



2016 Cheer Bylaws

Inclement Weather

- A. Inclement Weather Prior to Game or Practice - When possible, cancellations will be made on Botetourt County's Cancellation Line, (540) 992-0012.
- B. Inclement During Game or Practice - In the event adverse weather conditions develop while an activity is in progress it is the responsibility of the coach or the scheduled official to determine whether or not conditions that exist will endanger the safety of the participants and whether or not the activity will have a serious adverse effect on field conditions.
 - 1. Lightning Policy - If thunder is heard, be aware and keep a look out for lightning. If thunder lightning is seen, all players and spectators shall be moved to a sheltered area or to their cars. Wait at least 20 minutes from the last streak of lightning to resume play or practice.
 - 2. Heat Policy
 - i. Actual Temperature 100* or above - All games and practices canceled.
 - ii. Heat Index of 100* or above - All games canceled and practices restricted.

Concussion Management Practices

Botetourt County Parks, Recreation & Tourism Concussion Policy is to be followed .

- A. No athlete should return to play or practice on the same day of a suspected concussion.
- B. The athlete's guardian should be immediately notified of the suspected concussion by a coach so that the athlete can be immediately evaluated by an appropriate health-care professional.
- C. Any athlete who is suspected of a concussion must submit written medical clearance from an appropriate health-care professional to the Recreation Department prior to returning to practice or competition. The Recreation Department will not allow players to participate until this document is produced.
- D. Each youth sport coach must take the Heads Up: Concussion in Youth Sports online course from the Center for Disease Control. This online course can be found at <http://www.cdc.gov/concussion/HeadsUp/youth.html>

Practice Regulations

In an effort of fairness all teams within Botetourt County will follow the practice guidelines set below. Failure to meet any of guidelines set below will result in the

Head Coaches suspension from 1 (first offense) or 2 (second offense) games and the loss of one (first offense) or two (second offense) practice privileges the following week. No warnings will be given.

A. Each team is permitted the following maximum amount of practice per week:

1. 3 times a week when school is not in session.
2. 3 times a week when school is in session and a team does not have a scheduled game.
3. 2 times a week when school is in session and a team does have a scheduled game. Teams may not practice until August 3rd.

C. Teams may not practice more than once in a 24 hour period.

D. Teams may not practice when the temperature is 100* or more.

E. Teams may participate in one jamboree/benefit per week which will count as 1 outing towards the team's practice limitations for that week.

LEAGUE RULES

1. Stunts are NOT allowed in any age group. Cheerleaders must have at least one foot or hand in contact with the ground at all times.

2. Jumps are allowed only if they are done unassisted and can be done under their own power with spotters.

3. Gymnasts maneuvers (example: cartwheels, round-offs) are allowed only if done unassisted and can be done under their own power with spotters.

4. No tosses or pyramids are allowed in any age group.

5. No gum, candy or other food in mouth while cheering.

6. Jewelry is not allowed while cheering. (example: rings, earrings, etc....)

7. No music once games begin except for half-time routines.

8. Only positive and supportive signs are allowed.

9. No facility permits will be given to teams for indoor practice time. Teams may practice indoors if they secure their own location.

10. Half time routines: Visitors go first and limit routines to 2 or less minutes.

11. Cheer teams will follow football teams after the game for handshakes.

12. When there is an injured player on the field all cheering will stop and cheerleaders will observe until the player is removed or leaves the field.