



2022 Cheering Rules and Policies

Chesapeake Parks, Recreation, and Tourism
1224 Progressive Dr. ▪ Chesapeake, VA 23320
Athletics Office - (757) 382-6411 ▪ Athletics Weather Hotline – (757) 382-6400

CHEERING RULES

CHEERLEADING COACHES

- **Number of Coaches** – There will be one head coach and a maximum of two assistant coaches for each team.
 - Volunteer youth cheering instructors are permitted and must be registered to help a team by parents signing a volunteer coach's application form. No more than two helpers per team are allowed and they must be a minimum of 14 years of age and two years older than the highest age division.
- **Daughters of Head Coaches** - Children of head football coaches will be placed on their team's cheering squad unless requested otherwise if possible.
- Players who are entering a division that have siblings who are returning cheerleaders in the same division will be placed on the same team.
- Cheering coaches do not have the authority to cancel a cheering team's participation at a particular game.

CHEERLEADERS

- **Participant Limit and Registration**
 - Teams will normally consist of approximately 18 cheerleaders.
 - In the event there are more cheering squads than football players, dual cheering squads may be formed.
- **Age Requirement** - A child's official age is based on their age as of September 30th of the current year.
 - U7 Division – ages 5, 6, and 7
 - U10 Division – ages 8, 9, and 10.
 - U13 Division – ages 11, 12, and 13.
- **Open Registration** – A participant does not have to have a sibling playing football in order to become a cheerleader. Cheerleaders should cheer within their own district and must be registered with the recreation staff.
- **Returning Cheerleaders** –Participants who have cheered the previous year, who return to their former squads, and who are not required to move up into another category because of their ages, will have priority over others who have not cheered with the Chesapeake Parks, Recreation and Tourism Department before. Returning cheerleaders must register during the official initial citywide registration period.
- **Uniforms**
 - Cheering uniforms are not required and are not provided by the Department; therefore, coaches are allowed to collect funds for the purchase of uniforms in accordance with the uniform price verification process.
 - All cheering teams electing to use a cheering uniform will be required to adhere to a standard cheering uniform that will consist of the following specific items for which substitutions are not

allowed. However, a cheering team may elect not to include certain items as part of their cheering uniform, such as pompoms, monogrammed letters, and hair clasps, bows or barrettes.

- Standard cheering uniform items:
 - Vest
 - Skirt/Skort
 - Long/Short sleeve shirt
 - Socks
 - Bloomers
 - Hair clasp, bow or barrette
 - Pompoms
 - Monogrammed letters
 - Seamstress
- **Shoes** - Any athletic type shoes are acceptable. Coaches cannot require the purchase of identical styles for team uniformity. The shoes will not be considered in the price ceiling.
- Accessories and props such as hats, gloves, letter cards, balloons, etc. will not be allowed. Homemade signage such as team banners will be permitted only at football games.
- Associations who provide certain uniform accessories for sale cannot require parents to purchase these items from the Association.
- Each cheering coach will be required to prepare and submit a uniform cost list to each parent itemizing the projected cost of each item to be included in the selected cheering uniform.
- The costs are to be kept to a minimum and the total cost must not exceed the established annual cheering uniform cost ceiling.
- The cost ceiling will include the cost of donated uniforms or accessory items by adding these costs to the total on the Uniform Price Verification form. Uniforms and accessories provided by associations must be included and the value of these items will be determined by the athletic staff at the replacement value.
- Coaches are also required to provide to each parent a Uniform Price Verification form, which must be completed and returned on a designated date.
- Cheerleaders whose Uniform Price Verification forms have not been submitted by the designated date will not be allowed to participate at a game or other cheering activity until the form is submitted to the cheering coach.
- Coaches will then submit these forms along with the coach's projected cost list to staff by a designated date.
- Parents are required to retain all receipts and attach them to the Uniform Price Verification form that will be submitted to the cheering coach. The cheering coach will keep all receipts in order to make them available to the department in the event a uniform price question arises.
- A cheering uniform cost ceiling will be established by the athletic staff each year prior to cheering registration.
- Adherence to the price range ceiling will be determined by the total cost from each individual uniform price verification sheets that were submitted by the parents for individual cheering squads.

- A penalty will be assessed in the event a team does not adhere to the standard cheering uniform or if the price range ceiling is determined to be higher than the established limits for any cheerleader.
- Penalties may include suspension of coach and/or cheerleader, team not eligible: suspension of coach and/or cheerleader, team not eligible to participate at Cheering Day, or team may participate at Cheering Day but not judged.
- **Practice limits** – All squads are limited to three 1 hour practice sessions including chalkboard sessions, within a calendar week. If teams have one game within a calendar week, teams are limited to two 1 practice sessions. If teams have two games within a calendar week, teams are limited to one 1 practice session. Practices are not permitted on the same day as a scheduled game, unless the game was postponed on that day. On school nights, the training league is to practice no later than 8:00 p.m.; midgets not later than 8:30 p.m., juniors no later than 9:00 p.m., and teen leagues no later than 10:00p.m.
- Gymnastic stunts performed by individual cheerleaders are acceptable; however, cheering squad group stunts are prohibited. A stunt is defined as any performed act which requires bodily assistance from a second individual.
- **Captains** – A maximum of 1 captain and 2 co-captains for each cheering squad may be selected. The selection process and designation will be the responsibility of the coaching staff.

CHEERING RULE PROTEST

- Only coaches may submit protests. Protests regarding a cheering rule violation must be submitted in writing, including the individual's name, team name, and all other pertinent details. The department will investigate and take necessary actions. A fee of \$50.00 (payable to Chesapeake Treasurer by check or money order) must accompany each protest. If the protest is upheld, the fee will be returned. If the protest is overruled, the fee will be deposited into the general fund of the City of Chesapeake.