

Coaches, Parents and Participants are to read and abide by the YAC Code of Conduct:

Please note that the Yorktown Athletic Club (YAC) has a zero tolerance policy and these rules will be enforced throughout the season.

#### YAC CHEERLEADING CODE OF CONDUCT

To enable children who enroll in the YAC Cheer Program to have a positive experience, to learn, to play and love the sport. YAC Cheer establishes the following conduct standards for coaches, players and parents. This Code of Conduct (Code) is a condition of participation for all coaches, players and parents. All such participants in YAC Cheerleading agree to abide by the Code of Conduct and to be subject to the consequences of violating the Code. It shall be a condition of participating in YAC Cheer as a coach, player or parent that, by enrolling in the YAC Program or acting as a coach, player(s), coaches and parents of player(s) are all bound by this Code of Conduct, and its validity is hereby a matter of record and is not dependent upon physical signature. All enforcement decisions made by officials of YAC Cheer are final. If you wish to appeal a decision, you have the right to do so to the YAC Cheerleading Commissioner and the YAC Board of Directors. No refunds will be granted to those players dismissed from the Club for violations of the Code of Conduct by themselves or their parents. Coaches and Participating Parents • the top priority is to teach cheer skills in a fun and safe manner.

- Coaches are to teach and encourage participants through positive reinforcement. Coaches should always demonstrate positive behaviors and reinforce them to participants, parents, judges and spectators alike. Participants should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, judges and spectators. Coaches must help reinforce the self image of each participant by being positive and constructive.
- Know and teach the rules of cheerleading. Abide by those rules in practice and competitions
- Teach and practice good sportsmanship at all practices, games and competitions.
- Establish objectives for your squad/team and participants and inform them of squad/team and individual goals.
- Teaching should be emphasized in practice, with games serving as an opportunity for participants to cheer, tumble (when field use is permitting) dance, and perform low level stunts (no full extension without prior approval of Cheerleading Commissioner) and if necessary learn from their mistakes. Coaches should avoid over instructing. Negative comments by coaches to participants, participant's parent or fellow coaches during practice, games or competitions will not be tolerated.
- Opposing Squad/Team Coaches, Choreographers and judges are to be respected and supported, do not openly argue over situations which may arise during a practice, game or competition, especially when related to a participant's safety. Coaches also are expected to educate their participants as to the important role of Cheerleading choreographers and judges and reinforce the ideal of respect for the officials/professionals and teammates.

The Coaches should rotate game lines from front to center to back at each game so every participant has a chance to be in the front line during each game, whenever feasible. Tumbling at games is only permitted if there is a grassy/turf surface and/or mat. No one is allowed to tumble or stunt on any other surface.

A participant does not learn and improve by not having fun. Each practice and game should be allotted a time for team bonding. Provide ample water breaks at each game and practice.

- Participants should be allowed to try each position of a stunt group based upon their ability and size. This may be limited at the younger level. Participants should be educated by the coaches as to the significance of every role within a stunt group. No stunt group is successful without four (4) or five (5) participants.

- Obscene language, gestures, negative or derogatory comments will not be tolerated. • Be modest in your personal success and gracious in defeat: be it dropping a stunt or not placing first or second at a competition.

Non-Coaching Parents and Spectators • Teach and practice good sportsmanship at all games, practices and competitions. You are role models! • Know the rules of cheerleading safety. • Respect the sport of cheer. Respect the officials/judges and choreographers. Respect the coaches, who are volunteers. • Do not coach your child during games. Let participants play and coaches coach, and support both positively. • Do not EVER criticize participants regardless of the circumstance. • Do not criticize judges or choreographers. • Obscene language or gestures will not be tolerated. • Any concerns about how the league is run, coaches are coaching, or judges are scoring should be referred to the Head Coach first, then to the Cheerleading Commissioner. • Follow the 24 Hour Rule... if you have a complaint resulting from a game (or practice) situation, speak with the coach on the following day. • If there is a serious problem, notify either the Commissioner or Assistant Commissioner of YAC. • Emphasize the FUN of the game and the team, putting forth effort at all times, not wins and losses. Be modest in victory and gracious in defeat. • Take time to discuss with your sons and daughters the guidelines for participants that are listed below.

Participants • Respect your teammates, coaches, choreographers, judges and opponents at all times. • Arrive on time and fully prepared. • Coaches and are volunteering their time for your good, to teach you skills and should be respected. • Give 100% effort at each practice, game and competition. • Know the rules of cheer and abide by them. • Support and encourage your teammates. Set a positive example. • Wear the required equipment at all games and practices, and keep your equipment well maintained. No jewelry is allowed at any practice, game or competition. • Display good sportsmanship at all times on and off the mats. • Don't be afraid to make mistakes; that are part of learning. • Learn from your coaches; practice hard; play smart; have fun! • Obscene language or gestures, negative or condescending/derogatory comments will not be tolerated. • Be modest in your own success and your stunt group and gracious in any type of defeat, such as a drop stunt or inability to "hit it".

All • All conduct, including abusive language and/or gestures, racially insensitive remarks, damage to property or belongings, or any other conduct that reflects poorly on yourself or YAC is deemed to be unacceptable and will not be tolerated. This rule applies to all players, parents, siblings and guests at all times when in or around competitions, games or practices as a member of YAC. • During a competition or game when you are away, you represent the Town of Yorktown and YAC. Any conduct such as shoplifting, destruction of property, consumption of drugs or alcohol, or any other activity will not be tolerated. This rule applies for the entire time one is away for a game or competition. • The YAC Cheerleading commissioners and YAC Board of Directors will deal with unacceptable conduct at its sole discretion, imposing warnings, suspension or expulsion, as it deems appropriate. ANY SUSPENSION OR EXPULSION BASED ON VIOLATIONS OF THE CODE OF CONDUCT WILL NOT BE ACCOMPANIED BY A REGISTRATION REFUND.