

2025 Roanoke County Youth Cheerleading Rules and Regulations

Team Formation

- A. Team rosters must be filed with the Athletics office by 8:00 AM on Wednesday, July 16th. Rosters must include the player's name, home address (street, city and zip), telephone number, date of birth and the school the player attends. Non-residents of Roanoke County that are eligible based on school attendance must purchase a Non-resident Participation Pass from the Roanoke County PRT Athletics office prior to attending any team event.
- B. Each Recreation Club is responsible for verifying the information on their clubs rosters. If a player is found participating on an incorrect team based on the eligibility guidelines set forth by the Recreation Department, the player will be removed from the team. Please note that the team and/or coach may be suspended, if found intentionally attempting to participate with an ineligible player.
- C. No player is allowed to participate in more than one (1) Roanoke County sponsored sport within the same season.
- D. No players can be added after the first regular season game unless the team features less than 15 active players and permission is granted by the Clubs hosting Department.
- E. Recommended Division breakdowns

Division	Age	Birthdates
8U	6 Years Old	10/1/18 - 9/30/19
	7 Years Old	10/1/17 - 9/30/18
	8 Years Old	10/1/16 - 9/30/17
10U	8 Years Old	10/1/16 - 9/30/17
	9 Years Old	10/1/15 - 9/30/16
	10 Years Old	10/1/14 - 9/30/15
12U	10 Years Old	10/1/14 - 9/30/15
	11 Years Old	10/1/13 - 9/30/14
	12 Years Old	10/1/12 - 9/30/13

- F. Players may cheer outside of their age division with Club approval.
- G. Recreation Clubs must be consistent with all participants if allowing players to cheer outside of their division.

League Rules

- A. Stunts are NOT allowed in any age group. Cheerleaders must have at least one foot or hand in contact with the ground at all times.
- B. Jumps are allowed only if they are done unassisted and can be done under their own power with spotters.
- C. Gymnasts maneuvers (example: cartwheels, round-offs) are allowed only if done unassisted and can be done under their own power with spotters.
- D. No tosses or pyramids are allowed in any age group.
- E. No gum, candy or other food in mouth while cheering.
- F. Jewelry is not allowed to be worn while cheering. (Examples: rings, earrings, necklaces, bracelets, etc....)
- G. Teams must cheer for all their teams home and away games.
- H. No music is allowed once games begin except for during half-time routines.
- I. Only positive and supportive signs are allowed.
- J. No facility permits will be given to teams for indoor practice time.
- K. Each team will have one minute at half-time to do their half-time routine for the other side. Visiting team will go first.
- L. Cheer teams will follow football teams after the game for handshakes.
- M. When there is an injured player on the field all cheering will stop and cheerleaders will take a knee until the player is removed or leaves the field.

- N. Only screened and badged coaches are permitted to lead/assist with practices or games.
- O. Coaches are required to wear their coaching badges at all team practices and games.

Practice Regulations

In an effort of fairness, Recreation Clubs are responsible for ensuring that all teams within its organization follow the practice guidelines set below. Failure to meet any of guidelines set below will result in the Head Coaches suspension from 1 (first offense) or 2 (second offense) games and the loss of one (first offense) or two (second offense) practice privileges the following week. No warnings will be given.

- A. A practice schedule, containing the date, time and place should be communicated to the team's Recreation Club before a practice is permitted to be held. Any deviation from this schedule should also be notified to the Recreation Club. **Squads may not practice longer than 90 minutes per session.**
- B. Each team is permitted the following maximum amount of practice per week:
 1. 4 times a week when school is not in session.
 2. 3 times a week when school is in session and a team does not have a scheduled game.
 3. 2 times a week when school is in session and a team does have a scheduled game.
- C. Practice starts **August 2nd**

Inclement Weather

- A. Inclement Weather Prior to Game or Practice - When possible, cancellations will be made on Roanoke County's Cancellation Line (540-387-6455 extension 6) for events hosted at Roanoke County facilities. For games in other jurisdictions, please check the cancellation line of the host organization.
- B. In the event adverse weather conditions develop while an activity is in progress and a representative from Roanoke County Parks, Recreation, and Tourism is not present, it is the responsibility of the club representative, coach, teacher, or the scheduled official to determine whether or not conditions that exist will endanger the safety of the participants and whether or not the activity will have a serious adverse effect on field conditions. If a club fails to cancel field use during inclement weather and such use causes extensive field damage, the club will be responsible for any repair costs.
- C. Lightning Policy - If thunder is heard, be aware and keep a look out for lightning. If thunder lightning is seen, all players and spectators shall be moved to a sheltered area or to their cars. Wait at least **30** minutes from the last streak of lightning to resume play or practice.
- D. Extreme Heat Policy
 1. Actual Temperature 100* or above - All games and practices cancelled.
 2. Heat Index of 100* or above - All games cancelled.

Concussion Management Practices - It is the policy of Roanoke County Parks, Recreation and Tourism to follow the National Federation of State High School Association's guidelines for the management of concussions.

- A. No athlete should return to play or practice on the same day of a suspected concussion.
- B. The athlete's guardian should be immediately notified of the suspected concussion by a coach so that the athlete can be immediately evaluated by an appropriate health-care professional.
- C. Any athlete who is suspected of a concussion must submit written medical clearance from an appropriate health-care professional to their home Recreation Club prior to returning to practice or competition. Recreation Clubs must disallow players from participating until this document is produced.
- D. Each youth sport coach should take the Heads Up: Concussion in Youth Sports online course from the Center for Disease Control. This online course can be found at: <https://www.cdc.gov/headsup/youthsports/index.html>

VA Mandated Reporting of Child Abuse and Neglect – We recommend coaches take the online course that lets you know what to look for and how to report child abuse and neglect. Here is the web address for the online training: https://www.dss.virginia.gov/family/cps/mandated_reporters/cwse5692/story.html