

## CHEER - RULES, GUIDELINES, AND INFORMATIONAL

### 1. Philosophy:

- Central Saints Football athletes will promote excellence in athletics, education, leadership, sportsmanship, physical fitness, and a positive image whether on or off the field. Participants shall strive to maintain high standards of morality as exemplified by Christians.

### 2. Age Groups:

- **Jr. Novice:** 6-8 years old (athlete must be 6 on or before July 15th)
- **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. 29th

### 3. Coaches and Board Members:

- Your coaching staff is CPR/First Aid and USA Football certified and 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 and model Saints' standards, as outlined in this document, at all times.
- The Central Saints Organization operates under the direction of the Trans Valley Youth Football League (TVYFL), with all Central Saints board meetings held on the second Monday of the month.

### 4. Saints' Standard:

- The Central Saints Youth Football & Cheer requires the very highest standard of RESPECT, DISCIPLINE, SPORTSMANSHIP, TRUSTWORTHINESS, RESPONSIBILITY, and GOOD CITIZENSHIP, and our appearance, including attire, reflects our 'TRADITION OF PRIDE & EXCELLENCE'.
- As a athlete or parent, I recognize by signing and agree to the following terms upon registration (Any athlete who fails to comply with these terms at any time upon the first day of practice WILL result in immediate suspension and possible termination.)

## **5. Conduct:**

- athletes must demonstrate sportsmanship at all practices, games, and events and follow the high standards and goals of the team and coaching staff.
- athletes are expected to control their behavior at all times, demonstrate respect for teammates, coaches, and opponents, and exhibit discipline by adhering to team rules.
- athletes must prioritize teamwork, work ethic, responsibility, and mental toughness, while providing leadership through example and encouragement.
- athletes must uphold respect for the game by following its rules and traditions, actively engage in community involvement, and embody the core values of the Central Saints organization at all times.
- Any conduct that does not meet the standards of the Saints program, including inappropriate expectations, behavior, or content, may result in removal from the roster without a refund.

## **6. Physical Requirements:**

- Cheerleaders must have a physical examination before the first day of conditioning. Physicals can be obtained from a personal doctor or through the doctor working with the Saints' organization, with the cost covered by the registration fee.
- The physical must be completed using the TVYFL physician form, dated within the current calendar year after January 1, and signed and stamped by an MD, DO, NP, or PA. Physicals completed by a chiropractor or physical therapist will not be accepted.
- 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 drinking plenty of water to remain hydrated during long workouts.

## **7. Conditioning and Mandatory Practice::**

- Conditioning and Mandatory Practice: Conditioning is a mandatory practice to begin physical training and team building. Mandatory practice typically runs 4 days a week, Monday - Thursday (time to be determined). After the first official game of the season, regular practices reduce to 3 days a week, Tuesday-Thursday.

## **8. Apparel during conditioning and Practice:**

- Saints "Spirit Pack" is given to each athlete 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.

## 9. Attendance:

- Team activities and practices are at the discretion of the coach. Prompt and regular attendance is mandatory. Athletes are expected to arrive on campus 15 minutes before the start of practice, at which time attendance will be taken. If a cheerleader is not present during roll call, they will be marked as "absent." If they arrive after the start time, they will be noted as "tardy." Cheerleaders are advised against engaging in conflicting extracurricular activities while participating in the Central Saints football/cheer program. Absences and tardiness stemming from other sporting events or activities will not be excused for practices. It is imperative for safety and uniformity that athletes stick to the appropriate dress code. Any athlete who is not dressed in the proper attire will forfeit their chance to participate and will be given an unexcused absence. Excessive absenteeism or tardiness, unless prearranged with the cheerleader's Head Coach, may lead to reduced game time or exclusion from practice entirely.
- 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 for up to 3 days, a doctor's note will be required before they are able to return.
- EXCUSED ABSENCE—This includes school functions, religious events, and absences due to illness supported by a doctor's note, all of which will be classified as "excused" absences.
- UNEXCUSED ABSENCE—This refers to an absence that hasn't been pre-approved by the Head Coach or assistant coach (if the Head Coach is unavailable), stemming from illness or a family emergency. Transportation issues or involvement in other unexcused extracurricular activities fall under this category. While homework and tutoring are priority, they do not justify an absence.
- HOMEWORK—Homework, including tutoring sessions, does not qualify as an "excused absence." Therefore, all athletes are encouraged to complete their assignments before attending practice.

## 10. Disciplinary System:

Our disciplinary system will be rigorously implemented for any infractions against the guidelines established by the Central Saints Football and Cheer coaching staff. Consistent attendance and appropriate behavior are expected, and behaviors such as bullying, eye-rolling, and complaining will not be tolerated. The Head Coach will take note of such behavior, which may result in disciplinary action and could impact eligibility for Allstars. Note: 3 tardies = 1 absence. Tardies may be issued at any time after the official meeting time for practices, games, scrimmages, or competitions.

**Step 1:** If one practice is missed (unexcused):

- **Verbal Warning:** The cheerleader will attend the next scheduled game in full uniform. During this game, they will sit out the 1st quarter under the supervision of their coach.

**Step 2:** If two practices are missed (unexcused):

- **Verbal Warning:** The cheerleader will attend the next scheduled game in full uniform. During this game, they will sit out the 1st half of the game and will not perform in the halftime routine.

**Step 3:** If three practices are missed (unexcused):

- **Verbal Warning:** The cheerleader will attend the next scheduled game, in full uniform, and will sit out the entire game, including half-time, under the supervision of their coach.

**Step 4:** If four or more practices are missed (unexcused):

- **A Written Notice of Probation** will be issued, prompting a meeting involving the Cheer League Rep, Governing Cheer Coach, Head Coach, parent, and cheerleader to determine the terms of continued participation. An agreement will be signed, and any violation of this agreement may result in the cheerleader facing termination. The decision for termination will be made based on recommendations from the Head Coach and Cheer League Rep, Governing Cheer Coach, and ultimately decided by the Board of Directors.

**Note:** If a cheerleader feels unwell during practice or a game and reports it to a coach, a parent will be contacted. The parent will then decide whether the cheerleader should be picked up from practice or the game based on the severity of the illness. If the parent decides that the cheerleader can continue, they will be required to sit out and observe the remainder of the session with the coach.

## 11. Dress Code:

It's crucial for safety and consistency that cheerleaders adhere to the specified dress code. Any cheerleader not in proper, clean attire will forfeit their opportunity to participate and will receive an unexcused absence.

Cheerleaders are required to wear Saints apparel or team colors exclusively including current or past Saints-issued clinic wear. Acceptable colors include navy, and white, with or without the Saints logo. No other logos or prints are allowed.

- **Shorts/skirts** must have a minimum drop of 3 1/2 inches and provide adequate coverage during all movements. Nike Pros and Spanks are not permitted.
- **Former Saints' Homecoming shirts** and any past or present JAMZ apparel are not allowed.
- **No denim/jean material.**
- **Leggings** are allowed if they are solid navy or black in color. Only plain colors are permitted; no logos or cutouts are allowed, except for Nike, Under Armour, or Adidas logos in white.
- **Uniforms and practice attire** must be kept clean. Additionally, white uniform shoes should be cleaned before game day.
- All **shirts, tanks, and shorts** should be free of rips, tears, and cuts.
- **Midriff shirts, spaghetti straps, belly-exposing tops, and low-cut shirts or tanks** are not allowed. Violations will result in an unexcused absence.
- **Tank tops** must be at least two finger widths wide and not lower than two fingers from the neckline. If a cheerleader wears an inappropriate tank, especially one that exposes cleavage, it will be noted as unexcused by the Head Coach, and they forfeit the chance to wear it again during that year.
- **White or nude sports bras** must be worn under all tanks for Novice, J.V., and Varsity participants. No other colors are permitted and will be considered a dress code violation.
- During **practice**, white athletic shoes and no-show socks are required. Athletic shoes (running, cross-trainers, or dance) and socks must not have accent colors other than gray, silver, white, or black. Vans, Keds, Converse, or recreational shoes are not permitted.
- **Hair** must be pulled back into a ponytail and bangs kept away from the eyes during all team activities, including practice, homecoming, games, team picture day, competitions, and camp.
- **No jewelry**, except for medical ID tags, can be worn during practice or at any time during cheer activities.
- **Long or fake nails** are not allowed. Fingernails must be cut to the nail bed; no length is permissible. Nail polish, gel, acrylics, or press-on nails are not allowed, except on Homecoming day at the discretion of the head coach.
- **Unnatural hair dyeing**, bleaching, or colored hairpieces are not allowed.
- **No hair designs, tattoos, or special piercings** are allowed.
- **Tendrils curls** that impede vision are not allowed.

- Once cheerleaders receive **pom-poms**, they are required at all games and practices. Full uniforms are required at every game, and any unused pieces should be placed in a cheerleader's bag. The cheer uniform includes a hair ribbon and 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 and Cheer Governing Coach.

## 12. Game Days:

All cheerleaders are expected to arrive punctually as directed by their coach, fully dressed, and prepared to cheer.

- If a cheerleader arrives early or stays after their game, they must either remain in full uniform or change out of it completely. Half-uniforms are not permitted. Additionally, the uniform liner and shell may not be worn with shorts, pants, sweats, or any leggings, and the skirt must only be worn with the shell, liner, or a combination of both. The uniform warm-up jacket is the only item allowed to be worn at any time. Only game shoes are to be worn with the uniform.
- A tank top (colored the same as the shell) must be worn if the stomach is visible.
- It is recommended that the cheer uniform be laid out the night before all games, and cheer bags should be checked for pom-poms, body-liners, warm-ups, and water. The cheer uniform includes hair pulled back in a high ponytail, bangs removed from the eyes, no tendrils to impede vision, the team hair ribbon secured at the top of the ponytail, cheer socks, briefs, skirt, shell, cheer shoes, body-liner, and warm-up suit. Hairstyle changes may be made 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 must participate in at least 15 minutes of warm-up before each game.
- All cheerleaders are responsible for learning game chants, cheers, sideline routines, and assigned dances.
- Cheerleaders must greet visiting cheerleaders with hospitality and sportsmanship. Speaking negatively about another team is unacceptable.

### **Tardiness and Absence Policy:**

- If a cheerleader arrives 10 minutes late, they will sit out the first quarter of the game and may not be allowed to perform in the halftime routine if last-minute changes were necessary. They may also forfeit the opportunity to be a "Captain" for their squad.
- If a cheerleader arrives later than 10 minutes but not exceeding 30 minutes late, they will sit out the first half of the game and will not be allowed to perform in the halftime routine.
- If a cheerleader arrives at a game more than 30 minutes late, they will be asked to sit out the game but remain in uniform on the sideline supervised by their coach.

- Unexcused tardiness and absences will be noted and counted against the cheerleader when selecting participants for All Stars and additional awards at the sports banquet.
- If a cheerleader has unexcused tardiness or absences on one game day, they will be asked to sit out the next week's game day but remain in uniform on the sideline supervised by their coach.
- Unexcused tardiness and absences on more than two game days may result in termination. Termination will be based on the recommendation of the Head Coach and Cheer League Rep and decided upon by the Board of Directors.

### **13. Clean-up:**

- At the end of every practice and game, players must clean up after themselves.
- If we leave the school site in a mess, we may lose the privilege of using it in the future.
- Players are responsible for cleaning up after home games at Central Catholic High School. Each team is required to clean up at least 2 times per year, and players will check in with a board member once they have completed their clean-up duty.

**14. Cheer Clinic:** The Saints host a mandatory “Annual Clinic” at CCHS for all cheerleaders and football athletes. The clinic fee is included in registration.

- At the 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 the clinic to meet new friends and get to know the coaches and staff.

**15. Rallies:** Rallies traditionally take place during the last 30 minutes of practice on Thursdays before home games. During these rallies, cheerleaders showcase their team's halftime dances and cheer routines.

- Cheerleaders are expected to wear their full uniform attire on rally days.
- Parents, guardians, and immediate and extended family members are encouraged to attend all practices and rallies to show support for the program and dedication to the participants.
- There is ample space for lawn chairs to be set up for enjoyable viewing and building friendships.
- Our "We" motto is reinforced when parents, family, and friends join in the fun. Rallies, practices, and game days are all opportunities for us to come together as a united team.
- Please consider becoming a part of our team.

**16. JAMZ Camp:** Participation in cheer camp is mandatory for all participants, except mascots in the TVYFL and Central Saints Cheer programs. Typically held for one day in July or August, the camp offers cheerleaders an opportunity to enhance their leadership skills, learn dance and cheer moves, and practice safe and effective stunting techniques.

- It's crucial for cheerleaders to arrive promptly at the designated location. Any cheerleader not present at roll call will not be allowed entry into camp.
- Cheerleaders must wear the specified camp apparel, white athletic shoes, and have their hair pulled back into a ponytail with bangs secured away from the face.
- Bringing personal water and sunscreen is encouraged.
- Cheerleaders must bring a packed lunch.
- Parents are not permitted to stay for the duration of the day. Parents should sign their cheerleaders in with their coach at the assigned Saints tent.
- Parents are welcome to return at the end of the day to watch the cheerleaders perform what they have learned.
- JAMZ may limit attendance at performances, with cheerleaders receiving tickets for parent attendance.

**17. Team Photos:**

- Professional photos of the team and individual athletes will be taken before the start of the season. athletes must be in full uniform with no additions or deletions.
- The team and individual photos may be used in the Central Saints yearbook, game program, and on the photo wall at Homecoming, unless the athlete or parents opt out.
- Photo packages are an affordable way to obtain professional photos of your child, and photos may also be posted on the Saints' Facebook account.

**18. 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 half-time unless permitted by the Head Coach.

## **19. Cheer Competitions:**

All cheerleaders, excluding mascots, are expected to take part in the TVYFL in-house JAMZ sponsored Cheer Competition as part of the regular season, which is a mandatory event.

- However, cheerleaders and their parents must decide whether to participate in 1-2 other available competitions throughout the year.
- They are responsible for fundraising, covering expenses out of pocket, or securing a sponsor for competition fees, including transportation.
- The decision to engage in competitive cheering must be made before the start of the regular cheer season.
- Cheerleaders not participating in the TVYFL competition will work on skill progression during the week, as they will not be part of the halftime performance during the Saturday game prior to the TVYFL competition.

## **20. Mascots:**

- 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 parents 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 they are 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 the beginning/end of the 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 Rep and Governing Cheer Coach.

## **21. Homecoming:**

- Homecoming week is filled with enthusiasm, and parent involvement is vital.
- Parents can have fun dressing up according to the theme to add spirit and excitement. Homecoming is a full day, and cheerleaders and football athletes are expected to be present for the entire duration.
- All cheerleaders perform during every half-time at Homecoming. Parents, football athletes, and cheerleaders are required to assist with decorations, set-up, and clean-up.
- All participants in the organization must check in with their coaches the following morning at 9:00 AM to help clean up the Central Catholic football field, parking lot, and snack bar.

## **22. 8th Grade Send Off:**

- A celebratory presentation is held to honor the 8th grade cheerleaders and football athletes, along with their families.
- Cheerleaders, football athletes, and their families dress up, parade across the field, and are individually named and recognized as Saints' VIPs.

## **23. Work Detail:**

- All families must submit a \$750 work deposit. Checks will not be cashed as long as the mandatory work detail is completed.
- Each shift is a total of 2 hours, with work detail shifts based on the number of children.
  - **1 Child:** 4 shifts, totaling 8 hours
  - **2 Children:** 6 shifts, totaling 12 hours
  - **3 Children:** 8 shifts, totaling 16 hours

## **24. Sports Banquet and Awards Ceremony:**

- At the end of the season, the Saints host a banquet to honor the cheerleaders and football athletes.
- All eligible football athletes will receive trophies based on attendance and character displayed throughout the season.
- The Saints organization covers the expenses for all athletes, while family members are welcome to attend free of charge, but there will be a fee for food served.

## **25. Firework Fundraiser:**

- Each athlete is required to participate in the annual fireworks fundraiser.
- Families who participate will receive a \$100 fireworks voucher at a cost of \$100, which can be redeemed for \$100 worth of fireworks.
- If a family chooses not to participate, the \$150 fireworks fundraiser opt-out deposit will be cashed.

## **26. Parking Lot:**

- Due to the possibility of theft and vandalism, we advise that you keep your vehicle 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.
- The use of the St. Stanislaus parking lot is a privilege, and we may lose this privilege if issues such as smoking, littering, speeding, loud music, driving unsafely, parking improperly, disruptive behavior, using offensive language, or consuming alcohol or drugs are not met.

## **27. Parent Participation:**

- The Central Saints football and cheer programs rely on the financial, physical, and spiritual support of parents.
- Parents are encouraged to attend all practices, rallies, games, and activities to support the athletes, coaches, and staff.
- Parents should sit away from the practice area and avoid interrupting their child or the coaching staff during practice.
- Parents are invited to participate in leadership and volunteer roles throughout the season.
- Parents are asked to follow the Grievance Protocol for any concerns that arise during the season and to avoid and dispel gossip.

## **28. Grievance Protocol:**

Any complaints must follow the proper steps of the grievance protocol:

- 1) Meet with the Parent Liaison.
- 2) If unresolved, meet with the Head Coach.
- 3) If still unresolved, meet with the Football League Representative.
- 4) If the issue persists, meet with the Cheer Governing Coach.
- 5) Finally, meet with the Central Saints Board of Directors.

## **29. Uniform and Fees:**

Each cheerleader and their parents are responsible for paying for uniform and 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 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 is responsible for the replacement of lost or stolen items.
- Each cheerleader is responsible for maintaining their uniform.
- Each cheerleader is responsible for showing up in full uniform when requested.
- Each cheerleader must have hair neatly pulled back in a pony with bangs pulled back securely, and no flyaways.

### 30. Anticipated Cheer Costs for the 2025 Season:

ANTICIPATED CHEER COSTS FOR THE 2025 SEASON	
CHEER REGISTRATION FEE (Non-Refundable)	CHEER UNIFORM FEE
<input type="checkbox"/> \$155 TVYFL Registration Fee (includes: JAMZ Camp, JAMZ Apparel, & TVYFL Cheer Competition) <input type="checkbox"/> \$50 Facility Use Fee <input type="checkbox"/> \$25 Physical Fee <input type="checkbox"/> \$30 Saints Clinic and Spirit/Practice Apparel	<input type="checkbox"/> \$390 Cheer Uniform (includes: skirt, shell, body liner, briefs, cheer shoes, warm-up suit with an embroidered jacket, homecoming apparel, poms, blinged out hair bows)
\$260 Total due at Registration	\$390 Uniform Total due at Fittings
<b>Total \$650</b>	

CHEER MASCOT REGISTRATION FEE	CHEER MASCOT UNIFORM FEE
\$140 TVYFL Registration Fee	<input type="checkbox"/> \$210 Cheer Uniform (includes: skirt, shell, briefs, cheer shoes, warm-up outfit, homecoming apparel, poms, blinged out hair bows)
\$140 Total due for Registration	\$210 Uniform Total due at Fittings
<b>Total \$350</b>	

### 31. Cheer Registration Fee Details:

- The Registration Fee covers various essential costs to ensure a successful and safe season, including coaches' training certifications, CPR certifications, and safety supplies.
- It also helps cover operational expenses like field maintenance, snack bar costs, medics, security, and physicals to support the program's day-to-day operations.

#### Central Saints Website:

[www.centralsaints.org](http://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.

#### TVYFL Website:

[www.tvyfl.us](http://www.tvyfl.us) is your go-to stop for all TVYFL information. This site includes all league football and cheer rules.

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**Acknowledgment:**

I hereby acknowledge that I have read, understood, and agree to abide by all the terms and conditions outlined in sections 1-31 of the Football Rules, Guidelines, and Information. I understand the expectations, responsibilities, and policies set forth for participation in the Central Saints program, and I commit to supporting and upholding these standards for the benefit of all participants.

I understand and acknowledge that all fees **other than** work detail, fireworks, and clean-up deposit are non-refundable.

I understand and acknowledge that I have read all attached documents, including the Parents' Code of Conduct, and agree with each provision, and acknowledge that I will be liable for the actions and obligations of my family members, guardians, and guests, who are also considered representatives of my family in this context.

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<b>Parent's Name (print):</b>
<b>Parent's Signature:</b>
<b>Date:</b>

<b>Athlete's Name (print)</b>
<b>Athlete's Signature</b>
<b>Date:</b>

Revised 2/4/2025