

Western Lakes Junior Football League (WLJFL) Cheer Rules

PHILOSOPHY

The Western Lakes Junior Football League ("WLJFL" or "League") is designed for the improvement and development of the capabilities of individuals, to encourage team athletic endeavors in cheerleading and to promote the physical, mental and moral development of youth in grades Kindergarten through 8th grade, without regard to race, creed, color or religion. This end shall be accomplished by providing the means through which the individual cheerleader shall receive education and instruction in cheerleading, to develop a sense of fair play, honest and fair competition and true sportsmanship.

DEFINITIONS

League - Collection of Units that include: Commerce Chargers, Livonia Blue Jays, Livonia Eagles, Livonia Falcons, Livonia Orioles, Walled Lake Braves, Northville Colts, Northville Stallions, Novi Bobcats, Multi-Lakes Gators, Farmington Rockets, and Garden City Cougars.

Unit - A Unit shall consist of a maximum of four (4) Teams classified as Flag, Freshmen, Junior Varsity and Varsity.

Teams - Teams shall be considered as the name indicates.

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RULE ONE- PLAYING RULES

I. The rules of the Michigan High School Athletic Association for middle school cheerleading shall apply except as hereinafter noted; the rules of the league will be binding on all Units without exception.

See: <http://www.mhsaa.com/games/sports/chr/chrguide.pdf>.

A. All teams participating in the League will be covered under one insurance policy that will be issued to the League. Payment of the policy will be shared equally between all members of the WLJFL.

B. Swearing, fighting, and/or improper behavior will not be tolerated. Such actions will result in ejection from the game. Anyone ejected from more than one (1) game during the season will be suspended from the next game. Anyone ejected from more than two (2) games during the season will be suspended for the remainder of the season. It is the responsibility of each Unit to report such suspensions to the WLJFL commissioner in the weekly game report.

C. A cheerleader may not be on any competitive cheer/pom team, performing, fundraising, practicing or competing, during the WLJFL Season, August 1 thru November 1, unless approved by the affected units Cheer Director. Under NO CIRCUMSTANCES shall a cheerleader be permitted to compete at cheerfest if she is on a competitive team.

2. It is the duty of each Unit Director to see that the coaches are giving each cheerleader proper opportunities for participation in practice and games.

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RULE TWO- ELIGIBILITY RULES

I. Youth in Kindergarten - 8th grade for the season are eligible to cheer in the WLJFL.

II. Although every effort should be made to follow the grade level guidelines listed below, it is at the individual Unit's discretion to build their Teams. However, if a Unit decides to move girls outside these guidelines it will be to move them to a higher level and not down. This is the guideline that must be followed for cheerfest.

Flag - Kindergarten - 2nd grades

Freshmen - 3rd and 4th grades

Junior Varsity - 5th and 6th grades

Varsity - 7th and 8th grades

III. Mascots are at the discretion of each Unit

IV. A league-approved roster will be supplied (a roster with the phonetic spelling of cheerleaders and coaches must be supplied, so as to be used to announce from during the games).

V. Two (2) copies of the closed Team roster must lie in the hands of the League no later than the second game of the regular season.

VI. Minimum Team requirements and Team regulations:

A. The number of members on each Team shall not exceed the maximum of thirty (30) cheerleaders per squad.

B. Each Unit shall have a first aid kit on hand at all practices, scrimmages, and League games.

VII. The WLJFL Board of Directors discourages the participation in concurrent athletic programs.

VIII. To be eligible as a "Veteran", a cheerleader must have one (1) game during the immediate season proceeding the year in question, barring illness and/or injury, and be in good standing with Volunteer Hours. Quitting the team prior to the end of the season forfeits your veteran rights.

IX. The WLJFL Cheer Board of Directors reserves the right to waive the eligibility rules for any cheerleader as it deems appropriate or necessary. Reason for granting a waiver may include, but are by no means limited to, the physical or emotional needs of the individual cheerleader.

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Any waiver must be made, in writing, to the WLJFL Cheer Board of Directors and must be approved by a majority vote of the WLJFL Cheer Board of Directors. Waivers must be attached to the cheerleader's documentation for game day review.

RULE THREE COACHES

I. Coaches code of conduct:

- A. To provide positive support, care and encouragement for the team;
- B. To encourage good sportsmanship by demonstrating positive support for all participants, coaches, officials, board members and league staff at home and away games;
- C. To place the emotional, psychological, and physical well-being of the cheerleaders and other children in the league ahead of any personal desire, and to insist the team participate in a safe and healthy environment;
- D. To support all coaches and board members in order to encourage a positive enjoyable experience for all;
- E. To demand an environment that is DRUG, TOBACCO, and ALCOHOL free at all youth-attended events;
- F. To remember that the WLJFL is for the youth, not the coaches;
- G. To ask the team to treat other participants, coaches, board members, parents, and spectators with respect, regardless of race, sex, creed or ability;
- H. To refrain from any and all vulgar, lewd or obscene language or gestures;
- I. To direct all comments and criticisms to parents, participants, officials, and board members away from the children participating in the league;
- J. To read the WLJFL Rules and Regulations. Violations of rules may result in disciplinary action.

II. The Head Coach on each Team shall be at least 18 years of age.

III. Level Director shall keep a copy of code of conduct and concussion rules and training for each coach.

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RULE FOUR- REGISTRATION AND PHYSICAL EXAMINATION

I. Cheerleaders must play within the Unit in which they live, unless that Unit's roster is filled and/or that Unit director releases the cheerleader to play in another Unit. In the case where the cheerleader's family moves from one Unit to another Unit within their city, the cheerleader may exercise veteran rights in either the new or the old Unit.

II. Registration shall be conducted on a "lottery" or "first come first serve" basis, with preference to veterans of the previous year and immediate family members only. There shall be no tryouts for any team participating in the WLJFL.

III. Registration shall be conducted in the following format: All veterans registered with their respective Units will receive any and all literature and schedules related to that Unit.

IV. The number of cheerleaders per Team is set at thirty (30) per level for each Unit.

V. Open registration will be conducted to fill any remaining available positions on each Unit's Teams. An individual waiting list for each Unit's Teams will be created.

VI. Obtaining physicals is at the discretion of each unit.

VII. Roster Requirements.

A. Roster requirements will be left to the discretion of the Unit Director.

B. Preliminary Cheer Unit rosters and waiting lists shall be provided to the WLJFL Board of Directors and each Unit no later than the 2nd week of practice.

C. Each Cheer Unit Director shall provide the WLJFL Board of Directors with a master roster of each Team, which shall include, at a minimum, each Cheerleaders' and Coaches' name, team designation, and phonetic spelling.

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RULE FIVE PRACTICE RULES

I. Opening Practice

A. No formal or informal supervised practice or conditioning shall be held more than five (5) weeks prior to the first regularly scheduled game. Date to be established.

B. Camps may be conducted by league members. All camps will be approved by league officials and enrollment will be open to all league Units. Camp participation may not be used for team "try outs" or "cuts".

II. Prohibited Practice - prior to the first game, there shall be no more than (5) practices per week. After the first game there shall be no more than four (4) days of practice per week.

III. Practice Duration - the practice schedules shall be left to the discretion of each Unit. Practices shall not exceed two and one half hours.

IV. Practice Attendance - the level of participation in practice required of the cheerleaders, in order to be eligible for game-day play, should be defined by each individual Unit.

RULE SIX COMPETITION RULES

I. A competition shall be held at the end of each season.

II. In the event a high school host site is unavailable, the cost of the competition shall be split evenly between all Units.

III. Competition Rules shall be decided by a committee consisting of at least one representative from each Unit.

A. The rules shall be agreed upon before the start of the season.

B. The location shall be agreed upon before the start of the season. Location will be determined by lottery and be voted for by all Unit Directors.

C. No Professional Training or Professional Choreography shall be allowed by persons that are not actively involved in a Units Program. Professional Training is defined as obtaining the assistance of an active employee that is on the payroll of an accredited All-Star/Cheer gym, Dance Studio, or entity

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that proves choreography during opening practice and active football season set forth by the WLJFL.

D. Music for a Unit's pom routine may be prepared (cut and spliced) by a professional.

E. Cheerleaders shall be excluded from Cheerfest for missing five or more practices during the cheer season or at the Unit's discretion.

F. Competition consists of two portions. Pom and Cheer. At the competition pom and cheer judges will be available for each unit's routines. If judges are not made available than the portion of competition affected will be set as a showcase for all units.

RULE SEVEN WEATHER RULES

The decision to cheer at a game in inclement weather shall be strictly in the hands of the Unit Cheerleading Director. Once a decision is rendered, it shall be considered final and received in the spirit of good sportsmanship.

RULE EIGHT AWARDS

There will be no individual, team or Unit awards given by or to same unless all awards are identical and one is given to each youth at Cheerfest/Competition only.

RULE NINE COMMERCIALIZATION

Exploitation of the Western Lakes Junior Football League's program, a Unit, a team, or an individual cheerleader with the benefit or otherwise to an individual, or to a business is not permitted. The sole aim of the contributor, both in time and money, should be to assist youth, and to help make their community a better place in which to live.

RULE TEN LEAGUE MEMBERSHIP NOTIFICATION

All Units of the WLJFL will be notified at the December Football Directors' Meeting as to the status of their participation within the WLJFL for the following season.

RULE ELEVEN PROCEDURAL RULES

I. Each Unit shall receive one vote.

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II. In the event of a vote at a Cheer Director's Meeting, a Cheer Director not present at a meeting may send a proxy to the Cheer President or forfeit their vote.

III. For voting purposes, a minimum of 2/3rds (two-thirds) of representatives for each team should be represented.

IV. Cheer Directors for each Unit must be in place by February 1st of the upcoming season.

V. The Cheer Board of Directors consists of the following positions:

A. President ~ Responsible for running meetings, handling issues that arise, serving as proxy, and Casting a vote in the event of a tie.

B. Vice President ~ Responsible for fulfilling the duties of the President if the President becomes unable to do so.

C. Secretary ~ Responsible for recording and distributing minutes; scheduling meetings.

VI. All rules and the intent thereof, as published herein, including their enactment and enforcement, shall be the responsibility of the Western Lakes Junior Football League's Board of Directors.

WESTERN LAKES JUNIOR FOOTBALL LEAGUE (WLJFL) CHEERLEADING RULES

Revised 3/16/14