



PYA CHEERLEADING INTERNAL RULES AND REGULATIONS

(IN ADDITION TO NIAGARA ORLEANS FOOTBALL ASSOCIATION RULES AND REGULATIONS)

PRACTICE:

1. Practice is mandatory:
 - a. BEFORE SCHOOL BEGINS
 - i. Beginners and Minis: 3 nights a week
 - ii. JV and Varsity: 4 nights a week
 - b. AFTER SCHOOL BEGINS:
 - i. Beginners and Minis: 2 nights a week
 - ii. JV and Varsity: 3 nights a week
 - c. Each Individual cheerleader must have completed a minimum of (5) practices before they are eligible to play in their first game.
 - d. Saturday / Sunday practicing only if practice was canceled due to weather – NOFA
 - e. ALL practices have a (2) hour maximum duration.

Optional special workshops and clinics may be offered periodically throughout the season.

2. Practices will only be canceled under extreme weather conditions and the head coach for each squad will notify parents in a timely manner. Please dress accordingly for each practice.
3. Comfortable clothes must be worn to practices. NO JEANS OR JEAN SHORTS. If jeans or jean shorts are worn the coach has the right to have that cheerleader sit during that practice. Cheerleaders must wear a minimum of a tank top and athletic short to practice. Practicing in just sports bras will not be permitted.
4. Socks and sneakers must be worn to all practices.
5. Hair must be tightly secured up and/or back and off the shoulders. Hair that is loose and down during stunting can become a safety concern.
6. All cheerleaders must come prepared with a water bottle to every practice.
7. Absolutely no gum chewing, smoking, spitting, swearing, phone calls, or texting is permitted at any practices by players.
8. No jewelry is to be worn at practices. This includes earrings, necklaces, rings, anklets etc.

ATTENDANCE & ABSENCES

1. Attendance will be taken at each practice by squad coaches.
2. Parents MUST sign their child out when they leave.
3. If a child is going to be absent from practices or games, their coach must be contacted in advance. Known absences due to vacations or prior commitments should be communicated to the coaches at the beginning of the season. This is crucial to learning routines as replacing positions due to absences at each practice or for games limits the squad's ability to run whole routines.



BEHAVIOR EXPECTATIONS

Parents and cheerleaders are expected to be on their best behavior at practices, games and competitions and remember that at all times, they are representing PYA Cheerleading.

No swearing or inappropriate language will be tolerated.

Gossiping, bullying, physical or verbal altercations or talking negatively about another player or parent will not be tolerated. If there is an issue with someone on the squad or another parent, please bring this to the attention of the cheer commissioner.

UNIFORMS:

1. A \$75 check deposit payable to the Pembroke Youth Association will be required before a cheer uniform is issued. This deposit will be returned when the uniform is returned at the end of the season in the condition it was received.
2. Uniforms are to be worn only to games and competition with one exception. Fridays before a home game, cheerleaders may wear their uniform to school in support of their team.
3. Cheer uniforms must be covered by a jacket or oversized T-shirt when consuming anything besides water. Eating during a game unless coach approves is strictly prohibited. Any stains or damage caused to any part of the issued cheer uniform will be corrected at the expense of the parent.
4. Parents are solely responsible for cleaning as well as any loss or damage to uniforms. Your security deposit will be held until the uniform is returned in good condition.

GAMES:

1. Each cheerleader must bring her full uniform to every game. If a child comes unprepared, the child will have sit on the sidelines. Items required at each game include:
 - a. Issued cheer shell
 - b. Issued cheer sleeves
 - c. Issued cheer skirt
 - d. Issued spanx
 - e. Issued hair bow
 - f. Issued cheer socks
 - g. Issued cheer sneakers
 - h. Team warm up
2. All cheerleaders are to arrive 30 minutes prior to the games' scheduled start time unless directed otherwise from the coach or commissioner. There are mandatory NOFA sign-ins and if a squad member misses the sign-in, s/he cannot participate until after the halftime cheer. Should players not arrive on time NOR notify the coach of your tardiness, the coach will reset the cheers without that cheerleader's participation.
3. All cheerleaders must come prepared with a water bottle to every game.
4. Absolutely no gum chewing, smoking, spitting, swearing, phone calls, or texting is permitted at any games.



1. No jewelry is to be worn at games. This includes earrings, necklaces, rings, anklets etc. If ears have recently been pierced, Band-Aids or tape must be secured over top of the pierced area for the entirety of the game.
2. Hair must be tightly secured up and/or back and off the shoulders. Hair that is loose and down during stunting can become a safety concern.
5. No colored or fake nails are to be worn.
6. There are pre-game inspections for nail polish, jewelry and hair violations by opposing teams. Cheerleaders cannot be signed in or checked in until their violation is remedied. If they are unable to clear their violation before the roster is handed in, the cheerleader will sit out until after halftime.
7. No disrespect or unsportsmanlike conduct towards coaches, teammates, parents, or opposing teams will be tolerated.
8. No child (sibling or otherwise) who is not part of the squad and has not been issued a NOFA registration number or badge is permitted on the field at any time. This is for insurance purposes. Parents are expected to respect this rule and keep siblings in the designated seating area for patrons.
9. During the national anthem, be respectful and stand in proper lines. Keep your hands at your waist, behind you back, or right hand over your heart. Stand still and silent until the final note is sung.

HEALTH & SAFETY:

We will do our best to keep each child safe but we ask players and parents to do their part as well.

1. No child, regardless of age, may be dropped off at the practice field/facility without a coach present.
2. No child will be allowed to leave practice until their parent or approved guardian has signed them out.
3. If your child has a contagious condition or illness (i.e. lice, flu, ring worm etc.) please notify the coach and keep them home from practices and games until the doctor has cleared their return.

SPORTSMANSHIP:

It is an expectation that each parent of and member of each squad treat their squad mates AND opposing squads/teams, spectators, coaches, directors, commissioners, officials and judges with the utmost respect. Bullying or negative behavior of any kind will not be tolerated and may result in disciplinary action by the coaches, commissioner and/or PYA Board.

DO'S:

- Do work hard and HAVE FUN
- Do congratulate and compliment your opponent
- Do show grace in victory



- Do accept responsibility for your actions and mistakes
- Do remember the “golden rule”
- Do think about the consequences

DON'TS:

- Don't say anything negative about your opponent
- Don't respond to negativity with negativity
- Don't criticize the officials or judges
- Don't make excuses
- Don't blame or criticize your squad mates
- Don't dwell on a loss

PARENTS & COACHING STYLES/ADDRESSING ISSUES

Parents are expected to let the coaches coach. Not all parents will love a particular coaching style. Our coaches are trained volunteers. If a parent has concerns regarding a coach's approach that may cause emotional harm or physical injury, please address these concerns with the commissioner directly. Any other questions or concerns about coaching style or decisions should be discussed directly with the coach and should not elevate to the commissioner unless the issue at hand can't be settled.

PARENTS VOLUNTEER HOURS OBLIGATION

Each family is expected to put in a total two hours in the food booth at home games during the season. A schedule will be developed and attendance will be tracked to insure commitments are met. Chain crew is also another volunteer opportunity that is available to parents to fulfill volunteer time.

SOCIAL MEDIA

Be positive and respectful, and always take the high road. When disagreeing with others' opinions, remain appropriate and polite. Do not antagonize coaches or fellow PYA players/parents and/or those from opposing teams.

Do not post content that would harm PYA or damage PYA's reputation. Provocative, offensive or inappropriate photos, language or comments are discouraged. Remember that even while you are on your own personal time, you are a representative of PYA, and people may interpret your online postings or social interactions as though they were official PYA statements.

Encourage others to engage in positive interactions on social media.

Personally identifiable information (information, such as a name and date of birth and/or a street address which, when taken together, can identify a particular individual) should not be disclosed in any manner on social networking sites.



ACCOUNTABILITY:

Failure of a cheerleader and her parent/guardian to abide by these rules can result in the child sitting out at practice, games, or possible expulsion from the squad. Code of conduct violations by a child or parent will result in official warnings, removal from games or team expulsion decided upon by the PYA Board.

We, _____ and _____
(parent/guardian) (cheerleader)

have read and understand the PYA cheerleading rules. We will abide by these rules and be good representatives of PYA Cheerleading.

(parent/guardian signature) (cheerleader signature)