assumed the athlete that transferred to that park was recruited and will be ineligible to play on that coach's team for one year.

**FR1.120 APPEALS FOR DENIAL/DISPUTED WAIVER OF TRANSFER**

Any/all disputes for denial of waiver of transfer rule will be the responsibility and jurisdiction of the Alliance commissioner. He/she may designate committees to investigate disputes and act on their recommendation. All appeals must be in writing and received by the Alliance commission no later than **July 6** of the up coming season. The commissioner or his/her designee(s) will investigate the dispute and must provide a ruling settling the dispute no later then **July 31<sup>st</sup>**. His/Her decision will be final.

**FR2.000      ELIGIBILITY OF COACHES**

**F2.010      TRAINING**

All coaches shall be adequately trained in the performance of First Aid & Safety aspects of the game or have access to a cell phone to call for emergency help.

**FR2.020      BACKGROUND CHECKS**

All coaches must pass a background check prior to being placed on a roster. The Alliance commissioner or his/her designee shall review all questionable background checks for final approval. Alliance assistance in background checks is available up request.

**FR2.030      I.D. CARDS**

A coach's name shall not be placed on a GCYSA team roster, nor will he/she be allowed on the sidelines, until the coach has been issued an I.D. card. The I.D. card must be approved and signed by the Alliance Commissioner or the Commissioner's designee. I.D. cards are to be in possession of all authorized coaches and clearly visible while on the sideline for review by the Alliance officials during contests. I.D. cards are to contain a recognizable picture of the coach. No coach may be added to a team roster after the Wednesday prior to the third week of the season.

**Note:** Should a team's coaching staff fall below three coaches at anytime; the team will be allowed to add as many coaches as needed to fully staff its team regardless of the 3rd week deadline.

**FR2.040      PROHIBITIONS**

It is prohibited for any coach, to coach, train or act in any attendant capacity; whether organized or unorganized, for any team or squad other than in the park he/she was certified in. He/she may be an attendant for team(s) within his/her own park.

**FR2.050      COACHES TRANSFER RULE**

(SEE FR1.010, 1.110 AND 1.120)

**FR3.000      COACHES CODE OF CONDUCT AND RESPONSIBILITIES**

**FR3.010      CODE OF CONDUCT**

Coaches must remember that they are in an influential position over their team and must present themselves in a positive way. All coaches shall adhere to the principles of good sportsmanship and ethics of competition before, during and after all contests. This is to include practices and GCYSA events, whether they are a participant or not. Failure of adherence to this policy can be reason for suspension or disqualification including banishment by the GCYSA.

### **FR3.020      SIDELINE MANAGEMENT**

Each head coach has the responsibility for maintaining an orderly bench and sideline area. The head coach shall restrict himself, the coaching staff and team members inside the boundaries of the 5 yard line markers. Only the participants listed on the official game roster are permitted on the teams sideline during games, it is the responsibility of the head coach to ensure this provision. Failure to comply will result in a unsportsmanlike penalty (first offense), (second offense will be a \$50.00 fine); however, further failure to comply in the same contest, after requested to clear the sideline by officials, my result in the termination of the game by officials and forfeiture of the contest by the offending team. This does not preclude the news media from being on the sidelines as long as they are not disruptive of the game and are approved by game officials prior to the contest. The Alliance Book (Notebook) will always be at and available at every park that is hosting any games.

### **FR3.030      GAME ROSTERS**

Coaches shall turn in team rosters for players to the Alliance Commissioner. This roster shall contain the full name, address, age, and grade of each player eligible to participate. Failure to turn in team rosters will result in a forfeit unless an exception is made by the Alliance Commissioner's office.

### **FR3.040      RECRUITMENT**

No coach shall engage in the recruitment of established players from other Alliance members. It shall be the park president member's responsibility to insure all members of its coaching staff abide by the by-laws. If an Alliances Board of Director finds any coach to have violated this section, such violation will result in the expulsion and the park fined \$200.00. Any additional violations by a member's coaching staff during the probationary period will carry a fine.

### **FR3.050      ATTENDANTS**

Attendants' duties and responsibilities are by design to assist the players with water, stand between the cheerleaders and the playing field, and they may assist the coaching staff in keeping the team in the designated area. If the team trainers hold an trainer card, they may assist in calling cheers, formations and basic direction of the team. At no time will any attendant sit on a sideline. Trainers must be High School cheerleaders.

**FR3.060 COACHING STAFF**

The staff of each GCYSA Cheerleading squad shall consist of no less than one head coach, two assistant coaches, and two attendants. If a squad has less than 15 girls then you would only need two coaches, or one coach who has been certified, and two attendants. If your squad has 15 or more, then you must have three coaches on the field at all times; at least three of those must be certified and two attendants.

**FR4.000 ATHLETE LIMITATIONS**

**FR4.010 ATHLETE PARTICIPATION**

An athlete who participates in a game as a member of the team he/she is certified on shall **NOT** participate as a member of any other two teams with the exception of FR4.030.

**FR4.020 AGE/DIVISION**

Alliance age is defined as the age an athlete is on **August 1<sup>st</sup>** of the current year.

<u>Alliance Age</u>	<u>Division</u>
4*	Mascots
5-6	Mighty Mites
7-8	Mini-Mites
9-10	Mites
11-12	Midgets
13-14	Junior

\* 4 year olds may participate in Mighty-Mite division if he/she turns 5 years old on or before December 31, of the current year.

**(These age limitations can be waived only for 3 girls per team and only one age group.) This rule is primary for coach's kids**

A cheerleading squad can cheer "out of division" only if:

- a) Park has football team without a cheerleading squad in the same division.
- b) GCYSA has been petitioned (in writing) and permission has been granted over the 3 girl limit.
- c) Current rosters are faxed in Wednesday before Saturday game to inform Alliance which team will occupy the cheer sidelines.

**FR4.030 ATHLETE MOVING UP IN AGE LEVEL**

A player may be moved to a higher age division prior to the roster freeze after week three of the regular season provided that they meet the requirements in FR 4.020

**FR4.040 ATHLETE MOVING DOWN IN AGE LEVEL**

No player may be moved/transferred down in age division once he/she has practiced/played in his/her official registered or certified higher division for that year.

#### **FR4.050      ATHLETE PLAY DOWN-RULE**

Athletes may “play down” from their age level if they have been granted a waiver by GCYSA. These athletes must meet the following requirements for possible waiver:

- a) Age and grade conflicts
- b) Physically or mentally challenged, with special needs

#### **FR5.010      SPORTSMANSHIP**

Athletes, coaches, administrators, spectators and all other persons connected directly with a member park as well as contest officials shall adhere to the principles of good sportsmanship and the ethics of competition before, during and after all contest in which they participate and/or attend.

#### **FR5.010      PROFANITY**

Profanity is prohibited in all Alliance activities. Fines will be imposed. Excessive use of profanity by any of the participants (player, coaches, representatives, or officials) shall be deemed reason for expulsion from this Alliance.

#### **FR6.000      ALCHOL, DRUGS AND OTHER ILLEGAL SUBSTANCES**

##### **FR6.010      PERFORMANCE ENHANCING DRUGS**

The use of alcohol, tobacco or tobacco like products by athletes, coaches, attendants, chain crewmembers and officials is prohibited during the contest and in the vicinity of the playing field or park. Any in violation of this policy is guilty of gross unsportsmanlike conduct, shall be disqualified from the contest. The official must report any violation of the policy by either an athlete or coach to the GCYSA Commissioner. The use of anabolic steroids or other performance-enhancing drugs by an athlete is not permissible and is considered to be an act of gross sportsmanlike conduct. An athlete discovered to be using such substances shall be ineligible to compete in any contest until such time as medical evidence can be presented that the athletes system is free of those substances.

##### **FR6.020      PENALTIES**

Penalties for illegal drug, tobacco, and alcohol usage will range from game suspension to complete disqualification.

**FR7.000**      **DISQUALIFICATION OF ATHLETE**

**FR7.010**      An athlete who is disqualified (ejected) from the contest for unsportsmanlike conduct or a flagrant foul shall be ineligible to compete for the remainder of that contest and the next contest during that time the Alliance commissioner must review the disqualification and approve his/her return to his/her team.

**FR7.011**      An athlete who is disqualified from the contest for any act of gross unsportsmanlike conduct, or a second or subsequent act of general conductor flagrant foul shall be ineligible to compete in any contest for a period up to six weeks as deemed necessary by the Alliance commissioner or his/her appointed committee.

**FR7.012**      It is the responsibility of the local park management to ensure this policy is enforced. When an ineligible athlete is allowed to participate forfeiture of the contest is mandatory. This policy applies to all regular season playoffs and post season contest.

**FR7.013**      In the even that more than three athletes from the same team are disqualified for any form of unsportsmanlike conduction one team within the same season, that park president shall be required to meet with the GCYSA Board and Commissioner for a review that park/team methods of coaching, mentoring, training, team management or any other reason the board of directors feels the need to be addressed. If on the same team within the same season, disqualification happens, the park shall have its program placed on administrative probation for one or more years in addition to athlete suspension.

**FR7.014**      When the first disqualification of an athlete for gross unsportsmanlike conduct a written warning shall be issued to the park.

**FR8.000**      **DISQUALIFICATION OF A COACH**

**FR8.010**      A coach who is disqualified from a contest for unsportsmanlike conduct shall be suspended from coaching for the remainder of that contest and the next. During that time the Alliance Commissioner must review the disqualifications and approve his/her return to the team.

**FR8.011**      A coach who is disqualified from a contest for any act of gross sportsmanship, or second or subsequent acts of general unsportsmanlike conduct, shall be ineligible to coach any contest for a period of up to six

weeks, as deemed necessary by the Alliance commissioner or his/her committee.

**FR8.012** When disqualified from a contest, a coach shall immediately leave the premises. Disqualified coach shall not have further contact with or give instruction to athletes or any other members of the coaching staff for the remainder of the contest, including halftime, intermission; breaks between quarters and post contest activities.

**FR8.013** A coach who has drawn a suspension from the next contest or number of contests after having been disqualified from the previous contest shall not attend from which he/she has been suspended in any capacity and shall not be present at the site. A suspended coach also shall be prohibited from accompanying his/her team to the site of the contest.

**FR8.014** A park whose coach is disqualified from the contest for unsportsmanlike conduct may be assessed monetary penalty. Additional minimum fines may be imposed for unsportsmanlike conduct by the coach as follows:

- Use of profanity or other such gutter language by the coach- \$150.00
- Coach continuing to give instruction to his/her athletes or other members of the coaching staff after being disqualified from the contest- \$150.00
- Pursuit of officials with intent following a contest by a coach or other school personnel- \$150.00
- Refusal of a disqualified coach to leave the playing fields or team area- \$100.00
- Physical contact by coach or other park personnel with official- \$200.00
- Removal by coach or other park personnel of a team or individual from a contest prior to its normal conclusion- \$200.00

**FR8.015** When a coach is disqualified from a contest and no other authorized park personnel are the take charge of the athletes, the contest shall be forfeited.

**FR8.016** It is the responsibility of the local park management to ensure this policy is enforced. When a coach is allowed to coach in a contest from which he/she has been suspended, the park shall face additional penalties. This policy applies to all regular season and post season competition.

**FR9.000** **TEAM LIMITATIONS**

**NO STUNTING, BUILDING or TUMBLING allowed on the sidelines.**

**FR9.010      NUMBER OF SEASON GAMES**

A GCYSA football team shall participate in not more than 8 games exclusive of preseason Jamboree games and those games played as part of the GCYSA Play-offs postseason bowl game, or All-star games.

**FR9.020      NUMBER OF ATHLETES**

Each GCYSA team shall consist of:

- a) A maximum of 30 members per team roster are allowed to dress out for a contest.

**FR9.030      TEAM PRACTICE**

- a) Definition- Practice is defined to include a gathering of players, and prospective players, to discuss and study the subject of football, or view films about football.
- b) Prohibitions- An Alliance team is prohibited from engaging in any organized physical conditioning or other practice type involving players, or prospective players, no sooner than June 1<sup>st</sup>.
- c) Time Limits- Practice sessions shall not exceed two hours duration in any given day. No practice session shall last beyond the Alliances 9:00 p.m. deadline. No practice on Sunday.

