



Semper Fit Youth Sports

Cheerleading Bylaws 5-8, 9-15 Years Old

“National Alliance for Youth Sports (NAYS)”

Amended 27 January 2016

0. DEFINITIONS AND GUIDELINES

- 0.01 MCCS Semper Fit Youth Sports adheres to the National Alliance for Youth Sports guidance and the Marine Corps Youth Sports directive.
- 0.02 The 5-8, 9-15 age squads refers to children of the above-specified age or children turning the specified age during the current season. A cheerleader who turns 16 years old prior to Opening Ceremony or on the day of the Opening Ceremony will not be allowed to cheer with Youth Sports.
- 0.03 “Regulations” refers to National Federation of Cheerleading Association Rules modified and with the amendments made to these bylaws to meet the conditions of the MCAS Iwakuni community and to ensure the safety of each individual child participating in the Youth Sports Program.
- 0.04 The 5-8, 9-15 yrs-old age squads is where each participant learns and should understand the basic fundamentals of cheerleading, safety procedures, good sportsmanship and team concept as it relates to cheerleading and its fundamentals.
- 0.05 All cheerleaders that register will be eligible to participate in the age appropriate squads.
- 0.06 All must embrace the principles of cheerleading by always supporting teammates, including those on the opposing team with a positive and energetic attitude.

1. PLAYER PARTICIPATION

- 1.01 These squads are open to all youth dependents of active duty, retired military personnel, DOD and Civilian employees, and Japanese Nationals. The eligible participants must fall under the age requirements set forth by MCCS Semper Youth Sports rules and regulations.
- 1.02 A participant assigned to a squad will not be permitted to cheer until he/she has made at least one practice and is on an official roster.

The Youth Sports Coordinator or Athletic Director’s interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.



- 1.03 Coaches will not allow a cheerleader to play or practice with a squad unless the coach has a copy of the cheerleaders Sports Registration form with the signature of the cheerleader's parent or legal guardian. Failure to do so invalidates the coaches National Youth Sports Coaches Association (NYSCA) liability insurance. Coaches will be personally liable for any injuries or incidents involving any player for whom they do not have a properly signed Registration Form.

2.CHEERLEADER'S EQUIPMENT

- 2.01 Uniforms and pom poms will be issued to the participants of each squad accordingly.
- 2.02 The following equipment shall be considered illegal and will not be worn by any cheerleader:
1. Any cast of any type
 2. Earrings, watches, rings, chains or other jewelry items
 3. Beaded or jeweled hair fasteners/designs will not be worn if they impede with proper fit of protective headgear
 4. Cheerleaders wearing prescription glasses must wear a head strap.
- 2.03 In the event of cool weather when an under garment may be required the following standards will be enforced:
1. To avoid clashing with uniforms and duplicating colors, all under shirts or turtle necks will be white.
- 2.04 A cheerleader's appearance should be neat and clean at all times. He/she is expected to have uniforms neat as well as cleaned for each game or performance.
- 2.05 Hair should be neatly styled.
- 2.06 While in uniform no jewelry should be worn.
- 2.07 Make-up should be worn in moderation.

3. PRACTICE

- 3.01 Practice sessions will be assigned by the Youth Sports staff. Practice schedules will be established and distributed to the parents accordingly by coaches.
- 3.02 Attendance is highly encouraged at ALL scheduled practices unless prevented by illness, injury or other reason approved by the coaches.

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- 3.03 Cheerleaders are expected to come appropriately dressed for practice in comfortable clothing (no jeans or skirts) and tennis shoes. NO CELLPHONES are allowed during practice, games or performances. Cheerleaders may bring their phones for emergencies only (calling parent or parent calling).
- 3.04 All cheerleaders are expected to come with a good attitude and ready to practice. Any cheerleader who misbehaves or disrupts practice may be asked to leave.

4. COACHES

- 4.01 All coaches and volunteers must be at least 18 years of age unless approved by the Youth Sports Coordinator.
- 4.02 Coaches are responsible for creating opportunities for cheerleaders to acquire the basic knowledge of cheerleading skills, to include: sportsmanship, teamwork, discipline and the value of athletic competition. Coaches are further responsible for the following:
1. Providing cheerleaders with quality instruction, matched to the cheerleaders learning and understanding levels.
 2. Total administration of the squad.
 3. Attending the National Youth Sports Coaches Association (NYSCA) training session to become a certified coach.
 4. Ensuring that all league rules and by-laws are adhered to.
 5. The conduct of all participants, assistant coaches, parents and spectators affiliated with the squad.
 6. Coaches must inform the Youth Sports staff when any player drops from their squad.

5. GAMES AND EVENTS

- 5.01 Cheerleaders should remain still and at parade rest during the invocation and National Anthem.
- 5.02 As the official MCHS host/hostess during events and home games, cheerleaders are to make every effort necessary to welcome visiting cheerleaders and maintain good relations with the visiting squad.
- 5.03 It is the responsibility of each cheerleader to be at every event dressed appropriately and ready to go at least fifteen minutes before the starting time. (Time will be set by coaches)

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6. COACH BASED DECISIONS

- 6.01 At times the coach will come across situations that are not covered in the by-laws. It is necessary for the coach to take control of the situation using his/her best judgment. The coach should use discretion in each decision, and be consistent. It is essential that the well being of the squad is preserved, and kept at the standard of quality associated with MCCS Youth Sports.

7. CONDUCT

- 7.01 All participants in this league will observe the highest level of conduct to include: Sportsmanship, team camaraderie and respect to all involved while playing, watching, coaching or officiating.
- 7.02 Disrespect to fellow players, coaches, or officials is unacceptable conduct and will not be tolerated by the MCCS Semper Fit Youth Sports.
- 7.03 The Youth Sports staff has the option to order any player, coach, official, or spectator off the field and out of sight and sound of the game for violation of conduct standards.
- 7.04 Once the order of removal has been issued, the game will be stopped until the offender complies. Should the offender refuse to comply with the order, the game will be terminated.

8. OFFENSES

- 8.01 A cheerleaders or coach being ejected from the game for poor conduct will be asked to leave the "sight and sound" of the court or field for the rest of the game and for the next game of the season.
- 8.02 A cheerleader who provokes a fight with another cheerleader will automatically be suspended for his or her next regular season game.
- 8.03 Coaches and cheerleaders are required to show sportsmanship at all times.
- 8.04 During games, practices, or award ceremonies, squads are prohibited from using any chants, gestures, or comments that may be derogatory towards other participants.
- 8.05 Failure to comply with any NAYS Ethics Codes or MCCS Semper Fit Youth Sports conduct rules may result in disciplinary action.

The Youth Sports Coordinator or Athletic Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.



9.00 Corrective Action Policy

9.01. Parents, coaches, and cheerleaders who do not follow the Code of Ethics will be subject to a Corrective Action Policy. It is the philosophy of MCCS Youth Sports that the actions of other should not spoil the experience of participation in youth sports for the children. Furthermore, MCCS will never punish a child for the actions of his or her parent(s).

9.02. For violations of the Code of Ethics or Responsibilities and Expectations, the following steps will be followed:

- a) Step 1 – Verbal Warning – Coach, official, or league administrator will discuss undesirable conduct with offender and stress that this behavior will not be tolerated. The conversation will be documented and given to a league administrator.
- b) Step 2 – Written Warning – Coach or official will notify the league of continued breach of Code of Ethics and league will bring offender (s) in for a meeting to discuss actions and what the proper behavior is. Furthermore, there will be a formal letter of reprimand given to the offender(s) stating that the next offense will lead to the offender being banned from the sporting event venue for a period of 1 game.
- c) Step 3 – Game Suspension – League will ban the offender from attending the next scheduled contest and another letter will be given to offender(s) stating that the next offense will lead to offender being banned from all future contests.
- d) Step 4 – Season Suspension The offender(s) will be banned from attending all league contests after a 4th offense. The offender(s) will then have to make a formal request to be re-instated into this league. The offender(s) will then have to meet with the League Supervisor and the Athletic Director prior to the start of the season to determine if the parent(s) is capable of behaving within the spirit and letter of the guidelines of this program.

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