

Lee County Parks & Recreation Department

CHEERLEADING RULES

A. Ages

1. To participate in cheerleading you must be 5 years old before September 1 of the current year and not turn 13 years old before September 1 of the current year.

B. League Rules

1. A team must clean their entire area after the game. Please ask your parents to help keep the park clean as well. Put litter in its place.
2. All cheerleaders must show positive attitude, attend practice regularly, and come to season games dressed in full uniform. Failure to do so may result in loss of ability to participate.
3. Cheerleaders are allowed on the playing field before the game begins, (players breaking through paper), half time, (must allow enough time for the other team to do half time show), and after the game to congratulate the team.
4. Football games will last 5-6 tackle (4) 8 minute quarters, 7-8 thru 11-12 tackle (4) 10 minute quarters.
5. Practice times and site must be approved by the league director and is subject to change.

C. Coaches

1. Any coach ejected from a game must sit out the next game. If ejected twice, the coach will be suspended for the remainder of the season.
2. Coaches are role models for these kids, please be sure and always have a positive attitude, always talk the kids up, never use profanity, and always show good sportsmanship. Remember you may be the only positive adult figure in their life.
3. At the end of the season, if you want to be an all-star coach please let the league director know. LCRD is always looking for coaches.