

Catholic Elementary Competitive Cheer Rules

10-20-06, revised 11-5-07

Rules for 7/8 Grades

GRACEAC Hotline/Weather Cancellation/Update Phone Line – 456-9563

GRACEAC Web Site – www.graceac.com

1. The GRACEAC Cheer Competition Team shall consist of Catholic parish school teams that are members of the Grand Rapids Area Catholic Elementary Athletic Council (GRACEAC). No CCD students.
2. Competitions will follow MHSAA rules except where noted. GRACEAC Cheer Teams may compete outside the sponsored GRACEAC contests. Cheer Teams will be allowed to participate in 6 Cheer Competitions. Clinic will not be considered competitions, as long as there is no scoring, etc. Cheer Teams may have team membership with any combined GRACEAC schools or compete as an individual school, if numbers allow this. GRACEAC will reserve the right to modify rules for GRACEAC and student/athletes best interest. Season will be practice start on November 7 and competitions concluding on January 31, unless other wise approved by the Coordinator of Athletics.
3. All other GRACEAC Handbook rules and regulations apply. (* denotes references to the GRACEAC Handbook)
4. Each participating school must have a roster complete with players' names, birth dates, and grades; uniform colors; coaches name, address, and phone numbers; school name and team nickname. This roster must be signed by the school principal and submitted by the Athletic Director to the league president one week prior to the first competition.
5. Coaches shall gather the cheer team before the competition begins and lead the team in prayer.

Mergers

6. Any school requesting a merger shall do so any time by referring to the following guidelines:
 - a. Schools shall not practice together prior to approval of their merger request by the league president. Violations shall be reported to the league president.
 - b. A Principal or Athletic Director may request a merger. Coaches must seek approval through their school principal or athletic director for merger request. Coaches may not request a merger.

Practice

7. Practices may begin on the Monday during the week of November 7th. (* Rule P)
8. All teams are limited, per week, to:

Pre-Season: 8 hours - 4 practices Season: 6 hours - 3 practices

Practice time shall be limited to two (2) hours per day. Coaches are encouraged to cut time for practice and number of practices when there is an opportunity. (* Rule G)

Participation in practice **and competitions** is essential. Each team, coach, student/athlete and parent is to assure that practices stress safety and participation. Failure too met practice expectation in a student/athletes expectation will necessitate a coaches decision to assure safety. Student/athletes must make every effort to attend all practices. **Further, a student/athlete of GRACEAC competitive cheer team may not be on a roster or participate in another winter sport (ie. Basketball)**

Game Eligibility and Minimum Playing Time

9. Sixth grade girls may not participate in the 7th & 8th grade league.

10. To insure total participation, it shall be mandatory that each student/athlete participate the minimum of one round in a competition.

11. When a student/athlete becomes injured during the course of a competition and is deemed unable to continue, the minimum playing time for that student/athlete is not required.

12. It is the responsibility of the coach to make sure that each student/athlete meets the required minimum competition time.

Game Rules

13. The coaches meeting will stress sportsmanship and leadership as well as a rule review. i.e.-**no jewelry**.

14. No jewelry may be worn during a practice or competition. Any unforgiving material (i.e.; plastic or metal) may not be worn during competition.

15. Uniforms of all team members shall be worn as manufactured. Coaches will be responsible for the uniform compliance of all their student/athlete.

16. Only student/athletes and coaches may be in the competition area during the pre-game warm-ups, time-outs. All fans and spectators must be in the seating area.

Coaching Guidelines

17. The head coach is responsible for the conduct and behavior of substitutes, disqualified squad members, spectators, and all other bench personnel.

18. Bench personnel shall not:

- a. Disrespectfully address an official.
- b. Incite undesirable crowd reactions.

Player Safety and Injuries

19. An unconscious or apparently unconscious player, as determined by the game officials, will be removed from the game by the official. The player may not return to any game or practice, without written authorization from a physician (M.D. or D.O.). This authorization must be given to:

- A. the game official prior to the student/athlete return, if for the same competition.
- b. her coach before practicing again.

20. A student/athlete who is bleeding, has an open wound, or has an excessive amount of blood on her uniform must leave the game. Excessive bleeding or an excessive amount of blood is any amount on the uniform or skin that can be transferred to a player, opponent, or official. The player may not return until the bleeding has stopped, and if necessary, the affected area covered. If the student/athlete has an excessive amount of blood on her uniform, the uniform must be changed.

Inclement Weather

21. Coaches shall call the GRACEAC Hotline to be notified of cancelled competitions due to inclement weather. If school is cancelled, Competitions may still be played. Coaches, parents, student/athlete or athletic directors should call the GRACEAC hotline (456-9563) for further information regarding game status.

Rewrite, 11-20-06, update 11-5-07

