

**Ruidoso Little League  
Cheerleading  
Fall 2017  
Handbook**

**As a RLL Cheerleader, I will always**

- **Show up on time and be ready to cheer**
- **Listen to what my coach is saying so I can perform safely and correctly**
- **Be an enthusiastic member of the team**
- **Pack my bag with everything I need for practice and games**
- **Be a friend to everyone on my team**
- **Project a positive image of my team whether in uniform or street clothes**
- **Be a positive example to all other girls**

**As a RLL Cheerleader, I will never**

- **Try a stunt or new skill without my coach or a trained instructor**
- **Teach a stunt or tumbling skill to another member of the team**
- **Push anyone to try something they are not comfortable doing**
- **Belittle the efforts of anyone on my team**
- **Be a negative influence on my teammates**
- **Talk back to coaches or team parents**

**As a RLL Cheer Parent, I will always**

- **Encourage my cheerleader to do his/her best**
- **Support my cheerleader's coach and organization**
- **Ensure my child attends practices, games, and competition on time.**
- **Pay on time so I will not accrue late fees or delay my child's uniform**
- **Voice your opinion and provide solutions**
- **Follow TYFA's rules**

**As a RLL Cheer Parent, I will NEVER**

- **Argue, yell, or raise my voice to my child's coach(es)**
- **Discourage my cheerleader from doing her best**
- **Belittle the coach or speak my mind in front of my and other child (ren).**
- **Gossip with others about the organization, coach, or cheerleaders at practices and games**
- **Intervene with the coaching techniques**

#### **Staffing Requirements:**

- *All squads must be supervised during all official functions by a qualified coach.*
- *All squads must have one adult volunteer as Head Coach and one adult volunteer as Assistant Coach.*
- *Coaches (and assistant coaches) must be 18+ yrs. of age and must have passed a background check.*
- *Coaches must require proficiency before skill progression.*
- *Coaches must consider the individual, group, and squad skill levels with regard to proper performance level placement.*

#### **Age Groups:**

- *Minis, grades K-1*
- *Minors, grades 2-3*
- *Majors, grades 4-5*

#### **Medical:**

- *First Aid Kits are recommended at all practices and games.*
- *All coaches need to have an emergency response plan and an emergency contact card in the event of an injury.*
- *If it is detected that a participant is bleeding, has an open wound or an excessive amount of blood on the uniform, the participant must stop performing to receive proper treatment. When a participant is rendered unconscious or apparently unconscious, an ambulance will be called in the absence of a parent and the participant shall not be permitted to resume participation without written authorization from a physician. The parent will be financially responsible for any and all medical costs accrued for medical care given to their child.*
- *Girls are allowed to perform with casts; however, they cannot do any kind of stunts and tumbling. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.*

#### **Practice/Performing locations:**

- **Athletes must practice and perform on appropriate surfaces. (For example hard surfaces such as concrete, parking lots, and pavilions are not considered appropriate surfaces.)**
- **All practice sessions should be held in a location suitable for the activities of cheerleaders, away from excessive noise and distractions, free from obstruction, etc.**
- **Stunts (mounts, pyramids and tumbling) shall be modified to be appropriate to the performing surface/area.**
- **The spirit surface, location, and weather conditions should be taken into consideration before engaging in physical activity.**
- **Kids Connection is very suitable and highly recommended.**

#### **Performance Safety:**

- **Flags, banners, signs, poms, and megaphones are the only props allowed.**
- **All props must be safely discarded out of harm's way where they do not create a tripping hazard.**
- **In game situations, signs must be placed outside of the football playing area so that they are not a hazard to the football players.**
- **The use of signs creates crowd participation and enthusiasm.**
- **Signs should not be derogatory or contain any artwork or verbiage that may violate an individuals or groups civil rights, should not discriminate against anyone regarding race, religion, sex, familial status etc. It is highly recommended that common sense and discretion be used when creating team signs or posters.**
- **The use of any type of prop is prohibited during tumbling, partner stunt/ pyramid building, transitions which require the use of hands and all dismounting. (E.g. A person up in a stunt may be handed poms or a sign, but they must be discarded before dismounting.) A spotter can move poms/signs out of the way if the spotter cannot safely reach/spot a stunt/pyramid.**

#### **Spotting/Basing:**

- **The active spotter is an integral part of the safety program.**
- **Spotting requires a constant visual with the top person/flyer (from shoulder height and above), and should not be looking at the crowd or making motions during the performance of the stunt.**
- **The primary responsibility of a spotter is to watch for safety hazards and be in a position to prevent injuries with special emphasis on the head, neck and shoulder areas. This person shall not provide primary support of (weight bearing contact with) another person.**
- **The backspot and frontspot, as well as the bases should be participants from the squad. Coaches are not substitutes for missing cheerleaders and should not be involved in stunts. Violation of this rule could result in dismissal of the coach from the program.**
- **During the games only the certified coaches are allowed on the sideline in the cheerleaders' performance area.**

#### **Stunting Rules:**

- All stunts will consist of, at least, 1 base, 1 backspot, and 1 flyer/top. Many stunts will require 2 bases. A frontspot can/should also be utilized when possible.
- Majors: No stunt will go above prep level (E.g. - extension level). Also, basket tosses and inversions are strictly prohibited. Double-based, prep level stunts are ok. Single-based, sponge level stunts and below are ok.
- Minors: Double-based, sponge level stunts and below are ok.
- Minis: Double-based, thigh stand stunts and below are ok. Note: All stunts require a front spot at the mini level.

#### **Music/Chants and Cheers:**

- The head coach of each squad should approve all cheers, chants, posters, music and other cheer activities of a squad. They should inform squads that all new skills must first be reviewed and approved by them prior to being performed.
- Vulgar/suggestive movements, words or music, as well as inappropriate language and any type of violence by any participant(s) are prohibited; this includes excessive hip thrusting, inappropriate touching, slapping or positioning to one another, etc.
- All cheers, chants and music are to be free of vulgar words, phrases and motions.
- No type of derogatory cheer will be allowed. This includes the Sideline cheer that is shouted across the field.
- Music selection should appeal to the audience to get them involved in the performance.

#### **Practices:**

- Practice is not to be held until ALL coaching staff has attended a mandatory stunt clinic.
- Practice will be limited to 2 practices a week.

#### **Field Injury:**

- Cheerleaders will be expected to "take a knee" when there is an injury on the field, regardless of team affiliation.

#### **Attire:**

- ***During games, participants shall wear the uniform that has been issued by the league.***
- ***White tights or long sleeved t-shirts may be worn under uniforms during cold weather as is needed.***
- ***Recommended Cheer Uniform consists of SHELL, SKIRT, BRIEFS, BOW, WHITE SHOES and SOCKS.***
- ***White athletic shoes should be worn to games.***
- ***Practice attire should be appropriate for the activity involved. Clothing should be properly fitted to each participant and must cover the midriff when standing at attention.***
- ***Appropriate undergarments and athletic shoes should be worn at all times.***
- ***Jewelry of any kind is prohibited during practices and games. Jewelry must be removed and may not be taped over. (Exception: medical ID tags)***
- ***Fingernails shall be kept at a length appropriate for safe participation. The appropriate length for all members of a stunting squad means the nails are not visible beyond the finger tips when viewed from the palm side of the hands.***
- ***Participants are not permitted to chew gum, cough drops, or have candy in their mouths during practices and performances.***
- ***Hair must be pulled back and away from the face.***
- ***Temporary tattoos, stickers, face paint, and glitter hair spray are permitted.***

#### **Volunteer Dress Code:**

- ***A volunteer's appearance greatly affects how others perceive them. A volunteer who looks professional is more readily accepted than one who conveys a sloppy or unprofessional appearance. With this in mind, this cheer program requires ALL volunteers that will be at any cheer event to look PROFESSIONAL as they not only represent themselves, but their team and the program as well. Uniformity is not required, but "youth appropriate" attire is required as these persons are visible to the public and the athletes and could be an embarrassment and/or distraction. For practices, we would request that organizations police themselves keeping in mind the need for appropriate attire.***

**I have read and understand the Ruidoso Little League Cheerleading Handbook for the 2017 season. I agree to abide by all rules and guidelines set forth in the handbook.**

**Parent Name (printed)** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_

**Cheerleader Name (printed)** \_\_\_\_\_

**Cheerleader Signature** \_\_\_\_\_