

Lehighon Athletic Booster Club Cheering Rules

Rule 1. Residency

- A. All participants female or male must reside within/attend school within the Lehighon Area School District

Rule 2. Equipment

- A. Each participant must have a uniform/equipment release form signed by a parent or guardian before the equipment is handed out.
- B. All equipment must be returned to the coach or director within two (2) weeks of the last game.
- C. Equipment must be returned in the condition originally received-minus acceptable normal wear and tear. Any equipment received that exceeds acceptable wear and tear – such as rips, holes, burns, excessive stains, etc that deems the equipment unusable shall be replaced by the parent or guardian at the cost per item as provided by the cheering director.
- D. Any equipment that is lost or stolen shall be replaced by the parent or guardian at the cost per item as provided by the cheering director.

Rule 3. Insurance Coverage

- A. An insurance plan must be in force to cover all participants.

Rule 4. General Rules Pertaining To Coaches

- A. All applications, along with Act 34 clearances, must be presented at a regular Club meeting and must be approved by the Club. Head coaches are also required to have a child abuse clearance. Applications may be given to the cheering director or an officer of the Club between meetings. If there are two people applying for the same coaching position, it will be decided by who is an active member. If neither is an active member, it will be decided by the vote of the coaches committee.
- B. Coaches may be reinstated after one (1) year as a coach by reapplying with a written application at a regular monthly meeting.

- C. All head coaches must attend cheering committee meetings.
- D. Once a coach is accepted by the Club, if they should leave during the season, they will have to sit out for a minimum of one (1) year following the year in which they quit.

Rule 5. General Rules For Qualifications of Cheerleaders

- A. All cheerleaders can be no younger than 4 years of age prior to September 1 and cannot turn 14 prior to September 1 for football cheering and winter cheering.
- B. The deadline for registration for cheerleaders is the 2nd week of practice with the cheering director's discretion to allow ample time for the cheerleaders to learn the cheers and routine.
- C. All girls must register, have a registration form signed by her parent or guardian, have a physical examination by a doctor, and present a birth certificate as proof of age.
- D. No cheerleader may practice or cheer at a game without a physical – NO EXCEPTIONS! Coaches allowing this to happen will be subject to disciplinary actions by the Club. Those without a physical must watch from the sidelines until they get their physical.
- E. The cheering director may move cheerleaders up to the next squad based on registration numbers and if it's approved by the head coach.
- F. Attendance will be taken at every practice and game. Cheerleaders must show up for the majority of the practices in order to participate in the half time routines. This is at the discretion of the head coach and cheering director.

Rule 6. All-Star Game

- A. Cheerleaders will be picked for the all-star game by the following qualifications:
 - A. Moving up to the next squad
 - B. Attendance
 - C. Participation
- It will be at the discretion of the head coach and director.

Rule 7. General Practice Rules

- A. No Sunday practices
- B. Before school starts, a limit of five (5) practice sessions per week with each practice lasting a maximum of two (2) hours.
- C. After school starts, practice is limited to 10 hours per week. It is the discretion of the head coach to determine the length of time the practices will last.
- D. All practices must be held at insurance designated areas.

Rule 8. Builds, Stunts, & Tosses

- A. Any parent may decline to have their child participate in a build, stunt, or toss.
- B. Any build or stunt chest high or higher must have at least one coach as a spotter.
- C. We will follow the Safety Rules by the American Association of Cheerleading Coaches & Administration (AACCA). They can be found at www.AACCA.org.

Rule 9. Mascots

- A. There are no mascots allowed. (enacted 11/17/09 by Executive Committee)

Cheering Rules amended July 2013