

2024- 2025
CYO RECREATIONAL CHEER
SPORT RULES



Introduction

CYO Athletics, Inc. oversees the CYO athletic programs for the Archdiocese of San Antonio. Through local Catholic Parishes and Catholic Schools, CYO may offer baseball, softball, soccer, volleyball, flag football, basketball, track, recreational cheerleading and cross-country/5k running programs to the youth of Archdiocese of San Antonio. This Ministry has been in existence since 1945 and is offered at the Parish/School level, which is driven by Catholic principles and discipleship. The program is open to youth between the ages of 4 and 17 in order to invite them to share more deeply in the Catholic life of their Parish/School through the lessons learned while participating in sports.

The CYO programs are open to Catholic youth regardless of race, nationality, family or economic status. Non-Catholics may join but will be required to share in the Catholic experience and be associated with a Parish or Catholic School.

This Policy and Procedures manual is divided into four sections:

1. Introduction, mission statement and the organizational structure of the CYO program
2. Financial Procedures for the Zones, Parishes and School programs
3. Operational Procedures for the Zones, Parishes, Schools and Executive Committee
4. Sports programming

CYO Athletics Mission

As an outreach Ministry of the Archdiocese of San Antonio, volunteers effectively should serve as youth ministers, but within an athletic context. The mission of the CYO Athletics is a set of two equally emphasized missions, with the first leading to the second.

Therefore, the mission of the CYO Athletics is:

To offer to all youth sports and recreation programs emphasizing friendly competition through good sportsmanship modeled by adult participants. To invite all participants, Catholic and otherwise, youth and adults, to share in the life of their faith community.

The mission of the CYO athletic program includes:

Inviting all Catholic participants, youth and adults, to share in the life of their faith of their Parish/School through their CYO program and become involved in their Parish/School by attendance, religious education and formation programs. Establishing a working relationship between the Parish Pastors/School Principals, the Parish/School and the Parish/School CYO community.

Encouraging ethical and moral behavior through the sports activities in the children, parents, coaches and fans as described below:

- No cheating or the tolerating of cheating by others.
- No alcohol or drunkenness, or any controlled/illegal substance, or using tobacco products during CYO activities.
- No arguing, name calling, foul language, personal attacks or fighting during CYO activities.
- An opening and closing prayer by all CYO participants during the CYO activity.
- To encourage fair play and sportsmanship
- To give all participants the opportunity to play in their sports program; CYO players shall participate as fully as time and circumstances allow.

Organizational Structure of the CYO program

The CYO Office, under the direction of the CYO Athletic Director, is responsible for the CYO Athletics Ministry throughout the Archdiocese. The CYO Office will provide oversight and direction as needed for all Parishes/Schools and Zones. The CYO Athletic Director will implement and manage Policies & Procedures in this Manual, the published Sports Rules and when rules not specifically covered are in question. The CYO Athletic Director will also make all necessary and justified changes within the CYO Policies and Procedures as well as the published Sports Rules in order to protect the integrity of the program.

Currently, there are up to 40 Parishes and Schools that participate in the CYO program and more Parishes and Schools are being added; these will be announced. These ministries are arranged into three Zones. The Zones are managed by volunteers and have a slate of officers that are elected into officer positions by the Zone membership which are the presidents of the Parish/School CYO.

The CYO Office which consists of the CYO Athletic Director and staff, oversees the operation of the CYO Ministry. The Zone's finances are directly handled by this office, and all forms, and rosters are submitted to this office. This office approves Zone non-church site contracts, Zone vendor contracts, and in addition, oversees all grievances and concerns and adjudicates them. The CYO office also reviews all of the rosters, makes schedules, coordinates mandatory coach's certification, and is responsible for the end of season City Tournament. *All Parish/School CYO Ministries are required to follow all Financial Procedures as determined by the Archdiocese of San Antonio. Ministries are required to work with their Parish/School offices and their Pastors/Principals to ensure all requirements are being met and procedures are up to date. Failure to comply with these requirements may result in sanctions to the Parish/School and or CYO Ministry as deemed appropriate by the Archdiocese of San Antonio.*

The CYO Office appoints the Executive Committee which serves as the CYO Director's advisors. The Executive Committee, whose authority is derived from the CYO Office, is called into being by the CYO Director and given its mission to advise the CYO Director in areas of finances, policy, development and strategic planning.

An Executive Committee shall be established to serve as a consultative body to the CYO Director.

Executive Committee – Zone Presidents, one additional Zone Board Member and up to two Zone Liaisons appointed by the CYO Office.

- a. All members must be reviewed and approved by the CYO Director.
- b. Zone Presidents unable to be present at the Executive Committee meeting may request presence from another Zone Officer.
- c. The Executive Committee, will meet as needed to discuss important issues, as well as to conduct necessary hearings.
- d. In the event of a Hearing, the decisions of the Executive Committee are final. Minimum of five members of the Executive Committee must be present at a meeting to constitute a quorum. A minimum of five eligible members will render a decision during the Hearing in which the Zone President that has ties to the appeal will not sit as a voting member.
- e. The Executive Committee shall rule on all appeals rendered by the Zone Board based on the published Sports Rules and Policies and Procedures.

The CYO Athletics' office is located at 2718 W. Woodlawn Ave, San Antonio, TX 78228 - 210-734-2620

Zero Tolerance Act (adopted 2011 – revised 2024)

A. Coaches/Players/Parents/Spectators

1. May not yell any form of criticism
2. May not make derogatory comments
3. May not use profanity, taunt, criticize, or jeer
4. May not badger, name call, or use foul language
5. May never approach a player, coach, spectator, official, scorekeeper, league administrator, or site coordinator at any time before, during, or after game to **excessively** question or comment negatively **in an abrasive, adversarial or aggressive manner.**
6. Will respect all game officials and scorekeepers and refrain from abruptly questioning their decision. There will be no extensive discussion, comments or gestures regarding any judgment calls.
7. May not approach an official or scorekeeper in an **abrasive or negative manner** at any time before, during, or after game to **question or comment negatively**

B. Consequences

1. Individuals who engage in the above behaviors will be subject to **immediate** ejection from facility/property.
 - a. Individuals who engage in the above behaviors, will be **automatically** suspended for a minimum of fifteen (15) days from **all CYO events**. The suspension will begin once advised by a league official of the suspension. This may occur verbally on site or with follow up communication from the Zone or your Parish/School Leadership.
 - i. Elevated occurrences may require a more severe penalty which will be determined, as appropriate, by the offending parties Parish Pastor or School Principal. Such occurrences may disqualify team from advancement to post season play (Zone Play-off and City Tournament)
 - ii. All CYO Events include but are not limited to **physical** attendance, **or any virtual interaction with the use of technology**, at any practice, game or team function/celebration as a coach, assistant coach, team/sport minister, board member, parent, spectator or volunteer.
 - iii. **Suspended coaches will forfeit their CYO Coach Badge to their Parish President until they have been cleared to return to coaching.**
 - b. Individuals ejected from a second game within the same sport year (July - June) will **automatically** serve a minimum 1 year suspension from all CYO events. This suspension will begin **immediately**.
 - c. If the ejected individual chooses not to leave facility/property when asked, the authorities will be called to have the individual removed.

C. Game Officials – must pledge to live up to high standards of ethics and training

1. Have authority to stop the game when coaches, parents, or spectators are displaying inappropriate disruptive behavior that hinders the game. The officials have the authority to remove these types of individuals when warranted. For lesser offenses or concerns official should identify the violator(s) to Site Coordinator for observation and possible removal.
2. If, in the sole opinion of the official, the situation cannot be remedied by removal of offending person(s), the game will be stopped and the offending team will forfeit.
3. Encourage good sportsmanship by demonstrating positive support of all players, coaches, fellow officials, and CYO administrators at all times.
4. Ensure knowledge of rules of each sport officiated, and apply those rules equitably to all participants, teams, and coaches.
5. Will not allow personal friendships and associations to influence their decisions during a contest.
6. Refrain from the use of tobacco and alcohol products when in the youth sports environment.
7. Remember that youth sports are an opportunity for children to learn and have fun.
8. Place the children's safety above all else.
9. Display patience and professionalism in the performance of their duties.

D. Site Coordinator Responsibilities

1. Responsible for supporting game officials' decision 100% by:
 - a. Removing coaches from games
 - b. Observing parents/spectators at all times
 - i. **De-escalating situations between coaches, parents & spectators before they violate Zero Tolerance.**
 - ii. **Answer reasonable questions, enforce rules, actively monitor and maintain a safe and positive environment**
 - iii. Making decision to remove parents/spectators when violating Zero Tolerance Act.
2. Cannot be performing any other onsite duties such as gate, concession, **coaching** etc.
3. Any Zone Board member or any Parish/School Board member from host site that is present has the authority and responsibility to enforce the Zero Tolerance Policy.
4. All ejections are to be reported to the Parish/School and Zone (**within 24 hours**) for immediate review and forwarded to the CYO Office and the Parish Pastor or School Principal to determine if additional suspension is warranted. Report must be submitted via email to the Parish/School/Zone Board Members and cyo@archsa.org.

E. Abusive Behavior & Safety - CYO Athletics will not tolerate any abusive behavior towards players, officials, or other spectators. We are committed to maintaining a safe and positive atmosphere in our programs.

F. Appeals Process - Appeal request for all suspensions in regards to the Zero Tolerance Act, must come from the Parish/School Office with knowledge and consent of the Pastor/Principal. The appeal should be emailed to cyo@archsa.org. Appeal will be reviewed by the Zone Board and the CYO Office for all 15 day suspension. Appeal will be reviewed by the Executive Committee for all suspensions greater than 15 days (such as season long or 1 year suspension).

Coach Expectations:

Below is an excerpt from page 23-26 of the 2024-2025 CYO Policies and Procedures which outlines coaches requirements and expectations for CYO. Full document can be downloaded at the CYO website at <https://www.archsa.org/cyo>

XIII. Coaches and Volunteers - The CYO Office has the responsibility to develop and to foster the Christian values to its athletic leaders (coaches, Parish/School/Zone presidents and athletic directors) which will enable them to be a positive role model and influence to the young people they serve through the Catholic Church in the CYO Sports Ministry.

A. Selection (Pre Evaluation) – steps

1. The CYO Athletic Program requires the service of volunteers and one of the leaders is the coach. The coach determines the quality of experience that our young athletes have with sports. The Coach Expectation Sheet is included in this manual. Coaches are selected at each Parish/School by the Parish/School President and Athletic Director.
2. Coaches will be required to sign the “Zero Tolerance Act”
3. **Minimum Age Requirements:**
 - a. **Head Coach:** 21 years of age
 - b. **Assistant Coach:** 18 years of age
 - c. **Jr. Assistant Coach:** 15 years of age – this coach must have parental consent and approval from the Parish/School President and Head Coach to act in this capacity. This coach must be directly supervised at ALL times (games, practices and other team events) by an adult certified coach on the official team roster. This coach will be allowed to interact and participate with the coaches and teams during practices and be allowed on the field/court during games as long as they have the appropriate Jr. Assistant Coach’s Badge.

B. Coaches Certification, Development & Responsibilities – 18 years of age and older

1. Pass Archdiocese of San Antonio Criminal Background Check submitted to the Virtus Online website (<https://www.virtusonline.org/virtus/index.cfm>).
2. Complete the online Coaches Certification Course every three (3) years: cost \$24.95
3. Complete the Virtus Online Protecting Gods Children and Sexual Harrasment Trianing
4. Attend Sports Specific Training conducted by your Parish, School and Zone.
5. Attend Mandatory Meeting (if held) at end of each sport season, if advancing to City Playoffs.
Penalty: Team will not advance to City Playoffs. No Exceptions.
6. Be responsible and accountable for all information within the Policy and Procedure Manual, Handbook and Team Roster.
 - a. **This also includes being responsible for players parents and fans having a general knowledge and understanding of the CYO Mission to ensure appropriate behavior at CYO games.**
7. Abide and support our Zero Tolerance Act. **Review, encourage and support the Zero Tolerance Act with team coaches, players, parents and fans.**
Penalty: Failure to do so will permanently remove Coach from CYO Program.

C. Practice and Games

1. Once all levels of **XIII** have been completed, volunteer will be permitted to coach in practices or games.
2. If volunteer has not completed **XIII** he/she will not be allowed to participate at any capacity involving youth.
 - a. Individuals not certified will not be allowed on the field, court or bench
 - b. All certified coaches must have valid Coach’s badge in visible sight of all players, officials, and spectators. Coaches without a badge or an expired badge cannot be with the team during game play.
 - i. **Penalty:** coach must leave the team area and not return until they are able to provide a valid Coaches Badge.
 - c. Illegal use of badge – Using Certified Coaches badge that is not their own.

- i. **Penalty:** Forfeit of all games played; **any persons allowing the use of an illegal badge, providing your badge to others for illegal use or using an illegal badge will be** suspended for a year and must complete a new Coaches Certification once suspension has been served.
3. Each team must have at least 1 certified coach with a valid CYO Coach Badge to start any event. Any team that does not have a certified coach present will have to forfeit the event and the contest will not be played. Officials and scorekeepers will not work a forfeited event when there is not a certified coach present.

D. Coaches and Conduct

1. One head coach and one Sport minister is required for all teams. Tiny divisions and above may list up to two additional assistant coaches. Tot divisions may list up to three additional assistant coaches.
 - a. Sports Minister – each team must have a designated CYO Sports Minister whose duties are to provide leadership to the children of the team and their families in the area of integrating the Catholic faith into the sports experience. The minister will see to it that reverent prayer is conducted before and after every CYO game. In addition, with the support of the Parish/School Sports Minister and support from the CYO Office, the minister will assist the team in active participation in Parish/School and family faith activities. The moral compass followed by the team community will be determined by the tenets of Christian behavior and so this important position requires attention to the welfare of children and the appropriate behavior of the parents and coaches.
2. The minimum per team is one currently certified Head Coach and Sports Minister. A Sports Minister and Head Coach can not be the same individual.

Penalty – team that does not have the minimum coach requirement on rosters in SportsPilot will be deemed ineligible to participate. Team will have to forfeit any games played prior to the discovery of the infraction and all future games will be cancelled until such time the team roster in SportsPilot is in compliance. CYO Board will be reported to the Parish/School Office and/or Pastor/Principal for review and possible removal.
3. **Any coach, player or spectator ejected from a game is automatically suspended for 15 days from all CYO events (may not attend game even as a spectator).** A hearing may be held based on the severity of the violation. If the violation occurs in the Zone Level, it is the Zone’s responsibility to conduct the hearing. In City Playoffs, the CYO Athletic Director will meet with Zone President and Athletic Director to resolve. (Any coach or spectator ejected must leave the entire facility).
4. **Any Coach, Sports Minister, Field Coordinator, Board Member, Player, Umpire, Scorekeeper or Spectator involved in an aggressive physical or verbal assault on another person at any CYO event or any facilities when representing the CYO will be automatically suspended from the CYO Sports Program and all CYO events until such a time as a hearing may be conducted.** It is the responsibility of the Zone President to conduct a hearing within seven (7) days of the violation when it occurs at a Zone coordinated facility during Zone controlled activities or meetings. It is the Zone Officers’ responsibility to insure proper conduct in their facilities. In City Playoffs, the CYO Athletic Director will meet with the Zone President and Athletic Director to resolve. (The offender must leave the entire facility).
 - a. Involved in any aggressive physical contact
 - b. Verbal assault (refer to XI)

E. Dress Code - Coaches are to dress modestly at all times and must remain in acceptable coaching attire while conducting practice, coaching in games, and or scrimmages.

1. No tops that reveal undergarments or midriff, tops with spaghetti straps. No sleeveless shirts (Male Only).
2. Hats and visors must be worn facing forward at all times during games.

F. Physical Assault of a Game Official or any Other Person - Any physical contact will be considered an assault.

1. Minimum of 12 months suspension upon determination of the guilt of offending party. Reinstatement as a CYO leader must be appealed to the CYO Office through the Parish/School and Zone upon completion of term of penalty.

G. Good Standing

1. A Zone/Parish/School board member or coach will not be allowed to vote or hold office during the period that they are under disciplinary action.
2. Must attend at least four (4) general meetings **prior to Zone elections** to be eligible to vote at **Zone** elections.
3. Must not owe the Zone/Parish/School outstanding monies, equipment and/or uniforms.
4. **Zone and/or CYO Office may put CYO Programs and/or Participants on a Probationary Action Plan if they are not in Good Standing.**

H. Responsibilities - All CYO Coaches and Volunteers must:

1. Ensure safe competition
2. Ensure all players are participating in their appropriate age division
3. Keep a friendly environment at all times
4. Instill sincere sportsmanship at all times
5. Encourage all are invited to share in the life of their faith community
6. Encourage all players to experiment with leadership roles (e.g. captains, co-captains, equipment management, assisting with team drills, etc.). Such opportunities expand the ways in which youth can benefit from program participation by teaching them contributory as well as recipient roles. In like manner, coaches should encourage appropriate leadership opportunities for their assistant coaches.
7. Abide, Enforce, and Support the Zero Tolerance Act

I. Evaluation - The Zone and Parish/School are responsible in the evaluation of all coaches. The Coach Evaluation Questionnaire is included in this manual. Upon completion, the evaluation is to be kept on file with the Zone President.

J. Other CYO Participants - Adults, parents, players, siblings, and spectators provide enthusiastic support of all the children participants. Demeaning behavior or verbal insults towards individuals or teams violates the spirit of the CYO and will not be tolerated. Recognizing that winning isn't everything, adults will always retain the spirit of fairness in competition, the importance of development of children, and the realization that pressure, (as long as it is age and gender appropriate) is not inherently bad, but it can easily transgress the proper boundaries. Zero Tolerance Policy will apply to them accordingly.

K. Christian Values Formation - All Officers and Leaders in the athletic ministry of the Church (coaches, Zone presidents, and athletic directors) are strongly encouraged to participate in at least 10 hours of Christian values formation which may be provided by the Parish/School, the Zone or the CYO Office. Some examples of these opportunities are:

- a. Adult religious education courses and Bible study classes
- b. Parish/School Retreats
- c. days of recollection
- d. Parish/School missions
- e. Events offered by the Archdiocese

L. Importance of Good Example

1. A knowledge of sports and a willingness to serve does not make one a good Coach or Exemplary Adult. CYO Leaders can be satisfied with nothing less than lasting supernatural values in recreational activities. It is imperative that the CYO Adult Leader be an example for Youth to imitate. Profanity, display of anger, dishonest and childish conduct are not only unchristian, but completely contrary to your chosen apostolate of influencing Youth. **These actions and other similar actions unbecoming of a CYO Coach** can result in suspension.
2. The Youth in the CYO are also expected to set a good example to others and are subject to suspension.
3. Alcoholic beverages and use of tobacco are not permitted at CYO **events** before, during and after CYO games and events. Coaches and any other personnel under the influence of alcoholic beverages are to be barred from CYO activities. The use of tobacco by coaches and umpires on the field or gym while the games are being played is not permitted (players are not permitted the use of tobacco at any time). On

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the use of tobacco, one warning will be issued, then suspended from game. The Coordinator will see to the above rules are enforced. Violations will result in suspension.

4. **CYO Prayer** – Will be at the beginning and at the end of all CYO games, both teams will meet facing their Parents/Spectators, and recite the prayers that are published on the CYO Website (www.archsa.org/cyo). Parents/Spectators are encouraged to join in prayer, however, if they choose not to, everyone must respect this time with silence.

Penalty: Individuals not respecting our players during this time of prayer will be automatically removed from premises.

Penalty: Teams not participating in Prayer before and/or after game will result in Head Coach or any acting Head Coach being suspended from any and all CYO Events for one year and must retake Coach's Certification Course.

5. No games shall start or end until the prayer has been recited. Team ministers should facilitate this.

CYO Recreational Cheer Sport Rules

- A. Divisions** – Tot – Tiny combined; Pee Wee – Mite combined, if a program is unable to create division specific teams, mixed division teams may be formed.
- B. Roster**
1. All division specific teams - maximum of 25 and minimum of 4 players
 2. All division mixed teams - maximum of 36 and minimum of 4 players
- C. Officials** – Officials are not needed for Cheer as the Cheer Coach should be monitoring their team at all times to maintain proper safety and oversight.
- D. Player Participation** – All cheerleaders in attendance must cheer the entire game to get credit for that game and count towards eligibility for the end of season cheer competition. All cheerleaders must cheer at a minimum of 5 games to be eligible for the end of season cheer competition. Each team must have a minimum of 4 eligible cheerleaders to qualify for the end of season cheer competition. Line ups must be submitted for each game cheered to your Zone Cheer Commissioner to get credit towards the 5 game minimum requirement for each cheerleader.
- E. CYO Patch & Uniforms:** per the current Policy & Procedures:

CYO Patch:

1. The CYO patch is the official emblem of CYO Athletics therefore must be worn. Each Zone has the option to set a two-week grace period. Players violating this rule will be barred from any further participation in that game or event until he/she becomes eligible by wearing the patch. There is no team forfeiture unless a team does not have the required number of Players with CYO patches to begin game. Additional emblems are available at the CYO Office for \$1.00 Note: The patch must not be stapled or pinned on.
2. Every player from team must have the CYO patch located on the same side of the uniform.
3. CYO Patch may be screened on the uniform but must be the same size (2.5”) and color as the original CYO logo.
4. If a team has reversible jerseys, it is only required to have the CYO patch on the dominant color side of the jersey.
5. If CYO Patch falls off during play, the player will be allowed to continue play for the remainder of present game.
6. All participating players on the roster must have their own CYO Patch at game/event time.

Uniforms:

1. Minimum Uniform Requirements:
 - a. ALL uniforms/shirts must have, at a minimum, the appropriate size number(s) as determined by each specific sport in the CYO Sports Rule and the CYO Patch. Color of the number(s) must contrast the color of the uniform and be easily identifiable.
 - b. We strongly encourage all uniforms to have the Parish name. If Parish name is used it must be on the front of the uniform.
 - c. Should there be a team name on the uniform you must have your Parish name and the Parish name must be larger than your team’s name.

Penalty: Team will be given one warning and allowed to continue playing the current game. Uniforms must be replaced or permanently repaired in order to continue. Team will not be allowed to play another game until this has been corrected.

2. If a team has a sponsor they must submit sponsors name on final roster, if sponsor is on the uniform, it must be on the back of the uniform.
3. All team names must be submitted on final roster.
4. Eligible numbers and size specifications per sports can be found in the published CYO Sports Rules.

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- F. Recreational Cheer Uniforms:** Formal Cheer uniforms are not mandatory; Cheer uniforms are expensive. You can do several combinations for uniforms. It is a must that everything matches from the head to ankle. At no point in time, whether at attention or cheering may the midriff be shown. Cheer T-shirt with Soffee shorts or Cheer Shell with Skirt and Bloomers are Cheer Uniform combinations that can be worn. All uniforms must be coordinated in color and be consistent with school colors or zone approved parish color:
1. ALL DIVISIONS: Cheerleaders must wear socks and tennis shoes.
 2. No jewelry, earrings, necklaces, and wrist bracelets allowed
 - (a) **Exception:** Medical and sweat bands.
 - (b) No Glitter in the hair or face at any time.
 3. If hair is long enough, it should be worn in a ponytail at games and the showcase. All Cheerleaders should be matching at all times. Matching bows may be worn above the ponytails. No makeup should be worn.
 4. **NOTE:** Each Manager and/or Coach is strongly urged to demand team members to wear their uniforms before and after an event in the same manner as during the official event. Shirts hanging out or shirts that are unbuttoned make a most undesirable appearance at our CYO facilities. Manager and/or Coaches are reminded of their obligation in giving an appropriate appearance at all times. Shirts must be tucked in. **EXCEPTION:** Regulation uniforms meant to be worn on the outside may be worn outside.
 - A. **Penalty:** If a participant is warned once that participant may be suspended from the event; on the second offense, the coordinator will see that the above rule is enforced. If the offense is before or after the event, the participant may be suspended from the next event. Coach not enforcing their participants to abide with the above regulation is subject to suspension along with the participant.
- G. Pom Poms** - Each team will be responsible to provide their own CYO approved pom poms. All players must have same size pom poms that match their uniforms for a team to cheer with them. Rally poms with handles may also be used.
Penalty – if a cheerleader is missing pom poms or if the pom poms do not meet the criteria listed above, the team may not cheer with pom poms.
- H. Time Periods** – As per the posted CYO Sports Rules
Basketball (Winter): four (4) quarters of 8 minutes each with 1 minutes between quarters and 2 minutes between halves.
- I. Female/Male Certified Coach** - The CYO Office highly recommends that there be a certified female and male coach on team’s roster with mixed gender teams to address any injuries or illness of any cheerleaders.

Playing Rules (CYO Policy)

A. General Rules

1. Coaches are responsible for the supervision of their team before, during and after the game/event.
2. Each cheerleader must be treated with dignity regardless of their ability.
3. We are a recreational cheer league, “feet on ground” tumbling and jumps are only permitted during practices and the CYO Cheer Showcase if there are appropriate floor mats. No “feet on ground” tumbling and jumps are allowed during game performances.
4. A cheerleader on a CYO program’s cheer team may not participate on any other CYO program’s cheer team during the season.
5. All cheers must be reviewed by the coach for good taste and propriety. The Coach must review each cheer; if there is any doubt of appropriateness of a cheer, please have the Cheer Commissioner review it.
6. Cheerleaders should be cheerful and provide team spirit, and shall not belittle an opponent or another Cheer team.
7. Entrance fees - if the Parish/School is in charge of the event the Parish/School may charge the adults and child/children spectators an entrance/gate fee. Coaches and cheerleaders will not be charged an entrance/gate fee.
8. No Outside Food and Drink allowed in CYO facilities: Concessions’ revenue directly goes to support the Parish/Schools and help to provide equipment, maintain facilities, and off set expenses.

B. Game Performances

1. Cheerleaders may not obstruct the view of spectators or interfere with the athletic competition in process.
2. During games- (Facility specific) Cheer Coaches are to go straight to the designated area advised by the gym coordinator and ensure that all of the team stays within in the designated area.
3. Guidelines for Gym Cheering:
 - Cheer location may be at the end of the basketball court of their teams’ bench (if space permits), on the stage (location dependent) or in the stands. Gym coordinator will confirm the location of the designated cheer area.
 - Facilities may limit/restrict cheers/team size due to space and safety concerns.
 - No team is allowed to meet in the foyer, hallways for warm ups. Warm ups may be done in the gym or outside.

C. Number of Players - All teams will consist of a minimum of 4 cheerleaders in the cheer area.

D. Coaching Area - Coaches must remain with the cheer team at all times. All coaches must be certified and have a current CYO Coaching badge. There are no more than 4 Cheer Coaches per a team. Cheer Coaches must remain in the Cheer area at all times.

E. Good Cheer Sportsmanship: Remember, cheerleaders are there to encourage enthusiasm, team spirit and crowd participation. No matter what the attitude of the crowd/opposing team, make sure your team continues to display what sportsmanship is all about. The cheers/chants should be of a positive nature. There will be no “downing” the other team.

1. When an injury occurs all Cheerleaders must remain quiet and no cheers are to be performed. Cheer may continue once the player returns to the game or bench.
2. If there is only 1 Cheer team present they are more than welcome to cheer positively for both teams.

F. Prayer Before and After the Game. All Cheer team members will be required to participate in the opening prayer and closing prayer of each game.

G. Cheer Team/Cheerleading Misconduct: Violation of any of the above Cheer Rules will result in the following suspensions:

Team first occurrence: warning

Team second occurrence: ineligible for End of Season Cheer Showcase

Cheerleader first occurrence: cheerleader is ineligible to participate in team’s next event appearance

Cheerleader second occurrence: cheerleader is ineligible for End of Season Cheer Showcase