

PASSAIC - CLIFTON CYO

2009 – 2010 OFFICIAL CHEERLEADING RULES

This league shall be known as the Passaic - Clifton CYO Vicariate, Varsity Division Basketball League. This program covers the Roman Catholic Parishes in the cities of Passaic and Clifton for the sport of Cheerleading. Team entry is based at Parish level, not by organization, school, or club affiliation to the Parish. Questions concerning the interpretation or explanation of all rules should be addressed to the Director of the Passaic - Clifton CYO.

1. TEAM/SQUAD ENTRY

- 1.1. Entry into the program will be made on the official roster of the Paterson Diocese CYO, with all supporting documentation due on ***December 6, 2009***.
- 1.2. A candidate statistic form will be completed for each individual entered on the team/squad roster.
- 1.3. A signed parent/guardian permission form, with required insurance information, will be attached to each candidate statistic form.
- 1.4. As proof of age, a baptismal certificate must be submitted for each candidate on the roster, except in the case of a non-Catholic, where a birth certificate is allowed.
- 7.3 The pastor of the parish must sign the roster and candidate statistic sheet for each individual representing the parish.. If the candidate attends the parish school, the principal of the school will also be required to sign the candidate statistic form. An entry fee for each team/squad entered into the program is due by the start of the season.
- 7.4 The final cutoff date for all signed and completed documentation is the first game of the season. Missing information on an individual player will result with the player being declared ineligible for that game(s). No entrance fee or a missing signature from the roster form by the second game will result in forfeiture of all games played and no additional games played until all completed documents and fees are submitted.

2. ELIGIBILITY

- 2.1. Participation in the league is open to all members of the parish community.
- 2.2. In fielding a parish team, the first preference shall be given to parishioners. If, however, the roster is not filled after accepting parishioners, members of other parishes, within the athletic vicariate and the geographic boundaries of the fielding parish, may fill out the roster, providing their home parish has not/does not intend to field a team. They must, however receive permission from their own pastor, as well as the pastor of the team for which they wish to play. These permissions must be attached to entry form when filed. The following year, if their home parish decides to field a team, he/she must return back to the home parish.
- 2.3. The order of eligibility when selecting candidates are:
 - 2.3.1. Registered members of the parish are given the highest priority.
 - 2.3.2. All attendees of the parish school (if applicable).
 - 2.3.3. Non-registered Catholics living within the geographic boundaries of the parish.

- 2.3.4. Non-Catholics living within the geographic boundaries of the parish.
- 2.4. Non-Catholics attending the Parish Catholic grammar school will be considered Catholic. Non-Catholics attending a regional Catholic school will also be considered Catholic, however, eligibility will be based on the home address, their selection will be treated the same as rule 2.3.4, and pre-approval by the league director will be required.
- 2.5. Two non-Catholics, not attending the Parish Catholic grammar school will be allowed to participate in the program. However, they must live within the territorial boundaries of the parish they wish to represent.
- 2.6. All non-Catholics must be approved by the league Directors and the Advisory Board Members. The Pastor of the parish may request, in writing, a waiver on the non-Catholic participation limit to the league Director. A meeting will be arranged between the Pastor and Director, and each individual involved will be held on an independent basis. At that meeting, the league Director will notify the Pastor of the criteria to be satisfied before any waiver is issued.
- 2.7. Must be a registered member of the parish he/she represents before August 1, 2009, up to and including the date of his/her team's first game. Then if he/she moves he/she may continue to play for the original parish for the remainder of the season.
- 2.8. Play for only one parish team.
- 2.9. Team rosters must be submitted to the League Director prior to, or at, the league meeting before the first game. No new members may be added to the team after the season start date, unless approved by the league Directors and Advisory Board Members.
- 2.10. Must not be a member on the roster of a high school team (this includes varsity, junior varsity, or freshman teams).
- 2.11. The Passaic - Clifton CYO is a varsity level league. The candidates for the team/squad must be in grammar school (only eighth grade or below), and not have reached their fifteenth birthday before **September 1, 2009**. There is no restriction on accepting lower grade children to participate, also girls are permitted to play on the basketball teams, and boys are permitted to cheer, if necessary.

3. MANAGERS AND COACHES

- 3.1. Coaches and Assistant Coaches are required to have completed in a approved Volunteer Coaches Safety and Orientation and Training Skill program as outlined by the New Jersey Governor's Council on Physical Fitness and Sports (Rule N.J.A.C. 5:52). Upon completion of the certification program, a copy of the identification card must be must be placed on file with the league. The minimum age requirement for a non-supervised coach is twenty-one. All coaches are required to abide by recent legislation passed during early 2001 and under review by the Diocese.
- 3.2. In addition, the diocesan guidelines for those who are acting as coaches and/or assistant coaches for our young people require that they:
- Have attended a 3-hour session of Protecting God's Children (PGC)
 - Have completed a criminal background check (CBC)
 - Read the Diocesan Code of Pastoral Conduct (Living and Working with Integrity) and signed the statement of Compliance with this document (LWI)

- 3.3. Coaches must provide for the safety of their players, before, during, and after their games. Coaches are required to be present with their charges at all times. (Includes Rule 6.4) Non-supervised programs may open the league and the Diocese to charges of negligence and its resultant liability for accident claims. The league and the Diocese of Paterson assumes no responsibility for injuries or accidents that may occur during competition under its auspices.
- 3.4. Coaches are responsible for the conduct of their audience. If a member of your team's entourage acts in a manner that is contrary to the principals of CYO competition, it is your duty to intervene in the matter. This includes before, during, and after the game. Non-compliance with this request may result in penalties levied against your team.
- 3.5. Only certified coaches, team managers (students under eighteen), and players, are the only individuals permitted to sit on the team bench. Individuals not meeting these criteria are not permitted to sit with the Cheerleaders.

4. DIRECTORS AND LEAGUE ADVISORY BOARD MEMBERS

- 4.1. The Passaic- Clifton CYO League officers are:

Director	Thomas Gangi
Director	Jim Slezak
Director	George Curreri
- 4.2. The Directors and the Advisory Board Members have the right to assess any team or players for damages to any facility that they use.
- 4.3. The Directors and the Advisory Board Members have the right to penalize or dismiss from the league, any player, coach(es), or team(s) for un-sportsperson like conduct, use of indecent language, destroying property, violation of rules, or indifference toward the philosophy of CYO athletics.
- 4.4. A complaint against any player, coach, or team, may require a hearing before the Directors and the Advisory Board Members of the league. Any hearing shall be considered a disciplinary matter that may result in serious consequences, and may include, but is not limited to, dismissal from the league.
- 4.5. If at any time during the course of the season, the eligibility of a player becomes suspect, and the player is declared ineligible for participation, any game that the player was listed in the official score book will be forfeited. This includes players that may have been approved by the league officials based on the information that was provided by the team coach. It is the responsibility of the team coach to submit only data that is one hundred percent accurate.
- 4.6. A judgment rendered by the Directors and the Advisory Board Members of the league shall be considered final. However, the Pastor of the Parish, may request in writing to the league Director, an appeal of the judgment before the Directors and the Advisory Board Members. If the judgment is upheld, the Pastor of the Parish may make a final appeal to Phil Russo, Director, Paterson Diocese CYO Athletics.
- 4.7. The Directors and the Advisory Board Members of the league are responsible for the creation, modification, and/or deletion of all rules by which this league operates. If a coach feels the need for a new rule, or wishes to address an existing rule(s), he/she may file an appeal. All appeals must be addressed in writing to the league Director, listing which rule(s) needs to be addressed, the reason for the addition or change of the rule, a detailed benefit analysis (impact statement), and submit the concurrence from the Pastor of your Parish. All appeals for rule changes will be set aside until the completion of the current season, at which time the Directors and the Advisory Board Members will determine if there is a need to further pursue the matter. You will be notified in writing on the status (i.e., implemented, rejected without merit, need for additional information, etc.) of the appeal.

5. PROTESTS

- 5.1. Coaches are the only ones who are allowed to file a protest. This must be done in writing to the league Director for disposition by the Directors and the Advisory Board Members.
- 5.2. A fee of ten dollars must accompany each protest. This fee will be returned if the protest is upheld.
- 5.3. No protest will be honored for the scores, or order of finish in the Cheerleading Competition.

6. TEAM AND CHEERING REGULATIONS

- 6.1 There are attendance requirements that factor into the Cheerleading competition. If the minimum requirements are not met, there will be a deduction of points place against the scores that the Cheerleading judge will assess to each squad. The deductions, if any, will be assessed against the team and dance cheers only.

80% at 100% of all games	- 10 points
(Regular season and only two games in the tournament)	
Less than seven*	- 15 points

* Penalty will be assessed with the approval of a majority of the Cheerleading Coaches
- 6.2 Parish or school activities in conflict with the basketball schedule will not count against the attendance requirement. In the event the participant is involved with parish sponsored or school activities coinciding with their game, they will be given attendance credit. Participation in other CYO sponsored activities will also count toward the overall team attendance.
- 6.3 Cheering order at games
 - Before games:
 - Home team
 - Visiting team
 - End of first quarter:
 - Home team
 - Half time
 - Visiting team
 - Home team
 - End of third quarter
 - Visiting team
- 6.4 Participants abandoned at the end of the program day will be suspended from their next scheduled game. Abandonment will be defined as any participant that still remains at the facility twenty minutes after the conclusion of the last scheduled game.
- 6.5 Cheerleader's behavior at the games must be monitored by the Coaching Staff. All unsportsmanlike conduct will not be tolerated and will be addressed.

7. CHEERLEADING COMPETITION

- 7.1 Cheerleading Competition Format
 - Team Cheer
 - Single's Cheer
 - Team Cheer Dance
 - Double's Dance

7.2 Trophies will be presented on "Competition Sunday" at the conclusion of the season. The trophies that will be presented are:

- | | | |
|--------|--------------------------------|------------------------------------------|
| 7.2.1. | Team Cheer | |
| | Second Degree of Excellence | Team |
| | First Degree of Excellence | Team |
| | Overall Champion | Team and Individual (maximum of fifteen) |
| 7.2.2. | Single's Cheer | |
| | Second Degree of Excellence | Team (One per Squad) |
| | First Degree of Excellence | Team (One per Squad) |
| | Overall Champion | Team (One per Squad) |
| 7.2.3 | Team Cheer Dance | |
| | Second Degree of Excellence | Team |
| | Second Degree of Excellence | Team |
| | Champion | Team |
| 7.2.4 | Double's Dance | |
| | Second Degree of Excellence | (Two per Squad) |
| | First Excellence of Excellence | (Two per Squad) |
| | Overall Champion | (Two per Squad) |

7.3 Competition Guidelines

7.3.1 No all-star teams or combinations of teams will be allowed. Only members of the original team roster will be allowed

7.3.2 There is no team jumps required in the cheers.

7.3.3 Safety regulations:

To insure the safety of our participants, our league has adopted safety regulations that must be followed. A violation of any regulation will result in a five-point deduction per infraction from the total point score of that cheer. The safety regulations are:

- a) The use of props is optional, and spotters are mandatory on stunts above one person high
- b) All gymnastic stunts must originate from ground level.
- c) All standing pyramids and partner stunts are limited to two persons high. Two high is defined as the base (supporting person) having at least one foot on the ground. Pyramids three high are permitted if the bottom level members are on their knees.
- d) Hanging pyramids more than two persons high are not permitted.
- e) All extended stunts higher than a shoulder stand must have a continuous spotter for that stunt.
- f) Basket tosses must be performed from ground level and must be dismounted to a cradle position by the original two bases plus an additional spotter.
- g) Suspended rolls (where the person flipping is continually holding the bases' hands) are allowed as long as the bases have both feet on the ground.
- h) Free falling flips or swan dives are prohibited.
- i) The following stunts are prohibited: tensions rolls, single based split catches, helicopter stunts, and single or double toe-pitch flips and somersault over partner type stunts.
- j) The use of mini-tramps, springboards or other height increasing apparatuses is not allowed.
- k) Knee drops directly to the knees and flying splits are prohibited.
- l) No face falls.
- m) There will be no minimum time limit set for each cheer/dance, however, a fifteen point penalty will be assessed against any single's – double's cheer/dance that exceeds three minutes. The Team Cheer Dance will have a four-minute time limit.

7.4 Competition Order of Appearance: (2009View)

- 1st Saint Andrew's
- 2nd Saint Brendan's
- 3rd Saint Philip's
- 4th Saint Clare's

7.5 There will be an "Intermission Return Cheer performed by the several junior Demonstration Squads prior to the beginning of the second half of the program. The purpose of the cheer will be to allow the crowd to return to the gymnasium and not distract the squad that is scheduled to perform first after the intermission. A additional cheer might be performed by one squads at the start of the program, after the introductions and before the first round of cheers.

- Program Start 1st Saint Clare's
- Program Start 2nd Saint Brendan's
- Intermission 1st Saint Philip's

7.6 Cheerleading Uniforms: Teams will not be judged on the uniforms, this includes color, consistency, age, material, or style. The teams will be judged on the uniform appearance of the cheerleaders. All must conform to the overall team look with hair styles and accessories.

Approved and adopted on ???????

Original Signature on File

Thomas Gangi

Original Signature on File

Jim Slezak

Original Signature on File

George Curreri