

The Livonia Junior Athletic League (LJAL) Cheer Rules

Operation

- The LJAL Football and Cheer program operates in four Units based on boundaries outlined at the www.ljal.com website; Blue Jays, Eagles, Falcons and Orioles
- The Cheer program is organized and overseen by Cheer Directors or Cheer Coordinators (as many or as few Cheer Directors and/or Cheer Coordinators to adequately complete Cheer Duties as determined by each Unit); this title is the decision of each Unit, however responsibilities are the same
- The LJAL is a volunteer organization and all Families are required to fulfill their Game Day volunteer requirements within their Unit. If these volunteer requirements are not met each season, your families' veteran status will be lost
- Each Unit will provide families with their available volunteer positions and required volunteer obligations each season
- These positions consist of; concession stand operations, concession set-up or break down, field set-up or break down, clean-up, and 50/50 raffle sales, among other miscellaneous jobs.
- Each family is required to participate in a mandatory raffle fundraiser within their Unit
 - Ticket sale requirements are at the discretion of each Unit and may not be equal between Units within the LJAL

Equipment:

A cheer skirt and shell will be provided to each cheerleader for use during the season. Poms, jackets and bags may also be provided by individual units. These items are to be returned at the conclusion of the season.

Camp Pack Items:

A mandatory camp pack fee will be due from each family each season. This fee will be set by the LJAL before registration begins. Items included in this camp pack will cover each cheerleader for the entire cheer season. These items are sized specifically to each cheerleader and will remain with them once season is completed. Items included are as follows:

Cheer Shoes	Crop Top/Bodysuit	Boy Short (spank)
Cold Weather Top	Cold Weather Pant	Bow(s)
Event T-shirt(s)	Camp(s)	

Priorities

- Cheer participants are to be respectful to each other, those who teach your child and those who help operate our program; JR Coaches, Coaches, Cheer Coordinators and Football Directors
- Cheer at all games (sideline Cheer and half time routine); this is the main priority of the LJAL
- Attend Cheerfest; this is an additional activity allowing Cheerleaders to sample Cheerleading at a competitive level
- Support our community as a service organization; this is allowed as the Football Game Schedule and Unit Activity schedule allows
- Have Fun!

Rules

- Abide by The Official WLJFL Cheerleading and Cheerfest Rules; rules can be found on the www.wljfl.com website
- Abide by the LJAL Football & Cheer Codes of Conduct
- LJAL requires that all Cheerleaders enrolled in the Cheerleading program will be eligible to participate in Cheerfest; However if a child is enrolled or participating in another competitive Cheer or Pom program during the WLJFL season, they are not eligible to participate in Cheerfest
- Cheerleaders are encouraged to attend every practice. Cheerleading is a commitment and success is only achieved by practice and attendance by all participants.
- If frequent practices are missed, a child is constantly arriving late or leaving early, a discussion will occur between the Parents, Cheer Coaches and Cheer Directors or Coordinators to determine if your child's attendance can be corrected. If an attendance concern persists, the final participation decision is determined by the Cheer Directors or Coordinators for participation in the upcoming Game Day half time routine and/or Cheerfest.
- Cheerfest is a competition, row assignments are determined in which best allows success for the team during this competition. Total Absences, arriving late/leaving early, knowledge of the routine and overall child's performance as determined by the Cheer Coaches, Cheer Directors and/or Coordinator can affect your child's row assignment for this competition
- LJAL requires that All Cheerleaders rotate row assignments while Cheering at games/sideline Cheer and also Cheerfest routine formations for pom & cheer.
- LJAL requires **ALL** participants and families to follow our Social Media Policy

High School Camps (if offered)

- Voluntary only and open to all girls
- Camps are to provide fundamentals only (cheers, stunting, formations)
- **NO** routines taught at camps are eligible for use at the Cheerfest competition unless agreed upon by the Western Lakes Junior Football League Cheer Board of Directors
- Camp is run by High School staff/students. Adult LJAL coaches may offer assistance if needed.

Coaches are expected to:

- Follow practice plans/guidelines approved by Cheer Director and/or Cheer Coordinator and Football Directors
- Teach fundamentals to **ALL** girls
- Teach new and established routines to **ALL** girls including:
 - Traditional Unit Cheers
 - Current Season Unit Cheers
 - Family Day Routine
 - Cheerfest POM routine
 - Cheerfest Cheer routine
- Create half-time routine prior to 1st game.
- Select music for Cheerfest and receive approval from Cheer Director and/or Cheer Coordinator **prior** to creation of Cheerfest routines. If music is not age appropriate, coaches will be asked to select different music or edit song as deemed necessary.
- Cheer Directors or Cheer Coordinators are to approve/select Assistant Coaches and Junior Coaches
- Attend Coaches Clinics
- Notify Cheer Directors and/or Cheer Coordinators of absences from practice/games.

Junior Coaches:

- Follow guidelines provided by each unit for attendance, dress code, cell phone use, code of conduct, etc...
- Junior Coaches are allowed at each level. The number of Junior Coaches is determined by each Unit (as many or as few Junior Coaches to adequately assist with the Units Cheer Program)
- Cheer Director or Cheer Coordinator and Cheer Coaches are to determine involvement of Junior Coaches
- Junior coaches are to assist with teaching skills to the cheerleaders. They are not to discipline the cheerleaders in any way.
- Junior Coaches must notify coaches of absences.
- Know that you are the biggest impression on our young cheerleaders. They look up to you for guidance and approval. Enjoy yourself!