




WESTERN LAKES JUNIOR FOOTBALL LEAGUE (WLJFL) CHEERLEADING RULES

PHILOSOPHY

The Western Lakes Junior Football 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 youths in grades 3 through 8, 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.

RULES

DEFINITIONS

-  **League** - Collections of teams that includes Commerce Chargers, Livonia Blue Jays, Livonia Eagles, Livonia Falcons, Livonia Orioles, Walled Lake Braves, Northville Colts, Northville Stallions, Novi Bobcats, Multi-Lakes Gators, Rochester Ravens
-  **Unit** - A unit shall be considered as three (3) teams classified as Freshmen, Junior Varsity and Varsity.
-  **Teams** - Teams shall be considered as the name indicates.

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CHEERLEADING RULES

RULE ONE - PLAYING RULES

- A. The rules of the Michigan High School Athletic Association for middle school cheerleading shall apply except has 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 Western Lakes Junior Football League will be covered under one insurance policy that will be issued to the Western Lakes Junior Football League. Payment of the policy will be shared equally between all members of the WLJFL.
 - b. Each cheerleader shall be in uniform to cheer.
 - c. Swearing, fighting, and/or improper behavior will not be tolerated. Such actions will result in ejection from the game. Anyone being ejected from more than one (1) game during the season will be suspended from the next game. Anyone being 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.
 - d. Cheerleader shall NOT be roistered on any other Cheer/Pom Team during the WLJFL Cheer Season.
- B. 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.

RULE TWO - ELIGIBILITY RULES

- A. Youths in 3rd grade – 8th grade for the season are eligible to cheerlead in the W.L.J.F.L.
- B. Although every effort should be made to follow the guidelines for the squads listed below, it is at the individual unit's discretion to build their squads. However, if a unit decides to move girls outside these guidelines it will be to move them to a high level and not down.



Freshmen - 3rd and 4th grades



Junior Varsity – 5th and 6th grades



Varsity – 7th and 8th grades











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- C. Mascots are at the discretion of each unit
- D. 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).
- E. Each team roster shall be closed on the fifth (5th) of September. Two (2) copies of the roster must lie in the hands of the league's Football Commissioner on that date.
- F. Minimum team requirements and team regulations:
 - a. The number of members on each squad shall be the discretion of the unit
 - b. Each unit shall have a first aid kit hand at all practices, scrimmages, and league games.
- G. Cheerleaders having participated in a public, privates, or parochial school cheerleading program during the current WLJFL season are not eligible to participate in the WLJFL. The WLJFL Board of Directors discourages the participation in concurrent athletic programs.
- H. 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.
- I. The WLJFL Board of Directors reserves the right to change (waiver) the eligibility rules for any cheerleader when they feel it is appropriate or necessary. Reason for a waiver may be for but not limited to physical or emotional needs of the cheerleader. If a unit wishes to request a waiver it should be made to the WLJFL Board of Directors. Changes will be approved by a majority vote of the WLJFL Board of Director. Waivers must be attached to the cheerleader's documentation for game day review.

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RULE THREE - COACHES

A. Coaches code of conduct:

-  Provide positive support, care and encouragement for the team
-  Encourage good sportsmanship by demonstrating positive support for all participants, coaches, officials, board members and league staff at home and away games.
-  Place the emotional, psychological, and physical well being of the cheerleaders and other children in the league ahead of any personal desire I may have. I will insist that my team participate in a safe and healthy environment.
-  Support all coaches, board members in order to encourage a positive enjoyable experience for all.
-  Demand an environment that is DRUG, TOBACCO, and ALCOHOL free and all events.
-  Will remember that the WLJFL is for the youth, not the coaches.
-  Will ask the team to treat other participants, coaches, board members, parents, and spectators with respect, regardless of race, sex, creed or ability.
-  Will refrain from any and all vulgar, lewd or obscene language or gestures.
-  Direct all comments and criticisms to parents, participants, officials, and board members away from the children participation in the league.
-  Will read the WLJFL rules and regulations. Violations of rules may result in disciplinary action.

B. At least one coach on each squad shall be older than 18 years of age.

RULE FOUR - REGISTRATION AND PHYSICAL EXAMINATION

A. Livonia Teams Registration and Fill Policy

1. 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.
2. Registration shall be conducted on a "first come, first served" basis, with preference to participants of the previous year only. *There shall be no tryouts for any team participating in the WLJFL.*
3. 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.

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4. The number of cheerleaders per squad is at the discretion of each unit.
5. Assignment of new cheerleaders to another unit will be based on location proximity for ease of transportation to the practice field, i.e., no cheerleader shall be assigned from the opposite side of the city.
6. Each cheerleader shall furnish proof of age which must be checked by the unit director or his designated representative.
7. Obtaining physicals is at the discretion of each team

C. Non Livonia Teams Registration and Fill Policy

1. Registration shall be conducted on a "lottery or first come first serve" basis, with preference to veterans of the previous year only and immediate family members. There shall be no try-outs for any team participating in the WLJFL.
2. 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
3. Open registration will be conducted to fill remaining open number of available positions on each unit Individual unit waiting list will be created.
4. Obtaining physicals is at the discretion of each team

D. Roster requirements will be left at the description of cheerleader each team.

E. Preliminary Unit rosters and waiting list will be provided to the League board by the 2nd week of practice and will need to have a copy for each unit

F. Each unit director shall supply the league with a master roster by teams, which will include cheerleaders name a roster with the phonetic spelling of cheerleader, and coaches must be supplied

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RULE FIVE - PRACTICE RULES

A. 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".

B. Prohibited Practice

- a. Prior to the first game, there shall be no practice one (1) day per week. After the first game there shall be no more than four (4) days of practice per week. One of the two (2) off-days shall be the same day of the week throughout the season as determined by each unit. The other day-off may be variable.

C. Practice Duration

- a. The practice schedules for the three teams of each unit shall be up to the discretion of each unit. Practices shall not be longer than two and one half hours.

D. Practice Attendance

- a. 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

- A. A competition shall be held at the end of each season.
- B. The cost of the competition shall be split evenly between all units.
- C. Competition Rules and location 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.
 - c. No Professional Training or Professional Choreography.
 - d. Music MAY be cut and spliced by a professional at Mid-American or Other.
 - e. Cheerleaders can be excluded from Cheer Fest for missing 5 or more practices during the cheer season.

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RULE SEVEN- WEATHER RULES

- A. To play or not to play
 - a. The decision to cheer at a game in inclement weather shall be strictly in the hands of the unit cheerleading director.
 - b. 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.

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 the participation within the WLJFL for the following season.

RULE ELEVEN-SUMMARY

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.

There must be a quorum of at least $\frac{3}{4}$'s of the squads represented for voting purposes

If a director is not at a meeting, then they can send a proxy in to the president or forfeit their vote if anything is voted on at that meeting.

By February 1st of the upcoming season, you must have your director's in place.

Smoking, chewing tobacco, use of alcoholic beverages and illegal drugs are prohibited at practice and playing fields.

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Acceptance Statement

In order for any unit to be eligible for membership in the Western Lakes Junior Football League Corporation each unit must adopt and comply with the Western Lakes Junior Football League Cheerleading rules. By signing below the appropriate unit representative indicates that their unit has adopted the Western Lakes Junior Football League Rules for cheerleading.

Signature

Title

Date

Unit Name

Address