



A department of MPS

Milwaukee Recreation
YOUTH SPORTS
5225 W. Vliet St. Rm. 163
Milwaukee, WI 53208
P: 414.475.8410
mkerec.net

Elementary and Middle School Coed Cheerleading

Milwaukee Recreation Youth Sports reserves the right to change rules at any time.

Last Updated: 01/13/25

Section 1 - General League Rules

SPORTSMANSHIP – Unsportsmanlike conduct may result in ejection from the contest. Officials, coaches, parents, players, and fans should always display leadership and sportsmanship qualities. Any players or coaches ejected from the game by officials/staff for unsportsmanlike conduct will be suspended until their case is reviewed by Milwaukee Recreation. The final disposition of the case will then be made. Sports Coordinators are required to check with the Youth Sports Office before allowing the player or coach in question to continue participation in Youth Sports Activities.

SPECTATORS – Spectators are to be seated opposite the player's bench. All spectators are asked to show good sportsmanship and character and offer only positive reinforcement.

COACHES (UPDATED) – Only coaches and players listed on the TEAM ROSTER FORM are allowed in the team cheer area. ***All coaches in the cheer area must be completely hired by Milwaukee Recreation (Paid or Volunteer), and have a visible coach's credential.*** A maximum of three (3) coaches are allowed in the team cheer area, with only one standing up with the team at a time. A coach must be present for a team to cheer during their schools scheduled game.

FACILITY REMINDERS - Dogs, alcohol, smoking (including E-cigarettes), weapons, and grilling are prohibited during Milwaukee Recreation Youth Sports activities.

JEWELRY/HEADWEAR – Hair decorations (beads, barrettes, headbands, bows, etc.) can be worn during competitions. However, jewelry, wristwatches, hair curlers, scarves/bonnets and combs cannot be worn while cheering.

GAME RE-SCHEDULING/CANCELLATIONS – All school sport coordinator, coaches, or applicable staff will be notified of any reschedule games or game cancellations via email. Revised schedules will be posted on the Milwaukee Recreation Website: www.mkerec.net/YouthSports.

WEATHER HOTLINE – For inclement weather updates, contact the Weather Hotline at 414-475-8068. The hotline is updated on league play days by 8:00 AM on Saturdays and 1:00 PM on weekdays when inclement weather is expected. The hotline is available in English and Spanish. Coaches are responsible for informing players and their families of the weather hotline number.



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ROSTERS (UPDATED) – A copy of the team’s roster must be submitted to the Youth Sports Office using the online submission link prior to the deadline given by the Youth Sports Office at the seasonal Sports Coordinator meeting (Usually one (1) week prior to the team’s first scheduled game). ***Teams may only submit one (1) updated roster prior to the secondary roster deadline given at the seasonal Sports Coordinator meeting. Any additional updated rosters will not be accepted. All Non-Attending Student forms must be submitted prior to the secondary roster deadline, while all Transfer Student forms must be submitted prior to the second to last week of the season.*** There is no roster limit, however only fifteen (15) medals and/or awards will be given. Extra medals and/or awards are available for purchase from the MKE REC Youth Sports Office.

ONE TEAM, PER SPORT, PER SEASON – Athletes are permitted to play multiple sports per season by cannot play on more than one team in the same sports during the same season.

Exception: Athletes are only permitted to play on one (1) basketball team per academic year.

COED LEAGUE RULES – The term “COED” refers to the fact that both boys and girls are eligible to play on the same team. It is possible that teams will have varying numbers of boys or girls, but no special “coed rules” will apply. Teams made of one gender are allowed in the COED league.

FORFEITS (UPDATED) – The Youth Sports Office must be notified in advance of all forfeit contests. Notification must be delivered to youthsports@mkerec.net at least 36-hours prior to scheduled game start time. ***Teams that forfeit will be charged a \$50.00 fee per occurrence.*** See the Youth Sports Website and Opportunity Handbook for a list of forfeit situations.

PROTEST – Judgement calls made by the game officials are not eligible for protest and/or appeal. Protest on rule enforcement must be filed in writing with the Youth Sports Office with 48-hours following the incident. Protest on athlete eligibility may be filed any time during the regular season. Submit rules enforcement and athlete eligibility protest via email to youthsports@mkerec.net.

YOUTH SPORTS OPPORTUNITY HANDBOOK – The current version of the Youth Sports Opportunity Handbook is available at www.mkerec.net/YouthSports. All sports coaches and sports coordinators are responsible for familiarizing yourself with the rules, regulations, procedures, and policies governing the Milwaukee Recreation Youth Sports Programs.



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Section 2 – Before the Game

Article 1 – Rules may be changed by the Youth Sports Office at any time to improve the safety and understanding of the sport.

Article 2 – Eligibility:

- A. Age/Grade Limits – Students may not exceed the age/grade limits as listed below. Age is determined as of September 1 of the current school year. Elementary and Middle School Coed Cheerleading is only offered to students enrolled in 1st – 8th grade at the beginning of the Winter season.

7 years old and under/1st grade maximum
8 years old and under/2nd grade maximum
9 years old and under/3rd grade maximum
10 years old and under/4th grade maximum
11 years old and under/5th grade maximum
12 years old and under/6th grade maximum
13 years old and under/7th grade maximum
15 years old and under/8th grade maximum

- B. School Suspensions – Any student suspended from school must be reinstated prior to the close of school on the Friday before their next scheduled game to be eligible.
- C. Grade Point Average (GPA – Middle School ONLY) – Schools using the standards-based report card please use published requirements for eligibility.
1. A student must have a minimum 2.0 GPA in their previous mark period report card in order to participate unless the school standard is higher, in which case the school GPA requirement would prevail.
 2. Middle School athletic eligibility is determined by report card mark period GPA only; there are no provisions for recertification in the program.
 3. Once a student is ineligible they must wait until the next report card is published to regain eligibility.



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Article 3 – Dress Code:

- A. Jewelry – Rings, wristwatches, and other jewelry is **PROHIBITED**. *(Except if worn for medical or religious purposes)*
- B. Headwear – Hair curlers, scarves/bonnets, and combs are **PROHIBITED**. Hair must be worn in a manner that is appropriate for the activity involved. Hair accessories are allowed, but must be secure (beads, barrettes, headbands, bows, etc.).
- C. Uniforms – Teams are required to wear matching uniform attire.
- D. Fingernails – Nails must be cut to fingertip length.
- E. Appropriate Apparel – Athletic shoes, apparel covering the midriff (Stomach), and lollies/shorts/leggings under skirt.
- F. Prohibited Apparel – Halter-tops.

Article 4 – Coaches: (UPDATED)

- A. ***Only coaches who have been completely hired by Milwaukee Recreation (Paid or Volunteer), and listed as “Hired – Good To Work” on their schools hiring spreadsheet, are allowed in the team bench area.***
- B. ***Hired coaches will be given a coach’s credential by the Milwaukee Recreation Youth Sports office once they have completed the hiring process. Credentials must be visible while coaches are in the bench/cheer area.***
- C. A coach or other responsible adult must be present before the start of the cheer teams scheduled game.
- D. A coach or other responsible adult must be with the cheer team at all times and is responsible for the conduct of the cheerleaders before, during, and after the game ends. *(Cheer Area, Locker Room, Hallway, etc.)*
- E. Only one coach is allowed to stand with the team in the cheer area at a time.
- F. Coaches are required to speak with the site Building Director regarding their teams designated changing and cheer area at the beginning of the season.

Article 5 – Cheer Location Identification:

- A. All registered cheer teams are required to complete the Cheer Location Identification Form distributed prior to the start of the winter season, so that the Youth Sports Office is aware of the number of cheer teams each location will have during the season. Teams that do not complete the form will not be allowed to cheer until a completed form has been submitted. Schools with multiple registered teams must complete a separate form for each team.



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Section 3 – The Game

Article 1 – General Cheer Guidelines:

- A. Cheer teams will be allotted **90 second window** to do a center court cheer at halftime except during volleyball games. There is no halftime during volleyball games.
- B. The youth sports department will **NOT** provide music or speakers.
- C. Cheers must contain appropriate movements which are in good taste.
- D. No sexually explicit dancing will be tolerated.
- E. **Battle cheers are NOT allowed. Teams not adhering to this policy will first receive a warning. Any additional offenses may result in losing their opportunity to cheer during games.**
- F. Cheers must always promote good sportsmanship and respect for the opponents.
- G. No swearing, booing or otherwise derogatory words or gestures are allowed.
- H. Cheerleaders cannot begin a cheer while another squad is cheering.
- I. Cheering times will be alternated for each time out.
- J. No cheering while in spectator seating area. All teams must cheer in the designated cheer area.

Article 2 – Quiet Times (No Cheering):

- A. During an injury time out.
- B. During free throws in basketball.
- C. Before the serve in volleyball.
- D. Outside of designated cheer areas. (*Stands, Hallways, Locker Rooms*)

Article 3 – Stunts:

- A. Non-Release Stunts/Lifts – All partner stunts and pyramids are limited to two levels high, meaning that the top person(s) receive(s) primary support by one or more bases. The individuals serving as bases should be in direct, weight bearing contact with the performing surface. There must be one spotter for every three cheerleaders.
- B. **Release Stunts/Tosses – Release stunts and tosses are not permitted.**

Article 4 – Tumbling:

- B. Tumbling or rebounding over or under a stunt, person or prop, is **not permitted**.
- C. Non-airborne tumbling over a person or prop on the performing surface is permitted (Hands and/or feet remain on surface at all times).
- D. Airborne tumbling skills are **not permitted**, except for round-offs, cartwheels, and aerial cartwheels.



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Article 5 – Recommended Cheer Styles:

- A. Cheers
- B. Sports Specific Chants
- C. Jumps
- D. Sideline Dance
- E. Sign Work
- F. Motions
- G. Authorized Non-Release Stunts/Lifts
- H. Authorized Tumbling