



THE CITY OF WARNER ROBINS DEPARTMENT OF PARKS & RECREATION

“CHEERLEADING RULES”



PROGRAM STAFF

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CHEERLEADING AGE DIVISION

- **6U AGES 5-6 YEARS OLD**
- **8U AGES 7-8 YEARS OLD**
- **9-12U AGES 9-12 YEARS OLD**



warrior cheer

CHEERLEADING AGE DIVISION

- **GIRLS MUST CHEER IN THERE OWN AGE GROUP.**
- **APPROVED BY THE , GIRLS ARE ALLOWED TO MOVE UP TO 9-12U.**
 - **THIS IS ONLY FOR SPECIAL CASES.**
 - **IF THEY HAVE A BROTHER OR SISTER IN THE 10U DIVISION.**
 - **ONCE CHILD IS MOVED, THEY CAN NOT MOVE BACK DOWN.**

CHEERLEADING PRACTICE

- **COACHES ARE ALLOWED TO PRACTICE AT OUR APPROVE LOCATION.** 
- **YOU ARE NOT ALLOWED TO PRACTICE AT YOUR HOME OR ANY ONE ELSE'S.**
- **FRIDAY & SATURDAYS PRACTICES ARE NOT MANDATORY.**
- **NO PRACTICE ON SUNDAYS.**
- **PRACTICES CANNOT BE DISCIPLINED. YOU ARE LIMITED ONLY 2 OR 3 PRACTICES DURING THE WEEK LEADING TO THE SEASON. WHEN SEASON START, ONLY 2 PER WEEK.**

CHEERLEADING PRACTICE

- **CHEERLEADING PRACTICE SHOULD ONLY LAST ONE HOUR FOR 6U.**
- **CHEERLEADING PRACTICE SHOULD ONLY LAST ONE HOUR & HALF FOR 8U-12U.**

THE REC DEPARTMENT REASON:

- **KIDS HAVE SCHOOL AND PARENTS HAVE TO WORK THE NEXT DAY.**
- **BE A COACH WHO CARES NOT ONLY FOR THE KIDS BUT ALSO THEIR PARENTS.**

GENERAL GAME RULES

- **CHEERLEADERS ARE NOT TO, IN ANY WAY, INTERFERE WITH THE FOOTBALL PLAYERS.**
- **IT IS IMPORTANT THAT CHEERLEADERS STAY WITHIN DESIGNATED CHEERING AREA.**
- **ANY PARENT, FAN OR SPECTATOR NOT ABIDING BY THE SCOREKEEPER'S REQUEST WILL BE BARRED FROM THE RECREATIONAL FACILITY. THE SCOREKEEPER HAS THE AUTHORITY TO FORFEIT OR SUSPEND A GAME DUE TO MISCONDUCT BY PARENTS, FANS OR SPECTATORS.**

CHEERLEADING TEAM CAPTAINS

- **EACH CHEERLEADER MAY BE DESIGNATED CAPTAIN OR CO-CAPTAIN FOR AT LEAST ONE GAME. CAPTAINS MAY CALL THE CHEERS OF THEIR CHOICE DURING THAT PARTICULAR GAME.**

CHEERLEADING CHEERS

- **CHEERLEADING COACHES ARE TO USE GOOD JUDGMENT IN SELECTING CHEERS AND THE CHOREOGRAPHY THAT GOES ALONG WITH THEM.**
- **SOME HIGH SCHOOL AND COMPETITION CHEERS ARE NOT APPROPRIATE FOR RECREATION CHEER.**
- **DEROGATORY OR DEMEANING CHEERS TOWARDS THE OPPOSING TEAM WILL NOT BE TOLERATED. (I.E. “THAT’S A BABY CHEER” “THEY DON’T KNOW HOW TO CHEER”) .**
- **VIOLATIONS OF THIS RULE COULD RESULT IN COACHES’ SUSPENSION.**

BANQUETS FOR YOUR TEAMS

- **CHEERLEADERS WILL BE ALLOWED TO ATTEND ANY PARTY OR BANQUET FOR THEIR FOOTBALL TEAM AT THE END OF THE SEASON. CHEER COACHES SHOULD WORK CLOSELY WITH THE FOOTBALL TEAM MOM ON THE NECESSARY PLANNING. BANQUETS ARE NOT REQUIRED.**



**NO SMOKING, NO TOBACCO, NO VAPING
USE AT THE PRACTICE OR GAMES AT ANYTIME!**

CHEERLEADING UNIFORMS

- 1. ALL TEAMS MUST RESPECT THE UNIFORM GUIDELINES.**
- 2. TEAMS MAY NOT GET ANY OTHER MATCHING ATTIRE, THIS INCLUDES, BUT NOT LIMITED TO SWEAT SHIRTS, SWEAT PANTS, SWEAT SUITS, AND JACKETS.**
- 3. LONG SLEEVE T-SHIRTS AND SWEAT PANTS MAY BE WORN UNDER THE CHEER UNIFORM.**
- 4. SOCKS MAY BE WHITE OR THE SAME COLOR OF YOUR SKIRT. DOUBLE SOCKS MAY BE WORN.**

CHEERLEADING UNIFORMS

5. SHOES WILL BE WHITE TENNIS SHOES WITH WHITE SHOELACES. POM POMS MAY BE WORN ON SHOES.

[NO COLORED SHOELACES OR BOWS WILL BE ALLOWED ON SHOES.]

6. NO OTHER LETTERING WILL BE ALLOWED ON THE UNIFORM.

7. NO PROPS WILL BE ALLOWED DURING REGULAR SEASON GAMES. EXAMPLES – HATS, COLORED POM POMS, ETC.

HOWEVER, PROPS MAY BE USED AT THE OPTIMIST BOWL. IF PROPS ARE USED AT THE BOWL, NO ADDITIONAL COST CAN BE PASSED ON TO THE PARTICIPANT.

CHEERLEADING UNIFORMS

8. ALL POM POMS WILL BE WHITE. THE ONLY POM POMS ALLOWED WILL BE THOSE ISSUED BY THE RECREATION DEPARTMENT.

9. HAIR BOWS ARE OPTIONAL. TEAMS MAY NOT REQUIRE GIRLS TO BUY A CERTAIN TYPE OF BOW.

THE UNIFORM REQUIREMENTS WILL BE STRICTLY ENFORCED. CHEER COACHES FAILING TO COMPLY WITH THESE REQUIREMENTS MAY BE SUSPENDED FOR ONE GAME.



CHEERLEADING COACHES PACKET

- **TEAM ROSTER INFORMATION.**
- **CHEERLEADING RULES & GUIDELINE INFORMATION.**
- **PRACTICE SCHEDULE.**
- **CANCELATION CONTACT PHONE NUMBER.**
- **EXTRA BACKGROUND CHECK FOR COACHES & TEAM MOM APPLICATION.**





CHEERLEADING COACHES GROUPME

- **CHAIN OF COMMAND COMMUNICATION.**
- **PROGRAM RECREATION SPECIALIST WILL REACH OUT TO COACHES.**
- **CHEERLEADING COACHES WILL MAKE CONTACT WITH PARENTS.**
- **THE  FRONT OFFICE WILL SEND OUT AN EMAIL AS A BACKUP. FOR THOSE PARENTS WHO MAY NOT READ THERE EMAIL BY YOU.**



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CHEERLEADING COACHES

QUESTIONS & CONCERNS

