

# Cheerleading

**RULES & REGULATIONS**

**2023**



**Jefferson Parish Department of Parks & Recreation**  
**EAST BANK OFFICE**

6921 Saints Drive  
Metairie, LA 70003  
(504) 736-6999  
FAX: (504) 736-9524  
Athletics Fax: (504)736-9524

**WEST BANK OFFICE**

7437 Lapalco Boulevard  
Marrero, LA 70072  
(504) 349-5000  
FAX: (504) 349-5013  
Athletics Fax: (504) 349-5007



E-Mail: [jprecreation@jeffparish.net](mailto:jprecreation@jeffparish.net)

# 2023 JPRD Cheerleading Rule Book



These are the official rules and regulations for the 2023 Cheerleading season adopted by the Jefferson Parish Department of Parks and Recreation (JPRD), 6921 Saints Drive, Metairie, LA 70003 and 7437 Lapalco Boulevard, Marrero, LA 70072. The authorized Cheerleading program conducted at our playgrounds will comply with these rules and regulations. They are intended to enhance a competitive balance between playgrounds, minimize risks to participants, and promote enjoyable participation and sportsmanship. Any activities, to include practice, clinics, and bowls, conducted outside the scope of these rules and regulations will not be considered as part of the authorized JPRD sports program that entitles participants, coaches, and sponsors to certain rights and privileges.

JPRD has adopted the rules of various sports coordinating bodies to govern rules not covered by JPRD. The JPRD rules and regulations will supersede these rules when applicable.

The Center Supervisor is the nearest JPRD official and certainly the most informed on matters dealing with the playground athletic leagues. We strongly suggest that parents, coaches, and participants contact their playground Center Supervisor in attaining help. Naturally, the administrative staff at our Parks and Recreation Headquarters stands ready to help if needed, however, the first step is your Center Supervisor.

---

## 2023 Rules Committee

Brad Roth, Operations Manager/Programming

Harold Buhler, Eastbank Athletic Area Coordinator

Erin Ruddick, Special Program Supr.

Chad Ramirez, Special Program Supr.

Michelle Dearnitt, Special Program Supr.

Tim Collins, Athletics Administrator

Shawn Burras, Westbank Athletic Area Coordinator

Henre' Toliver, Special Program Supr.

Tiffany Joseph, Special Program Supr.

Andrew Lore, Special Program Supr.

**TABLE OF CONTENTS**

**DATES TO REMEMBER .....4**

**NEW RULES FOR 2023 .....4**

**PROPOSED RULES FOR 2024 .....4**

**MANDATORY PARTICIPANT INSURANCE PROGRAM .....5**

**EMERGENCIES .....6**

**SAFETY .....6**

**ELIGIBILITY .....8**

**RESPONSIBILITY OF COACH .....10**

**RULES AND REGULATIONS .....11**

**SPIRIT BOWL .....12**

---

## Dates To Remember

- August 7..... Coaches' Clinic can begin
- August 14..... Practice may begin for game cheering
- August 21<sup>st</sup> ..... Schedule for the 2 required games of cheer is due into the Area Coordinator
- September 13 ..... Playground rosters and coaches' agreements due at Main Office
- September 18<sup>th</sup> ..... No playground clinics may be held after this date without the approval of the Area Coordinator of Athletics
- September 23 ..... Spirit Bowl practice may begin
- October 11<sup>th</sup> ..... All Star rosters due to Area Coordinator of Athletics
- October 29 ..... JPRD Spirit Bowl at the Alario Center

---

## New Rules for 2023

**Rule 8:04:01 Registration for Spirit Bowl competitors must be completed by September 13, 2023 before the Spirit Bowl competition.**

**6:10 No coach can take his/her team from a game or cheering stage during a game/Spirit Bowl. VIOLATION: Coach will be subject to dismissal by JPRD.**

## Proposed Rules for 2024

None

---

## Mandatory Participant Insurance Program

All participants in Jefferson Parish Department of Parks and Recreation programs must pay for participant insurance. Coaches are eligible for the same plan and may voluntarily pay to enroll. Cost is \$14.00

The Participant Insurance Program consists of the following:

**HEALTH INSURANCE:** Maximum \$15,000 coverage for all injuries arising out of participation by registrants in the activity sponsored and directly supervised by the Jefferson Parish Department of Parks and Recreation. This plan acts as a secondary insurance, which pays deductibles, as well as any remaining covered expenses, after the primary has exhausted its benefits. If, however, there is no primary insurance, it will pay the same as a primary.

**LIABILITY INSURANCE:** Offers \$1,000,000 coverage protecting the enrolled individuals, coaches and team for claims arising out of bodily injury and property damage, and litigation costs to defend such claims. There is a \$500 deductible per claim.

[It is strongly **RECOMMENDED** that all coaches enroll in the above insurance plan. Coverage (for coaches) for the above plan is from April 1, 2023 through April 1, 2024. (See page 19 for more information)

Coverage includes suits arising out of:

- Injury/death of participants
- Incidental medical malpractice
- Non-owned auto coverage (association liability only)
- Host liquor liability (non-profit)
- Ownership use or maintenance of fields
- Consumption use of food and drink
- Libel, defamation, false arrest, wrongful eviction or invasion of privacy
- Injury/death of adult volunteers
- All activities necessary or incidental to conduct of practices and games
- Liability assumed for work done by independent contractors
- Spectator injury
- Cost of investigation and defense of claims, even if groundless
- Property damage liability

## Section

# 3

---

## Emergencies

- 3:01 In case of injury, coaches shall be prepared to seek immediate medical attention. The location of the telephone shall be known in advance. This is particularly important to know at both their playground, and if practicing off playground premises.
- 3:02 Each playground has an AED machine located in designated areas.
- 3:03 All injuries, regardless of severity and site of injury, must be reported to the playground Center Supervisor. This information must be accurate and reported in a timely manner.
- 3:04 Coaches must have phone numbers of participants available in order to contact parents in emergency situations. Copies of the registration form are provided at the start of the season for this purpose. Registration forms have home phone numbers as well as an alternate emergency number. Parents must be immediately advised of all injuries.
- 3:05 Each JPRD playground has first aid supplies located in a designated area. Coaches must know where these supplies are located at their playground.

## Section

# 4

---

## Safety

- 4:01 JPRD employees and volunteer coaches are to be aware and monitor situations, during practice and games, when there is an injury that results in blood being present. They must be cognizant that anytime there is blood and body fluids present that it be treated with respect, regarding its ability to transmit infectious disease. Under circumstances in which differentiation between body fluid types is difficult or impossible, all body fluids are considered potentially infectious.

Before competing/performing, all participants must cover wounds on their body. Practice or competitive play must be stopped and any injured player must be immediately attended to.

In the event of injury or sickness involving blood or bodily fluids, the following procedures must be followed:

- ◆ If at all possible, injured person shall render first aid to himself and cover his own wound.
- ◆ When rendering first aid, protective gloves must be worn, when it is anticipated blood or bodily fluid is involved. Clean gloves must be worn for each individual treated. Do not wear the same gloves for multiple injured parties.
- ◆ An individual, who has treated an injury where blood is present, or has cleaned a potentially contaminated surface, should wash their hands with soap and hot water, whether or not protective gloves have been worn.

- 4:02 Good hygiene shall be practiced. Towels, uniforms, cups and water bottles will not be shared

4:03 **FIRST AID:**

4:03:01 Each playground is equipped with a first-aid cabinet located in the Assistant Supervisor's office.

4:03:02 BRUISES – Raising the injured part and/or applying ice helps reduce the swelling and helps control the pain, however, be sure there is a thin layer of material between the ice and the skin.

4:03:03 FRACTURES:

- ◆ Symptoms may include swelling and redness or bruising; contorted limbs; abnormal lumps, ridges or hollows; numbness or tingling. Participant may hear a snap or pop when injured or feel bone grating.
- ◆ Life threatening fractures generally involve breaks in large bones (thigh, etc.), or those which sever an artery or affect breathing.
- ◆ Make the participant comfortable – placing a rolled towel or pillow under the injury to support it may help.
- ◆ Apply ice to reduce swelling.
- ◆ Immobilize the injured part -  
For a bone - be sure to include the joints above and below the fractures.  
For a joint – be sure to include the bones above and below the injured joint  
Apply ice and raise injured part.
- ◆ Keep participant from getting chilled or overheated
- ◆ Get medical attention

4:04 All cheerleading coaches must accompany the squad to all games and must be stationed nearby.

4:05 Girls must be instructed to be conscious of the game (going on) and be ready to move away from situations where ball carriers or tackles go out of bounds.

4:06 Girls should never be sitting when the football is in their general area.



---

## Eligibility

The competitive balance and integrity of our program are maintained by strict adherence to the following eligibility criteria. Coaches and supervisory personnel must make every effort to assure that participants and their parents are aware and are in compliance with these criteria. Failure to do so may result in innocent teammates being exposed to forfeiture.

### 5:01 RESIDENCY:

- 5:01:01 All participants must reside in Jefferson Parish or boundaries deemed legal by JPRD.
- 5:01:02 Participants legal residence must be recorded on the official JPRD registration form and the valid JPRD I.D. card.
- 5:01:03 The initial or original selection by the participant of a playground for participation in the youth athletic programs will become their designated or proper playground.
- 5:01:04 Waivers – Participants are allowed to participate outside their home playground with an approved and current JPRD waiver. All waiver rules apply. Refer to the JPRD Playground Participant Selection Policy.

### 5:02 DUAL PARTICIPATION:

- 5:02:01 In order to increase participation, dual participation in the intramural programs is permissible.
    - ◆ Players who dual participate in the same sport will only be required to pay one (1) insurance fee per person.
    - ◆ For safety reasons, a participant can only move up one (1) age group. This may be done with the permission of the parent. Participant cannot be forced to cheer in an older group.  
  
[Example: 10 participants could move up and cheer in the 11-12 program but not in the 13-14 program; 8 participants could move up and play in the 9-10 program but not in the 11-12 program.]  
  
*NOTE: The later age participant is the only one eligible to move up.*
    - ◆ Participant will be required to participate in All-Stars in their correct age group provided their playground has an All-Star team in that age group. However, if the playground does not have an All-Star team in his/her correct age group, then the participant will be allowed to play All-Stars in the older age group.
  - 5:02:02 There will be no dual participation in the All-Star program.
-



---

5:03 **ENFORCEMENT OF ABOVE ELIGIBILITY RULES FOR RESIDENCY:**

- 5:03:01 Verified violators, identified by means of protest as outlined in these regulations, or any other means of identification, will result in immediate expulsion from the Cheerleading program.
- 5:03:02 Additionally, violators are subject to suspension for a calendar year plus one sport of the youth athletic program administered by JPRD.
- 5:03:03 Any challenges of the eligibility credentials of a participant will be fully investigated by JPRD prior to assessment of penalties. Participants will be required to produce certified affidavits with backup documentation to support their eligibility status.

5:04 **AGE PARTICIPATION**

- 5:04:01 Participants must play in their correct age classification as specified within these rules and regulations.
- 5:04:02 The age determining date for the JPRD Cheerleading Program is August 1, 2023.
- 5:04:03 Participants correct age and birth date must be recorded on the JPRD registration form and the valid JPRD I.D. card

---

5:05 **ENFORCEMENT OF ELIGIBILITY RULES FOR AGE PARTICIPATION**

- 5:05:01 Verified violators of the age classification requirements of JPRD tournaments and/or inter-playground leagues identified by protest or other means, will result in immediate expulsion from the cheerleading program.
- 5:05:02 Violators of the age classification requirement are subject to suspension for a calendar year plus one sport of the youth athletic program administered by JPRD.

---

5:06 **REGISTRATION FORM and INSURANCE FEE** - It is mandatory that all participants, upon registering, submit an official signed registration form and pay the insurance fee.

- 5:06:01 Participants cannot choose the class in which they will play.
- 5:06:02 It is the responsibility of the Supervisor to see that these procedures regarding registration are followed.
- 5:06:03 No player is to participate in practice and/or games until the registration form and insurance fee has been received by the Center Supervisor. The Center Supervisor must submit these forms and fees to the respective Main Office, prior to the deadline established for rosters.

5:07 **I.D. CARDS** - All players competing in Parish championship play and inter-playground leagues must have a valid JPRD I.D. card (Yellow, Blue, and Red) will be the acceptable I.D. color for the 2023 season.)

## Responsibility of Coach

- 6:01 Coaches must agree to allow the Parks and Recreation Department to conduct a background check. This check may include sex offender registries maintained by the Louisiana State Police and child abuse and criminal history records. The appointment of a volunteer is conditional upon receiving no inappropriate information on the background check.
- 6:01:01** Any Coach/Volunteer declining a background check will not be allowed to coach or help any JPRD team/program.
- 6:02 Supervisors and coaches are responsible for knowing all the rules in these regulations and abiding by them where they apply.
- 6:03 All coaches are expected to set an example, especially in their behavior and sportsmanship, to their team. NO PROFANITY will be used at any time.
- 6:04 Ridicule or “razz” by coaches or members of his team about officials, the opposing team, or otherwise, will not be tolerated.
- 6:07 Any player or coach ejected from an intramural or inter-playground league will have to sit out the team’s next played game.
- 6:07:01 Any coach ejected from a game/event must leave the premises before play can be resumed and that coach is not allowed on the premises for the remainder of that calendar date. That coach will also not be allowed anywhere on the premises while his/her team is playing its next played game. Any player ejected from a game must sit out the remainder of that game and cannot participate in his/her team’s next played game.
- 6:07:02 This rule will be in effect for non-franchised tournament play as well as JPRD franchised tournaments that involve only JPRD teams, Eastbank or Westbank.
- 6:07:03 Any coach ejected in his/her last played game of the season can be subjected to disciplinary action by the Area Coordinator of Athletics.
- 6:07:04** Any coach/parent/fan ejected from a game/event, must attend a mandatory meeting with the JPRD Athletic Administrative staff before being allowed to coach/attend a JPRD game/event.
- 6:08 A coach is responsible for keeping his/her bench clear of persons who are not members of his coaching staff.
- 6:09 Any parent and/or fan ejected from a game/event must leave the premises before play can be resumed. That parent and/or fan will not be allowed anywhere on the premises where his/her team’s next played game is being played.
- 6:10** No coach can take his/her team from a game or cheering stage during a game/Spirit Bowl. **VIOLATION: Coach will be subject to dismissal by JPRD.**



---

## Rules and Regulations

### 7:01 UNIFORMS:

- 7:01:01 The basic uniform may be able to be sewn at home, if the parents desire. Parents must NOT be forced to buy the basic uniform from any one seamstress or dressmaker. Parents must have the option of making the uniform themselves.
- 7:01:02 Items such as socks and sweaters may have a designated vendor or style to be purchased.
- 7:01:03 Tennis shoes are required. Specific brand names should be optional as long as they are white or any other standard color.

### 7:02 PRACTICE:

- 7:02:01 Practice sessions must be limited to three sessions per week for intramural cheer.
- 7:02:02 Spirit Bowl Competition practice time will be at the discretion of the individual program.

### 7:03 GAME CHEERING:

- 7:03:01 The number of cheerleaders to attend a game is unlimited. It is mandatory that all cheerleaders cheer at the minimum of two (2) football games in order to be eligible for Spirit Bowl. [NOTE: All cheerleaders must be in a safe area to cheer during football games.]

### 7:04 Center Supervisors should erect fenced-off cheerleader areas for their football fields whenever possible.

- 7:04:01 Cheerleader areas should be a fenced off square which is indented away from the playing field
- 7:04:02 When team benches are on opposite sides, these areas should be provided on both sides of the field.
- 7:04:03 When both benches are on the same side, these areas should have two (2) cheerleader areas (at approximately the 20-yard line) on opposite sides of these benches. These must not be located within the team box area.

## Spirit Bowl

- 8:01 There will be one competition in each age classification. GAME DAY FORMAT will be used for Spirit Bowl. Each playground score is determined by counting all spirit-leading participants including cheerleaders, dancers, mascots, and flag runners. Flag runners and mascots may not perform cheerleading “technical” skills including stunts, jumps and tumbling. The categories will consist of Cheer and Dance, Tumble and Cheer, and Non-Tumble/Chant.
- 8:01:01 **Cheer and Dance-** Teams will incorporate cheer and dance with no stunts or tumbles. Pom poms and pyramids are allowed. **Cheer and Tumble-** Teams will incorporate cheer and tumble in their routine. Pom poms and pyramids are allowed. **Non-Tumble Division-** The team will perform just a cheer routine with no tumbles or stunts. Pom poms are allowed. Pyramids are not allowed.
- 8:01:2 Intramural competition (Age grouping will remain the same)
- A. To enter a squad in the Intramural Competition, a playground must have at least two (2) teams in any given age bracket. (i.e., if playground has one Minor League team, they must compete in the All-Star Division.)
- 8:01:03 However, if a playground has two (2) or more teams in any given age bracket, one (1) team must enter into the All Star Competition.
- 8:01:04 All Star competition (Age grouping will remain the same.)
- 8:02 **AGE CLASSIFICATIONS:**
- 8:02:01 TINY TOTS....5-6-year old's
- 8:02:02 TOTS....7-8-year old's
- 8:02:03 MINORS.....9-10-year old's
- 8:02:04 JUNIORS.....11-12-year old's
- 8:02:05 SENIORS ....13-14-15-year old's
- 8:02:06 No 5 year old may be placed in a league with any players with a league age of 8.  
No 6 year old may be placed in a league with any players with a league age of 9.
- 8:03 JPRD I.D. cards are required and will be checked. If no I.D. card is shown, participant will not be allowed to participate. [Valid I.D. cards are Yellow, Blue, and Red for the 2023 Season]
- 8:04 Each squad must consist of at least eight (8) but no more than eighteen (18) participants. No team with less than eight (8) participants on the entry sheet submitted to the Athletics office will be allowed. However, if a team has eight (8) or more on the entry sheet and shows up at the Spirit Bowl with less than eight (8) participants, they will be allowed to perform, but not be eligible for awards.
- Rule 8:04:01 Registration for Spirit Bowl competitors must be completed by September 13, 2023 before the Spirit Bowl competition.**
- 8:05 **TIME:** Each squad has 3 minutes to perform cheers/chants, dance, jumps, pyramids, tumbling, and stunts.
- 8:06 **AREA:** Cheerleaders will perform on a mat 28' (depth) X 40' (length)

- 8:07 **CHEERS AND MUSIC:** All squads competing must perform a cheer/chant section in their routine. Music may be used in other sections of the routine.
- 8:08 **START:** A squad starts with all members and props on stage.
- 8:09 **TIMING:** Timing will begin with the first organized word, movement, or note of music by the team. Timing will stop when a squad member clearly signals the time keeper (verbally or by a wave) that the routine is completed.
- 8:10 **PROPS:** The only props allowed are signs, megaphones, and poms. All props must be carried/placed onto the performance area by the competitors and must be used. Signs must be used to evoke crowd response. No “scenery” allowed.
- 8:11 **APPROPRIATENESS:** Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction.
- 8:12 **MUSIC:** The music must be on one CD and operated by someone from your squad. Please bring an extra copy of your music. All music must be appropriate for family listening. **No music from streaming sites (You-tube, Apple Music, etc.) that does not meet licensing requirements and cannot be used for the purpose of this competition.**
- 8:13 Reserved
- 8:14 **RESIDENCY:** Contestants are checked for residency at registration. Protests during or after competition concerning residency will not be allowed.
- 8:15 **UNIFORMS:** Each squad must wear a cheerleader uniform. No costumes or non-cheerleader related accessories will be allowed(hats, sunglasses, etc.)
- 8:16 **JUDGES:** Up to six (6) judges will preside at the competition. One will judge time and penalties. Up to five (5) will judge performance. If more than four (4) judges are used, the high and low performance scores will be eliminated and the three remaining scores will be combined with deductions from the time and penalties judge for a squad’s overall score.
- 8:17 **SCORING:** 1-2 Basic Little Creativity      3-4 Intermediate Moderate Creativity      5-6 Advanced Transition Highly Creative

**Cheerleading Skills**

- Motion Technique
- Jumps/Tumbling
- Stunts/Pyramids
- Dance

**Routine Construction**

- Degree of Difficulty
- Transition/Flow
- Perfection

**Overall Effectiveness**

- Spirit
- Projection
- Poise/Appearance

**Total Points per Judge 60**

- 8:18 **ROUTINE INFRACTIONS**  
Infraction penalties will be deducted from the judges combined score after the high and low scores are discarded.

**Major Infractions**

- Basket Toss
- Illegal Pyramid
- Inadequate Spotting
- Illegal Dismount

## Illegal Drops

### Minor Infractions

- Routine Time
- Out of Bounds
- Illegal Use of Props

### 8:19 STUNTS AND PYRAMIDS:

- 8:19:01 All pyramids and partner stunts are limited to two persons at no more than a 1 ½ level. The lower performer standing upright or slightly crouched shall not have the second performer standing upon their shoulders or higher. Prep level or anything below their shoulders is allowed. The base person must have at least one foot on the ground. The base person is not allowed to raise his/her hands above their shoulders to support the second person.
- 8:19:02 For each person above a waist stand level there must be a spotter standing in proper position. Spotters must be cheerleaders on your squad. (Extra spotters at practices are strongly encouraged during pyramids and stunts. These spotters may be participants, adults or teenage coaches)
- 8:19:03 Front, side, or back tension rolls are prohibited (Illegal Dismount). This is when all in pyramid fall into a roll.
- 8:19:04 Single based split catches or straddle catches are prohibited.
- 8:19:05 All basket tosses are prohibited.
- 8:19:06 Rocking pyramids are prohibited.
- 8:19:07 Cradle dismounts from double-based stunts that are above waist stand level or higher must be cradled by two bases and an additional spot at the head and shoulders. All three must be in constant visual contact with the top person at all times.
- 8:19:08 Above waist stand level stunts must be double based.
- 8:19:09 No stunt, pyramid, individual, or prop any move through, under, or above any stunt, pyramid, or individual.
- 8:19:10 Suspended forward rolls must be performed with the base's feet on the ground. The top person and the bases must maintain hand-to-hand contact throughout the skill. Suspended forward rolls must dismount to the competition surface.
- 8:19:11 Skills prohibited in all divisions: vaults; tosses; dive and tension rolls; single-based split catches; triple full twists; toe pitch flips; mini trampolines, spring boards, or any height increasing apparatus; free-falling flips; dives from stunts or pyramids; tosses; backward suspended rolls; and single-based suspended rolls.
- 8:19:12 The top person in a partner stunt or pyramid may not be in an inverted position (head below the waist), with the exception of a forward suspended roll.
- 8:19:13 The top person of a suspended split must have continuous hand to body contact with a base and must be supported on the back thigh by an additional supporter.
- 8:19:14 In transitional stunts, physical contact must be maintained between the top person and the base(s).
- 8:19:15 Knee drops, seat drops, thigh drops, and front drops from a jump or airborne position are prohibited.

### 8:20 DISMOUNTS:

- 8:20:01 Vault dismounts are prohibited.
- 8:20:02 Back suspended rolls, including shoulder sit roll-offs are prohibited
- 8:20:03 Backward dismounts require at least two catchers and a head and shoulder spotter.
- 8:20:04 A twist into a cradle (including a log roll) shall not involve more than two complete rotations.

8:20:05 A flip from a mount is prohibited.

## 8:21 TUMBLING AND JUMPS:

8:21:01 Tumbling over, under or through any stunt, pyramid, or prop is prohibited.

8:21:02 Tumbling over an individual is prohibited

8:21:03 Tumbling into a stunt or cradle is prohibited

8:21:04 Dive rolls are prohibited

8:21:05 Use of mini-tramps, springboards, or any height increasing apparatus is prohibited.

8:21:06 Dropping to the performance surface without first bearing most of the weight in the hands/feet which breaks the impact of the drop is prohibited. This includes knee, seat, thigh, split drops, front drops, flip-overs, and tension drops.

8:21:07 Flips shall not involve more than one complete head over heels rotation or more than one complete twist.

8:21:08 All tumbling must originate from the ground level.

8:21:09 Double cartwheels are prohibited.

8:22 All tosses are prohibited.

## 8:23 GLOSSARY

- ◆ **Bracer**-A person who stabilizes a stunt by direct contact with a top person. The stunt would remain stable without the bracer.
- ◆ **Base**-A person who is in direct weight-bearing contact with the performing surface and provides primary support for another person.
- ◆ **Basket Toss**-(*Prohibited*) A toss involving three or four tossers, two of which have their hands interlocked.
- ◆ **Cradle-Catcher(s)**, with palms up, catching a top person by placing one arm under the back and the other arm under the thighs of the top person.
- ◆ **Dead Man Lift**-(*Prohibited*) A stunt in which the top person is in a layout position, supported away from the performing surface by one or more bases.
- ◆ **Dive Rolls**-(*Prohibited*) A forward roll where the body is airborne before the hands touch the floor.
- ◆ **Extended Stunt**-(*Prohibited*) A stunt in which the supporting arm(s) of the base(s) is/are fully extended above the head.
- ◆ **Flip**-An aerial stunt involving head over heels rotation.
- ◆ **Free-falling Flip**-(*Prohibited*) An unassisted aerial rotation where the person flipping is not in contact with bases or spotters.
- ◆ **Front Drop**-(*Prohibited*) Dropping from an airborne position to a horizontal, facedown position on the performing surface.
- ◆ **Hanging Pyramid**-A pyramid in which one or more persons are suspended off of the performing surface.
- ◆ **Knee/Seat/Thigh/Split Drop**-(*Prohibited*) Dropping to the knee(s), seat, thigh, or split onto the performing surface from a jump/stand without first bearing most of weight on the hands/feet which breaks the impact of the drop.
- ◆ **Pendulum**-A Stunt in which the top person falls forward/backward to at least a four-person catch while maintaining constant hands-to-feet/legs contact with the base.
- ◆ **Rocking Pyramid**-(*Prohibited*) Multiple stunts combined in rhythmic motion/movement with performers not in contact with the surface.

- ◆ **Spotter**-A person who is in direct contact with the performing surface and may help control the building of, or dismounting from, a stunt or pyramid. This person cannot provide primary support (hands cannot be under the foot of the top person). The spotter shall be in a position to prevent injury of the head, neck, and back areas.
- ◆ **Stunts/Pyramids**-Any skill in which one or more persons are supported by one or more persons. Pyramids are multiple stunts.
- ◆ **Suspended Roll**-Involves head-over-heels rotation with the rotating individual having both hands in continuous hand-to-arm/arm contact with the base(s).
- ◆ **Top Person**-the person on top of a partner stunt.
- ◆ **Tosses**-(*Prohibited*) A throwing motion by the base(s) to increase the height of the top person with the top person becoming free of contact with the base.
- ◆ **Tumbling**-Includes rolls (forward/backward) inverted extended skills (cartwheels, handstands, handsprings, etc.) airborne flips and twists.
- ◆ **Twist**-A vertical plane rotation.
- ◆ **Vault**-A stunt in which the hands of the tip person are used to assist in clearing a base(s), individual, or prop(s).





# Jefferson Parish Government



Cynthia Lee Sheng..... PARISH PRESIDENT

Ricky J. Templet..... Councilman-At-Large, Division A

Scott Walker ..... Councilman-At-Large, Division B

Marion F. Edwards ..... District 1

Deano Bonano ..... District 2

Byron L. Lee ..... District 3

Dominic Impastato III ..... District 4

Jennifer Van Vrancken ..... District 5

The Americans with Disabilities Act (ADA) provides protection for disabled individuals with respect to employment, public accommodations, public services and telecommunication. JPRD advises the public, its employees and job applicants that it does not discriminate on the basis of disability status in admission or access to, treatment or employment in, its programs, services or facilities. All programs and facilities are open to all citizens regardless of race, sex, color, religion, national origin or disability. If you are a person with a disability and would like more information and/or special accommodations for our programs or facilities, please give us a call at (504) 736-6999.



## 2023 Coaches Agreement for Cheerleading

There are numerous benefits from participating in organized youth sports. Jefferson Parish Department of Parks and Recreation youth athletic programs offer well organized sports programs that provide a safe wholesome environment where children can enjoy their spare time and sport experience. We have as our highest goal to protect the children involved in our youth sports program. One way of protecting our children is to require a background check for managers and coaches.

As a condition of volunteering, I give permission for the Jefferson Parish Department of Parks and Recreation to conduct a background check on me, which may include a review of sex offender registries, child abuse and criminal history records. I understand that if appointed, my position is conditional upon the Parks and Recreation Department receiving no inappropriate information on my background. I understand that regardless of previous appointments JPRD is not obligated to appoint me to a volunteer position. On the back of this agreement is the Jefferson Parish Department of Parks and Recreation coaching policy. Your signature below also indicates that you will comply with these rules and regulations and the coaching policy on the back of this agreement.

PLAYGROUND NAME \_\_\_\_\_ AGE GROUP \_\_\_\_\_  BOYS  GIRLS

APPLICANT NAME (*Please PRINT or TYPE*) \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

SIGNATURE OF HEAD COACH \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF ASST. COACH \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF ASST. COACH \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF ASST. COACH \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF ASST. COACH \_\_\_\_\_ DATE \_\_\_\_\_

It is important to inform coaches of the policies, rules and regulations of our Youth Cheerleading Program. Attached is a complimentary copy of the Rules and Regulations of the Cheerleading Program. Please use them to assist you while coaching.

We encourage input from coaches toward formulating rules and regulations. Any questions or comments on these rules or suggestions for the 2023 rules should be directed to:

**JEFFERSON PARISH DEPARTMENT OF PARKS AND RECREATION**  
**Attention: Mario Bazile or Brad Roth**  
**6921 Saints Drive, Metairie, LA 70003 OR 7437 Lapalco Boulevard, Marrero, LA 70072**  
**or by e-mail to [jprecreation@jeffparish.net](mailto:jprecreation@jeffparish.net)**

The original of this agreement must be detached and submitted with the team roster.  
*Thank you for your interest. We appreciate you volunteering your valuable time coaching.*

## COACHING POLICY

---

---

### RELEASE

---

In signing this coaching agreement, you hereby agree to release the Jefferson Parish Department of Parks and Recreation, the Director, sponsors, or any supervisors appointed by them from responsibility for any injuries which you may incur while engaged in practice sessions, the Spirit Bowl, or traveling to and from games and activities.

### LIABILITY

---

This Department is committed to providing safe, wholesome programs and facilities for our participants. In spite of our best efforts, we sometimes encounter liability situations due to the nature and extent of the sports program we offer. The Department of Parks and Recreation strongly **RECOMMENDS** its coaches to limit their risks, as well as ours, by considering the following:

- ◆ The Department of Parks and Recreation will offer a clinic to train coaches in fundamentals and safety methods at the local playground hosted by your Center Supervisor. Attendance at this clinic will assure compliance of Louisiana Legislative Act R.S. 9:2798. This law provides limited legal protection for volunteers attending a safety clinic offered by league sponsors.
- ◆ The Department of Parks and Recreation offers an optional accident and liability insurance policy to coaches. The premium is \$13.00 for a one-year period ranging from April 1, 2023 to April 1, 2024. Your Center Supervisor can give you more information and register you into this insurance program.

### CONDUCT

---

Coaches are held to a high standard of sportsmanship. Their conduct toward participants, spectators and event officials will be beyond reproach. Verbal abuse, misconduct and taking a team off the playing area will not be tolerated.

All coaches must abide by the policy of Jefferson Parish regarding a Drug Free Work Place. All coaches are required to perform their duties without the presence of illegal drugs, alcohol or inappropriate legal drugs in their system.

In signing this agreement, you certify that you have no record of convictions of sex offenses, or offenses against children or offenses of violence, or moral turpitude, or tested positive in a Jefferson Parish administered drug test. The Department of Parks and Recreation has a policy of not employing or granting coaching privileges to persons with the types of records described.

### PROGRAMMING

---

The sport programs of this Department are arranged and coordinated by the Athletic Division. These programs are designated within this booklet. Any out-of-program participation requests will be channeled through your Center Supervisor and/or Area Coordinator of Athletics for approval. Additionally, coaches cannot make final arrangements for travel from home areas, publicity or television without the approval of the Department of Parks and Recreation. No firm action can be taken unless approved by the Athletic Board of the Eastbank and/or Westbank. Coaches agree NOT to recruit or solicit JPRD players to participate in the same sport programs that will conflict with practices, games and tournaments of JPRD teams.