

Youth Cheerleading Rules

Age Requirements:

Players must be between the ages of 6-13 years old. A player cannot turn 14 before the September 1st. of the current year.

Purpose:

The purpose of the Ayden Arts and Recreation Youth Cheerleading Program is to provide a wholesome recreational activity for boys/girls ages 6-13 that will help them to build self-esteem and teach them the basic fundamentals of cheering.

The program is designed for the following purpose:

- To help participants learn the basic skills of cheerleading.
- To help participants develop self-discipline and build positive attributes such as teamwork, respect for authority and good sportsmanship.
- To teach the benefits of positive attitudes and lifting the spirits of players and fans.

Fields Rules and Sportsmanship:

- No alcoholic beverages are allowed on recreation property. This is a state law. If necessary, proper legal action will be taken to enforce this rule.
- A coach, player, or spectator with alcohol on their breath will be asked to leave the recreation area.
- No tobacco products—smoking, chewing, dipping, etc. are allowed on the field or spectator area.
- No profanity
- No negative cheering
- Children not participating must be under supervision by a parent/adult at all times. No children may be unattended at any time in any facility.

General Players Rule:

- No gum, candy or other food in mouth while cheering.
- Jewelry is not allowed while cheering. (example: rings, earrings, etc....)
- Each cheerleader must be dressed in the designated uniform: Cheer t-shirt, (black shorts, black pants, and/or black skirt), white socks and team ribbon if hair is pulled back. We want our squad to look as uniformed as possible. If you are not in uniform for the game, you will not be allowed to cheer.
- Tennis shoes must be worn while cheering.

League rules

Cheerleaders must be at the games 15 minutes before the game is scheduled to start. Please report to your cheerleading coach 15 minutes before the game start time.

All cheers must be positive in nature. No profane or questionable language may be used in any cheer.

Dance moves should be in good taste and never be suggestive in any way, shape or form.

Jumps are allowed only if they are done unassisted and can be done under their own power without spotters.

Gymnasts maneuvers (example: cartwheels, round-offs) are allowed only if done unassisted and can be done under their own power without spotters

Pyramids should not exceed chest height. First and back spotters are required for all stunts.

Only positive and supportive signs are allowed.

When there is an injured player on the field all cheering will stop and cheerleaders will take a knee until the player is removed or leaves the field.

Revise July 9, 2020