



WHITFIELD COUNTY YOUTH CHEER LEAGUE RULES 2020

I. Purpose

The Whitfield County Youth Cheer Program is organized to provide a wholesome recreational activity for the youth of Whitfield County. The program is designed for the following purposes:

1. To aid in the physical development through fun and exercise.
2. To teach the basic fundamental skills of Cheer.
3. To aid in the social development through good sportsmanship and character.
4. To teach good attitudes and discipline.

II. Organizational Structure

1) Governing Authority

- a) The governing body of this league will be composed of one (1) Community Leader or representative from each community forming a rules making body with the Whitfield County Parks and Recreation Department (W.C.R.D.)
- b) The program shall be carried out under the guidance and direction of the Whitfield County Recreation Department with the assistance from Community Leaders.

2) Governing Rules

- a) The Whitfield County Recreation Department Youth Football League will be governed by the current rules and regulations of the National Federation of State High School Associations, with the exception of the local league rules, which supersede any rule in the current edition of the National Federation of State High School Associations.
- b) The League Rules will be developed and governed by the Whitfield County Recreation Department.

3) Coaching Requirements

- a) A person of high moral character who is a respected member of the community.
- b) A coach should have a basic knowledge and understanding of the fundamentals of football.
- c) A coach should never use profanity, drink alcoholic beverages, smoke, vape or use tobacco during any activity with players.
- d) A coach must never incite players or parents by criticizing an official.
- e) A coach should not be overly concerned with winning, but more concerned that each child has fun and learns the fundamentals while participating.
- f) A coach is expected to be present at all practice sessions, games, and meetings or have an approved coach present.
- g) A coach should try to the best of their ability to keep each player (especially the weaker players) interested and participating throughout the season.
- h) *Each team shall have a Head Coach and may have a maximum of three (3) Assistant Coaches .Only players and coaches allowed on sidelines.*
- i) A coach is responsible to report suspected child abuse to their local authority. This is a state law CCGA 19-7-5.
- j) *Head Coaches must be certified by NYSCA (to be considered).* (www.nays.org)
- k) *Head Coaches also must take an online concussion test and turn in a certificate.*
(<https://headsop.cdc.gov/>)

III. League Rules and Regulations

1. The age division shall be as follows:
 - a. Pee Wee Cheer Ages 5-6
 - b. Bantam Cheer Ages 7-8
 - c. Mite Cheer Ages 9-10
 - d. Midget Cheer Ages 11-12
2. Once a roster is submitted to the Recreation Department it becomes official. An official roster cannot be revised unless permission is granted by the Recreation Department.
3. All Uniforms will be purchased from a vendor of approval. Uniforms consist of a Skirt, Bloomer, Shell and Pom-Poms.
4. All Participants must be registered through the WCRD and the waiver form must be signed by the parent or guardian
5. All cheers must be positive in nature. No profane language or gestures allowed.

6. Dance moves should be in good taste and reflect positive moral values.
7. Any dispute or concerns should be directed to Ryan Hollingsworth at 706-671-9882
8. WCRD recommends no contact cheers.
9. **Concussion Rule:** Any cheerleader suspected of receiving a concussion will be removed and not allowed to return until released to do so. Taking and passing the concussion test or doctors release will be the only way to return.

IV. Game Postponement

A. Postponement for Inclement Weather

1. The Recreation Department will cancel games if fields are too wet.
2. If coaches, players and officials are not notified of a postponement, they must report to their designated field prepared to play.
3. If rain occurs before game time or during the game, the decision shall be the responsibility of the umpire to play or postpone the game.
4. Rained out games will be rescheduled by the Recreation Department.
5. If the Recreation Department cancels games because of inclement weather it will be announced on the rain-out hotline at 706-876-2570.

B. Postponement for Other Purposes

1. Any schedule conflict should be brought to the attention of the Athletic Coordinator before season schedules are complete. **Only school and/or church functions will be considered a conflict.**
2. Games will not be rescheduled after the official schedule has been published.

V. Conduct

1. No profanity or abusive language is allowed. Offenders are subject to ejection from the game or the program.
2. There shall be no smoking, vaping, or use of tobacco products, or alcoholic beverages permitted.
3. All coaches or managers will be held responsible for their teams and fans conduct.
4. Any coach or player ejected from a game for abusive language or conduct will not in the next game that team plays. Any coach or player ejected a second time will not be allowed to participate for the remainder of the season and may be banned for a calendar year.

VI. Activities

1. There will be three activities allowed per week including games and practices. No workouts will be allowed on Wednesday nights or Sundays. Practices should be limited to 1 1/2 hours and be finished by 9:00 p.m.
2. Practice sessions shall not be scheduled on PTA or Open House night.

VII. Recreation Contacts

WCRD Office: 706-226-8341 or wcrd@whitfieldcountyga.com

Director: Brian Chastain/ Email- bechastain@whitfieldcountyga.com

Athletic Coordinator: Ryan Hollingsworth/ Cell- 706-671-9882 or Email- rhollingsworth@whitfieldcountyga.com

Sports Coordinator: Freddie Ownbey/ Cell- 706-671-5918 or Email- fgownbey@whitfieldcountyga.com

CONCUSSION Information Sheet

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

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

Symptoms Reported by Children and Teens

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.