



# 2016

**Cheer Policies & Procedures**



## 2016 Cheer Policies & Procedures

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## ***2016 Cheer Policies & Procedures***

### **MISSION STATEMENT**

This Corporation was established as an instructional youth football and cheerleading league to teach and promote the highest ideals of sportsmanship, fellowship, teamwork, and dedication. Our emphasis will be on playing the game and not winning at any cost. We will provide athletic participation as a recreational pursuit, and competition for all participants regardless of race, creed, color, religion or sex, by providing a supervised football and cheerleading program for eligible participants. We offer the opportunity for adult members to coach, supervise, instruct or otherwise participate in the activities of the Corporation.

### **MOTTO**

**“YOUTH FIRST, SPORT SECOND”** is the motto of the Frisco Football League (FFL). All actions and decisions will be predicated on the advancement of this ideal.

### **REMARKS**

The FFL policies and procedures are written as a guideline to govern football & cheer. The FFL Board will refer to the University Interscholastic League (UIL) and NCAA rules to make a decision regarding any situation, which arises, that is not covered by this handbook.

### **CHEERLEADING POLICIES**

#### **ELIGIBILITY**

- A. Each participant must register with the FFL and must be residents of the city of Frisco or live within the Frisco Independent School District (FISD). Non-city and FISD residents will be considered on an exception basis. The purpose of required approval is based solely on the team and field availability determined by the Board.



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- B. A participant must be at least 5 years of age on or before September 1st of the registration and not more than 13 years of age. Any age variances must have Board approval.
- C. Divisions are determined by age. Cheerleaders will cheer in the division according to their age level for the fall football season.

Age Division	Grade Level
Cheer 5	Kindergarten
Cheer 6	1 <sup>st</sup>
Cheer 7	2 <sup>nd</sup>
Cheer 8	3 <sup>rd</sup>
Cheer 9	4 <sup>th</sup>
Cheer 10	5 <sup>th</sup>
Cheer 11/12	6 <sup>th</sup>

- D. Age will be the primary driver for placing a cheerleader in a division. At registration a parent may request that a cheerleader be placed in a division based on grade. **They may cheer “up” no more than ONE year and ONLY to cheer with or for a sibling.** A cheerleader may not cheer down for any reason other than cheering to grade.
- E. Eligibility variances to the standards listed in item D will be governed as follows:
- An FFL ‘Eligibility Appeal – Request Form’ must be completed no later than registration.
  - All FFL Cheer eligibility appeals require FFL Board approval.
  - Appeals are considered based on the specific individual’s needs and the team’s best interest.
  - Eligibility variations are subject to review and may change at any time.
  - Eligibility appeals only apply for one season.

## **TEAMS**

- A. All participants will be assigned to teams according to their age and/or grade.
- B. All cheerleaders are divided equally among the cheer squads formed in their own division.
- C. In the event that the League needs teams to cheer in another division due to numbers, the Coaches will be advised. For example, the number of football teams in the



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7 division is more than the cheer registrants for the 7 division. The League could have 6 division cheerleaders in the 7 division.

- D. Coaches must use their regular roster in all post season games & other events.

### **TEAM COACHES**

- A. **Each team shall have a certified Head Coach.** All new incoming head cheer coaches must be interviewed by the Cheer Selection Committee before he/she is given a squad. Squads **WILL NOT** be awarded to any applicant that has not been interviewed.
- B. All coaches will be responsible for seeing that their assistants and cheerleaders conduct themselves in a manner as to attain to the purpose of this organization.
- C. All Cheerleaders must be utilized in every cheer and routine.
- D. All cheerleaders must be under direct supervision of a certified FFL coach or their respective parent at every practice plus before, during, and after the game until released by the coach. Coaches will not leave cheerleaders alone on the game or practice field unless supervised by certified FFL coach or the cheerleader's parent.
- E. During a scheduled event, coaches will not allow any cheerleaders to leave the field during the game without a certified FFL coach, or that said cheerleader's parent/guardian with them. Cheerleaders should only leave the field in case of an emergency or a restroom break.
- F. The FFL Board Designee recommends Head Coaches to the Board for final approval. The FFL Board will award each head coaching position based on a combination of Interview, background check, and Coach's Application.
- G. Head Coaches may select their Assistant Coach(es). The FFL recommends that each team have a minimum of (2) certified assistant coaches. Assistant Coaches must be registered, have a completed background check, and FFL certification on file.
- H. Must report all injuries to the League President on the provided League "Accident Report Form", within 7 days of injury, or the next game day, whichever comes first.
- I. Will teach cheerleaders the rules and fundamentals of cheerleading.
- J. Must keep an attendance record of all practices.
- K. Head Coaches will select a lead assistant coach who will be in charge in their absence.



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- L. Must report to the Board any cheerleader who drops out of the program, within twenty-four (24) hours.
- M. If any cheerleader will not be allowed to cheer in a game, the Head Coach must notify parent/guardian, cheerleader, and FFL **Cheer** Board by filling out a "Player Participation Form" and return it to the FFL **Cheer** Board, 24 hours before game time. Specific reasons and records must be submitted to justify said actions.
- N. Will treat all cheerleaders equally and will stress the fact that cheerleading is a team sport. One or more Head Cheerleader (or Captain/Co-Captain/Team Leader) will be rotated weekly and each cheerleader will be Head Cheerleader (or Captain/Co-Captain/Team Leader) at least once.
- O. Will not administer medication.
- P. Will ensure that squad members have water at all practices and games.
- Q. Warm-up exercises and stretching should precede all practice sessions, pep rallies, games, competitions and other physical activity.
- R. The cheering surface, location, lighting and weather conditions should be taken into consideration before engaging in physical activity.
- S. One coach from each squad must attend the League organized Stunting Clinic and Cheer Coach Clinic to learn the proper techniques for stunting and obtain information about game day expectations. All coaches are encouraged to attend. Attendance is **mandatory** in order to allow teaching/instructing stunts to cheer squad and enabling them to perform said stunts at games or other events.
- T. Cheer coach attire for games should be in good taste and represent your team colors and illustrate that you are serving as coach to said squad.
- U. Coaches are not automatically guaranteed a team following their first season – the decision on if they are asked to return will be made by the cheer board members based on information from the previous season as well as retention of girls from the previous season.

### **ALL COACHES CONDUCT**

- A. The FFL regards bad sportsmanship as unnecessary and completely intolerable. Coaches are constantly being monitored and are considered role models, and will be held to an extremely high standard.
- B. All FFL coaches are required to demonstrate positive sportsmanship in respect to their players, cheerleaders, team, parents, opposing team's players, cheerleaders, parents,



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coaches, and game officials. Coaches who are unable to demonstrate proper sportsmanship will be suspended from further coaching in the FFL. **\*\* Please be aware of what you post on social media, none of it is private and IS grounds for removal.**

- C. Any coach who is ejected from a game for un-sportsmanlike conduct will be required to leave the complex and will be unable to attend practice for the next week, or coach in the next scheduled game. The Coach will be required to meet with the Board or Board Designee(s) in order to resume coaching. This includes post-season play. The continued demonstration of improper sportsmanship may constitute suspension from any number of practices, and games, as the FFL Board deems necessary. **No appeal is offered for a coach who has been ejected.**
- D. Coaches are responsible in assisting referees with the sportsmanship of all-playing and non-playing team members, as well as spectators, and fellow coaches.

### **ALLOCATION OF SQUADS**

- A. The number of squads, and number of cheerleaders per squad, will be determined based on the availability of Cheer Coaches, the number of registered cheerleaders, and the number of football teams. The League will make every effort to provide cheer squads for every football team, but it will depend on the number of available squads in each division.

**B. Recommended squad sizes:**

- 5 and 6 Divisions - approx. 6-10 members
- 7, 8 Divisions – approx 8 to 12 members
- 9, 10 Divisions – approx. 10 to 14 members
- 11/12 Division – approx 12 to 15 members

**\*\* Please note these are approximations only and will vary based on enrollment numbers each season**

### **DRAFT – SELECTION OF PLAYERS**





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- A. All cheer squads will be created through the draft process. **New squads are created by protecting a maximum of three (3) cheerleaders.** (A Head Coach and two (2) Assistants). Returning squads will draft new cheerleaders based on open positions on their roster
- B. All returning cheerleaders wanting to play for the same Head coach will be returned to their team roster. All new cheerleaders coming into the league will be placed in the draft. The cheerleader is eligible to any coach who wants to draft her.
- C. Any returning cheerleader, who does not want to return to her coach or team, will be placed into the draft. The cheerleader is eligible to any coach who wants to draft her except the previous year's Head Coach.
- D. All registered cheerleaders will have their name, birth date, and school listed on the draft sheet
- E. All Draft decisions are final and there will be no negotiating, coach agreements, or trading of cheerleaders. Head coaches make draft picks at the cheer draft.
- F. All Draft sheets will be turned in to the FFL Board Designee at the conclusion of the draft.
- G. **The FFL does not honor requests to play on a particular team, for a particular coach or to "play with a friend"**
- H. Squads with low retention rates from year to year or other matters deemed appropriate may be disbanded at the discretion of the FFL Board. Cheerleaders affected will be placed into the draft. This decision cannot be appealed.

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- A. New squads will draft first (Draft order for more than 1 new team will be determined by a blind number draw). All returning squads draft order will be determined by blind number draw.
- B. When siblings are involved, a coach drafting one must draft the other at the same time. Any deviation from this will require the parents' consent.
- C. The FFL Board Designee(s) will place participants who register after the official draft, and do not attend the scheduled Uniform fittings.
- D. **CHEER TRANSFER REQUEST: No Returning Cheerleader will be allowed to transfer to another squad. They must enter the draft.**
- E. Cheerleaders that quit a squad prior to the season, or during the season may be replaced with a new replacement cheerleader. It will be the decision of the Board to replace a cheerleader. Admittance of the replacement cheerleader will be at the discretion of the Board and the Board will be the final authority concerning the status of the replacement cheerleader. Availability of replacement cheerleaders is dependent on the number of participants on any potential waiting list.
- F. Cheerleaders who were not on a squad's final roster the previous year for whatever reason and now wish to participate again will be placed back into the Draft.



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- G. Cheer Coaches must notify their squad members with 48 hours of receiving the Final Roster. The league must be notified in a timely manner of any issues with the roster and this must occur before uniforms are ordered.

### **PRACTICES**

Practice is defined as a gathering of cheerleaders, prospective cheerleaders, a squad or individual cheerleaders on a squad to discuss the subject of cheer, to view videos, to exercise, or to study the sport.

- A. **For 5/6 division**, a maximum of two (2) practices per week are permitted all season. **For all other divisions**, a **maximum of three (3) practices per week** is permitted until the season begins. Once the season begins a max of 2 practices per week are allowed.
- B. Practices on Sundays are not recommended. **If you choose to practice on Sundays, the head coach cannot reprimand the cheerleader or the cheerleader's parents for not showing up on any Sunday practice. All age division squads are allowed a maximum of two (2) practices per week during the regular season.**
- C. **5/6 division** practices must not exceed 90 minutes and only one (1) practice may be held per day. **All other divisions**, practices must not exceed two (2) hours and only one (1) practice may be held per day. Participants must be released by 9:00 PM.
- D. Conditions of cheerleaders must be watched, especially during hot weather. Frequent breaks will be provided throughout the practice for water.
- E. Practice will stop immediately if, in the coach's opinion, deteriorating weather (i.e., lightning, wind, etc.) might cause injury to the participants.
- F. All practices will be held in a location suitable for the activities of cheerleaders, away from excessive noise and distraction, etc.
- G. Cheer Coaches must register their practice location, days, and times with their Director of Cheer Coaches. The Director of Cheer Coaches will consolidate the location requests and publish the results. Conflicts between squad requested practice location/day/time will be resolved using the date/time that the Coach registered their practice schedule. The earliest registration will be given preference.
- f. Before the games start for the season if the coach chooses to they may combine the time from 2 practices and hold 1 "team camp" day. For 2016 this must be done between Aug 13 (first practice day) and Sept 4<sup>th</sup> and MAY NOT be on a week night once school starts - 5/6u this would be 3 hours and 7u and up this would be 4 hours. It



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would take the place of 2 practices that week and is COMPLETELY optional – this is to assist those teams with multiple activities and provide an opportunity for the coaches to teach the bulk of their material at one time.

### **GAME PROCEDURES**

- A. Cheerleaders must arrive 30 minutes prior to game time for proper warm-up. Cheerleaders must remain along the sidelines performing cheers and chants throughout the football game. **For the 5/6 division cheerleaders must be set up on each endzone.**
- B. At half-time cheerleaders will take the center of playing field and be introduced to the spectators. The visiting squad will be introduced and perform at the center field first, then the home team will be introduced and perform at center field. Performances may be choreographed dance routines, cheers/chants with stunting or a combination of these. **5/6 division has 2 mins for their halftime performance. All other divisions have 4 mins for their halftime performance.** 5/6 you must bring your own speaker if you wish to have music at half time.
- C. Following each game the cheerleaders and coaches should line up with the football team to congratulate the opposing team on a good game, win or lose.
- D. It is encouraged that at the end of each game the cheerleaders are to meet, in a huddle, with the football team, for a short meeting with the football and cheerleading coaches. Cheerleaders will be released by the coaches and shouldn't leave before that time.
- E. Cheerleaders should stand at a cheerleader stance while on the sidelines and the fields.
- F. All music, dance & cheers must be done in good taste. It is the head coach's responsibility to be aware of what is in the music and make sure all lyrics are "classroom appropriate". If the music would not be appropriate in a classroom setting, it does not belong in the FFL. Lyrics using profanity, or regarding the use of drugs, alcohol, or sexual activities are NOT allowed. Any performance or music viewed as improper will be requested by the Board or Board representative to immediately stop performance.

### **STUNTING SAFETY GUIDELINES**

DEFINITIONS: **Base** – The bottom person(s) of a partner stunt or pyramid. **Flyer** – The top person of a partner stunt or pyramid. **Girl high** – designates how many flyers can be up on one base, i.e. in creating a pyramid you may have 3 bases and 2 flyers, therefore



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you have 2 “girls up”. **Two high** – is defined as the base having at least one foot on the ground. **League Approved Spotter** – Any individual chosen by the Head Coach to assist in spotting must be approved by the League if that person is not already approved as a coach for cheer by the FFL. **Mandatory Back Spotter** – A mandatory cheerleader serving as a back spotter is required on all stunts at chest level and above (i.e., prep or extension). **Mandatory Safety Spotter** – All stunts that are at or above chest level **MUST** include a safety spotter who is a certified coach or a league approved adult that stands within arm’s length of the stunt to ensure safety. At least one (1) certified coach must be present as a spotter at ALL cheer events to allow for stunts to be performed.

- FFL Game Day trainers are the sole authority to diagnose a player experiencing concussion like symptoms. If a cheerleader is diagnosed with a concussion, they will be removed from the current game and will be subject to the FFL Return to Play Policy found on the website.
- A. All partner stunts and pyramids are to be performed **only** if the squad has been taught proper mounting, dismounting, and spotting procedures. The Head Coach is responsible for learning proper techniques prior to instructing the squad (**see “Team Coaches” section, letter U**). Any stunt/pyramid that is observed being performed without proper mounting, dismounting, or spotting in place will be called down immediately, whether during a practice or game, and may not be performed again until approved by the Vice President of Cheerleading.
  - B. All partner stunts and pyramids are limited to two persons high. Pyramids may extend to 3 persons high if the lower levels are on their hands and knees and the total height of the stunt does not exceed 10 ft.
  - C. Stunting guidelines are based on the participant’s age. Participants outside the three (3) month appeals window must follow the stunting guidelines for their age division. For example: If an 8 year has received FFL Board approval to cheer on a 9 squad, they must adhere to the 8 stunting guidelines.
  - D. 5 and 6 division cheerleading squads may perform partner stunts and pyramids that are limited to “one girl high” and BOTH flyer’s feet are at a maximum height of hip level with mandatory **back** spotters on all flyers.
  - E. **7, 8 and 9** division cheerleading squads may perform partner stunts and pyramids that are limited to Prep Level ( “two girls high”) and flyers feet are at a maximum height of chest level ( in a prep) with mandatory **back and safety spotters** on all flyers. The partner stunt, shoulder sit, is allowed in the 7 and 8 divisions since the weight is carried below chest level during the mount. However, a shoulder stand is not allowed. **7 Division – flyer must be on 2 feet at prep level . For 8 and 9 divisions Flyers may be on**



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**ONE foot or 2 feet at prep Level - Liberty, heel stretch and scale are the ONLY positions on 1 foot that will be allowed. Flyers are not allowed to basket toss or cradle at this level they must use a sponge dismount.**

- F. **10 and 11/12** division cheerleading squads may perform partner stunts and pyramids that are without limits regarding a height level or flyers but requires mandatory spotters: Certified Coaches or League Approved Adults as **safety spotters** are mandatory on all flyers at and above shoulder level. 2 feet required at extension level– **one foot stunts are allowed at prep level as noted in the 8,9 division with the same limitations on which positions are allowed.**
- G. Landings for all jumps must bear weight on at least one foot.
- H. **Cradles are allowed only in the 10 & 11/12 Divisions.** (A cradle is defined as a dismount from a partner stunt or pyramid in which the top person is caught in a face-up, pike position before being placed on the floor or remounting into another stunt or pyramid.)
- I. All tosses and higher risk stunts are allowed **only** in the 11/12 Division, with FFL **Cheer** Board approval.
- J. Basket tosses, toe pitch tosses or similar tosses are limited to one flyer and must be dismounted to a cradle position by two of the original base plus an additional spotter at the head and shoulder area. These tosses may not be directed so that the bases must move to catch the top person.
- K. Participants may not pass over or under other participants from tosses. Participants may not tumble over or under individuals or over, under, or through partner stunts or pyramids.
- L. The following tumbling, partner stunts, and pyramids are prohibited: knee drops; tension rolls and drops; helicopter tosses, single based split catches; toe or leg pitch flips; backward suspend rolls; single based rolls; swan dives; backwards dismounts; full downs or forward flips. Generally, no hip overhead rotation unless from the ground up.
- M. The use of trampolines, springboards or other height-increasing apparatus is prohibited.
- N. These safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics (including tumbling, stunts and pyramids) should be carefully reviewed and supervised by a qualified and knowledgeable coach. Any partner stunt or pyramid in question should be directed to the FFL **Cheer** Board.

### **CHEERLEADER RESPONSIBILITIES**



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- A. Cheerleaders will be expected to respect their coaches' judgments and instructions.
- B. Profanity and un-sportsmanship like conduct from any participant will not be tolerated.
- C. All cheerleaders will be required to attend and participate in 75% of a team's practice and games in order to be considered for cheering at scheduled games. If a cheerleader does not meet the 75% requirement prior to each scheduled game, the DC or FFL Board Designee, must be notified in writing on an FFL "Player Participation Form" no less than 24 hours prior to the start of the next game. All cheerleaders are also required to attend and participate in 75% of the practices for competition should the squad choose to compete. Failure to attend the required amount of practices will result in the cheerleader not being allowed to compete. This decision will be made by the Cheer Committee.
- D. The coach is to determine the cheerleader's participation in that week's game and will contact any cheerleader with an unexcused absence.
- E. No cheerleader is to attempt any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps) without receiving proper training from a qualified instructor, trainer, or coach.
- F. Cheerleaders must have hair neat and pulled back (if longer than shoulder length) for all cheerleading activities, including practices.
- G. Cheerleaders must be in complete uniform for all cheerleading activities and without jewelry, except practices.
- H. It will be the responsibility of the cheerleaders to learn all cheers and dance routines to the best of their ability.
- I. Cheerleaders are responsible for cooperating with their teammates and coach(s) and must exhibit good sportsmanship at all practices, games, and other FFL activities.
- J. Each cheerleader must remain on the sideline for the duration of the games.
- K. There shall be no food or gum during pre-game warm-ups, games, or practices, except during schedule breaks. During schedule breaks, cheerleaders may have drinks and snack provided by designated parent.
- L. Cheerleaders are expected to dress appropriately for practices (comfortable clothing and cheer shoes-no sandals or thongs). Remember practices are held outside, so dress for the weather.
- M. Cheerleaders must wear athletic shoes at all FFL games and practices (no gymnastic slippers are allowed at any time).
- N. Failure to comply with the above policies could ultimately result in suspension of cheerleader in future FFL events. First infraction will begin with a verbal warning.



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Second infraction will be a written warning to cheerleader and parent/guardian. Third infraction will result in sitting out game with written notification to cheerleader, parent/guardian, and FFL Board. Mediation will be utilized if infractions continue to occur which could result in suspension from the FFL.

### **CHEERLEADER PARENT/GUARDIAN RESPONSIBILITIES**

- A. Parents are asked to comply with the “Parent’s Code of Ethics” outlined in the FFL Policies and Procedures Handbook (see “League Policies” section)
- B. Parents/Guardians are expected to cooperate with coaches and officials and support them in their endeavor to teach good sportsmanship and manners.
- C. Parents/Guardians must see that their cheerleader is in uniform for all games and FFL activities, except practices.
- D. Parents/Guardians must see that their cheerleader has transportation to and playing field on time and is picked up on time.
- E. Parents/Guardians should attend games and show enthusiasm for cheerleaders and players.
- F. Parents/Guardians are expected to ensure their cheerleader remains on the sidelines for the duration of the game.
- G. All communication during the game must go through the coaches.
- H. Notify a member of the Cheer Committee immediately with any concerns regarding any head and or assistant coach.
- I. Failure to comply with the above policies could result in suspension of child in future FFL events.
- J. Parents/Guardians shall assist in League designated responsibilities; i.e. registration, Extravaganza, etc.

### **UNIFORMS**

- A. Full dress uniforms shall be approved by the FFL. Uniforms MAY NOT be altered or enhanced in any way. Uniforms must match their football team colors – no added pink or any other color that is not a “team color” is allowed.



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- B. Parents/Guardians of the cheerleaders are responsible for purchasing the uniforms and any other approved accessories.
- C. Uniforms must be neat and clean at all times. Cheerleaders not maintaining their uniforms to these standards will not be allowed to participate.
- D. Shoes shall be uniform among squad members. NO COWBOYS BOOTS OR UGG BOOTS OF ANY KIND ARE ALLOWED WHILE CHEERING
- E. No jewelry, except stud earrings, may be worn during any games or practices.
- F. All Head Coaches are entrusted with the responsibility of ensuring that Accessory purchases are maintained to a minimum and agreed upon as a squad. The total cost of these purchases may not exceed \$125 and this does include the purchase of cheer shoes only if your coach is requiring a certain shoe. All expenditures outside of registration and uniform fees are optional. Sponsorship money may be used to procure additional items above the \$125 limit. **ALL girls on the squad must have the same accessories.**

### **FFL CHEER EXTRAVAGANZA**

**THESE GUIDELINES WILL BE REVIEWED PRIOR TO THE END OF SEASON EVENT. ANY RECOMMENDED CHANGES MUST BE PRESENTED TO THE FFL BOARD FOR APPROVAL.**

- A. It is **mandatory** that **ALL FFL cheerleading squads participate in Cheer Extravaganza.** Failure to participate will result in suspension of the Head Coach. Suspension time will be determined by the FFL Board and will be applied to the following cheer season.
- B. Each team must perform a combination of cheer and/or chants, dance routine and jumps.
- C. FFL cheerleading uniforms are mandatory at the Extravaganza. There will be no alterations of any kind to the uniforms. In keeping with other organized competitions, only regular uniforms, pom-poms, megaphones, and hand held signs might be used.
- D. It is the responsibility of each head coach to select music, choreograph a routine, and prepare a selection of cheers to be performed at the Extravaganza. It is acceptable for the members of the squad to aid the coach in the choreography of the routine. **It is unacceptable to seek assistance from a cheer or dance professional to critique, polish, or make suggestions to your routine.** It is acceptable to or use routines taught at FFL Camps (any level) for creation of the routine.
- E. Music must be submitted to the FFL Board Designee, for approval, at least one week prior to teaching the routine to the cheerleaders or one month prior to the competition date, whichever occurs first (a copy of the music will remain with the FFL Board





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- Designee). Team music not submitted and approved by the FFL Board Designee will be grounds for elimination from competition and suspension of further coaching in the FFL.
- F. Each squad will be allowed 3 minutes for their performance. The time will start with the First Choreographed Movement, Music, or synchronized word.
  - G. There will be a mandatory meeting to cover final competition details. ALL teams are required to send a certified FFL coach (Head Coach/Asst.) as a representative. The Cheer Board will set the meeting for September. Failure to have the proper representation at the meeting will result in suspension of further coaching in the FFL.
  - I. An FFL League representative will sit with or near the Judges and review routines for adherence to FFL Policies and Procedures, and Cheer Extravaganza Guidelines.
  - J. **Coaches for 5 & 6 divisions may sit in front and call out counts or help “remind” their squad of motions. All other divisions, coaches may not assist in any way with counts or calling out or doing motions on the sideline. Coaches on the field as safely spots MAY NOT talk to their girls while they are performing - and they may not assist in getting stunts up – they are there for safety only. Any coach doing any items listed above will have their squad disqualified for getting an award.**

### **FFL CHEER EXTRAVAGANZA RECOGNITION**

- A. All cheerleaders in each age division will receive participation awards.
- B. Four award categories will also be awarded in age division.

AWARD Categories FOR 2016 are TBD

No team will receive more than one recognition award per category, per age division. In the event of a tie between two squads the judges have the final say on the tie breaker so that no two squads will be awarded for the same category.

### **LEAGUE POLICIES**

#### **PARENT AND SPECTATORS**



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- A. Parents will acknowledge a Parent's Code of Ethics prior to the season, and are requested to conduct themselves accordingly; and in a manner as to attain the mission and adhere to the motto of the organization.
- B. All parents and spectators will be expected to demonstrate positive sportsmanship. Young athletes form attitudes from what is demonstrated by their parents and coaches. Parents and spectators who cannot demonstrate proper sportsmanship will be required to leave the game complex and will not be allowed at the next game. **This expectation of behavior applies to all team practices, functions, and events.**
- C. If a parent is ejected from a game, their child is also subject to ejection from the game.
- D. A parent ejected from a game will leave the complex immediately and is considered ejected for "one" (1) week. This would include all remaining FFL games scheduled that day at all locations.
- E. If a parent has a complaint concerning a game official, officiating, or judging; that parent should voice their complaint concerning this matter to their HEAD COACH. The Head Coach is the first point of contact and they will discuss the matter with the official involved at an appropriate time. If satisfaction is not obtained at this level, the parent has the right to file a formal complaint that will be handled by the Board.
- F. Parents will notify the Board immediately with any concerns regarding a Head Coach or an Assistant Coach.
- G. Parents and Spectators are not allowed in the TEAM AREA no closer than 5-yards from the game field. Parents and spectators are not allowed inside the 10-yard line extending around the back of the end zone to the opposing team's 10-yard line.
- H. Parents and spectators are NOT allowed on the field of play at any time. This includes **halftime**. All parents and spectators should be respectful of the cheer teams that are performing.

### **PARENT CODE OF ETHICS**

- A. Each Parent in the FFL should strive to confirm to the following pledge: **I hereby pledge to provide positive support, care, and encouragement for my child participating in the Frisco Football League by following this Parent Code of Ethics Pledge:**
  - a. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other Frisco Football League event.
  - b. I will place the emotional and physical well-being of my child ahead of a personal desire to win.
  - c. I will insist that my child play in a safe and healthy environment.



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- d. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- e. I will be responsible for transporting my child to and from all FFL events, arriving at the appointed time, and picking my child up at the end of the scheduled event.
- f. I will demand a sports environment for my child that is free from drugs and alcohol, and will refrain from their use at all Frisco Football League events.
- g. I will remember that the game is for youth athletes, and NOT for adults.
- h. I will do my best to make the Frisco Football league experience FUN for my child.
- i. I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, creed, or ability.
- j. I promise to help my child enjoy the youth sports experience by doing whatever I can, be that being a respectful fan, assisting with the coaches, or providing transportation.
- k. I will require that my child's coach be trained in the responsibilities of being a youth football/cheer coach and that the coach upholds the Coaches' Code of Ethics.
- l. I will strive to attain the mission of this organization, and adhere to the motto of this organization: "YOUTH FIRST, SPORT SECOND".
- m. I will adhere to all posted city ordinances while attending all FFL functions. This includes City parking restrictions and the no dogs allowed in parks policy.

### **SPONSORS**

- A. Individual football and cheerleading teams will solicit for team sponsors. All sponsorship checks are made payable to the Frisco Football League (FFL). Sponsorship fees are the property of the FFL.
- B. There will be no unauthorized solicitation of funds or products from team sponsors.
- C. Team designated Sponsors: Coach must adhere to all guidelines set forth in the Team Sponsorship Form:
  - a. Turn in the completed Sponsorship Form to the League at FFL, PO BOX 2136, Frisco, TX 75034.
  - b. All sponsorships received by October 1<sup>st</sup> will be listed in the End of Season Program.
  - c. All sponsorships received by August 1<sup>st</sup> will be issued their team check by August 15<sup>th</sup>. Sponsor money received after August 1<sup>st</sup> will be issued during the regular season at Board discretion.
  - d. Head Coach is responsible for picking up and delivering the Sponsor Team Plaque.



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- e. The FFL Board will issue Sponsor acknowledgement letters for tax purposes at the close of the season.
- f. Head Coach will be responsible for providing any applicable information for web site / banner advertising to the League.
- g. Any complaints from Team Sponsors will be directed to the appropriate Head Coach.
- h. Head Coach will provide documentation of receipts for all items purchased with the Sponsor monies to the League upon request.

### **FUNDRAISING**

- A. No Team fundraisers are allowed unless submitted and approved by the FFL Board.
- B. The FFL Board will not be held accountable in the case of unauthorized fundraisers.

### **VIOLATIONS**

- A. Any person witnessing misconduct from any FFL member during an FFL function should report directly to a Board member.
- B. If any adult with the FFL is found guilty of misconduct in any way, such as fighting, intoxication, using abusive language, etc. at games or practice sites, the Board will take action. The Board will not be tolerant of violations.
- C. Any coach failing to fulfill their duties will be subject to probation or suspension.
- D. Use of alcohol products by any member will not be allowed during a team game, practice, or FFL sponsored event. The Head Coach is solely responsible for ensuring that the use of these substances is not permitted during all aforementioned functions especially in the presence of minors.

### **AWARDS**

- The FFL will furnish individual awards to all participants at the end of the season. The Board will approve all awards selected.



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### **REFUNDS**

- A. There shall be NO refunds of registration fees unless there is an appeal application that is denied. All registration fees will be assessed a \$30.00 administrative fee.
- B. Football equipment purchases are NON-refundable. Parents will approve all equipment sizing. The League is not responsible for equipment that does not fit, but will assist in getting it corrected.

### **EXPENDITURES**

- Besides the regular expense of registration and any necessary football or cheer equipment; parents may be required to fund the expense of such things as: game pants, helmet decals, gifts, team equipment, parties, etc. These expenses should be held to a minimum and should be the decision of the Head Coach and team parents to monitor these expenses within reason. Any unusual or unnecessary funds should be brought to the attention of the FFL Board. We encourage all coaches and teams to take advantage of the team sponsor program to help cover these expenses. The expenses will NOT EXCEED: \$125 for any tackle and cheer team or \$75 for any 5/6 Flag or AIR ASSAULT team.

### **CORPORATE DOCUMENTS**

- A. The Articles of Incorporation, bylaws, and financials of the Frisco Football League, Inc. (FFL) may be obtained from the Corporation for a fee of \$50.00. Requests must be submitted in writing to the FFL, PO BOX 2136, Frisco, TX, 75034.
- B. The FFL Bylaws will take precedent over any possible conflicts with this manual.