

Welcome to Golden Empire Youth Football and Cheer.

As you go through this handbook you will find useful information that will aid you during the course of a season. This booklet will provide useful information on how a GEYC Area is organized, what to do if you have a problem, as well as a code of conduct for parents and participants.

Each GEYC Area will provide an opportunity for children to be instructed in the fundamentals of youth cheer in a well structured cheer environment.

General Rules

Your child/children will be active participants in all practices/games and GEYC functions.

Every cheerleader must meet GEYC registration requirements. At the time of registration, all GEYC Participants must provide original birth certificate as well as two copies, and proof of residency (utility bill) as well as a physical.

As a parent, you will be required to review and sign the rules and regulations by the end of the first week of practice.

We will need parent volunteers for fundraisers as well as help with organizing other GEYC functions. During practice and games, Cheer Representatives, coaches and assistant coaches will be in charge. Coaches will need your cheerleaders full attention at all games and practices.

1. All cheerleaders are to arrive on time to games and practices. If a cheerleader is late and or misses practice and or game, he or she may have their cheer time reduced.
2. Cheerleaders must be in full uniform and ready to cheer for all games.
3. Cheer Uniform is not to be used for any activity other than GEYC cheering.
4. Hair must be pulled back out of face in a ponytail at practices, and games will be pulled in ponytail and have hair bow.
5. **NO jewelry at games or practice: watches, earrings (studs with tape only), bracelets, rings, bobby pins, bump its. This is for your safety and others.**
6. Tasteful nail polish is permitted, not artificial nails are to be worn and each cheerleader is required to shorten the length of her nails for safety purposes.
7. No sandals, flip flops, dress shoes, boots, untied designer shoes, or heavy threaded shoes at practice, if worn to practice you will not be allowed to participate.
8. During all games cheerleaders are not allowed to leave cheer area unless coach has given him/her permission. Cheer area is reserved for cheer coaches and cheerleaders only.

9. Cheerleaders are responsible for providing their own appropriate fluids/water at games and practices.
- 10. Abuse of any kind is not permitted within our organization. This means we do not tolerate physical, sexual, emotional or verbal abuse or misconduct from our staff, players, coaches, officials, volunteers, parents or spectators. Physical and sexual abuse, including but not limited to, striking, hitting, kicking, biting, indecent or wanton gesturing, lewd remarks, indecent exposure, unwanted physical contact, any form of sexual contact or inappropriate touching, are strictly prohibited within our organization. Emotional and or verbal abuse is also prohibited. These include, but are not limited to such forms of abuse as: use of abusive profane language, yelling insulting, threatening, mocking, demeaning behavior, or making abusive statements in regard to a person's race, gender, religion, nationality/ethnicity, sex, age or physical ability.**
11. Cheerleaders are not allowed to chew gum during practice/games. The consumption of food will be done at an appropriate time.
12. All cheerleaders are required to participate in all team functions.
13. Practices and Coaches are not to be used as a "babysitting tool". Parental attendance is recommended at all GEYC Functions.
14. Uniforms can be worn to school on Fridays before games only.

Ages

November 15th of each Calendar year is the league cut - off date for all GEYF Participants. A Cheerleader's **league age** is his/her age on or **Before November 15th** of the current year.

Freshmen Division: Ages 8 & 9 years.

Sophomore Division: Ages 10 & 11 years.

Junior Varsity Division: Ages 11 & 12 years.

Varsity Division: Ages 13 & 14 years.

All GEYF Participants must be a minimum of 8 years of age on or before November 15th of calendar year and cannot exceed the age of 14 years and or be enrolled in high school regardless of Division.

Cheer participants age and division bracketing is used for classification purposes only. **Divisions** can be combined for single or multiple squad usage.

We have read and understand all aspect of these rules and regulation.

Parents Signature

Cheerleader signature

Date

Phone Number

“A Cheerleaders Prayer”

*Now I lay me down to rest,
I've tried my hardest and done my best
To tumble, jump, dance & cheer,
With the sharpest of motions and trace of fear.
I know in the morning my body will ache
But for what I love it's a price I gladly pay.
Thank you god for making me strong
With determination and commitment
When practices are long.
And lord if I shall die before I wake,
I'll know I've shown the world,
Cheerleaders were born, not made!!!!*