



A department of **MPS**

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

Coed Cheerleading

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

Last Updated: 10/29/21

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 - Only coaches and players listed on the TEAM ROSTER FORM are allowed in the team bench area. A maximum of three (3) coaches are allowed on the team bench. A coach must be present before a game may start.

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

JEWELRY – Hair decorations (beads, barrettes, headbands, bows, etc.) and jewelry can be worn during competitions. However, rings, 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 8AM on Saturdays and 1PM 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 – A copy of the team’s roster must be submitted to the Youth Sports Office one (1) week prior to the team’s first scheduled game. Roster additions are not allowed after a team’s 2ND scheduled game. All rosters **MUST BE TYPED**. There is no roster limit.

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 – 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 charges a \$25.00 fee per occurrence. See the Youth Sports Opportunity Handbook for a list of forfeit situations.

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.

Section 2 – Before the Game

Article 1 - Rosters:

- A. A copy of the team’s roster must be submitted to the Youth Sports Office one (1) week prior to the team’s first scheduled game.
 1. All rosters **MUST BE TYPED**.
 2. Names must be submitted onto Youth Sports Roster Form (Found [here](#))
 3. One copy to be submitted here: <https://bit.ly/3iXPicE>
 4. There is no roster limit



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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.

15 years old and under/ 8th grade maximum (Born September 1, 2006)

13 years old and under/ 7th grade maximum (Born September 1, 2008)

12 years old and under / 6th grade maximum (Born September 1, 2009)

11 years old and under / 5th grade maximum (Born September 1, 2010)

10 years old and under / 4th grade maximum (Born September 1, 2011)

9 years old and under / 3rd grade maximum (Born September 1, 2012)

8 years old and under/ 2nd grade maximum (Born September 1, 2013)

7 years old and under/1st grade maximum (Born September 1, 2014)

- 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) – 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.

Article 3 – Dress Code:

- A. Rings, wristwatches, hair curlers, scarves/bonnets and combs are prohibited. (Except if worn for medical or religious purposes)
- B. Hair must be worn in a manner that is appropriate for the activity involved. Hair accessories must be secure.
- C. Apparel and accessories must be appropriate for the activity involved:
1. Cheerleaders must wear athletic shoes.
 2. When standing at attention, apparel must cover the midriff.
 3. Athletes must wear lollies/shorts/leggings under skirt
 4. No halter tops.
 5. All cheerleaders must dress in team uniform attire.



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Section 3 – During the Game

Article 1 – General Cheer Guidelines:

- A. Cheer teams will be allotted 90 second window to do a center court cheer at halftime.
 - The youth sports department will not provide music or speakers.
- B. Cheers must contain appropriate movements which are in good taste.
- C. No sexually explicit dancing will be tolerated.
- D. Cheers must always promote good sportsmanship and respect for the opponents.
- E. No swearing, booing or otherwise derogatory words or gestures are allowed.
- F. Cheerleaders cannot begin a cheer while another squad is cheering.
- G. Cheering times will be alternated for each time out.
- H. No battle cheering.
- I. No cheering while in spectator seating.

Article 2 – Quiet Times: There will be no cheering . . .

- A. During an injury time out.
- B. During free throws in basketball.
- C. Outside of designated cheer spaces.

Article 3 – Stunts:

- A. Non-release stunts/lifts
 - 1. 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 who is/are in direct, weight bearing contact with the performing surface.
 - 2. There must be one spotter for every three girls.
- B. Release stunts/tosses are not permitted.
- C. Tumbling
 - 1. Tumbling or rebounding over or under a stunt, person or prop is not permitted except for non-airborne tumbling over a person or prop on the performing surface.
 - 2. Airborne tumbling skills are not permitted, except for round-offs, cartwheels and aerial cartwheels.