

PENINSULA PARISHES/SCHOOLS LEAGUE
SECTION 9: CHEERLEADING RULES

- 9.1 DIRECTOR:** Every parish or school shall have a Spirit or Cheerleading Director (as approved by the pastor and/or principal) to oversee the cheerleading program and its coaches.
- 9.2 PARENT/STUDENT MEETINGS:** Prior to the formation of new cheerleading squads, the parish/school director shall meet with interested students and parents, to discuss roles and expectations, program rules, eligibility, and the cost of uniforms and other expenses.
- 9.3 CHEERLEADING SEASON:** The cheerleading season will run from September through May. Cheerleaders may participate in competitions, clinics or other events at the discretion of the Cheerleading director and with the approval of the pastor and/or principal.
- 9.4 UNIFORMS:** Uniform selection and expense shall be discussed with and approved by the pastor and/or principal. Fundraising may be utilized as a means of reducing the cost of individual uniforms. The pastor and/or principal shall approve all fundraisers.
- 9.5 PARTICIPATION:** Cheerleading squads will be open to any seventh (7th) or eighth (8th) grade student (male or female), who meets the parish/school academic requirements set by the pastor and/or principal.
The Eighth (8th) grade squad shall be called the Varsity Squad and the Seventh (7th) grade squad shall be called the Junior Varsity squad.
- 9.6 DIVIDING SQUADS:** Squads may be divided into cheer and dance teams only as a means of splitting a very large group. No tryouts shall be held to determine the two groups. Splitting a squad will be at the discretion of the pastor/principal and/or director and should be dealt with in the fairest possible manner.
- 9.7 PRACTICES:** Practice times and length of practice will be limited to no more than (3) three hours per week, and must be held at the school site or at an approved gym site. Additional practices may be scheduled to prepare for spirit competitions and these additional practices must be approved by the pastor and/or principal.
Practices shall not conflict with other parish/school sports practices that cheerleaders must attend. Each practice shall begin with a warm-up period. Water breaks must be given when necessary to avoid dehydration. Cheerleaders may begin practice on August 1st. If practices are held between August 1st and the first day of school, permission forms must be completed and Supplemental Summer Insurance must be purchased. **(SUNDAY PRACTICES MAY NOT START UNTIL 12:00PM, No Exceptions)**.
- 9.8 CHEERING:** Cheerleading duties for individual teams may be shared by Junior Varsity and Varsity squads. The Cheerleading Director will decide which squad(s) will participate at a specific game. Cheering at girls basketball games will also be at the discretion of the director. Cheerleaders will join basketball teams and coaches when reciting the prayer prior to all basketball games.
- 9.9 STUNTS:** No pyramids, tosses, cartwheels, forward rolls, round offs, gymnastic moves or stunts may be practiced or performed at any time.

- 9.10 ROUTINES:** Half-time routines shall be no longer than one minute. Dance and cheer routines, as well as accompanying music, shall be appropriate. The visiting teams' cheerleaders shall perform first.
- 9.11 GAMES/SPORTSMANSHIP:** Squads shall observe proper cheerleading etiquette throughout all of the games. Squads shall alternate turns cheering. No vulgarity or negative cheering toward opposing teams or squads shall be permitted. No booing or stomping of feet or any other inappropriate activities shall take place during a game. Squads shall continually show good sportsmanship and exhibit positive behavior toward other squads and teams. No shaking of pom-poms will be allowed during free throws.
- 9.12 CHEERLEADERS' RESPONSIBILITIES:** Cheerleaders will abide by the food and beverage rules of each gym. No cheerleader shall be allowed to chew gum. No necklaces, bracelets, anklets, or dangling earrings may be worn. Make-up will be allowed only for cheerleading competitions.
- 9.13 SUPERVISION:** Each squad shall have a director, coach, or parent supervisor in attendance at every game. Representatives shall supervise squad behavior and conduct throughout the games and shall remain with the squad until every member has left in the company of a responsible adult.
- 9.14 UNSPORTSMANLIKE CONDUCT:** The Cheerleading Director is responsible for the behavior of their squad(s) at all games. The Athletic Director or designated representative from the home team has the authority to eject any fan/spectator from the premises for any unsportsmanlike conduct. The referee has the authority to eject any coach, parent, fan or player from the premises for any unsportsmanlike conduct. If the coach, parent, fan or player refuses to leave, the match or game will be forfeited.

THE ABOVE RULES WERE VOTED BY ALL MEMBER SCHOOLS AND APPROVED BY THE PPSL EXECUTIVE BOARD. EACH SCHOOL IS RESPONSIBLE FOR FOLLOWING THE CHEERLEADING RULES. ANY SCHOOL NOT FOLLOWING THESE RULES WILL BE SUBJECT TO DISCIPLINARY ACTION BY THE PASTOR AND/OR PRINCIPAL. REPEATED VIOLATIONS WILL BE BROUGHT TO THE ATTENTION OF THE PPSL EXECUTIVE BOARD.