

# Plano Sports Authority (PSA)

## Cheerleading Policies and Procedures

Updated January 2011

### I. AUTHORITY

The PSA Cheerleading Program is conducted by authority of the Executive Committee of Plano Sports Authority, Inc. Plano, Texas and shall be governed by the PSA Cheerleading Board.

### II. PURPOSE

The purpose of the Cheerleading Program is to provide cheerleaders for the PSA Football Program and to promote the highest ideals of sportsmanship and fellowship by providing fun and recreation, as well as developing enthusiasm for cheerleading.

### III. ADMINISTRATION

The Cheerleading Board consists of the PSA Senior Director of Sports, the Cheerleading Director, League Coordinators, and committee chairpersons as appointed by the Cheerleading Director. All positions are volunteer with the exception of the PSA Senior Director of Sports. The Cheerleading Board establishes the policies, procedures, budget, and expenditures for the PSA Cheerleading Program and oversees their implementation. Exceptions to these Policies and Procedures to facilitate functioning of the PSA Cheerleading Program may be instituted for one season with the approval of the Cheerleading Board.

#### A. Cheerleading Director

1. The Director is appointed by the PSA Senior Director of Sports.
2. Acts as presiding officer of the PSA Cheerleading Board which shall have full authority and responsibility for the administration and conduct of the PSA Cheerleading Program.

#### B. League Coordinators

1. A League Coordinator is appointed by the Cheerleading Director for each league (flag and tackle). They will be responsible for the administration and conduct of the respective leagues according to these Policies and Procedures.

#### C. Committee Chairpersons

1. Committees are formed at the discretion of the Cheerleading Director. Chairpersons are appointed by the Cheerleading Director.
2. Committee Chairpersons are responsible for assisting the Cheerleading Director by fulfilling their assigned duties.

### IV. ELIGIBILITY

#### A. Board and Coaches

1. Must be at least 18 years old.
2. All board members and coaches (including assistants) must submit to a background check and a Coach's Contract. (Participation in practices and games will be prohibited until these requirements are completed).
3. Must be reviewed and approved by the Cheerleading Director and/or the PSA Senior Director of Sports.

4. Must have not had his/her coaching assignment revoked in any PSA (or other youth league) sport for unethical conduct.
5. Coaches must attend mandatory coach's meeting as directed by the Cheerleading Director. If unable to attend, coach must send team representative. Failure to attend meetings may be reviewed by the Cheerleading Board.

B. Cheerleaders

1. As of September 1<sup>st</sup> of the current year are enrolled in grades pre-kindergarten through 8<sup>th</sup> grade.
2. Completed all necessary registration requirements and paid all appropriate fees.

V. REGISTRATION

A. Cheerleaders

1. Conducted during the time period and manner specified by PSA.
2. Initiated by a parent/guardian by completing the registration forms provided by PSA.
3. Once registration is closed, no further applications will be accepted.

B. Coaches

1. Conducted prior to first practice and in the manner specified by PSA.

VI. ORGANIZATION

A. Leagues

1. Flag (preK- 1<sup>st</sup>)
2. Tackle(2<sup>nd</sup> through 8<sup>th</sup>)

Cheerleading leagues are determined in accordance with the football leagues. It is recommended that cheerleaders participate within their assigned league or grade level, except in the instance of cheering for a sibling's football team. Individual situations will be reviewed by the parent/guardian of the cheerleader, league coordinators of the involved leagues, and the Cheerleading Director.

B. Team Organization

1. New Teams. New teams are formed in one of three ways.
  - a. A new coach (defined as an individual who did not coach the prior season) can present a full roster of no more than 10 members to PSA.
  - b. A new coach can present a partial roster to PSA. PSA will then fill the remaining slots with open registrants.
  - c. PSA places open registrants together by grade, and, when possible, by school and will try to enlist a coach from among the parents of the squad members.
2. Returning Teams. PSA teams may carry over from season to season, league to league, and sport to sport. PSA Cheerleading will accept squads from another organization in the same manner. The teams must have 50% of the prior season's roster but no more than 10 returning players and a coach. All players on the returning team have the right to that same team. Returning team coaches will be required to contact each player on the previous season's roster and offer them the opportunity to return to that team. When a returning team has an open roster slot, PSA will fill the remaining slots with open registrants.
3. Coach Assignment : Eligible coaches will be assigned to a team by the League Coordinator's recommendation using the following criteria.
  - a. Each team will have one head coach. They can also have up to 2 assistant coaches.
  - b. The coaches are representatives of PSA. They will conduct themselves in a sportsmanlike manner at all times. A coaching assignment may be revoked by the Cheerleading Board at any time for willful violations of PSA Policies and Procedures or provisions of this document.

VII. TEAM MEETINGS, PRACTICES, GAMES AND BEHAVIOR

A. Team Meeting

A team/parent meeting will be conducted during the first scheduled practice. The purpose of the meeting will be to communicate PSA and Cheerleading Policies and Procedures. At this time it is advised to encourage parent volunteers.

B. Practices

Practices will be conducted at a site determined by PSA on days specified by PSA. The number of practices and times will be determined each season. Teams are not allowed to practice without a head coach or assistant coach present.

C. Games

All cheerleaders and coaches will be allowed to participate in every game except in the event of misconduct. Game day participation is predicated by practice participation. In the event a player misses the practice immediately prior to the game, they will be allowed to participate in the game except for new routines learned at the previously mentioned missed practice.

D. Behavior

Good sportsmanship is required by coaches and players at all times. Unsportsmanlike conduct by coaches, players, and parents occurs when:

1. There is use of profanity, or and act of violence or threat.
2. Harassment of an official, opposing coach, or players.
3. The coach questions the integrity of another coach, player, or parent.
4. Use of alcohol, tobacco, or illegal drugs by a coach or player while participating in cheerleading functions.
5. Unsportsmanlike behavior may result in disciplinary action to include by not limited to the following:  
First offense: Verbal warning to coach, parent, player or squad  
Second offense: Non-participation at next game for the coach, player, or squad. Any further offense will be taken to the Executive Board.

E. Stunts, Music, Dances

1. All bases must have both feet firmly planted on the ground. No stunts over 1 ½ people high. No shoulder stands, full extensions, or basket tosses will be permitted.

VIII. Uniforms, Props, Spirit Items, Banner Paper

A. The cost of uniforms is NOT included in the registration fee. Parents are responsible for purchasing the uniform package that is chosen by the coach. PSA will have a uniform rep at the cheer clinic. Coaches are encouraged to order from that rep, but they are welcome to go elsewhere. Uniform costs are not to exceed \$125, not including shoes.

B. Spirit Items

Spirit items include pom poms (included in uniform package, banner paper (provided by PSA) and sign paint (provided by team). Buckets may also be purchased for the girls to sit on during the games. This is up to the coach and is not included in the uniform cost.

Props for Spirit Night are permitted. Examples of this would be sunglasses, hats, or other items that could be used for a "themed" dance routine. Parents would be responsible for purchasing these extra items. The coach should discuss this with all of the parents before any decisions are made.

IX. TROPHIES AND SPIRIT NIGHT

A. Trophies

One participation trophy is distributed to each registered cheerleader at the end of the season. It is the coach's responsibility to pick up the trophies from PSA and get them to the squad members.

Teams that go to the Superbowl will also receive a trophy after the game. It is the Cheer Board's responsibility to distribute those at the end of the game. Only registered cheerleaders who cheer at the Superbowl game will receive a Superbowl trophy.

B. Spirit Night

Spirit Night is held near the end of the season. It is a pep rally where each squad is invited to perform a 2 minute routine to showcase what they've learned. The event is open to all parents, football teams, friends and relatives. Spirit Night guidelines will be distributed at a mandatory coaches meeting prior to the season. These guidelines will be determined by the Spirit Night committee chairperson in partnership with the Cheerleading Board. Failure to comply with these guidelines will result in disciplinary action to be determined by the Cheerleading Board.

X. DEFINITION

Cheerleaders are a group of several children (preK-8<sup>th</sup> grade) who are dressed in matching uniforms and doing organized cheers and chants. Only PSA registered and approved cheerleaders are allowed to cheer at PSA football games. Any non-registered "cheerleaders" are considered spectators and must follow the spectator policies that are covered under the PSA Football rules and therefore will not be allowed on the field. Any non-registered "groups" are at the discretion of the Football Board if they are viewed as disrupting the game or the registered cheer squads.

XI. EXCEPTIONS/BOARD DISCRETION

Any issue raised in or pertinent to the PSA Cheerleading Program that is not otherwise covered by these Rules, Policies and Procedures shall be left to the sole discretion of the Cheerleading Director.

The Cheerleading Director reserves the right to make exceptions to the rules, policies and procedures contained herein in special cases or under special circumstances.

The Cheerleading Director reserves the right at any time to modify or apply any rule or item listed herein.