



## TBYFL Coordinators/Coaches Meeting

July 15, 2010

### GENERAL INFORMATION/PRACTICE

☀️ **ALL CHEER RULES CAN BE LOCATED IN THE TBYFL BYLAWS, RULE 27.** While these are specific to cheerleading, they are not the only rules that pertain to your responsibilities while coaching/volunteering at the Tampa Bay Youth Football League. A full set of rules is available at **tbyfl.com**. Be familiar with all of them! We also adhere to the National Federation of High School Rules. A copy of these rules is given to each coordinator. We encourage each organization to purchase one per squad.

☀️ All head coaches & assistants must be 18 or older. Junior Coaches cannot be League Age . The exceptions are cheerleaders who are league age 14 (as of January 1 of the current season) but turn 15 after that date. If you are 15 as of January 2 of the current season and are rostered on a school cheerleading squad or an All-Star cheer squad, you are eligible to be a junior coach.

☀️ No adult coaches, team parents or helpers can work with the children, at games or practice, without Coaches Certification, approved Background Check and a Photo ID Lanyard. **NO EXCEPTIONS.** When submitting your background information, please follow the chart below. With an approved background, and completed coaches class (Hills County or NAYS), you will be able to get your coaches lanyard at Skyway.

Coaching Status	TBYFL Form	Background Check	Social Sec Disclosure	Copy of Drivers License	Copy of School ID	TBYFL Badge Copy	Law Inforce Badge	\$24.00	Coaches Class
NEW	X	X	X	X				X	X
RENEWAL	X	X	X	X		X		X	X
CURRENT (2011->)	X					X			
JUNIOR COACH	X				X				Optional
LAW OFFICER	X	X*					X		X

\*If you are Law enforcement leave SSN blank and indicate on form "law enforcement"

☀️ Registration for **Pee Wee-Midget** Cheerleaders and Players ends at midnight of our 2<sup>nd</sup> official game - August 28, 2010. **Varsity** Cheerleaders and Players may register until midnight of the Leagues 3<sup>rd</sup> official game - September 4, 2010. **There is no deadline for Flag participants.**

☀️ **Practice will start on July 26, 2010.** A maximum of twelve (12) hours per week are allowed prior to the League's first game. **Effective August 23, 2010:** all organizations shall not hold more than three (3) practice days during a calendar week (Sunday through Saturday) and shall be limited to six (6) hours of practice per week. No practice shall exceed 9:00 PM at any time without prior League Conference Vice President's approval.

☀️ **Put your cheer rules, attendance requirements and disciplinary actions in writing, and pass out to your parents. This eliminates any problems when you have to address any of these situations, and gives a sense of consistency.**

☀️ **HAVE AN EMERGENCY PLAN IN PLACE AT ALL OF YOUR TEAM EVENTS AND PRACTICE.** Have all emergency numbers available to your coaches per squad. Assign responsibilities to each coach on each squad, and make sure you are aware of any issues.

### **GAME DAY**

☀️ **Coordinators, or their assistant(s) on record, must be present at all games. There is a sign-in board in the weigh in room at Skyway. Make sure you let the League Official know you are present at all outlying fields, as well.**

☀️ Remind all parents that there will be a **\$2 charge at the gate**. This charge is applicable at all fields. Once paid at any field, it covers that day's games at all fields, with a hand stamp.

☀️ **NEW FOR 2010: NO PARENT TENTS ARE ALLOWED AT SKYWAY.**

☀️ **GAME TIME:** Have all girls take a bathroom run prior to the game; prepare your team mom to assist in any bathroom trips during the game. During the game, all cheerleaders should face the fans while cheering, and then face the field in an appropriate stance while the opposing team is cheering. Water breaks should be scheduled and organized.

☀️ All warm-ups are to be done outside of the entry gates, and with a coach present. **NEVER BUILD A STUNT OR TUMBLE WITHOUT A COACH!!**

☀️ Only five (5) coaches are allowed on the sidelines. This does not include the Cheer Coordinator. If your squad is large, please use good judgment if five coaches crowd the sideline. Coaches must stand behind the cheerleaders when they are cheering to the crowd. REMIND PARENTS THEY CANNOT STAND BEHIND THE GIRLS DURING GAMES.

☀️ Cheerleaders will be checked in at the gate to enter the field. Always enter & exit the game field from the side gate near the goal posts – not the center gate near the stands. This includes any bathroom breaks. This also goes for outlying fields.

☀️ **Home Team** – Say “Hello” cheer first; **Visitor** – 1<sup>st</sup> at Half Time. Visitor should be ready to perform immediately, as each team has four (4) minutes each. Half time lasts ten (10) minutes. Coaches, take a moment to introduce yourselves to the other team at the beginning of each game. During the game, perform two (2) cheers, then pivot, so the other team knows to do their cheers. Show consideration...if you are doing a long cheer, shorten the last one to a chant or only do one. You should face the game field – not the crowd when not cheering.

☀️ The “**Gigilo**” cheer is restricted and cannot be done. You can perform the “**We’ve Got Spirit**” cheer, if you have notified the opposing team, and they approve. You can only do the “Spirit” cheer to your own stands.

☀️ After the game, both cheer squads must form a tunnel (one squad on each side) until both football squads have left the field. In instances of unusual delay, cheer squads can exit if they see the next game participants beginning to enter the field.

☀ **Stunting & Tumbling:** Squads are permitted to stunt during their halftime performance, perform block that point or make that point in a prep and pencil down on the sideline. Tumbling is prohibited on the sidelines. Squads can tumble on the field during halftime after both organizations have performed, or during a timeout unless a player is injured on the field.

☀ **Mixing of Squads:** The combination of squads for sideline cheering is not allowed during regular season games, unless you are including your Flag cheerleaders in your Homecoming event. During that game, they can only be included in sideline cheering, and cannot participate in half-time routines or stunts. In the event that a squad size is 2 or less, you must petition the TBYFL Executive Board for approval to combine squads to cheer at any games.

☀ **JEWELRY & HAIR:** Each coach and their staff need to perform a jewelry and hair accessory check prior to taking the field. **This includes piercing jewelry, as well as spacers.** Warm up would be an excellent time for this procedure. **There will be no warnings this season for the removal of jewelry or hair accessories. The cheerleader will be required to exit the field and a fine will be assessed. This rule includes time at the practice fields.**

☀ Long Fingernails (real or artificial) are not allowed during the season. Nails must only reach to the tip of your finger. Also, colored nail polish is not allowed for any practice, game or competition.

☀ **Show RESPECT to all coaches, team parents, adults, players and cheerleaders. POOR SPORTSMANSHIP WILL NOT BE TOLLERATED.**

### **FLAG GAME**

☀ Flag Cheer follows the same rules & guidelines as Tackle. There is only one game per night in 2010, so you will receive one seat assignment at the beginning of the game. **Cheerleaders will do the "Hello" cheer at the beginning of their game.**

### **HOMECOMING**

☀ A Ds are responsible for notifying the opposing team on the day you choose to have your homecoming. The other team should be asked as early as possible, once the schedule has been published, so they can plan their week's practice accordingly. **As a courtesy, the coordinator should communicate that to the other team's coordinator, as well.**

☀ During a Homecoming game, half time is expanded to 15 minutes to cover any festivities of the event. The opposing cheer squad will give up their half time, unless time allows.

### **CHEEROFFS**

☀ Cheeroff guidelines can be found beginning in section 27.11. The guidelines for our Cheeroff competition have been revised for the 2010 season. Biggest change is that we are now competing in Conferences:

**AMERICAN:** Bills, Chiefs, Colts, Jaguars, Packers, Raiders, Ravens, Vikings

**NATIONAL:** Buccaneers, Cardinals, Dolphins, Falcons, Giants, Panthers, Seahawks, Steelers

☀ All eligible squads must participate in Cheeroffs. The TBYFL Executive Board will review exceptions.

☀ Your routine must have a minimum of one (1) jump in unison; a dance; one (1) stunt, and a minimum of one (1) cheer or chant performed without music.

☀ Routines cannot go over three (3) minutes.