



Cheerleading Standard Operating Procedures

City of Newberry Parks & Recreation

Article I. Cheerleading Rules

A. All programs must follow the rules of the NPR Department and General Rules

(Standard Operating Procedure for Football, Cheerleading).

Article II. COACHING/VOLUNTEERING REQUIREMENTS

- a. Head Coaches must be at least 18 years of age.
- b. All coaches, volunteers, and other team representatives must submit and pass a background check. All coaches, volunteers, and other team representatives are expected to stress courtesy, friendship, spirit, teamwork, and good sportsmanship at all times.
- c. Cheerleading coaches must follow the coaches' code of conduct **Article III. CHEERLEADER SAFETY**

- A. Safety of participants is the highest priority and supersedes all other rules.
- B. Every program must register annually and comply with the Newberry Parks & Recreation rules.
- C. Stunting is NOT ALLOWED

Article IV. ELIGIBILITY

- A. Parental consent for each player must be kept on file by each program.
- B. The waiver for each player must be kept on file.
- C. Youth ages 5 – 12, as of September 1, may participate in NPR Cheerleading.
- D. Cheerleaders are allowed to be members of more than one squad.
- E. Everyone is to remember that NPR is a Recreation program.
- F. Cheerleaders are not to be turned away for lack of experience, skill, or disability. All programs will follow the Equal Rights provisions.

Article V. UNIFORMS

A. All cheerleaders must be equipped as follows:

- Cheer shell
- Cheer skirt
- Boy shorts (Spanks)
- Pom Poms
- Cheer shoes

THE CITY OF NEWBERRY PARKS & RECREATION DEPARTMENT (NPR) WILL PROVIDE THE FOLLOWING:

- CHEER SHELL
- CHEER SKIRT
- POM POMS

B. All cheerleaders must wear uniforms modestly and not reveal cleavage or undergarments.

C. Cheerleaders who are not appropriately covered may not cheer.

D. Skirts should not be worn below the belly button.

E. Jewelry is not permitted while cheering. This includes newly pierced ears.

F. Hair must be up and out of the face while cheering.

G. In cold weather, cheerleaders may wear extra items

Article VI. PRACTICE

A. A participant may attend an outside run camp outside the regular season. B.

Participants may attend outside rec-level competitions during the season.

C. A week is defined as seven days from a Monday to Sunday.

D. Practice hours are during the season, with a duration of no longer than two (2) hours per practice

E. The first date of practice will be determined by the NPR department.

F. There is no minimum number of cheerleaders for a squad.

Article VII. OFFICIALS

A. Officials must be respected, and their instructions followed at all games.

Article VIII. HOME TEAM RESPONSIBILITY

A. The Home team must provide a space for cheerleaders of both the home and away teams on the sideline and in front of or in proximity of spectators for all games.

The home team must greet each visiting football and cheerleading team and show them their sideline/cheer space, warm-up area, restroom facilities, and the location of concessions.

B. Cheer coaches of the home team should greet the visiting team prior to the start of the game.

C. Halftime Procedures

- a. At halftime, cheerleaders have priority use of the field for the halftime routine. Football players, coaches, spectators, or others should not be using the field during the halftime routine. The cheerleading halftime routine will take place at or around the 50-yard line for both the home and visiting teams or be centralized in spectator viewing areas. If announcements or music is played at games, this should not occur during cheerleading halftime shows, unless it is part of the halftime performance.
Half-time performances will be strictly limited to 4 minutes or less.
- b. First the visiting team will perform for the visiting side, with the home team watching; then the home team will perform for the home team side with the visiting team watching. I. Order of Performance:
 1. Visiting Cheer
 2. Home Cheer
- c. Squads should show good sportsmanship by applauding or positively supporting the opposing squad at the completion of their halftime routine.

Sideline Cheering Procedures

- d. Coaches and cheerleaders must stay inside the cheerleading area. They may under no circumstances be on the playing area of the field.
- e. Coaches and cheerleaders must give way to football spotters and politely inform them if they intrude in cheerleader areas.
- f. It is recommended that large or especially loud squads refrain from cheering prior to the snap and beginning of play to allow all youth football players to have a positive experience in the game as well.
- g. When there is an injured player on the field, the cheerleaders must take a knee and not cheer until the player is up and moving to the sideline.

Newberry Parks & Recreation

Parent/Coach Code of Conduct

The City of Newberry is committed to providing a positive and safe environment for all youth athletes. All parents, guardians, and coaches participating in the City's youth sports programs must adhere to this Code of Conduct to ensure the highest standards of sportsmanship, respect, and integrity.

Parent Code of Conduct

As a parent or guardian, I agree to the following:

1. **Supportive Behavior:** I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, and event.
2. **Respect for Coaches & Officials:** I will respect the decisions of coaches and officials and refrain from questioning, criticizing, or interfering with their decisions during games and practices.
3. **Sideline Conduct:** I will not engage in any unsportsmanlike conduct, including booing, taunting, or using profane language or gestures. I will not encourage my child or another person to engage in unsportsmanlike conduct.
4. **Field Restrictions:** I understand that only registered coaches and authorized personnel are allowed on the field of play. I will not enter the playing field for any reason unless invited by an official or coach in case of an emergency.
5. **Communication:** I will address any concerns regarding coaching or officiating through the appropriate channels at an appropriate time, not during games or practices.
6. **Respect for All Participants:** I will encourage my child to treat teammates, opponents, coaches, and officials with respect and dignity, regardless of race, gender, ability, or background.
7. **Safety First:** I will ensure my child is on time for practices and games, is properly equipped, and is healthy enough to participate.
8. **Substance-Free Environment:** I will not consume or be under the influence of alcohol or illegal substances at any youth sports event.

Coach Code of Conduct

As a coach, I agree to the following:

1. Positive Role Model: I will be a positive role model for my players and parents by promoting good sportsmanship, respect, and teamwork.
2. Player Development: I will prioritize the development, safety, and well-being of all players over winning games.
3. Respect for Officials & Opponents: I will respect the decisions of referees and officials and promote fair play among my players.
4. No Tolerance for Abuse: I will not engage in or allow verbal, physical, or emotional abuse of any player, coach, official, or parent.
5. Field Access: I understand that only registered coaches and authorized personnel may enter the field of play during practices and games.
6. Parental Communication: I will maintain open and professional communication with parents and address any concerns through appropriate channels.
7. Compliance with League & City Rules: I will follow all rules and guidelines set forth by the City of Newberry Youth Sports Program.
8. Substance-Free Environment: I will not use or be under the influence of alcohol or illegal substances during practices or games.

Enforcement & Consequences

Violations of this Code of Conduct will result in disciplinary action, which may include but is not limited to:

- Verbal or written warnings
 - Temporary or permanent suspension from practices and games
 - Suspension of registration account
 - Removal from the youth sports program
 - Other actions deemed necessary by the City of Newberry Parks & Recreation Department
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By signing below, I acknowledge that I have read and understand the City of Newberry Youth Sports Program Parent & Coach Code of Conduct and agree to abide by its principles.

Name of Participant: _____

Parent/Guardian Name: _____

Date: _____

**Signature of
Parent/Guardian:** _____
