

Hampton Parks, Recreation & Leisure Services
Athletics Division
2020 Youth Cheerleading Rules/Regulations

1. **Official Rules:** The Hampton Parks, Recreation & Leisure Services Department Rules and Regulations and The National Federation for Virginia High School League 2020 cheerleading rules shall govern all leagues. The HPRLS Rules and Regulations have priority over the National Federation for Virginia High School League Rules.

2. **League and Player Eligibility:** HPRLS Youth Cheerleading consists of four (4) divisions: Intermediate, Midget and Mighty Mite. The cut-off date for age limitations is July 31, 2020.

3. Cheer squads will adhere to the following age requirements:

Mighty Mites:	6 - 8
Midgets:	9 - 10
Intermediates:	11 - 12
Juniors:	13 - 14

4. **Rosters and Team Eligibility:** Additions to rosters will be reviewed and approved by the Athletic Division.

Teams will become eligible for participation after the following requirements have been met:

 - a. No residency requirements
 - b. Valid Birth Certificates, Passports or Hospital Birth Records must be presented and approved by each commissioner.
 - c. Valid Birth Certificates, Passports or Hospital Birth Records along with signed Parental Consent for Treatment, Participation Consent Forms and Parental Code of Ethics must be turned in to the HPRLS. (No partially filled forms will be accepted).
 - d. Association registration is by appointment only. Appointment time will be provided at a preseason commissioners meeting. Athletic Associations must present rosters, participant consent forms and parent code of ethics to the Athletics Division no later than their scheduled registration day.
 - e. Cheerleaders may only cheer for one squad at a time.
 - f. Any participant that is unable to walk off the field without assistance will not be allowed to return to a practice or game that day. Coaches should be alert to any type of injury; large or small. Coaches may prevent a participant from returning to a game or practice if they feel continued play could aggravate a minor injury or place the participant in danger. The Athletics Division **MUST BE NOTIFIED** about all participant injuries that prevent a participant from returning to a game or practice. This includes but is not limited to the following injuries: head, neck or back injuries, sprains, strains, dislocations and fractures. The Athletics Division must be notified within 24hrs of the injury. Participants unable to return due to a physical injury will be required to produce documentation from a certified physician or certified physician's assistant stating the participant is cleared to resume practice. A copy of the release must be presented to the Athletics Division as well as kept on file with the participant's Athletic Association.
 - g. Participants may move up to the next age group if the participant is within one year of the next age group. A written request must be submitted to the Athletics Division by the commissioner of the association listing all participants divided by division that wish to play up. The participant's parent/legal guardian must provide written permission stating that they understand the increased risk for injury by moving up to the next age division. The Athletics Division will investigate each

request and determine eligibility for each move request. No request or appeals for participants to move down an age group will be accepted. NOTE: if a participant is move up, he/she must stay with that age group for the remainder of the season once the first game of the season has been played.

5. **Ineligible Players:** Any youth who participates in the first official game – Junior Varsity or Varsity will be considered ineligible for league play within the HPRLS Cheerleading League for that year. If a player has been suspended from school they may not participate in a sanctioned league game or practice until he/she is officially (physically) back in school. If a player is suspended on a Friday they will not be allowed to participate on Saturday. No Exceptions. This does not apply to in-school suspensions.
6. **Practice and Game Schedule:**
 - a. Registration will begin April 1, 2020
 - b. Practice will begin at the discretion of the HPRLS: July TBD
 - c. Practice may last for two (2) hours.
 - d. Coaches found practicing longer than two (2) hours a day will be suspended.
 - e. There will be no practice on Sundays.
 - f. Do not permit any member of the squad to participate in any practice session until the coach/commissioner has in hand the participant’s permission forms and their birth certificate/passport/hospital birth record.
 - g. Opening day will be Saturday, TBD

7. **Heat Policy:** The HPRLS Youth Cheerleading League will adhere to the following Heat Guidelines:

Heat Index

100° – 104° degrees

Policy

No Practice or Games

Frequent water breaks and careful monitoring of athletes should be observed no matter the temperature. Practices and games will be cancelled if the heat index is 100 degrees or higher. Games could be cancelled if the heat index is expected to be over 100 degrees later that day. The Athletic Hotline will be updated by 4:30p.m. ONLY if practices are to be cancelled or have restrictions for that day. The Athletics Division will make the official heat index reading. Individual athletic associations or coaches cannot determine their own heat index reading in place of using the official reading provided by the Athletics Division. Any coach or commissioner violating this policy will receive an automatic suspension of three (3) games.

8. **Automatic Suspension:** Any team member, coach, commissioner or president ejected from a game or from the game site shall be suspended for a minimum of **one (2) games** to be played by his/her team. Notice of this suspension will not be necessary. A second suspension will result in that individual being removed from the HPRLS youth cheerleading program for the remainder of the season. If a commissioner is also a coach and is suspended under either title for violations of the rules, the individual will be also be suspended in their other title until the suspension is completed. Any player, coach, commissioner, parent or spectator ejected from a game must leave the premises. If the person doesn’t leave the premises the officials will forfeit his or her team’s current game. Individuals that are suspended by the league may not return to the game sites during the time when HPRLS youth football games are being played until their suspension is completed. The following automatic suspensions will also be enforced:

- A. If a player engages in fighting on or off the field at any City of Hampton Parks and Recreation game or practice site they will be suspended for the remainder of the season.**

Fighting: Engaging in a physical conflict between two or more people before, during or after a play outside of what is a normal and legal cheerleading action regardless of which participant is the aggressor is defined as fighting. If a player is leaving the scene before an incident has occurred and is pursued by another individual the player may act in self defense only to protect themselves without being subject to suspension for fighting.

- B. During a game if a player, coach, commissioner or spectator leaves the sideline to head towards or displays intent to interact with an altercation or to start one they will be suspended for the remainder of the season.**

Any attempts for an appeal must be presented by the athletic association's commissioner of the ejected individual. The commissioner must present the athletic division with the case to determine if an appeal is warranted by 4:00pm the next business day the Athletic Division is open.

NOTE: The use of such a player, coach, etc. shall result in an automatic forfeit by his/her team of all games in which he/she participated in while suspended.

If any coach, commissioner, president or player is found to be associated with any type of violation of the law (ie: possession of drugs) the HPRLS has full authority to suspend, eject, or ban that coach, commissioner, president or player, if necessary.

9. Game Times:

- a. Mighty Mites.....13 Minute Quarters
- b. Midgets.....13 Minute Quarters
- c. Intermediates.....14 Minute Quarters
- d. Juniors.....14 Minute Quarters

There will be a one minute intermission at the close of the first and third quarters. Half-time intermission will be five minutes. Only two (2) coaches are allowed on the field during half-time performances; no parents or additional staff are allowed. Please keep all cheers and routines tasteful and be respectful to the opposing squad's performance.

- 10. Championship Tournament:** The end of season championship tournament will be played between the top four (4) teams within each division.

- 11. Awards:** The HPRLS will present pins to those squads cheering in Championship Games.

11 Coaching Requirements: In order for anyone to coach for HPRLS the following criteria must be met:

- NYSCA Certification
- USA Football Certification
- NYSCA Concussion Training
- City of Hampton Criminal Background Check

Upon successful completion of the required criteria you will then become eligible to coach.

Photo ID Badges: All coaches, team parents, commissioners and board members are required to have a badge. Badges must be visible at all time during practices and games.

All head coaches must be at least 21 years of age, and all assistant coaches must be at least 18 years of age. If a coach, commissioner or president violates any standards stated within the NYSCA Handbook

or breaks the NYSCA Code of Ethics, the HPRLS will investigate each case with full authority to impose any disciplinary measure, if necessary. Additionally, a Coaches Roster must be turned in along with the team rosters.

Each team will be allowed 2 coaches to sit on the bench with the team; players from other age divisions will not be allowed on the bench.

12 Photo ID Badges: all youth coaches, team parents, commissioners and even board members that plan on standing on the sideline of any game will also need to have a photo ID badge. The ID badge is \$5 per person. Checks or money orders should be made payable to: City of Hampton. Badges will only be handed out once background checks and NYSCA (if applicable) have been completed and verified as passing. No one will be permitted on the practice area with players or on the sideline for games without a photo ID badge. Photo ID Badges will be valid for one sport's season. Coaches that will be coaching in multiple sports may get NYSCA certification in multiple sports prior to the creation of their photo ID badge. Any replacement badges will be assessed a \$5 fee.

All head coaches must be at least 21 years of age, and all assistant coaches must be at least 18 years of age. If a coach, commissioner or president violates any standards stated within the NYSCA Handbook or breaks the NYSCA Code of Ethics, the HPRLS will investigate each case with full authority to impose any disciplinary measure, if necessary. Only certified coaches with HRPLS issued badges are permitted on the sideline. Under no circumstances will a non-certified coach be permitted to conduct a practice or coach during a game.

Any non-certified person that is caught trying to coach on the practice field or on the sidelines during a game will be asked to leave the coaching area. If an individual is wearing a coaching badge that belongs to someone else the individual will be asked to leave the coaching area as well as having the head coach and the original owner of the badge will all be suspended.

13 Coaches Uniforms: Coaches must wear similar uniform shirts. Coaches' uniforms must be different than apparel worn by parents and spectators with that association. Coaches are not allowed to wear shirts with any vulgar or graphic writing or pictures. Coaching badges must be worn around the neck at all times; no coach or any other individual will be allowed on the sideline without a coaching badge. Any person that is caught trying to coach on the practice field or on the sidelines during a game without a badge will be asked to leave the coaching area. If an individual is wearing a coaching badge that belongs to someone else, the individual will be asked to leave the coaching area and the head coach as well as the original owner of the badge will be suspended.

14 Uniform Policy: Uniforms must be tastefully worn and all a similar color. The Athletic Association must have all their teams wearing the association's assigned colors. Any usage of sponsors on uniform must be preapproved by the Athletics Division.

15 Liability: The head coach must assume full responsibility for personal injuries that occur during non-league scheduled games, for injuries that occur while traveling to and from such contests, and for injuries that occur on other than sanctioned practice and/or playing fields.

16 Alcoholic Beverages/Illegal Substances/Property Damage/Firearms: The use of alcoholic beverages, illegal substances and/or possession of firearms on City of Hampton property is prohibited. Anyone caught using them will be subject to arrest. Any participant, coach, commissioner or president caught with or using and illegal substance/firearm or consuming alcoholic beverages will be suspended from the league indefinitely.

A team may be censored if their supporters are caught indulging.

Any team, team member, coach, commissioner, president or anyone connected with a team in any way, if found guilty of defacing or damaging property at any time will be banned permanently from HPRD sponsored programs.

17 Unsportsmanlike Conduct: Any act of unsportsmanlike conduct observed by HPRLS or reported to HPRLS by its agents (i.e. officials, school officials, etc.) will be investigated by HPRLS. If a suspension is imposed, it will be for a minimum of one (1) year to life from the date of suspension and will include all activities sponsored by the HPRLS.

18 Spectators: Anyone at the games should remain on the sideline of the team/organization that they are supporting. Spectators must remain behind the restraining lines that surround the field. If a spectator fails to stay behind the restraining line, a 5yd penalty can be called against the team they are supporting. Continued failure to remain behind the restraining lines can result in being removed from the game area. Only service dogs are allowed near the game fields. Spectators can be asked to leave the area or even the park if they are acting in an unsportsmanlike manner. The use of amplified music will be strictly prohibited near any game field outside of the halftime performance by a HPRLS Youth Cheerleading Squad. Any individual that refuses to turn off their music will be asked to leave the game or practice site for the remainder of the day.

19 Appeals: All appeals must come from the Athletic Association Commissioner representing the player, coach, parent or board member within that association. All appeals must be submitted in writing to the Athletic Division within 24 hours from the time of the initial decision. HPRLS shall hear all appeals and shall have the duty to call witnesses and take testimony. Action of HPRLS will be final with no further right of administrative appeal.

20 Game Cancellation: Games cancelled due to weather or field conditions shall be determined at each field at game time by the Officials or earlier, if possible, by the HPRLS. If the games are cancelled by the HPRLS, a message will be left on the Athletics Information Hotline at 727-6251 by 7:45a.m. (Saturdays only). If cancellations are not on the Information Hotline, participants are expected to report to the game site.

21 Adding Associations to the League: No new associations will be added if the league has reached its maximum number of allowable associations. Individual teams will not be permitted to participate in the HPRLS Youth Cheerleading League. Any new association wanting to join the HPRLS Youth Cheerleading League must be approved by the Director of Parks and Recreation. The new associations/team must also fulfill the necessary requirements set by HPRLS. No new Cheerleading association/team will be allowed without having a football team also participating. The maximum number of allowable associations is ten (10).

22 Concessions: In accordance with the City Code Sec. 26-30, no one shall sell any item(s) at any field(s) unless permission has been granted by the HPRLS. Only Youth Cheerleading/Football Associations participating in the HPRLS Youth Cheerleading/Football programs will be granted permission to operate a concession stand during youth football or youth cheerleading games or practices. Each association will be responsible for acquiring all necessary permits and licenses from City of Hampton. Any athletic association that outsources their concession to a vendor must provide the Athletics Division a written agreement between both parties stating the amount or percentage of the vendor's proceeds which will be allocated back to the athletic association. These vendors must have all the

required permits and licenses to operate in the City of Hampton before setting up at any youth football or youth cheerleading game or practice sites. All licenses and permits from the City of Hampton must be displayed onsite anytime concessions are being sold. Only food/drink items will be allowed to be sold by the associations/vendors. The selling or distribution of merchandise, raffle tickets or any other non-consumable item(s) at any HPRRLS youth football or youth cheerleading game or practice sites is prohibited. NOTE: anyone caught operating as a concessionaire illegally will be subject to arrest.

23 The Athletics Division will not review video tape for disputes on rules infractions, suspensions, ejections, player eligibility, penalties, scores, clock/timing issues or any plays that occurred during the course of the game. The Athletics Division will also not intervene or overturn any ruling from an official unless it deals strictly with an administrative rule created by HPRRLS.

24 Hampton Parks, Recreation & Leisure Services reserves the right to change or amend any of the above rules at any time.

25 The Hampton Parks, Recreation & Leisure Services Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex or disability.

HAMPTON PARKS, RECREATION & LEISURE SERVICES DEPARTMENT

ATHLETIC DIVISION

SAFETY PRECAUTIONS FOR YOUTH CHEERLEADING

1. Do not permit any child to participate in any practice/game without having their medical release/liability form in hand.
2. Examine your practice facility daily for objects such as glass, holes, etc. that could cause injuries. If you find any unsafe factors on or near your practice facility, call the Athletics Office at 726-8750 or 726-8751.
3. When planning and conducting your practice sessions, keep in mind the age and physical condition of your players and act accordingly. Make sure each player is given frequent water breaks!!!
4. Do not move questionable injured players. Call an ambulance and leave their care to the EMT's.
5. **Any player who is unable to walk off of the field, game or practice, without assistance will not be allowed to return to the game or practice that day.** Coaches should also be alert to any type of injury; large or small. Coaches may prevent a player from returning to a game if they feel continued play could aggravate a minor injury or place the player in danger. If an official feels a player has sustained a head injury they can remove the player from the remainder of the game. Coaches or parents will not be allowed to override an official's decision concerning a potential head injury. Players suspected of a head injury will be required to produce a documentation stating the player is cleared to resume practices and participate in games. A copy of the release must be presented to the Athletics Division as well as kept on file at with the athletic association.

NOTE: A second blow to the head of a child who has suffered a concussion can easily result in his/her death!

6. Remember, the teaching of good sportsmanship and safe play is the primary goal of each and every parent, coach, commissioner and president.
7. **No Dogs** allowed near the athletic fields except for service dogs.
8. Players are not permitted to be dropped off on Rockwell Road. Vehicles should not stop on Rockwell Road to drop off or pick up players or spectators. Vehicles are not permitted to park at any residence along Rockwell road.

ANY RULE NOT COVERED BY THESE REGULATIONS SHALL BE GOVERNED BY THE 2016-17 NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION RULES AND REGULATIONS.

Athletics Hotline
727-6251

Athletics Office
726-8750