




WESTERN LAKES JUNIOR FOOTBALL LEAGUE (WLJFL) CHEERLEADING RULES

PHILOSOPHY

The Western Lakes Junior Football League (“WLJFL” or “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 youth in grades 3 through 8 (additionally, grades 1 through 2 for Units with Flag Teams), 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** - Collection of Units 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, and Garden City Cougars.
-  **Unit** - A Unit shall consist of a minimum of three (3) Teams classified as Freshmen, Junior Varsity and Varsity. Units also have the option of a fourth Flag team.
-  **Teams** - Teams shall be considered as the name indicates.

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CHEERLEADING RULES

RULE ONE - PLAYING RULES

- I. 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 League will be covered under one insurance policy that will be issued to the League. Payment of the policy will be shared equally between all members of the WLJFL.
- B. Swearing, fighting, and/or improper behavior will not be tolerated. Such actions will result in ejection from the game. Anyone ejected from more than one (1) game during the season will be suspended from the next game. Anyone 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.
- C. A cheerleader may NOT be on any other **competitive** Cheer/Pom Team **roster** during the WLJFL Cheer Season unless approved by the **affected Unit's Cheer Director**. **Under no circumstances shall a cheerleader be permitted to compete at Cheerfest if she is on any other competitive cheer or pom team.**
- II. 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

- I. Youth in 3rd grade – 8th grade for the season are eligible to cheer in the WLJFL **It is at the Unit's discretion to have a Flag Team.**
- II. Although every effort should be made to follow the Rules for the Teams listed below, it is at the individual Unit's discretion to build their Teams. However, if a Unit decides to move girls outside these Rules it will be to move them to a higher level and not down.



Flag – 1st and 2nd grades (optional Team)



Freshmen – 3rd and 4th grades



Junior Varsity - 5th and 6th grades













Varsity – 7th and 8th grades

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- III. Mascots / **Flag Teams** are at the discretion of each Unit
- IV. 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).
- V. Two (2) copies of the **closed Team** roster must lie in the hands **of the League no later than the second game of the regular season.**
- VI. Minimum Team requirements and Team regulations:
 - A. The number of members on each Team shall be the discretion of the Unit.
 - B. Each Unit shall have a first aid kit **on** hand at all practices, scrimmages, and League games.
- VII. The WLJFL Board of Directors discourages the participation in concurrent athletic programs.
- VIII. 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. **Quitting the team prior to the end of the season forfeits your veteran rights.**
- IX. The WLJFL **Cheer** Board of Directors reserves the right to **waive** the eligibility rules for any cheerleader **as it deems** appropriate or necessary. Reason for **granting** a waiver may include, but **are by no means limited to, the** physical or emotional needs of the **individual** cheerleader. **Any waiver must be made, in writing, to the WLJFL Cheer Board of Directors and must be approved by a majority vote of the WLJFL Cheer Board of Directors.** Waivers must be attached to the cheerleader's documentation for game day review.

RULE THREE - COACHES

I. Coaches code of conduct:

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

II. The **Head Coach** on each Team shall be **at least** 18 years of age.

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RULE FOUR - REGISTRATION AND PHYSICAL EXAMINATION

- I. 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.
- II. Registration shall be conducted on a "lottery" or "first come first serve" basis, with preference to **veterans** of the previous year **and immediate family members** only. *There shall be no tryouts for any team participating in the WLJFL.*
- III. 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.
- IV. The number of cheerleaders per Team is at the discretion of each Unit.
- V. **Open registration will be conducted to fill any remaining available positions on each Unit's Teams. An individual waiting list for each Unit's Teams will be created.**
- VI. Each cheerleader shall furnish proof of age, which must be checked by the Unit director or his designated representative.
- VII. Obtaining physicals is at the discretion of each team.
- VIII. Roster Requirements.
 - A. Roster requirements will be left **to the discretion of the Unit Director.**
 - B. Preliminary **Cheer** Unit rosters and waiting lists **shall** be provided to the **WLJFL Board of Directors and each Unit no later than** the 2nd week of practice.
 - C. Each **Cheer** Unit Director shall **provide the WLJFL Board of Directors** with a master roster of each **Team**, which **shall** include, **at a minimum, each Cheerleaders' and Coaches' name, team designation, and phonetic spelling.**

RULE FIVE - PRACTICE RULES

I. 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".

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- II. **Prohibited Practice** - prior to the first game, there shall be no more than (5) practices per week. After the first game there shall be no more than four (4) days of practice per week.
- III. **Practice Duration** - the practice schedules shall be **left** to the discretion of each Unit. Practices shall not **exceed** two and one half hours.
- IV. **Practice Attendance** - 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

- I. A competition shall be held at the end of each season.
- II. **In the event a high school host site is unavailable**, the cost of the competition shall be split evenly between all Units.
- III. Competition Rules 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. Location will be determined by lottery.
 - C. No Professional Training or Professional Choreography **shall be allowed**. **Professional assistance is defined as anyone not actively involved in the Unit's Cheer program**.
 - D. **Music for a Unit's pom routine may be prepared** (cut and spliced) by a professional.
 - E. Cheerleaders **shall** be excluded from Cheerfest for missing **five** or more practices during the cheer season or at the Unit's discretion.

RULE SEVEN- WEATHER RULES

The decision to cheer at a game in inclement weather shall be strictly in the hands of the Unit Cheerleading Director. 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.

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RULE TEN - LEAGUE MEMBERSHIP NOTIFICATION

All Units of the WLJFL will be notified at the December Football Directors' Meeting as to the status of their participation within the WLJFL for the following season.

RULE ELEVEN- **PROCEDURAL** RULES

- I. Each Unit shall receive one vote.
- II. In the event of a vote at a Cheer Director's Meeting, a Cheer Director not present at a meeting may send a proxy to the Cheer President or forfeit their vote.
- III. For voting purposes, a majority rules for those Teams represented.
- IV. Cheer Directors for each Unit must be in place by February 1st of the upcoming season.
- V. The Cheer Board of Directors consists of the following positions:
 - A. President ~ Responsible for running meetings, handling issues that arise, serving as proxy, and casting a vote in the event of a tie.
 - B. Vice President ~ Responsible for fulfilling the duties of the President if the President becomes unable to do so.
 - C. Secretary ~ Responsible for recording and distributing minutes; scheduling meetings.
- VI. 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.

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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