

Memphis Shelby PAL

Cheer By-Laws &

Participation Rules



1.. PARTICIPATION

- A. No cheerleader may participate on any other cheerleading squad put together exclusively for competition.
- B. The basic rule for participation in the Memphis Shelby PAL is that the cheerleader will cheer for the League Member Organization registered with at Mass Registration based on zip code.
- C. Participants wearing casts will be required to present a doctor's release to participate in cheerleading. The cast must be covered with ½ inch foam or better. The metal parts of a brace must be covered by foam or tape.
- D. A cheerleader that quits a Memphis Shelby PAL League Member Organization for another competitive squad during the current season, April 1st through the last Championship game, will be required to sit out the following cheerleading season, April 1st through December 15. A cheerleader leaving a squad due to illness or moving out of town will be acceptable, with other special circumstances left to the discretion of the Cheer Administrator.
- E. A cheerleader that constantly misses practices or events due to illness, other than the three day rule, may be required to submit a doctor's note, at the discretion of the League Director.
- F. No jewelry. Cheerleaders wearing jewelry to practice, games or events will be asked to take jewelry off. If jewelry is not removed, the cheerleader will be temporarily dismissed from the squad. Cheer Administrator must be notified.
- G. A participant may move up one level to cheer with an older age group with the League Director and Cheerleading Administrator's approval. Once the participant moves up he/she cannot move back down
- H. If a participant leaves a League Member Organization without clearing their balance owed or returning their Memphis Shelby PAL issued uniforms he/she will not be permitted to cheer for another League Member Organization or the original League Member Organization until his/her balance is cleared.

1. The Cheerleading Administrator will keep a list of participants owing funds. It is the responsibility of the Cheerleading Administrator to give that list of names to PAL Secretary/PAL Board of Directors.

4/6/2017

2. AGES:

Ages will be as follows for areas with enough girls to fill all 4 age groups

- Fly Weights 5, 6 and 7 year old
4 years old are allowed and must turn 5 by December 31st of the current season.

- Mighty Mites 8 and 9 year old
- Midgets 10, 11 and 12 year old
- Pee Wees 13 and 14 year old

May 31st of the current season is the cut off on these ages. The age of a cheerleader on May 31st will determine the age group they fall under.

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3. SQUAD SIZE

- A. Each squad may have a maximum of 30 participants.
Two alternates will be allowed.
- B. A team mascot will be allowed. Mascots must be a year within the required age of the youngest age group (i.e. mascots must be at least 4 years of age)

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4. TRYOUTS

Tryouts are not required but if a League Member Organization decided to hold tryouts the following applies:

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- A. A League Member Organization that has had sign ups and has attended Memphis Shelby PAL mandatory cheer clinic and have a number of cheerleaders that is under the minimum (15) cheerleaders per age division/squad allowed may continue to sign up new cheerleaders until the day before the 3rd regular season game. (There will be (1) make-up cheer clinic)
- B. A signee becomes a cheerleader when all paperwork (Memphis Shelby PAL form, picture, Doctors release if necessary, and birth certificate) and Memphis Shelby PAL fees are turned in and approved by the Memphis Shelby PAL Financial Secretary and Cheerleading Administrator.
- C. All League Member Organizations must use the designated Memphis Shelby PAL score sheet for tryouts.
- D. All League Member Organizations deciding to hold tryouts must conduct a mini camp no more than one week prior to their tryouts. All participants must have a signed liability release before they can participate in the mini camp.
- E. All mini camps and tryouts must be held at least one week prior to Memphis Shelby PAL mandatory cheer clinic. All tryouts must be attended by either the Cheer Administrator, or the Assistant Cheer Administrator.

- F. All tallying of scores will be supervised and validated by either the Cheer Administrator, Assistant Cheer Administrator Memphis Shelby PAL. A copy of the tally sheet will be on file with the Cheer Administrator.
- G. Mini clinic, tryouts and parent's meeting must be held within a 30-day period. Parent's meeting is mandatory.
- H. Tryouts and mini clinic must be publicized at least two (2) weeks prior to the date of the mini clinic and tryouts. Information should include Date, Time, and Location, Requirements, (permission slip, birth certificate etc.) and Name and Telephone number of person in charge of tryouts.
- I. All participants must register before being allowed to tryout. Any participant registering for and attending a mini clinic must be trying out for that particular Memphis Shelby PAL program and will not be allowed to try out for another Memphis Shelby PAL program.
- J. Permission slips and a physical requirements sheet (details the physical requirements of cheerleading) must be signed and returned to the Cheer Administrator before clinic or tryouts. Ages must be validated by a birth certificate before the participant will be allowed to attend the mini clinic or tryouts.
- K. The Coordinators and team coach will be responsible for holding a mini clinic to any child added after Camp has been attended.
- L. No old uniforms or artificial aids (mini tramp, springboard or height enhancing devices) with the exception of pompoms, tumbling mats and sound for music, will be allowed at tryouts.
- M. Pompom routines are permitted in tryouts for Midgets and Pee Wees.
- N. No scores will be given out or discussed with anyone.
- O. You may not have a second tryout unless you take all the participants trying out at your first tryout up to 30. You may set a cap on the score for the cheerleaders trying out for your League Member Organization and have as many tryouts as it takes to fill your team up to 30 but only if your League Member Organization offers all four age groups a Junior Varsity team. The cap must remain the same for each tryout thereafter. This will be explained to the participants and parents before the clinic. It must be known that anyone not chosen for the Competitive team will be automatically placed on the Junior Varsity team. All cap scoring must be decided before the tryout is conducted and given to the Cheerleading Administrator, his/her assistant, or a member of the Executive Board that is at the tryout. The judges will not be given this information.
- P. No Coaches, Coordinators, nor members of the League Member Organization conducting the tryouts may serve as a judge for that League Member Organization's tryouts. In the

case that judges are needed and not available the Cheerleading Administrator, his/her assistant, or members of the Executive Board can serve as a judge.

- Q. On the day of a League Member Organization's tryouts the Cheerleading Administrator, and/or her Assistant, will arrive an hour early to the scheduled tryout to collect all paperwork. **NO CHILD WILL BE PERMITTED TO TRYOUT FOR ANY LEAGUE MEMBER ORGANIZATION WITHOUT COMPLETED PAPERWORK.** This will include the Memphis Shelby PAL form, Doctor's release if necessary, Current Picture, and Birth Certificate. Anyone with incomplete paperwork will be removed from the tryout score sheets.
- R. If a participant has already tried out in his/her League Member Organization and does not make the squad, he/she is not eligible to tryout at any other League Member Organization's tryouts. He/she must wait for a second tryout.

Updated
4/6/2017

5. Memphis Shelby PAL REGISTRATION

- A. All registration fees for Memphis Shelby PAL must be turned in to the Memphis Shelby PAL Secretary within two weeks after tryouts. Anyone added on to the Junior Varsity team must turn in no later than two weeks after adding them, the Memphis Shelby PAL form, current picture, birth certificate, Doctors Release if deemed necessary, and Memphis Shelby PAL fee.

6. PRACTICE

- A. All practices must be attended and supervised by an adult at least 21 years of age. (Exceptions must be approved by Cheer Administrator.)
 - 1. An organized practice is considered a practice when 4 or more cheerleaders come together with a Coach, Coordinator or Co-Coordinator.
 - 2. Gymnastic classes are not considered a practice even if the whole squad attends as long as the cheerleaders are not required to attend, and no points are given if they do not attend. A cheerleader may NOT be penalized if they do not attend these classes or made to feel that their position on the team is in jeopardy if they do not attend. It must be a gymnastic class. No stunts, cheers or dance routines being part of this class.
- B. Practices may begin 2 (two) weeks prior to Cheerleading Camp. Example: If camp starts June 12th, practices may begin May 29th. You cannot add any time to the 2 hours a day allotted for practice even when missing a day earlier in the week. This gives the cheerleaders time off for summer break. All cheerleaders can start practice on August 1st no matter the date they attended camp.

1. Once a sign-up, mini clinic or tryout has been completed, an League Member Organization may bring the cheerleading team together for a function other than practice (cook-out, get to know each other, tumbling) This time will not be considered mandatory and will not count against any cheerleader not in attendance.

Practice times for Cheer prior to August 1st will be as follows:

Fly Weights, Mighty Mites, Midgets and Pee Wees will be able to practice 3 days per week, 2 hours per day (max 6 hours per week).

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C. Two weeks prior to camp, practice will be mandatory for five days per week, two hours per day. (Maximum – 10hrs per wk.) No vacation time will be permitted during these weeks.

D. Beginning August 1st, practices will be as follows:

Fly Weights, Mighty Mites, Midgets and Pee Wees will be able to practice 3 days per week, 2 hours per day (max 6 hours per week).

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It will be required that every cheer team practice on the League Member Organization's practice field. These practices must be coordinated with the League Member Organization's football practices. When weather becomes too cool for practices, you may go to inside facilities on the one day a week but first must okay this with the League Director.

Practice games must be included in the hours permitted, but pep rallies will not be considered a practice if limited to 30 min. Pep rallies must be announced at board meetings by Directors. You cannot add any time to the 2 hours a day allotted for practice even when missing a day earlier in the week.

E. No additional practice will be allowed during the week of Cheerleader Camp outside scheduled camp hours.

F. Two weeks prior to Memphis Shelby PAL Cheer-Offs competition and/or any other Memphis Shelby PAL competition, practice will be mandatory five days per week, two hours per day (max. 10hrs).

No excused vacation time will be permitted during these weeks.

G. ONE WEEK prior to any other competition, approved by the Cheer Administrator and Executive Board, practice will be allowed five days per week, two hours per day (max. 10hrs)

H. Participants will be excused for family vacations, with three (3) weeks being considered a reasonable family vacation. No excused vacation time will be allowed after Labor Day of the current year. One (1) day in a week constitutes a week.

I. A BYE or Forfeit game will allow one (1) additional practice, not to exceed two (2) hours. This practice must be held in the same week as the BYE or Forfeit. Only in the instance of a BYE or Forfeit, will Saturday practice be allowed.

J. No points will be given to a child for not attending practice on Sundays.

7. SUMMER CHEERLEADING CAMP

A. Camps must be sanctioned by Memphis Shelby PAL.

B. Midgets and Pee Wees will be allowed to stay overnight at out-of-town camps. Fly Weights and Mighty Mites must commute to these camps returning to their League Member Organization that same day.

C. For any Midget and/or Pee Wee squads to go to an out-of-town camp, they must have not less than one (1) chaperone per five (5) participants. No parent can be disallowed attendance at the camp. All parents should be encouraged to attend. Names and phone numbers of the chaperones attending camp with the squads must be turned in by the Coordinator to the Cheer Administrator no later than 2 weeks prior to leaving for camp.

D. All coaches must be 18 years of age for Mighty Mites, Midgets and Pee Wees. Only Fly Weights may have a younger coach. Any team with a coach under the age of 18 will not be permitted to do stunts over shoulder level. All coaches that are paid must be no younger than 16 years of age, no exceptions. All coaches must attend the Coach's Adviser Training meeting at the camp with their Coordinator.

1. Coordinators are responsible for all Coaches' actions. Coaches are under the advisement of their Coordinators. It is up to the Coordinator to determine the jobs the Coaches are responsible for. If a Coach does not comply with the Coordinator's direction or the Coach creates animosity among the team or parents, it is up to the Coordinator to dismiss this Coach under the advisement of the League Director.

2. In the case where a conflict between the coach and Coordinator cannot be resolved or the Coach feels they were dismissed unfairly, they may call the League Director and the Cheerleading Administrator for a meeting with the Coordinator present.

3. Coaches may act as Coordinator/Coach for a team if they are 21 years of age.

E. Cheerleading Camp is mandatory for all Competitive teams. All private camps for the Competitive teams **MUST BE APPROVED BY THE CHEERLEADING ADMINISTRATOR AND THE LEAGUE DIRECTOR.**

- F. All squads must attend a Cheerleading Camp during the summer months. This Camp will be considered mandatory.
- G. During the Memphis Shelby PAL Youth Camp, there will be no practicing before camp starts or after camp ends. During lunch you must allow cheerleaders to have half the time allowed to eat. You may practice other half of time

8. **COMPETITIONS:**

- A. There will be an annual mandatory Coordinator's meeting for Cheer Offs. The head Coordinator or representative for each individual squad must attend. Anyone not represented, the Coordinator will be placed on probation for one year immediately. If said Coordinator or representative, fails to attend the following year's meeting, the Coordinator will be suspended effective immediately for one year.

If a Memphis Shelby PAL Competition is held on a Saturday for which they cheer at ball games, the cheer squads will be excused from cheering on the Saturday of competition.

Anyone attending a Regional will be required to be in attendance for their game on that day if they are scheduled. If you the Coordinator do not follow your Director's instructions, have your games covered, or permission from your Director to be excused, you will be suspended for one year effective immediately.

Pee Wees and Midgets are the only squads allowed to stay all night at out of town Competitions. Fly Weights and Mighty Mites must commute to these Competitions and return to their League Member Organization that same day. If this should occur and you are scheduled for a game, you must find someone to fill in for your squad. If this procedure is not followed the Coordinator will be suspended for one year effective immediately.

All Cheer teams are required to perform at **ALL** "Cheer related" sanctioned events. It is **MANDATORY** that at least 2 or more participants participate per "ALLSTAR" team.

- B. Memphis Shelby PAL Cheer-Offs will be the only officially recognized Cheerleading Competition. Cheer-Off will be broken down into Small, Medium and Large divisions if the numbers allow this, so that it is still competitive for all League Member Organizations competing. All Competitive cheerleading squads must compete. Numbers to be determined after final count of participants. All Competitive Cheerleaders will be responsible for selling 10 (ten) Cheer Off tickets each. The Competitive Cheerleader which sells the most Cheer Off tickets above the allocated 10 (ten) will be crowned 1 – Queen and 4- Princess. ALL unsold tickets must be returned back to Memphis Shelby PAL before Cheer Off.
- C. No artificial aids (mini tramps, springboard or height enhancing devices) will be allowed at Cheer-Off. Only the following props are allowed: flags, banners, megaphones,

pompoms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling. Electric signs and sharp objects are prohibited. Apparel such as hats/gloves will be considered an extension of the uniform.

- D. Participation by a Memphis Shelby PAL squad in any other cheerleading competition must be presented to and approved by the Cheer Administrator and Executive Board prior to the event.
1. All Memphis Shelby PAL squads are encouraged to use the Memphis Shelby PAL name when attending outside competitions.

NOTE: All Memphis Shelby PAL squads must compete within their own age group in outside competitions.

E. Cheer-Off routines consist of:

1. At least one cheer, chant, or sideline.
2. A musical segment is optional, but no greater than 1 minute and 45 seconds.
3. Total routine cannot exceed 2 minutes and 30 seconds.
4. A Dance division will be available with no tumbling or building, strictly dance only. Dance routine cannot exceed 2 minutes and 30 seconds.
5. All music with one chant during music will be permitted. Total routine cannot exceed 2 minutes and 30 seconds.
6. Bring 2 (two) copies of music CD's.
7. No artificial aids (mini tramps, springboard or height enhancing devices) will be allowed at Cheer-Off. Only the following props are allowed: flags, banners, megaphones, pompoms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling. Electric signs and sharp objects are prohibited. Apparel such as hats/gloves will be considered an extension of the uniform.

PYRAMIDS, STUNTS, AND TUMBLING

Competitive Cheer	Fly Weights	Mighty Mites	Midgets	Pee Wees
Shoulder level stunts	X	X	X	X
Extensions with support		X	X	X
Extensions			X	X
One legged stunts thigh	X	X	X	X

stands				
One legged stunts with support		X	X	X
One legged stunts shoulder level		X	X	X
One legged stunts at extension level			X	X
Basket tosses		X	X	X

9. PYRAMIDS AND STUNTS

A. All pyramids and partner stunts are limited to two persons high. “Two High” is defined as the base (bottom person) having at least one foot on the ground.

B. Any squad building over the height limit or not providing spotters will be assessed a 10 point per judge deduction at Cheer-off.

1. Any squad building over the height limit during halftime or Competition will be an automatic suspension at the Cheerleading Administrator’s discretion for the Coordinator and Coach in charge of that halftime or Competition

2. Any League Member Organization that wishes to combine Fly Weights and Mighty Mites will not be allowed to do stunts over Fly Weight level at practices, games, events or competitions.

C. A spotter is required for all extended stunts.

1. An in attentive person is not considered a spotter.

2. A spotter must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.

3. A spotter’s torso cannot be under a stunt.

4. A person is not considered a spotter if the hand position includes:

a. Grabbing the hand(s) of the base(s) beneath the top person’s foot or

b. Grabbing the sole of the foot of the partner (exception: a spotter may grab the sole of the foot as long as the other hand is on the ankle.)

D. Competitive League Member Organizations only for Junior and Senior squads: Single based extended stunts are allowed if the top person is centered directly over the base. The spotter must be positioned (either to the side or directly behind the stunt) to protect the head/shoulders of the top person.

E. Single based stunts (extended and non-extended stunts) when cradled must have a spotter at the head and shoulder League Member Organization of the partner (exception: cradle from chair or torch). Multi-based stunts dismounting to cradle must have 2 catchers and a separate spotter at the head and shoulder League Member Organization of the partner.

F. Physical contact must be maintained between the top person and the base(s) during a stunt.

Exceptions: 1) A release from the base(s) is allowed for a pop, sweep, dismount to cradle or dismount directly to the performing floor.

2) See G below. When a stunt involves changing bases, the base may make no more than a half turn (180 degrees) as they take the partner to a new base. The partner must remain in an upright vertical position throughout the transition.

G. During a pyramid, minor release of physical contact between the base and the partner in a pyramid transition are allowed ONLY when:

- 1) The partner remains vertical and upright.
- 2) The partner remains in physical contact with the other members at the second level.
- 3) Weight of the partner is not being borne at the second level or on another stunt.

H. The following stunts may brace each other: chair, double/triple base dead man lift, double/triple base straddle lift, torch, and extended stunts. (where both feet of the partner are in contact with a base, such as single and double based extensions and single/double based awesome).

I. When a partner moves to a flat body position (i.e. prone, layout or on side) the stunt must originate from shoulder level or lower and the partner must be caught by at least 4 catchers. Physical contact must be maintained with an original base. If the weight of the partner does not remain within the vertical axis of one stunt, 4 additional stationary catchers who are not original bases are required.

J. Partners are not allowed to hold or pass through an inverted position during a stunt, toss or dismount. This includes needle stunts, supported handstand stunts, roll ups, cartwheels or handstands into stunts.

- K. Hanging pyramids are allowed if and only if they are upright and stationary. Each partner at the shoulder stand level must have a continuous spotter and bases must brace the hanging person(s). (No moving or rotating diamond heads.) Partners in a suspended split or sponging to the split position must have continuous hand to body contact with the performing surface.
- L. Single based split catches are prohibited.
- M. Stunts may dismount to a new set of bases if caught in a cradle position by at least 2 catchers with a separate spotter at the head and shoulder League Member Organization of the partner (physical contact must be maintained with the original base). Catchers and bases must be stationary prior to the initiation of the dismount.
- N. Non-extended stunts may dismount a partner directly to the performing surface with one-spotter hands on assisting the landing. Dismounting from extended stunts requires 2 hands on spotters assisting the landing, including single based stunts.
- O. No skills may be performed when dismounting to performing surface without constant hand-to-hand contact with bases. No hip overhead rotations are allowed. (Example: Cradle back flips are prohibited.)
- P. Dismounts involving twisting rotations may not exceed two (2) rotations and must be cradled. Multi-based stunts dismounting to cradle must have 2 catchers and a separate spotter at the head and shoulder League Member Organization of the partner.
- Q. Tension drops/rolls are prohibited.
- R. Tosses must be performed from ground level and must be dismounted to a cradle position by the original two bases plus a spotter at the head and shoulder of the partner. (Basket tosses are allowed at Competitive Mighty Mites, Midgets, and Pee wees level).
- S. A partner may not be tossed to another set of bases or to another stunt or toss before the cradle. The bases must remain stationary during the toss. (No intentional traveling tosses). Free falling flips or swan dives from any type of toss, partner stunt, or pyramids are prohibited.
- T. Helicopter tosses are prohibited (Legal if bases maintain contact with the partner). Toss to prone or other flat body position is prohibited (Exception: logrolls are permitted.)
- U. Toss flips are prohibited.
- V. Aerial tumbling over, under, or through a stunt, individual, or prop is not permitted. Exception: Forward roll over a prop is legal.

- W. Tumbling with a prop is prohibited. Example: Back handsprings and back tucks with poms are illegal.
- X. All gymnastic stunts must originate from the ground level. The person performing a gymnastic stunt may (without hip over the head rotation) rebound from his/her feet into a cradle.
- Y. Double cartwheels are prohibited. Dive rolls are prohibited (a forward roll and your feet leave the ground before the hands touch). Toe pitch flips are prohibited. High kicks to a hurdler position are prohibited.

SAFETY RULES

- A. Use of mini traps, springboards, or any apparatus used to propel a participant is not permitted.
- B. Drops (knee, seat, thigh, front, back and split drops) from a jump, stand or inverted positions are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop.
- C. Only the following props are allowed: flags, banners, megaphones, pompons, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling. Electric signs and sharp objects are prohibited. Apparel such as hats/gloves will be considered an extension of the uniform.
- D. Jewelry of any kind is prohibited. This includes earrings, nose, tongue, and bell button rings, necklaces and pins on uniforms.

NOTE:

The above safety rules and regulations are general in nature and are not intended to cover all circumstances. These rules are in compliance with the National Council for Spirit Safety and Education. When in doubt, or if the stunt or pyramid you want to do is not covered above, please call the Cheerleading Administrator and find out specific legalities.

10. CHEERING PROCEDURES FOR JAMBOREE, BALL GAMES AND PLAYOFFS:

- A. JAMBOREE – There will be no building or tumbling at any time during Jamboree. This includes before, during, or after your scheduled game. Failure to attend Jamboree by Competitive cheerleaders will be an automatic suspension at the Cheerleading Administrator’s discretion to the Coordinator.

B. BALL GAMES AND PLAYOFFS-

ALL Cheerleaders will be required to cheer at least one-half (1/2) of scheduled Saturday games and one-half (1/2) schedule of Thursday night football games. The cheer schedule

must be submitted to the Cheer Administrator no later than one (1) week after each football schedule has been released. Teams may split to cheer for games on Saturday and/or Thursday. In fact, it is encouraged to do so. Only in the instance of a Saturday competition will they be excused and only if the Director and Cheerleading Administrator approves, and another team covers the game. If a cheerleading squad does not show up for scheduled games, the Coordinator in charge of that game will be put on probation for the first offence. The second offence will be suspension for an amount of time determined by the Cheerleading Administrator.

Cheerleaders are required to be at the field 30 minutes prior to their game time. Warm-ups before games are limited to 30 minutes. Warm-ups are to be held away from football field. At no time during the game, is there to be building or tumbling on the sidelines. There will be no building or tumbling after the two time run through for halftime. The run through for half time must be done at halftime. NO EXCEPTIONS!

THESE REGULATIONS ARE SET FORTH FOR THE SAFETY OF THE
CHEERLEADERS.

11. DEMERIT SYSTEM

- A. All League Member Organizations will use the same demerit system. Points will be given for rule infractions. A total of twenty-five (25) points constitutes one (1) demerit. (ANY POINTS GIVEN MUST BE INITIALED BY THE PARTICIPANT). Demerits (a total of 25 points) must be initialed by the participant and the parent or guardian. All squads will follow this Demerit system.
- B. Under the Memphis Shelby PAL demerit system, the following rules and points will be recognized:

- 1. Late for practice (2.5 points)
- 2. Leaving practice early (2.5 points)
- 3. Coming to games or events not in full uniform (5 points)
- 4. Gum chewing at practice, games or events (2.5 points)
- 5. Wearing jewelry to practice. This includes all belly rings. (5 points)*
- 6. Late for games or events (10 points)
- 7. Leaving games or events early (10 points)
- 8. Unexcused absenteeism from games, this will include Monday night games, practices or events (10 points)

9. Failure to follow instructions (5 points)
10. Arguing with Coordinator or other member of squad (25 points)
11. Unsportsmanlike conduct (25 points)
12. Bad language or smoking (25 points)
13. Cheerleaders wearing make-up in excess of amount approved by the Sponsor to practice, games or events (10 points)

- A. Cheerleaders cannot be made to wear make-up.
- C. If a participant receives twenty-five (25) points (one (1) demerit), the League Director must be notified by the Coordinator.
- D. Penalties for demerits will be as follows:

or event,

1. One (1) demerit (25 points) – Participant will be benched for one game which must be attended in full uniform, and an oral reprimand.

2. Two (2) demerits (50 points) – Same as above and conference with parents, Cheerleading Administrator, Director, Coordinator, parents and participant must attend the conference.

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3. Three (3) demerits (75 points) – Permanent dismissal from squad. Administrator must be notified.

- E. Excused absences will be given for illness or death. An excused absence for illness for more than three (3) consecutive activities must be accompanied by a written doctor's release before being allowed to participate. A Coordinator must not question the integrity of a parent who says their child is too sick to attend practice. Any participant that the Coordinator feels is abusing illness to miss practice may request (with the Directors approval) a written doctor's note before the participant may return to practice.
- F. Any condition that required a physician's care must be accompanied by a written doctor's release before the participant will be allowed to participate in, or resume activities therein.
- G. All participants and participant's parents must receive and sign a copy of the demerit system. These forms will be kept on file by the Director.

- H. Any and all participants who no longer wish to participate in the Memphis Shelby PAL cheerleading program must sign a statement to that effect as well as the participant's parent(s) or guardian.

12. COORDINATOR

- A. All Coordinators must be at least twenty-one (21) years of age. Exceptions to this rule must be approved by the Board of Directors.
- C. Directors are responsible for Coordinators and Coordinators are responsible for their Assistants and Coaches.
- D. Head Coordinators are required to sign a statement furnished by Memphis Shelby PAL to the effect that he/she has read and understands the Memphis Shelby PAL Cheerleading By-Laws and that he/she has a copy of the said rules in his/her possession. The Cheerleading Administrator will collect these statements at the Coordinators Clinic and file with the Memphis Shelby PAL Secretary.
- E. A Coordinator's Clinic will be held annually. All head Coordinators must attend a Coordinator's Clinic or they will not be allowed to be a Coordinator.
- F. Any Coordinator who does not adhere to the guidelines and By-Laws of Cheerleading as written in the Constitution of Memphis Shelby PAL., or exhibits behavior and/or actions contrary to the Code of Ethics, will be automatically suspended until he/she appears before the Board of Directors of Memphis Shelby PAL. Failure to appear will result in permanent suspension. The Cheer Administrator or his/her representative reserves the right to make decision in the event no rule(s) cover(s) the situation. A ruling from the Cheer Administrator or his/her representative must be overruled by a 90% majority vote of the Board of Directors during the playing season. April 1st – December 15.
- G. Anyone who receives an automatic suspension will be entitled to a prompt ruling by the Cheer Administrator or his/her representative.

13. UNIFORM REGULATIONS

- A. Each participant must furnish their own uniform consisting of:
 - 1. Top
 - 2. Skirt
 - 3. Body Liner, Body suit, or Turtle Neck
 - 4. Tights
 - 5. Shoes
 - 6. Socks

All other purchases are optional.

- B. Cheerleaders must have “Memphis Shelby PAL visible on their uniforms in letters and not less than one (1) inch, located on the vest or top or skirt. Visible means that the letters must be seen, NOT WHITE ON WHITE OR BLUE ON BLUE AND SO ON. This means that the letters must be a different color than the material they are monogrammed on.
- C. Cheerleading uniforms must cover the entire trunk of the cheerleader’s body. V-necks, sweetheart necks, round necks and square necks are permissible. This includes all camp clothes and practice clothing. Camp Clothes may show some of the trunk but not to excess. No sports bras worn as a top for practice or camp. (A raised arm in a high V or other motion that shows the stomach is permissible.
- D. The parent must sign and agree to pay the cheer budget based on the Director’s Approval.