HEREFORD SPORTS & WELLNESS

# CHEERLEADING RULES

AGE 4 - 6TH GRADE

## PLAYER ELIGIBILITY

- Players must be age 4 - 6th grade for the current school year.
- At any time during the season, Hereford Sports & Wellness may request proof of eligibility.

## EQUIPMENT

- Hereford Sports & Wellnesswill furnish the following equipment for teams:
    a. 1 set of pom-poms per cheerleader
- Players must wear their assigned Hereford Sports & Wellness t-shirt.
- Jewelry is not permitted.
- Hard or plaster casts are not permitted.

## BEFORE THE GAME

- Please make sure the team is lined up on the correct sideline for the team you are cheering for and is not impeding the view of fans and spectators.
- Remain a safe distance from the action of the game.

## DURING THE GAME

- Keep cheers and chants positive and upbeat.
- Utilize motions, jumps, and kicks within cheers.
- Incorporate any established stunts or tumbling skills (cartwheels, roundoffs, etc.) within cheers.

## MOTION EXAMPLES

- Clasp motion: Hands together in a clasp below the chin with elbows shoulder width apart.
- T motion: Arms straight out to the side with hands in tight fists. Thumbs should be facing towards the front and pinkies facing towards the back.
- High V motion: Arms straight and angled up and out from the shoulder to create a "V" above the head. Hands in tight fists with thumbs facing towards the front and pinkies facing towards the back.
- Low V motion: Arms straight and angled down and out from the shoulder to create a "V" in front of the body. Hands in tight fists with thumbs facing towards the front and pinkies facing towards the back.
- Touchdown motion: Arms straight up on either side of the head. Hands in tight fists with thumbs facing towards the back and pinkies facing towards the front.
- Punch motion: One arm in touchdown motion with the opposite hand on hip.

## JUMP EXAMPLES

- Pencil: Body completely straight with arms in a T motion.
- Tuck: Legs tucked into the body bringing knees into chest with arms in a T motion.
- Toe touch: Legs are straight and parallel to the ground with knees pointing up and arms in a T motion.
- Herkie: One leg in toe touch position (parallel to the ground with knee facing up) and opposite leg is bent behind with arms in a t motion.

## COACHES

- The head coach is responsible for:
    a. The physical and mental well-being of all children while entrusted to their care.
    b. Maintaining an adequate level of discipline on his or her team.
    c. The conduct and control of their team's fans and spectators.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Hereford Sports & Wellness playing rules or directives, they may be subject to disciplinary actions.

## CODE OF CONDUCT

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Hereford Sports & Wellness event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Hereford Sports & Wellness event.
- No firearms or weapons will be permitted at any Hereford Sports & Wellness event.

**AT ANY TIME, AT THE SOLE DISCRETION OF HEREFORD SPORTS & WELLNESS, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.**