



P Y S A C H E E R

Policies & Procedures

Prosper Youth Sports Association

P.O. Box 99

Prosper, TX 75078

PYSA is a non-profit youth sports association made up of volunteers to help organize and promote organized youth sports leagues. We are dedicated to sports education and participation for the youth in Prosper and surrounding areas. We strive to provide positive sporting experiences for youth of all ages.

PYSA MISSION - To instill in the youth of our community the ideas of fair play, sportsmanship, honesty, and leadership through fellowship. The PYSA will provide a program molded to develop athletic skills and create a spirit of healthy competition, stressing teamwork, and individual sacrifice.

The PYSA Bylaws will take precedence over any possible conflicts of this manual. If a PYSA cheer squad is assigned to support a PYSA football team participating in a league other than PYSA, the rules, guidelines, policies and procedures, by-laws, etc. of that organization must be followed as well.

1. ABOUT PYSA CHEER

PYSA Cheer supports PYSA Flag Football and PYSA Tackle Football teams. The mission of PYSA Cheer is to introduce and foster a love for the sport of cheerleading by teaching sideline cheer fundamentals in a positive and encouraging atmosphere while promoting team spirit and sportsmanship.

CONTACT US:

cheerpysa@gmail.com

PYSA CHEER BOARD – The PYSA Cheer Board consists of the PYSA Cheer Commissioner(s) and a grade level representative for each grade level. The purpose of the PYSA Cheer Board is to be a point of contact for cheer coaches, as well as, a liaison between PYSA Cheer and PYSA Football.

2. ELIGIBILITY

Each participant must meet all of the following:

- a. Register with PYSA Cheer within the open registration period
- b. Reside within Prosper ISD zoned school boundaries.
- c. Be at least 5 years of age on or before Sept 1st of the fall season and no more than 14 years of age on the same date.

Any eligibility variances to the standards listed above must be submitted EACH year to the PYSA Cheer Commissioner in writing and are subject to review and approval. Appeals are considered based on the specific individual's needs and the team's best interest.

3. CHEER COACHES

Each cheer squad will have a minimum of ONE designated Main Coach Contact. Squads may determine their coaching structure as they see best fit for their squad (ie. Head Coach, Assistant Coach, Co-Coach, etc.).

- All PYSA Cheer Coaches are parent/guardian volunteers.
- All PYSA Cheer Coaches must be 18 years of age.

All coaches must have an approved background check on file with PYSA to be on the sidelines at games and also to attend PYSA cheer camp and practices with any PYSA cheerleaders. This includes any parent volunteers that may be a substitute coach for an event. In the case an approved PYSA Cheer Coach cannot be with their squad for an event, they must notify the PYSA Cheer Commissioner with who the supervisor will be and their contact information. A substitute background check is required.

PYSA CHEER COACH ROLES AND RESPONSIBILITIES include but are not limited to:

- Conducting themselves in a manner consistent with the mission of PYSA Cheer and having all cheerleaders and assistant coaches do the same.
- Supervising all cheerleaders at every practice and before, during, and after every game until released by the coach.
- Coaches will not leave cheerleader(s) alone at practice/games unless supervised by an assistant coach or parent volunteer.
- Coaches will not allow any cheerleader to leave practice or the field during the game without a parent/guardian with them.
- Coaches will report all injuries to the PYSA Cheer Commissioner within 48 hours of the injury.
- The cheering surface, location, lighting, and weather conditions will be evaluated by the cheer coach before engaging in physical activity.
- Coaches will teach the rules and fundamentals of cheerleading to all squad members.
- All coaches will treat all cheerleaders equally.
- Coaches will follow all rules regarding quantity of practices and duration. See "Practices".
- Coaches will not administer medication.
- Gameday attire for coaches should be in good taste, represent your team colors and illustrate that you are serving as a coach for PYSA Cheer.

PYSA CHEER COACH CODE OF CONDUCT is as follows:

- PYSA regards bad sportsmanship as unnecessary and completely intolerable. Coaches are constantly being monitored and are considered role models. Coaches will be held to an extremely high standard.
- All Coaches are required to demonstrate positive sportsmanship and respect to their players, cheerleaders, team, parents, opposing team's players, cheerleaders, parents, coaches, and game officials. Coaches who are unable to demonstrate proper sportsmanship will be suspended from future coaching.

- Any Coach that is ejected from a game for un-sportsmanlike conduct will be required to leave the field of play. Additionally, said coach will be unable to attend practice for the following week or coach the next scheduled game. The coach will be required to meet with the PYSA Cheer Commissioner to resume coaching. This includes post-season play. The continued demonstration of improper sportsmanship may constitute suspension from any number of practices and games, as the PYSA Cheer Commissioner deems necessary. No appeal is offered for a coach that has been ejected.
- Coaches are responsible for assisting referees with the sportsmanship of all-playing and non-playing team members, as well as spectators and fellow coaches.

4. SQUAD PLACEMENT

All cheerleaders are assigned to squads according to their grade level.

PYSA Cheer follows the following guidelines when assigning squad placements:

1. Cheerleaders automatically return to the previous years' squad unless a specific request is made during registration.
2. The cheerleader's school/neighborhood is considered in the process although alignment is not guaranteed.
3. Requests submitted with registration for specific friend/coach pairings are accepted and reviewed but not guaranteed.

PYSA Cheer strives to make squads in each grade level even in size. In the event there are more cheer squads than football teams in a certain grade level, the cheer squad may be paired with a football team in a different grade level. For example, PYSA may have a kindergarten cheer squad cheer for a 1st grade football team if needed.

The number of cheer squads and number of cheerleaders on each squad is determined by the availability of cheer coaches, number of registered cheerleaders, number of football teams and whether the squad is cheering for flag cheer or tackle cheer.

Flag Cheer Squad Size Guidelines:

Kindergarten – 8 cheerleaders
1st Grade – 8 cheerleaders
2nd Grade – 8 cheerleaders
3rd Grade – 10 cheerleaders
4th Grade - 10 cheerleaders

Tackle Cheer Squad Size Guidelines:

2nd – 6th Grade
12 cheerleaders

Parent/Guardian may submit a request with their registration for an exception for their sibling cheerleaders to cheer up or down ONE grade level so they may be together. There are not any guarantees, but all requests are reviewed.

PYSA Cheer reserves the right to make exceptions to the above guidelines as needed for the best interest of all cheerleaders, parents/guardians, coaches and teams. Coaches cannot guarantee squad placement of any cheerleader.

In the event a child is placed on a squad without any parent/guardian volunteering to coach, a refund will be processed PRIOR to uniforms being ordered.

MASCOTS AND FOOTBALL TEAM PAIRINGS

Football teams determine mascots. PYSA Cheer will receive a list of mascots from the PYSA Football Commissioners and pair cheer squads according to:

1. Grade
2. School (if known)
3. Special requests submitted to cheerpysa@gmail.com by **BOTH** the football coach and cheer coach.

5. PRACTICE

All cheer coaches will host a weekly cheer practice for their squad. The time and place of this practice is determined by the coach as it works best for all coaches, cheerleaders, and parent/guardians involved. PYSA does not provide a designated place for practices. Practices for the fall season may start as early as the Monday following July 4th each calendar year.

PRACTICE DURATION

- For grades kindergarten, 1st and 2nd grade, practices cannot exceed 60 minutes.
- For grades 3rd, 4th, 5th and 6th, practices may be as long as 1 hour 30 minutes.

PRACTICE FREQUENCY

A maximum of 2 practices per week is permitted until the school year begins.

Once the school year begins, the maximum number of practices per week per grade is as follows:

- Kindergarten – 1 practice per week
- 1st Grade – 1 practice per week
- 2nd Grade – 1 practice per week
- 3rd – 1 practice per week
- 4th – 2 practices per week
- 5th – 2 practices per week

- 6th – 2 practices per week

The physical condition of all cheerleaders must be closely monitored especially in hot weather. Frequent breaks and water must be provided throughout practice and games.

It is recommended parents do not stay at practices as it distracts the cheerleaders and delays practice for all.

6. GAMES

ARRIVAL

Cheer Coaches are to clearly communicate their expectations to their squad members regarding arrival to games. It is recommended squads arrive 15 minutes prior to game time. This provides adequate time to stretch and warm up as well as prepare a run-thru sign.

Coaches will designate a place to meet for warm-ups. Spectators are not to take their space on the sidelines until the game prior has concluded.

SIDELINE PLACEMENT

1. **FLAG** - Cheer squads are to split the 50 yard line on the same sideline of the field. Home and Visitor squads will be right next to each other stretching from 40 yard line to 40 yard line. Cheer squads are not to take up any more linear space along the sideline. The remainder of the sideline is reserved for football spectators. If more space is needed, coaches must place squad in multiple lines. Cheer spectators are encouraged to sit in front of the cheerleaders. Sideline placement rules are in place for the safety of all athletes and spectators. The PYSA Football Commissioner and/or PYSA Cheer Commissioner reserve the right to ask spectators to move should there be an issue with sideline placement. Note: Because cheer squads are next to each other, be courteous and take turns cheering so you do not cheer over each other.
2. **TACKLE** – Tackle cheer squads cheer on the designated Home or Visitor side of the stadium. Cheerleaders and cheer coaches are the only individuals allowed on the field for PYSA Cheer. Badges are required. If there is only one side to a stadium and you are sharing it with another cheer squad, each squad should cheer around the 35 yard line on respective ends. Tackle Cheer Coaches are encouraged to communicate expectations with their football head coach regarding cheer timing and sideline placement during the game.

HALFTIME

Performing at halftime is optional. If both squads have prepared a halftime performance, the visiting team will go first. Coaches may choose to perform in front of their fans or in center field.

All music must be of good taste, kid appropriate, and provided by the coach. Speakers are not provided by PYSA. Any performance viewed as improper will be immediately stopped by the PYSA Cheer or Football Commissioner.

Flag cheer halftime routine cannot exceed 90 seconds in length. You must be prepared when it is your turn, music/speaker ready. The referees will not wait on the cheerleaders to perform at halftime. They will start the second half when their clock indicates it is time whether both squads have performed or not.

Tackle cheer halftime routine cannot exceed 3 minutes in length. You must be prepared when it is your turn. The referees will not wait on the cheerleaders to perform at halftime. They will start the second half when their clock indicates it is time whether both squads have performed or not. Most stadiums have audio systems that are available for use in the press box that will include a microphone and way to play music. This will require a coach to go up to the press box early and make sure everything is set up and ready. It is recommended tackle cheer coaches have an extra audio cable with them at all games in case the system is not Bluetooth compatible.

7. STUNTING SAFETY GUIDELINES

Stunts may only be performed if proper technique has been taught by the PYSA Cheer Coach.

DEFINITIONS:

1. Base – the bottom person(s) of a partner stunt or pyramid
2. Flyer – the top person of a partner stunt or pyramid
3. Spot – a person to act as an additional safety measure by being prepared to offer support to a cheerleader in the event of loss of balance or a fall.
4. Cradle – a dismount from a stunt or pyramid in which the top person is caught in a face up, seated pike position before being placed on the floor.

STUNTING GUIDELINES

GRADE	FLYER MAXIMUM HEIGHT	CRADLE	EXAMPLE
Kinder/1 st	Feet at knee level	No	Knee stand
2 nd /3 rd	Feet at hip level	No	Thigh stand
4 th /5 th	Feet at chest level	No	Prep
6 th	Feet at chest level	No	Prep

- Cradles and Extensions are **NOT** allowed for any age or any grade.
- Back spots are required for all stunts for any flyer with both feet off the ground.
- The use of trampolines, springboards, or other height-increasing apparatus is prohibited.
- Landing for all jumps must bear weight on at least one-foot.
- No elite tumbling.
- PYSA Cheer Coaches are NOT allowed to spot tumbling.

These safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading tumbling, stunts, and pyramids should be carefully reviewed and supervised by a qualified and knowledgeable coach. Any stunt or pyramid in question should be directed to the PYSA Cheer Commissioner.

8. UNIFORM

Custom uniforms are purchased with a portion of the PYSA Cheer registration fee and made specific to each cheerleader's measurements. Uniforms are to be kept neat and clean at all times.

Each Cheer Coach designs their squad uniform based on the options presented by PYSA. The uniform provided by PYSA does not include cheer shoes. These are to be purchased individually by each cheerleader.

SPIRIT MONEY

Each cheerleader will submit additional "Spirit Money" directly to their cheer coach outside of registration. This amount is subject to change season to season and is indicated in the registration acknowledgements. A participant can expect this amount to range from \$100-\$150. These funds are used to purchase additional items for the squad such as bags, water bottles, megaphones, etc. The Cheer Coach is entrusted with the responsibility of ensuring that the items purchased are done so with financial responsibility. Coaches are NOT allowed to require anything is purchased by squad members above and beyond the spirit money.

Due to weather conditions, it may be necessary for cheerleaders to wear leggings, a long-sleeve undergarment and/or jacket. If these items are declared mandatory by the Cheer Coach, not optional, it must be covered with the Spirit Money obtained at the beginning of the season.

9. SCHOLARSHIPS

Parent/Guardian may submit a scholarship request by completing the PYSA Cheer Scholarship Application. It is recommended this is done prior to completing the online registration form. Upon completion and submission of the scholarship application, requests will be reviewed by the PYSA Cheer Commissioner(s) and parent/guardian will be notified. Should a scholarship be granted, PYSA Cheer Commissioner will advise how to proceed.

10. REFUNDS

Parent/Guardian may submit a refund request by completing the PYSA Cheer Refund Request form. Refund requests are subject to review and approval. There are NO REFUNDS once uniforms have been ordered. This is typically around June 1st.

In the event a child is placed on a squad without any parent/guardian volunteering to coach, a refund will be processed PRIOR to uniforms being ordered.

11. CHEERLEADER RESPONSIBILITIES

PYSA CHEERLEADER RESPONSIBILITIES include but are not limited to:

- Cheerleaders will sign and acknowledge the Code of Ethics during the registration process.
- If a cheerleader misses 50% or more of the scheduled practices in a week, the cheerleader may be ineligible to participate in the halftime routine.
- No cheerleader is to attempt any cheerleading skill (tumbling, stunting, jumps) without proper training from a qualified coach, trainer, or instructor.
- Hair should be pulled back for the safety of all athletes for both practices and games.
- Cheerleaders are expected to be in full uniform for all games unless instructed differently by their coach.
- No jewelry is allowed.
- It is the responsibility of the cheerleader to learn all cheer material to the best of their ability.
- Cheerleaders will remain on the sideline for the duration of the game.
- No food or gum during warm-ups, games or practices except during designated breaks.
- Cheerleaders are expected to dress appropriately for practices including shoes.

12. PARENT/GUARDIAN RESPONSIBILITIES

PYSA PARENT/GUARDIAN RESPONSIBILITIES include but are not limited to:

- Parent/Guardian will sign and acknowledge the Code of Ethics during the registration process.
 - Parent/Guardian must ensure their cheerleader has transportation to and from practices and games.
- Parent/Guardian must see that their cheerleader is in uniform for all games and activities.

- Parents/guardian are to ensure their cheerleader remains on the sideline for the duration of the game.
- Parents should voice all complaints regarding game officials and spectators directly to Cheer Head Coach who will in turn notify PYSA Cheer Commissioner(s).
- Parents and/or spectators are not allowed on the field at any time. This includes halftime.
- Notify the PYSA Cheer Commissioner immediately with any concerns regarding any head and/or assistant coach.

ACKNOWLEDGEMENT

Failure to comply with the above policies could result in the suspension of coach/cheerleader/parent/spectator for future all PYSA Cheer events and participation.