



Updated July 2019

Wythe County & Wytheville Parks & Recreation Cheerleading Rules and Regulations

- The Junior Varsity squad is limited to waist high pyramids.
- The Varsity squad is limited to shoulder high pyramids; however, a shoulder high pyramid or prep can be used to extend/lift a cheerleader above the head. This includes basket tossing and cradling during the cheers or competition. Please note that proper safety needs to be utilized when doing stunts, lifts, basket tosses and cradles. Adult spotters are needed when performing these stunts.
- When cheering at football facilities with paved track, no stunts are to be performed on track. Stunts may be performed with spotters on football fields.
- The number of cheerleading teams per school/location shall equal the number of football teams, with an exception that no cheerleading team shall have fewer than six (6) members per team.
- Wythe County Schools Policy states: Any child suspended from school will not be allowed on school property until the suspension is completed.
- Participants are encouraged to attend all practices in order to learn cheers and chants for games. Coaches need to check on participant(s). If practice attendance becomes a weekly issue. Please note that participants are excused from practices to attend doctor appointments, illness, or other scheduled school activities.
- All coaches and participants must understand that games may be played on hot, cold, rainy, and/or snowy days. The Recreation Departments will take players health and safety into consideration in determining whether or not games will be played. If games are being played, all teams/squads should be in attendance. Should a team have an extenuating circumstance that prevents their team from attending, they should contact their respective Recreation Department for approval.
- Please keep your team members in a designated area during game. Participants are not permitted to wander around the field or stands during the game.
- **At all games parents/spectators are to remain in the stands or designated area. No one other than football players, cheerleaders, coaches, officials, rescue squad, and Parks and Recreation staff are permitted on the field.**
- When games are held at the locations of Fort Chiswell, Rural Retreat and George Wythe High Schools, the HOME side stands will be ONLY used. Fans that enter the VISTOR stands will be asked to leave the area.



- Cheers and chants with vulgar statements or actions are NOT allowed. Cheers and chants are to be of a positive nature and not derogatory of other players or teams.
- Practices and games, combined, are limited to four (4) days per calendar week, one session per day, one (1) hour and thirty (30) minutes per session. Practice may begin on August 1st.
- No more than three (3) coaches per team. A coaching application and background check is required. Each coach is to notify the Parks & Recreation Department if changes have occurred after a background check has been completed. Failure to do so will result in dismissal from coaching.
- Cheerleaders and coaches **ONLY** are allowed on the field and track during games.
- **NO WEAPONS, PETS or USE OF TOBACCO PRODUCTS.** All public school locations are non-smoking/tobacco free facilities.
- All participants cheering, including coaches, must conduct themselves in a well-behaved manner. Any profanity, unsportsmanlike conduct towards other players, coaches, officials or staff will cause the participant to be removed from the facility. If instructed by County and Town Parks Recreation
- If games are canceled due to inclement weather, the Wythe County Parks and Recreation Department will notify each Booster Club President or Athletic Director, and that person will be responsible for contacting each coach.
- The Wythe County Parks and Recreation Department does have a Facebook page, Twitter account and a cancellation line (276-223-4520); updates to schedule changes will be posted or recorded in these instances. We recommend all coaches sign up to follow us on Facebook and Twitter announcements.
- The Town of Wytheville Parks and Recreation Department will notify all coaches, who will notify all players, update cancellation hotline (276)223-3599

ELIGIBILITY

- **Junior Varsity:** 3rd Graders & 4th Graders; cannot turn eleven (11) years of age prior to September 30 of the playing year.
Varsity: 5th Graders & 6th Graders: cannot turn thirteen (13) years of age prior to September 30 of the playing year.

Concussions - 24-hour rest rule will take place. *** See Attachments***

- All coaches must have concussion training, which can be completed online. After completion please email or bring in copy of completed course.
<https://www.cdc.gov/headsup/youthsports/training/index.html>
<https://nfhslearn.com/courses/61151/concussion-in-sports>



CONCUSSION AWARENESS

Athletes who experience any of the signs and symptoms below after a bump, blow, or jolt to the head or body may have a concussion.

SIGNS OBSERVED BY COACHING STAFF:

Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction or play
Is unsure of score or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows mood, behavior, or personality changes
Can't recall events prior to hit or fall
Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE:

Headache or "pressure" in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Confusion
Does not "feel right" or is "feeling down"

ACTION PLAN:

If you suspect that an athlete has a concussion, you should take the following steps.

- 1) Remove the athlete from play. **WHEN IN DOUBT, SIT THEM OUT!**
- 2) Inform the athlete's parent or guardians about the possible concussion and give them the fact sheet on concussions.
- 3) Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussions. Do not judge the severity of the injury yourself.
- 4) Keep the athlete out of play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play.

The Wythe County and Wytheville Parks and Recreation Department staff and certified EMTs at local youth games have the right to sit any player out of action they believe has a possible concussion. Then the 24 hours of rest goes in effect and player must be cleared by appropriate health care professional. A written clearance must be given to the Wythe County Recreation Department before that player can return to practices or play in any games.