



901 N. Carpenter Road
#32 PMB 128
Modesto, CA 95354

Since 1993

www.centralsaints.org

CHEER - Rules, Guidelines, and Informational

Philosophy: The Central Saints Cheerleaders will serve to lead, direct, and support the Central Saints Youth Football Organization at all events and games. Cheerleaders shall promote excellence in education, leadership, sportsmanship, physical fitness and positive image whether on or off the field. Cheerleaders shall strive to maintain high standards of morality as exemplified by Christians.

Mascots	5 years old (Mascot must be 5 on or before July 1st) See page 5 for mascots requirements.
Jr. Novice	6-8 years old (Cheerleader must be 6 on or before July 1st)
Novice	9-10 years old on or before Nov. 29th
Junior Varsity	11-12 years old on or before Nov. 29th
Varsity	13-14 years old on or before Nov. 29 th

Coaches and Board Members: Your coaching staff is CPR/First Aid and YCADA certified. All staff must clear criminal background checks through the Department of Justice. They are non-paid volunteers who care about the success of the Central Saints Family. The Central Saints Organization is under the direction of the Trans Valley Youth Football League (TVYFL). Saints coaches will model Saints standards, as outlined in this document, at all times. All Central Saints board meetings are held the second Monday of the month.

Saints' Standard: The Central Saints Youth Football & Cheer require the very highest standard of RESPECT, DISCIPLINE, SPORTSMANSHIP, TRUSTWORTHINESS, RESPONSIBILITY, and GOOD CITIZENSHIP, likewise our appearance, including hair and attire reflect our 'TRADITION OF PRIDE & EXCELLENCE'.

As a player or parent, I recognize by signing and agree to the following terms upon registration (Any player who fails to comply with these terms at any time upon first day of practice WILL result in immediate suspension and possible termination.):

Physical Requirements:

- Cheerleaders must have a physical examination no more than 1 year prior to the first day of conditioning. Cheer physicals may be obtained from a personal doctor or through the doctor working with the Saints organization.
- Cheerleaders must be found in good physical condition and capable of strenuous activity which may include but is not limited to running, jumping, stretching, and relays designed for strengthening and conditioning.
- Cheerleaders will be required to complete 10 hours of conditioning prior to participation in the regular practice season. All practice sessions include 15 minutes or more of warm-up stretches, cardio and strength training, and dance. Cheerleaders should have healthy eating habits which include a balanced diet and drink plenty of water to remain hydrated during long workouts.
- Cheerleaders must maintain a 2.0 GPA or higher with no F's in order to participate in our program or qualify for eligibility in the TVYFL All Stars. A most recent report card or progress report will be required prior to All Star voting.

Conduct:

- All cheerleaders must demonstrate sportsmanship at all Central Saints practices, games, and events.
- All cheerleaders must follow the high standards and goals of the team and coaching staff.
- All cheerleaders must control behavior at all times.
- A cheerleader may raise her/his hand to respectfully make a suggestion or to ask a question of the coach(s) but must wait until the end of practice to discuss problems should they arise.
- All cheerleaders must follow the rules and/or guidelines set forth in the Central Saints Cheerleading program.

- All cheerleaders shall demonstrate good Christian behavior at all times.
- Failure to comply with the rules and guidelines set forth will result in disciplinary action and may include dismissal from the Saint's program.
- Every cheerleader will learn at a different pace, therefore each cheerleader must be willing to invest at home reviewing dances, chants, or cheers.

Pre-Conditioning and Mandatory Practice: Pre-conditioning is a non-mandatory practice but is highly recommended to begin physical training and team-building. Mandatory Practice typically runs 5 days a week, Monday - Friday (time to be determined). After the first official game of the season, regular practices reduce to 3 days a week, Tuesday-Thursday.

Apparel during Pre-conditioning and Practice: Saints "Spirit Pack" is given to each player to be worn at all conditioning practices. No other colors outside of Saints colors will be allowed. All other apparel guidelines mentioned also apply during the conditioning schedule.

Attendance: Team activities and practices are at the discretion of the coach.

- Prompt and regular **attendance is mandatory!** Players are expected to arrive on campus at 15 minutes prior to the start of practice at which time roll will be taken. If a player is not present at the time of roll call, he/she will be marked "absent". If he/she arrives later than the start time, she/he will be noted as "tardy". Cheerleaders are encouraged not to participate in any other extra-curricular activities that conflict with the Central Saint's football/cheer program. Absences and tardiness will not be excused for practices or games missed due to other sporting events or activities. Excessive absenteeism or tardiness, unless previously arranged with the cheerleader's Head Coach, will result in loss of game play time or inability to play altogether.
- All cheerleaders are required to be present at all assigned games. Unexcused absences or tardiness will not be tolerated or accepted.
- Three tardies equal one absence. (3 tardies = 1 absence)
- Absences or tardiness, other than those prearranged with the Head Coach or due to an illness, will not be excused. If a child is ill up to 3 days, a doctor's note will be required before she/he is able to return.
- **EXCUSED ABSENCE** – This includes school functions, religious functions and absences due to illness accompanied by Doctor's notice will be considered as "excused" absences.
- **UNEXCUSED ABSENCE**–This is an absence that is not preapproved through the Head Coach or assisting coach if Head Coach cannot be reached, when due to illness or family emergency. Issues regarding transportation, or other extra-curricular activities considered unexcused. Although homework and tutoring is a priority, it cannot be a reason for absence.
- **HOMEWORK** – (including tutoring) is not considered as an "excused absence" therefore; all players should make every effort to complete their assignments prior to coming to practice.

Disciplinary System: Our disciplinary system will be enforced for all violations of the guidelines set forth by the Central Saints Football and Cheer coaching staff. Regular attendance and behavioral issues, including bullying, rolling of the eyes, and complaining, etc. will not be tolerated thus it will be noted by the Head Coach and may lead to a step in discipline and affect the eligibility of All Stars. Note: (3 tardies = 1 absence. Tardies may be issued at any time after the official meeting time for practices, games, or scrimmages, or competition.)

- **Step 1: If one practice is missed (unexcused): Verbal Warning.** The cheerleader will show up at the next scheduled game in full uniform and sit out the 1st quarter with her/his coach.
- **Step 2: If two practices are missed (unexcused): Verbal Warning.** The cheerleader will show up at the next scheduled game in full uniform and will sit out the 1st half of the game and will not perform in the half-time routine.
- **Step 3: If three practices are missed (unexcused): Verbal Warning.** The cheerleader will show up at the next scheduled game, in full uniform, and will sit out the entire game, including half-time, with the coach.

- **Step 4: If four or more practices are missed (unexcused): Written Notice of Probation will be given. At this time the Cheer League Rep., Head Coach, Parent, and Cheerleader will meet to discuss on what terms continued participation will be permitted. A signed agreement will be made and if any breach of the agreement is made, it will lend the cheerleader to face possible termination. Termination will be based upon the recommendation of the Head Coach and Cheer League Rep and upon the decision of the BOD.**

Note: If a cheerleader at any time during practice and/or game reports to a coach that she/he is not feeling well, a parent will be called. The parent will make the determination if the cheerleader's illness warrants picking them up from practice or a game. If a parent decides that the cheerleader can remain at the practice or game, the cheerleader will be required to sit out and watch for the remainder of the session with the coach.

Dress Code: Please note that it is imperative for safety and uniformity that cheerleaders stick to the appropriate dress code. Any cheerleader who is not dressed in the proper and clean attire forfeits her/his chance to participate and will be given an unexcused absence.

- All cheerleaders must wear Saints apparel or team colors only! Navy, White and (antique, metallic, or Vegas) Gold with or without a Saint's logo are acceptable. No other logos or prints are permitted.
- Shorts/skirts must have a drop of at least 3 ½ inches and cover bare areas fittingly during all forms of movement. **NO NIKE PROS, NO SPANKS**
- Former Saints' Homecoming shirts and past or present Jamz apparel will NOT be permitted.
- No denim/jean material.
- Leggings are permitted as long as they are solid Navy or Black in color only. **Plain colors only, NO logos, or cut outs permitted. (Nike Adidas logos in white only)**
- Uniform and practice attire must be clean. White uniform shoes should be cleaned before game day.
- All shirts, tanks, and shorts should be free of rips, tears, and cuts.
- No midriff shirts, spaghetti-strapped, belly-exposing tops, or low-cut shirt/tanks or short shorts allowed. Violations result in an unexcused absence.
- Tank tops should be at least two finger widths wide and go no lower than two fingers from the neckline. If a cheerleader wears an inappropriate tank (esp. in which cleavage is visible), she will be noted unexcused by the Head Coach and forfeits her chance to wear a tank at any future time during that year.
- White or nude sports bras should be worn under all tanks for participants on Novice, J.V. and Varsity. **No other colors will be permitted, and will be considered out of dress code.**
- During practice, white athletic shoes and no show socks are required. Athletic shoes (running, cross-trainers or dance) and socks must not contain accent colors other than grey, silver, white or black. No other colors are permissible! No Vans, Keds, Converse or recreational shoes permitted.
- Hair must be pulled back into a pony tail and bangs removed from the eyes at all times during team activities including practice, homecoming, games, team picture day, competitions, and camp. No bobby pins allowed.
- No jewelry, except medical I.D. tags can be worn to practice or at any time during cheer.
- No long or fake nails permissible. Fingernails must be cut to the nail bed. No length permissible.
- Fingernail polish is not allowed. At the discretion of the head coach nail polish will be allowed on Homecoming day. NO polish, gel, acrylics, or press ons.
- No hair of unnatural dying, bleaching or unnatural colored hairpieces are allowed.
- No hair designs, tattoos or special piercings allowed.
- No tendrils curls to impede vision.
- Once cheerleaders receive pom-poms, they are required at all games and practices. Full uniforms are required at every game. Unused pieces should be placed in a cheerleader's duffel bag. The cheer uniform includes hair ribbon, cheer socks,

- Hair accessories must be in Saints' colors. Clips, pins, and hair ties may be in neutral, black, or brown. No other colors are permissible.
- No substitutions to the team ribbon, including competition or captain ribbons, Homecoming ribbons, Cancer Awareness Ribbons, etc. are allowed unless approved through the Cheer League Rep.

Game Days:

- All cheerleaders are expected to arrive as directed by her/his coach, fully dressed and ready to cheer.
- If a cheerleader arrives early or stays after her/his game, she/he must be in full uniform or choose to change out of uniform. No half-uniforms allowed. Furthermore, the uniform liner and shell may not worn with shorts, pants, sweats, or any leggings and the skirt is not to be worn with anything other than the shell or liner or combination thereof. The uniform warm-up jacket is the only item allowed to be worn at any time. Only game shoes are to be worn w/ uniform.
- A tank top (colored same as shell) must be worn if the stomach can be seen.
- We recommend that the cheer uniform be laid out the night before all games and that cheer bags are checked for pom-poms, body-liners, warm-ups and water. The cheer uniform includes hair pulled in a high pony tail, bangs removed from the eyes, no tendrils curls to impede vision, the team hair ribbon secured at the top of the pony tail, cheer socks, briefs, skirt, shell, cheer shoes, body-liner, and warm-up suit. Hairstyle may change and is at the discretion of the head coach.
- Make-up must appear natural but may include sparkle or shiny accents as approved by the Head Coach.
- All cheerleaders shall do no less than 15 minutes of warm-up before each game.
- All cheerleaders are responsible for learning game chants, cheers, side-line routines, and assigned dances.
- All cheerleaders must welcome visiting cheerleaders with hospitality and sportsmanship. Talking badly about another team is unacceptable.
- If a cheerleader arrives 10 minutes late, she/he will sit out the first quarter of the game and may not be allowed to perform in the half-time routine if last minute changes were necessary. She/he may also forfeit the opportunity to be a "Captain" for her/his squad.
- **If a cheerleader arrives later than 10 minutes but not surpassing 30 minutes, she/he will sit out the first half of the game and not be allowed to perform in the half-time routine.**
- **If a cheerleader arrives at a game beyond 30 minutes tardy, a cheerleader will be asked to sit out the game but remain in uniform with the cheerleaders so long as she/he is not a distraction.**
- **Unexcused tardiness and absences will be noted and will be counted against the cheerleader when choosing participants for All Stars and additional award recognition at the sports banquet.**
- **Unexcused tardiness and absences on one game day, the cheerleader will be asked to sit out the next week's game day but remain in uniform with the cheerleaders so long as she/he is not a distraction.**
- **Unexcused tardiness and absences on more than two game days may result in termination. Termination will be based upon the recommendation of the Head Coach and Cheer League Rep and upon the decision of the BOD.**
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Clean-up: At end of every practice and every home game, we are contracted with Central Catholic and Saint Stanislaus to clean-up after ourselves. An exact clean-up schedule will follow. Traditionally, 1-2 teams cover clean up on the Sunday morning following each home game day for about an hour starting at 9a.m. This is mandatory. If the Head Coach is not available, clarification of absence must be made with the assisting coach, coach from another squad or the Football League Rep who will require clean-up that game day and will inform the player's Head Coach when the participant has completed her/his duty.

Parking Lot: Due to the possibility of theft and vandalism, we must inform you that your vehicle and personal property should be kept locked and valuables out of sight. Central Saints, St. Stanislaus, and C.C.H.S. will not be held responsible for any lost, stolen or vandalized property. We advise parents to take random trips to the parking facilities.

JAMZ Camp: Cheer camp is mandatory for all participants with the exception of mascots in the TVYFL and Central Saints Cheer programs. Usually camp is only one day and is held in August. Cheerleaders will not only learn more about the spirit of a leader but will also learn dance and cheer moves and how to safely and effectively put up a stunt. Cheerleaders are expected to arrive promptly at the location directed. Regardless of circumstances, any cheerleader who is not present at roll-call will not be allowed entrance into camp. Cheerleaders are required to wear designated camp apparel, white athletic shoes, and hair must be pulled back into a pony tail with bangs secured out of the face. Cheerleaders are encouraged to bring her/his personal water and sunscreen. Lunch will be provided. Parents are not allowed to stay throughout the day, therefore, must leave after the cheerleaders are signed in and taken to the Saint's tent where they will be supervised by his/her coaches. However, parents are invited back at the end of the day to watch the cheerleaders perform what they have learned.

Cheer Clinic: The Saints host a mandatory "Annual Clinic" at CCHS for all cheerleaders and football players. The clinic fee is included in registration. At clinic, cheerleaders receive a "spirit pack" and lunch. The spirit pack includes a shirt and shorts which must be worn that day. This is a great opportunity for new cheerleaders to learn basic arm motions and jumps. New cheerleaders also have a perfect opportunity at clinic to meet new friends and get to know the coaches and staff.

Rallies: Rallies are traditionally held the last 30 minutes of practice on the Thursdays proceeding home games. During rallies, cheerleaders perform team half-time dances and cheer routines. Cheerleaders are asked to wear full uniform attire on rally days. Parents, Guardians, immediate and extended family are encouraged to attend all practices and rallies to display support for the program and dedication to the participants. Although family is asked to sit away from the practice area, there is plenty of room for lawn chairs to be placed where viewing is enjoyable and where friendships can be built. Our "We" motto is developed when parents, family, and friends join in on the fun. Rallies, practices, and game days are all times in which "We" become a united team. Please choose to become a part of the team.

Team Photos: Professional photos will be taken of the team and individuals sometime before the start of the season. Cheerleaders must be in full uniform with no additions or deletions of any kind. Full uniform must be clean and includes liner, team bow secured at the top of the high pony, bangs removed from the eyes, and poms. Because of mass numbers and limited time, a traditional team and yearbook pose will be used throughout all squads. However, there is time allotted for individuals to take an additional photo with or without a sibling, family member or friend who is also a member of the Saints football or cheer teams or Saints board. The team and player photo may be used in the Central Saints yearbook, game program, and on the photo wall at homecoming unless the player or parents opt out. Photo packages are an affordable way to obtain professional photos of your daughter or son. Pictures of your daughter and/or son may be found on the Saint's Facebook account as well. **Be sure to like and follow our social media accounts.**

Munchie Games: The Munchie Games are scrimmages against other teams in our league. This event is mandatory so cheerleaders need to be prepared for the long yet rewarding day. It is the first opportunity of the season to demonstrate knowledge of newly acquired cheers and chants. Cheerleaders are encouraged to bring plenty of water, sunscreen, and healthy snacks. Although there are food vendors, cheerleaders rarely have time to purchase items. Parents may purchase food for their child to eat before or after games but cheerleaders are not allowed to eat during a game or during half-time unless given permission by the Head Coach.

Homecoming: Homecoming week is filled with enthusiasm. Parent involvement is vital. Parents have fun dressing up according to the theme for added spirit. Homecoming is a full day in which all cheerleaders and football players are expected to be present in its entirety. All cheerleaders perform at every half-time during homecoming. Parents, football players and cheerleaders are required to assist with decorations, set-up, and clean-up. Note that all participants in the organization are required to check in with coaches the following morning at 9:00 in order to clean up the Central Catholic football field, parking lot, and snack bar. Although Homecoming is a lot of work, it is equally a lot of fun!

8th Grade Send Off: Each year, a celebratory presentation prior to the varsity game is given to honor 8th Grade Cheerleaders and football players and their families. Cheerleaders, football players and their families dress up, parade across the field, and are individually named and honored as Saints' VIP. The Junior Varsity families are asked to hostess this event. Volunteers are needed for this event. If you might be interested in assisting, please contact the Cheer Coordinator a.s.a.p.

Cheer Competitions: All cheerleaders with the exception of mascots will participate in the TVYFL In-house JAMZ sponsored Cheer Competition as a part of their regular season. This event is mandatory. However, a cheerleader and her/his parents will need to make a personal decision to be involved in the 2-3 other competitions available throughout the year. A cheerleader and her/his parents are responsible for fundraising, paying out of pocket, or obtaining a sponsor for competition fees including transportation. The decision to cheer competitively needs to be made before the start of the regular cheer season. Once committed, your child will

- A maximum of 4 mascots per team level will be allowed.
- Mascots may cheer during a game and are only allowed at the end of the cheer row on the track and shall not stunt but may tumble at a YCADA Level 1 Limited at TVYFL games/practices/functions.
- Mascots DO NOT attend stunt/cheer camp and may not perform any stunts but may tumble at a YCADA Level 1 Limited.
- Mascots shall participate in up to 4 hours of practice during each week
- The parent will be present at all times during practices and games.
- Mascots may walk across the field with the Head Coach at half time to view the opposing cheer so long as he/she is accompanied by the Head Coach.
- Mascots are allowed to perform during halftime but mascots must wait to perform after both home and away teams perform and if time permits. Mascots must perform by themselves and are not allowed to perform with the cheerleaders. Halftime performances cannot exceed 2 minutes in length.
- Mascots are allowed to participate in run-throughs/tunnels at beginning/end of game or end of halftime as long as accompanied by a cheer coach.
- Mascots will not have a standard cheer uniform. Uniforms will be determined by the Head Coach and approved by the Cheer Coordinator.

Work Detail: All families are required to submit a \$400 work deposit. Checks are not cashed so long as the mandatory work detail is accomplished. In order to meet the needs of the organization, each family must complete 8 or more hours based upon the following scale:

Each Shift is a total of 2 hours

1 Child - 4 shifts of a total of 8 hours

2 Children - 6 shifts of a total of 12 hours

3 Children – 8 shifts for a total of 16 hour

*** In order to receive the \$400.00 work deposit at the end of the season, work detail must be completed, all fees and fundraiser monies for cheerleaders must be turned in and all debt paid in full.**

Sports Banquet and Awards Ceremony: At the end of the season, the Saints host a banquet to honor the cheerleaders and football players. All eligible cheerleaders and ball players receive trophies. (Cheerleaders who quit before the end of the season will not be eligible for a trophy.) Additional recognition is given to cheerleaders in the following areas: “Most Spirited”, “Most Improved”, “Best All Around”, and the “Coach’s Award”. These awards are based upon attendance and character displayed throughout the season. The Saints organization covers the expenses for all cheerleaders; however family members are charged a small fee. The banquet is not to be missed as it is a rewarding time for all.

Central Saints Website: www.centralsaints.org is your go-to stop for all Central Saints information. This site includes game schedules, league standings, forms, updates, and much more. All photos from our in-house photographers can be viewed through Shutterfly.

TVYFL Website: www.tvyfl.us is your go-to stop for all TVYFL information. This site includes all league football and cheer rules.

Parent Participation:

- The Central Saints football and cheer programs depend upon the financial, physical and spiritual support of parents.
- Parents are encouraged to attend all practices, rallies, games, and activities of the Saints with the purpose to support players, coaches, and staff.
- Parents are invited to participate in leadership and volunteerism throughout the season. Please contact the President, Vice-President, or Work Detail Coordinator if interested in joining the parent team of volunteers.
- Parents are asked to follow the specific Grievance Protocol for concerns that arise during the season. Parental concerns are taken seriously as parents are a vital part of the Saints family.
- Parents must sit away from the practice or performance area and avoid interrupting their child or the coaching staff during practice, games or performances.

- Parents must sign the Parent Code of Conduct and abide by the standards set forth by the Saints.
- Parents must monitor Public Media sites in which family members participate (i.e.: Facebook, Instagram, and Linked In) to insure that all conversations regarding the Saints and participants of the Saints are kept in positive regard.
- Parents are expected to avoid and dispel gossip should it arise and are asked to maintain conduct becoming of a brother or sister in Christ. Together, "We" can be #1.
- Social Media/Text bullying will not be tolerated and can result in dismissal.

Grievance Protocol: Any complaints from parents/guardians and or cheerleaders must follow the proper grievance protocol as outlined below:

1. Parent/Guardian must first meet with the Head Coach of that squad.
2. Parent/Guardian must meet with the Governing Coach.
3. Parent/Guardian must meet with the Cheer League Representative (Football League Rep if Cheer is unavailable).
4. Parent/Guardian must meet with the Central Saints Board of Directors.

Uniform and Fees:

- Each cheerleader and her/his parent are responsible for paying for uniform and clinic registration fees. Cheerleaders are given the options of fundraising, obtaining sponsors, or purchasing these items out of pocket. The league has set a limit on "out of pocket" expenses. Any money collected above the cost of the uniform and clinic registration fees will be placed in the Central Saints General Account. This account benefits every child throughout the year and "over" fundraising is encouraged.
- A parent or guardian must accompany the cheerleader during the time of uniform measurements. Once the cheerleader has been fitted for the uniform, it belongs to her. There is no returning the uniform.
- Each cheerleader must pay for clinic and camp registration fees.
- Each cheerleader is responsible for the replacement of lost or stolen items.
- Each cheerleader is responsible for maintaining her/his uniform.
- Each cheerleader is responsible for showing up in full uniform when requested.
- Each cheerleader must have hair neatly pulled back in a pony and curled with bangs pulled back securely.

I have read and agreed to the terms set forth in the Cheer Rules, Guidelines and Informational.

Parent Name (print) _____ Signature _____ Date _____

Cheerleader's Name (print) _____ Signature _____ Date _____