

FAQ's for AYC

AYC National office welcomes all communication however we want to ensure that we are following protocol across all areas. All AYC members shall seek support from the following before contacting the National Office

- Please contact your League representative with your concern, then determine if you need to contact your Conference leader, then Regional Director. If the issue is beyond a Regional concern, your Regional Director will contact the National office for support when issues arise.
- The Member Resource Manual, AYC Rule Book, your League representatives and conference leaders should be equipped to answer most questions. The resource guides are located at MyAYF.com

AYC Participation Waivers

All AYC Participation Waivers must go thru your league, then conference **PRIOR** to submitting to the National Office for approval. Once the waiver is emailed to cheer@americanyouthfootball.com please also be sure to include your appropriate Regional Director on the email request.

UCA Camp Information (Cheer Camps and Coaches Clinics)

Please email your request form (see packet) to cheer@americanyouthfootball.com Also remember that hosting a UCA camp/clinic is a great way to have a fundraiser for your teams! You can add a couple dollars per participant and the profits 100% go back to your team to be used for travel, uniforms, equipment or whatever you choose!

The exclusive AYC pricing for the UCA camps are as follows:

1,2, & 3 day camps, 9:00am - 3:00 pm

COST

\$30 - 1 day

\$60 - 2 days

\$85 - 3 days

\$20 - for ½ day programs (afternoon only)

AYC Additional Rule Book Orders

Additional AYC Rule Books can be purchased for \$5.00/copy. Please send all requests to cheer@americanyouthfootball.com and be sure to include the shipping address along with the method of payment, AYF can accept credit cards or checks can be made payable to the AYF National Office and mailed to the following address:

**American Youth Football and Cheer
1000 South Pointe Drive TH-9
Miami, FL 33139**

Varsity Uniform Information

If you would like to have a Varsity representative contact you to present with exclusive AYC member offers and pricing please email cheer@americanyouthfootball.com and we will be sure to have a rep contact you in your area.

Finding your UCA State Representative

UCA State Directors are going to be reaching out to you in the upcoming months ahead to introduce themselves to you and keep you in the cheer loop! If you need to find your UCA State Director please visit americanyouthfootball.com and visit the cheer tab to locate your State rep by clicking on your state. Getting to know your state rep is critical to your team's success! They have all of the current up to date information regarding rules, regulations and local UCA competitions exclusive to your community.

ACCAA Rules 2010-2011

Copies of these guidelines should be distributed to all squad members and any administrators involved with the cheerleading program. All guidelines should be understood and accepted by all parties involved in the cheerleading program including advisors, coaches, assistants, squad members, parents, and administrators.

Note: The AACCA safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult advisor or coach.

Cheerleading jumps, gymnastics and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with the AACCA Safety Course will help minimize the risk of injury, the American Association of Cheerleading Coaches and Administrators makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

For more information, visit AACCA.org. If you have questions regarding a specific skill, contact us at 800-533-6583.

The 2010 AYC rules are completed and posted at www.myayf.com -- please check them out! You can also access the ACCAA up to date working FAQ page at <http://www.cheersafety.org/2010/05/aacca-releases-cheerleading-rules-for-high-school-and-younger.html#faqg>

