



# **DETROIT PAL YOUTH CHEERLEADING**

## **2019 BYLAWS**



**\*Governing rules for the Detroit PAL Youth Cheerleading until another version is adopted\*  
(Updated 05/2019)**

**Glenda Stancil, Detroit PAL Cheer Commissioner • [coachpott@detroitpal.org](mailto:coachpott@detroitpal.org)**

# TABLE OF CONTENTS

Article I: League Administrative Rules.....	3
I. Requirements for Participation.....	3
II. Organization and Team Structure.....	4
III. Participant and Team Registration.....	4
IV. Coordinator/Coach Requirements.....	5
V. Cheerleading Coordinators.....	6
VI. Code of Conduct.....	7
VII. Parental Involvement.....	8
VIII. Handling and Submitting Insurance Claims for Injuries Sustained By A Participant.....	9
IX. Fundraising Efforts by Individuals and Organizations.....	10
X. Demonstrations.....	10
 Article II: League Rules of Play.....	 11
I. Age and Other Eligibility Rules.....	11
II. General Rules of Play.....	12
III. Practice Regulations.....	12
IV. Competition Rules.....	13
V. Awards.....	15
VI. Competition Format.....	15
VII. Tie Scores Between Teams.....	16
VIII. Format For F-Team at Cheer Competition.....	17
IX. D-Team / Pep Squads.....	17
X. Greetings/Halftime Performances (Effective 2007).....	18
XI. Unity Performance.....	18
 Article III: Disciplinary Procedures.....	 19
I. Detroit PAL Violation Citation.....	19
II. Protests.....	19
III. Penalties.....	19

## **ARTICLE I: LEAGUE ADMINISTRATIVE RULES**

### **I. REQUIREMENTS FOR PARTICIPATION**

#### **CONTRACT REQUIREMENT:**

Copy of Birth Certificate

It is the responsibility of the organization's Registrar and Cheerleading Coordinator to ensure that each parent(s) completes a Detroit PAL Cheerleading Contract before they begin official practice.

#### **PHYSICAL EXAM REQUIREMENTS:**

A physical examination by a certified physician is required for participation in the Cheerleading Program.

Examination documents must bear the physician's signature, the date of the examination and a valid contact number where the physician may be reached.

Each participant must have a physical exam that is not dated prior to January 1<sup>st</sup> of the current year.

Physical examinations must be completed and submitted prior to the first scheduled practice (athlete may not practice on the field for any reason) without a certified physical.

#### **PARTICIPANTS WITH SPECIAL NEEDS:**

In the case of participants with special needs, the Program Supervisor and the CEO of Detroit PAL with advisement of proper medical personnel reserve the right to determine eligibility in the program.

#### **CONSENT:**

Participants in the Detroit PAL Cheerleading Program must complete a registration form and contract. The contract must bear the signature of the participant's parent or legal guardian and must be turned in to Detroit PAL.

### **II. ORGANIZATION AND TEAM STRUCTURE**

**DIVISIONS :**

Each Cheerleading Organization that places teams in the Detroit PAL Cheerleading Program may have up to six teams, as follows:

- A-Team (13-14) 8 to 25 cheerleaders
- B-Team (11-12) 8 to 25 cheerleaders
- C-Team (9-10) 8 to 25 cheerleaders
- D-Team (7-8) 8 to 25 cheerleaders
- F-Team (5-6) 3 to 25 cheerleaders
- Pep Squad (5-14) 5 to 25 cheerleaders

**Official Start Date**  
**3<sup>rd</sup> Monday of June**

**III. PARTICIPANT AND TEAM REGISTRATION**

**INDIVIDUAL PARTICIPANT REGISTRATION AND FEES:**

Participants must register for the program, by completing all membership requirements, prior to the first game of the season. No participant may transfer after August 1st; however, new participants may register prior to the third game of the season. No registrations will be allowed after the third game of the season.

Organizations entering cheerleading teams in the Detroit PAL cheerleading program may, at their discretion, charge individual participants a registration fee. However, this fee may not exceed \$140.00 per participant and **MUST** include practice t-shirt and shorts, uniform lease and banquet invitation. However, there are some items that are of necessity (briefs, sports bra, etc). These items **MAY** be purchased from the club, but the parents can purchase these items elsewhere if they would like. Items like this cannot exceed a total of \$220. All teams are required to have a shell/skirt for every cheerleader registered.

**TEAM REGISTRATIONS :**

Each organization must present a registration packet clearly detailing the amount of its registration fee, what the fee covers, and what, if any, is refundable. This packet must be submitted to Detroit PAL for review and approval at the June Coordinators meeting.

Each organization must submit a coaching staff roster to the organizations contact's person through Detroit PAL. The final coaches roster must be turned in with the official cheer books.

This roster must include the individual's coaching title (i.e. head coach, assistant coach...etc) and telephone number. Coaching staff must be in good standing with Detroit PAL. New coaches may be added to your coaching staff roster up until 3<sup>rd</sup> game.

Coaching staff are required to attend all training sessions as deemed necessary by Detroit PAL. Required training must be completed by the first game of the football regular season. All Head Coaches, Assistant Coaches, Jr. Coaches and all volunteer staff are required to attend the Coaches Clinic, and IMPACT Training (Levels 1-3) (as deemed appropriate by Detroit PAL) annually. After Level 3 of IMPACT Training is completed, volunteers must complete the Continuing Coaches Form, including Team Moms.

**PENALTY :**

Violation of any portion of this rule shall result in a class C sanction.

**IV. COORDINATOR/COACH REQUIREMENTS**

Cheer Coordinator meetings will be held monthly with notification at 6:00 PM. Failure to attend or send a representative will result in a \$75.00 fine assessed to the organization payable to the Football Advisory Board.

**AGE REQUIREMENT :**

Volunteers in the cheer program must reach the following minimum age requirement during the current year in order to be eligible to be a coach:

- Jr. Coach                      15 year of age
- Asst. Coach                    18 years of age (out of high school)
- Head Coach                    21 years of age

**JUNIOR COACH REQUIREMENTS :**

- Demonstrate cheerleading skills and techniques
- Must be under adult supervision at all times while coaching (Junior coaches cannot be left alone while coaching any team at practice of Detroit PAL League games)
- Must go to greetings and half times with a Head Coach, Asst. Coach, Asst. Coordinator, or Coordinator (Junior Coaches cannot take any team to greetings or halftime alone)
- Do not discipline athletes (push-ups, assign laps to run, v-ups, etc.)
  
- Do not release athletes from their line or spot (i.e. – “Go to the back”, “I’m moving your spot” or “Go Home”)
- Must attend Impact Training and attend Coaches’ Clinic.
- Must wear the required clothing
  - No bra straps/undergarments showing
  - No cut or mangled t-shirts
  - Must wear gym shoes

- Toes cannot be out while coaching
- Must wear a badge on the field and to games

**CPR TRAINING:**

CPR training/certification is highly suggested for all Coordinators and Head Coaches for each division.

**PENELTY:**

Violation of any portion of this rule shall result in a class A sanction.

**V. CHEERLEADING COORDINATORS**

Each organization shall appoint a Cheer Coordinator, who shall be responsible for:

- Attending monthly meetings (or send a representative in your absence) and report back to organizations president no later than 48 hours after the meeting.
- Ensuring coaching staff and board members are kept abreast of changes in the cheerleading program;
- Monitoring the conduct of team members, coaches, and volunteers;
- Ensuring that their team(s) abides by the rules and regulation guidelines set forth by Detroit PAL;
- Ensuring that all necessary registration/program documents are completed in their entirety and submitted to Detroit PAL by the deadlines set;
- Ensuring that all material (greetings, halftime, sideline, etc.) that is displayed on the field is appropriate.
- Ensuring that all Ford Field practices and Unity Dance performance requirements are met per Detroit PAL.
- Note: Benefit games are sanctioned Detroit PAL events.

**PENALTY:**

Violation of any portion of this rule shall result in a class C sanction.

**VI. CODE OF CONDUCT**

Detroit PAL is committed to improving the quality of life for its youth by placing them in an environment where they interact with adults possessing healthy and positive character traits.

When interacting with youth, it is mandatory that all Cheer Coordinators, Coaches and others whom they supervise follow the code of conduct at all times which includes but is not limited to:

- Coaches **shall** refrain from yelling, shouting, and speaking in a harsh, demeaning, or threatening tone.
- Coaches **shall** refrain from the use of profane words or gestures. This includes, but is not limited to racial epithets.
- Coaches are **prohibited** from displays of poor sportsmanship, including, for example, inciting, criticizing or belittling an opposing team, its cheerleaders, coaches, or fans, by word of mouth, gestures, or written publication.
- Coaches **shall never** discipline a youth in a physical or offensive manner.
- Coaches **shall** reserve constructive criticism for a private discussion, and never in the presence of spectators or peers to whom such criticism does not apply.
- Coaches **shall never** single out or accuse a youth of being inadequate or responsible for failure.
- Coaches **shall** abide by the decisions of board certified doctors and Detroit PAL staff as it relates to the health, safety and well-being of the program participant.
- Coaches **shall** strive to ensure that every Cheerleading activity serves as a training component for program participants.
- Coaches **shall not** conduct practice off-site at any private residences.

**PENALTY :**

Violation of any portion of this rule shall result in a class A sanction.

**VII. PARENTAL INVOLVEMENT**

It is the organizations responsibility to inform the parents that while their involvement is welcomed, they must conduct themselves in a courteous and respectful manner when attending or participating in a Detroit PAL sanctioned event.

Cheer teams are required to conduct a pre-season parent meeting. Agenda must include:

Parent/Cheer Coordinators Meeting

Registration Packet:

- Refund Policy
- Registration fee & what it covers
- Document Retention Policy
- Competition Guidelines
- Cheer Pak (team essentials)
- Disciplinary Procedures/Policy
- All must attend Competition Event
- Ford Field Unity Performance

Entire agenda and attendance sheet must be sent to Detroit PAL upon completion of meeting.

**VIII. HANDLING AND SUBMITTING INSURANCE CLAIMS FOR INJURIES SUSTAINED BY A PARTICIPANT**

The special risk accident policy currently held by Detroit PAL will pay benefits subject to the policy terms and conditions, in the event a properly-registered participant is injured while participating in a Detroit PAL sponsored event.

This policy is not intended to replace any insurance currently held by a participant or her parents.

The following procedures must be adhered to when submitting claims for injuries sustained by Detroit PAL members.

**Participant Injury Procedures**

- A. In the event of an injury to a program participant, volunteer, or spectator during a Detroit PAL sanctioned event, the following procedure should be followed:
- Emergency life-saving procedures should be commenced immediately, if necessary, by certified personnel;
  - Emergency Medical Services should be contacted, if appropriate;
  - The Cheer Commissioner and/or a Detroit PAL official should be notified immediately, who will make a determination as to whether the event should be



discontinued or resumed after the injured party has received all available and appropriate medical attention.

- An Incident Report Form must be filled out by the player safety coach or organization official and a copy turned into Detroit PAL Player Safety Coach within 24 hours of the injury. Each individual organization must have blank Incident Report forms on site during all team practices, games, sanctioned events, etc.

**B. Insurance Claims for Injuries-**

- The special risk accident policy currently held by each organization will pay benefits subject to the policy terms and conditions, in the event a properly-registered participant is injured while participating in a Detroit PAL sponsored event. This policy is not intended to replace any insurance currently held by a participant or his or her parents.
- The player safety coach or organization official will complete the incident report (front). If the policy provides accident medical coverage and the injured party was an event participant, the form should be given to the participant or parent to complete the participant accident medical insurance claim form (Part II).
- The participant or participant's parents/guardian will complete the form, detach it from the instruction page, and forward it K&K Insurance Group, Inc.
- If Claim involves injury to spectator or property damage, only the incident report need be completed.

**K&K Insurance Group, Inc. Claims Department, P.O. Box 2338, Fort Wayne, IN 46801-2338, (800) 237-2917**

**IX. FUNDRAISING EFFORTS BY INDIVIDUALS AND ORGANIZATIONS**

The Detroit Police Athletic League is a non-profit 501(c)(3) Organization.

Any individuals or organizations wishing to raise money for, and/or desiring the assistance of Detroit PAL in doing so, must obtain permission from the Detroit PAL Board of Directors or Chief Executive Officer. Furthermore, any use of the Detroit PAL name or logo for the purpose of fundraising is prohibited, without the written consent of the CEO of Detroit PAL or his/her designee.

**PENALTY**

Violators of the policy will be subject to criminal prosecution and penalty in addition to any other sanctions deemed necessary by Detroit PAL. Violation of any portion of this rule shall result in a class A sanction.

**X. DEMONSTRATIONS**

Under no circumstances will an organization encourage picketing/demonstrating inside or around the Detroit PAL offices or a Detroit PAL sanctioned event.

**PENALTY**

Violation of any portion of this rule shall result in a class A sanction.

**ARTICLE II: LEAGUE RULES OF PLAY**

**I. AGE AND OTHER ELIGIBILITY RULES**

To be eligible for participation in the Detroit PAL Cheerleading Program, a participant must meet the following age requirements for the division in which they wish to participate:

**A-TEAM (13-14)**

- The participant's date of birth must be on or after August 1.

**B-TEAM (11-12)**

- The participant's date of birth must be on or after August 1.

**C-TEAM (9-10)**

- The participant's date of birth must fall on or after August 1.

**D-TEAM (7-8)**

- The participant's date of birth must fall between August 1 and July 31 of the following year.

**F-TEAM (5-6)**

- The participant's date of birth must fall after August 1.

\*\*Athlete may move up to a higher division but cannot come down once placed on the roster. MUST be approved by head coach, coordinator, & parent. This applies to divisions D-A only.\*\*\*

\*\*\*Teams C-A may combine to form one team only if roster is less than 8 on that division. Teams must compete in the highest age division.\*\*\*

\*\*\*Organizations may not combine to compete.\*\*\*

**EXCLUSIVE PARTICIPATION:**

A participant who during the months of August through November is carried on the current roster of another team and/or organization (e.g., C.Y.O., High School, Freshman Varsity, Junior Varsity, Senior Varsity, Middle School Cheer Football Season August-November, or Recreational League), shall be considered ineligible for participation in the Detroit PAL Cheerleading Program.

**PENALTY**

Violation of any portion of this rule shall result in a class A sanction.

**II. GENERAL RULES OF PLAY**

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION (MHSAA) RULES :**

The Detroit PAL Cheerleading Program shall be governed by the rules set forth in MSHAA (<https://www.mhsaa.com>), except as noted in these Bylaws.

It is the responsibility of each organization to educate their members, fans, and supporters on all rules and regulations pertaining to the Detroit PAL Cheerleading Program.

**CHEATING RULE:**

Cheating is strictly prohibited in all Detroit PAL Programs.

**Participant Registration with Organizations**

- A. Each organization shall have a registrar, who shall be responsible verifying eligibility of every player in their organization.
- B. Every player/cheerleader in the league must have a completed registration form, signed by a parent or legal guardian, on file with the organization.
- C. Players/cheerleaders wishing to enter into a contract with an organization must be in good standing with all organizations they had a previous contract. No player/cheerleader may transfer after August 1. No player/cheerleader may participate in two or more benefit games in one season or three scrimmages.
- D. All organizations must present to Detroit PAL a player roster of all eligible players/cheerleader, copies of their Contracts, Physical Form and Birth Certificate by the end of the business day on the Friday prior to the first game of the season.

## **STUNTING IS PROHIBITED**

PAL will provide future camps and clinics which will include stunting and certification.

Violation Class-A for stunting.

## **III. PRACTICE REGULATIONS**

Practices shall be limited to 5 days starting the third week of June.

Practices shall be limited to four (4) days per week after Labor Day through the remainder of the cheerleading season. **No practices shall be held on any Monday after Labor Day.** You may not switch out a day for a Sunday or Monday.

A full (7 day) week of practices is permitted only for the week preceding the date of the cheerleading competition.

## **ADVERSE WEATHER CONDITIONS:**

When weather conditions are so adverse they do not permit outside activity (i.e. extreme heat, thunderstorms/heavy rain, snow) practices will be cancelled. During adverse weather conditions practices may continue at an indoor facility, if available. Practice may not be conducted at a private residence of any coaching staff.

**PENALTY:** Violation of any portion of this rule shall result in a class B sanction.

## **IV. COMPETITION RULES**

Participation in the Cheer Competition is mandatory for participation in the Detroit PAL Cheerleading Program. Non-participation by an organization is a violation of the attendance policy and will be considered a forfeit. (\$100 fine)

Each team is required to have a minimum of 8 cheerleaders and a maximum of 25. If two or more teams are combined for the competition, the resulting team must compete in the age bracket of the oldest team. For example, if B and C teams are combined in order to compete as one team, the resulting team would have to compete in the B Division.

If a team misses 3 regular season games, they will not be allowed to participate in Cheer Competition for that year (this does not include the day before Cheer Competition). This is a violation of the attendance policy and will be considered a forfeit. (\$100 fine).

Teams will be required to complete a registration form for competition. Cheerleaders must be registered on the official Team Roster in order to compete.

Two (2) weeks prior to the competition, each team must declare their 1 flex skill, 2 different jumps (in unison, may be done at different times), and one team tumble skill (the same tumble skill must be done by the entire team) in unison. Athletes must participate in Hype Squad performance or compete.

In the event an illegal competitor is deemed present on a team by Detroit PAL staff, the entire illegal competitor's team will be disqualified from the Annual Detroit PAL Cheerleading Competition.

Cheer teams MUST be on time for Cheer Competition.

**Each organization will receive up to four (4) stickers for competition per division D-A. F-Teams will receive two (2) stickers and one (1) coordinator and one (1) assistant coordinator will receive one (1) each. Example: If your D-Team roster has only two coaches, you will receive two (2) stickers.**

**Only the coaching staff for each competing team can come up during the performances. Example: Up to four C-Team staff members with stickers will be allowed to accompany the competing team onto the floor.**

**PENALTY:** Violations of this rule will result in a 20-point deduction for the cheer portion of competition.

Mounts, Drops, Knee Slams, Sit Slams, Body Slams, and Seat Sliders, are not permitted. Drops are defined as falling/dropping forcefully onto the cheering surface and/or into another person.

**PENALTY:** Violations of this rule will result in a 10-point deduction for the round in which the infraction occurred.

Teams must enter and exit the gym floor from the areas designated.

**PENALTY:** Violations of this rule will result in a 10-point deduction.

The use of props (i.e. pom-poms, toys, gloves, banners, costumes, etc.) or any form of special effects anywhere on the cheerleader's uniforms or shoes is prohibited in the cheer and dance rounds.

A uniform change will not be permitted after the teams have entered the gym area. All teams wearing shell tops are required to wear turtlenecks or full body suits underneath.

Jewelry and Hair Beads are prohibited.

**PENALTY:** Violations of these rules will result in a 20-point deduction from the round.

Level I (Basic) and Level II (Advanced) will be differentiated by difficulty of tumbling.

- Level I-

- Cartwheel
- Round-off
- Forward Roll
- Front Walkover (Only)
- Level II-
  - Back Walkover
  - Ariel
  - Standing Back Handspring
  - Round Off Back Handspring
  
  - Round Off Back Handspring Tuck
  - Round Off Tuck

**No Standing Tucks** will be allowed in the Annual Detroit PAL Cheerleading Competition.

**PENALTY:** Violations of these rules will result in a 20-point deduction in the round in which the violation occurred.

## V. AWARDS

Detroit PAL will distribute awards as follows:

- |                                   |  |
|-----------------------------------|--|
| 1 <sup>st</sup> Place             | One (1) Team Trophy and Individual Trophies for Cheerleaders                       |
| 2 <sup>nd</sup> – 4 <sup>th</sup> | Coaches Trophy and Individual Medals for Cheerleaders —in each level per division. |

There will also be additional awards given in the categories of:

- Spirit Award (Sportsmanship)
- Best Banner \* Cheerleader of the Year At-Large
- High Point Award

Annual Cheerleader of the Year Award- The cheerleader must be aging out of the program. The following must be submitted to Detroit PAL:

- Essay typed and double spaced
- 2 letters of recommendation
- Most recent report card (3.0 overall GPA required)
- Career Aspirations required (at minimum a selected college/university must be identified)
- How Detroit PAL has helped prepare you for your future aspirations.
- May email a head shot

## VI. COMPETITION FORMAT

The competition will consist of two (2) rounds for D-Team, Level I, and Level II. Each squad will be judged on one (1) cheer and one (1) dance routine.

**COMMANDS TO BE FOLLOWED:**

- Up next Name of Team
- Name of Team, you may take the floor!
- Name of Team, you may begin!
- (Name of Team) move to your dance formation.

**FIRST ROUND:**

The first round is considered the open round. Time will start from the first word or beginning of motion. The time limit is two (2) minutes and time infractions will be imposed as follows:

- 5-point deduction for 1-5 seconds over; and
- 10-point deduction for six (6) or more seconds over

Crowd participation (Crowd Lines) is permitted and is encouraged.

When a squad takes the knee position in a cheer they must hand brace, walk down, or sit down. Please review section on competition rule regarding drops. Violations of this rule will result in a 10-point deduction for that round.

The entire team must perform one flex skill (e.g., split, heel stretch) and one team tumble in unison.

The entire team must perform one jump in unison. If multiple jumps are performed the 1<sup>st</sup> jump will be the one scored. Violation of this rule will result in a 10-point deduction for this round.

**SECOND ROUND:**

The second round is considered the dance round. Time will begin from the first motion or start of the music. The time limit is one (1) minute and fifteen (:15) seconds. Time infractions will be imposed under the same timelines stipulated for round one.

- 5-point deduction for 1-5 seconds over; and
- 10-point deduction for six (6) or more seconds over

The entire team must perform the 1<sup>st</sup> jump in unison. Violation of this rule will result in a 10-point deduction.

A Detroit PAL representative will be responsible for turning music on and off for all teams.

Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase (i.e.- O Yeah, Let's Go, Team Color, Team Name). Violations of this rule will result in a 10-point deduction for the round.

Coordinators or their designees will be responsible for ensuring that the music tapes/CD is turned into the Cheer Commissioner for review by the 1<sup>st</sup> Friday in October. CDs will not be returned.

Coordinators will be held accountable for ensuring that the music submitted by their organization does not elicit or contain lyrics that include profane and/or obscene language, drugs, or alcohol.

**VIII. TIE SCORES BETWEEN TEAMS**

In the event of tie score between teams the first round score will be used as a tiebreaker. Both teams' original scores will be thrown out and the new scores from the tiebreaker will determine the winning team. (So, if there is a tie for 1<sup>st</sup> place the 2<sup>nd</sup> place team will drop to 3<sup>rd</sup> and the tied teams will have a tiebreaker for the 1<sup>st</sup> and 2<sup>nd</sup> positions.)

At no time will two teams that have tied have a tiebreaker and drop more than one (1) position lower than the tied position. Nor will they move up more than one (1) position. The position that the team tied for is the position they will retain after use of the tiebreaker, unless they lose the tiebreaker. By participating in Detroit PAL Cheer, each team agrees the decisions made by the judges are final and will not be subject for review. Each team acknowledges the judges will make a prompt and fair decision.

**IX. FORMAT FOR F - TEAM AT CHEER COMPETITION:**

The F-Team from each organization will perform a one (1) minute or less Unity cheer.

**D-TEAM:**

D-Team will compete at the annual Cheer Competition.

- 1-minute max cheer
- 2-Formation changes
- 1-Flex skill
- 1-Team jump
- 1-Team tumble
- 8 or more must compete, max of 25
- 1:15 Dance round

**WILL HAVE PENALTIES WITH A PENALTY SHEET (1/2 the penalties of A, B,&C) -(Revised 10.1.18)**



You are allowed to have your D-team participate in the F-Team Unity Cheer if you do not meet the min. standards.

### **PEP SQUADS :**

The Pep Squads will perform a two (2) minute or less Cheer and Dance with all the teams combined as a Unity Performance.

All organizations will be contacted by coordinators for a practice time and place, so that they may collaborate on material that the participants will perform. You must learn the material to participate.

### **X. GREETINGS/HALFTIME PERFORMANCES**

All greetings and halftime performances should make opposing teams feel welcomed. Visiting teams should always be given the opportunity to perform first. **Greetings should contain an introduction of the team, should wish the opposing team “good luck” within the greeting, and should be no longer than 30 seconds in length. No tumbling will be allowed in greetings.** It is advised that coordinators communicate before game days and discuss “special events” that will alter the normal game day schedule (i.e. homecoming, benefit games). It is **required** that coordinators review greetings and halftime performances prior to game day. Only cheerleaders and coaches on the current individual levels (F, C, D, B or A) are permitted to greet the opposing team. **Example: If the C-Team is greeting, only C-Team staff should be present.** The area must be free of all outside spectators, cheerleaders, and/or coaches who game has ended or has not yet started.

#### **Do’s:**

- Be respectful while opposing team is performing (i.e. smile, congratulate, applaud, etc).
- Always use Good Sportsmanship
- Coaches should introduce themselves before the greeting takes place.
- Shake hands after greeting.

#### **Don’ts**

- Disrupt or attempt to distract opposing team while they are performing (i.e. grimace, show offensive body language, throw objects, etc)
- Refer to past events suggesting rivalries or other poor sportsmanship
- Use greetings or halftime performance to intimidate the opposing team.

### **PENALTY**

Violation of any portion of this rule shall result in a class A sanction.

## **XI. UNITY PERFORMANCE**

ALL cheer organizations must participate in the Unity Performance and its designated practices during the football championship game (A, B, C Teams). Each organization must have a representative present who is responsible for their team members; this includes behavior during a practice/ event and responsible for arrival, during, departure/conclusion of practice/event.

### **PENALTY**

Violation of any portion of this rule shall result in a one year team suspension from the Detroit PAL Annual Cheer Competition.

## **ARTICLE III: DISCIPLINARY PROCEDURES**

### **I. DETROIT PAL VIOLATION CITATION**

The Detroit PAL Violation Citation is a violation notice that is prepared by Detroit PAL staff when a bylaw violation is observed.

The purpose of the citation is to give immediate notice of noncompliance to the party in violation of the rules. The notice also serves as notice of Detroit PAL's intent to investigate the violation further.

A citation may be served on the highest-ranking member of the organization available at that time, or on the responsible party, or any other person duly authorized to represent the organization. A copy of the violation notice shall be delivered to the Detroit PAL Cheer Program Supervisor within 24 hours.

The Program Supervisor will ensure that the circumstances surrounding the violation are reviewed and a finding and recommendation for appropriate disciplinary action is provided.

### **II. PROTESTS**

The only protests that will be considered by Detroit PAL are those pertaining to participant eligibility and rule interpretation. Scores decided by judges at completion events are final.

All protests must be submitted to Detroit PAL, in writing, within two- (2) business days after the protested activity. There will be a \$200.00 fee for each protest lodged (i.e. \$200.00 for each individual named in the protest).

If the protest is substantiated the \$200.00 will be refunded. If the protest is not upheld, the \$200.00 fee becomes a donation to Detroit PAL and a receipt will be provided.

### **III. PENALTIES**

Class D sanctions shall/may include:

- Probation: which may be applied for any length of time, may serve only as a warning that if organizations commit additional violations of Detroit PAL rules and or regulations, additional penalties may be imposed, including suspension from Detroit PAL membership. Probation may be accompanied with additional provisions.
- Up to a \$75.00 fine

**Class C sanctions shall/may include:**

- One game suspension (not being present at the site of the event or game)
- Suspension from the League immediately for up to 1 year.
- Up to a \$200.00 fine.

**Class B sanctions shall/may include:**

- Suspension from the League for up to 2 years.
- Forfeiture of competition (coach only not the team)
- Up to a \$300.00 fine

**Class A sanctions shall/may include:**

- Suspension from the League for up to 3 years.
- Permanent expulsion from the league
- Forfeiture of competition(s)
- Up to a \$400.00 fine

Failure to timely comply with any imposed sanction shall be grounds for suspension and/or expulsion from the League. Please note that you can be awarded a fine and other offense within the designated sanction. (Example: A Team given a Class B sanction may include: a fine of up to \$300 and forfeit of competition this season or just 1 out of the category depending on the severity of the occurrence)

NOTE: Other Offenses not identified within this section but affects this program and violated and stated within the Football offenses may also applied. (Example: Failure to notify PAL of any injury or Social Media Policy.) Fees/fines are payable to the Football Advisory Board.

