

## **2017- 2018 Cheer Rules and Regulations**

These rules and regulations are an important part of what will make our teamwork this year.

The most important advice I can give you, however, is that these young women must be disciplined. Be at practices, games, and other activities on time.

Your first priority, when making this team, is this team. Work, doctor's appointments, dentist's appointments, or other commitments must be scheduled around cheer. The only exceptions are ones that are told to me in advance.

I am stressing this to everyone: **DO NOT** speak about what happens in cheer in front of other students or to other students. It is nobody's business except cheerleaders what happens between us. What happens in cheer needs to stay between cheerleaders and the sponsor.

All cheerleaders will show respect to team leaders at all times. These leaders include the student captains. There will be consequences for cheerleaders who refuse to follow our chain of command.

You must have a current physical on file with me to be able to cheer.

### **General Rules**

1. Cheerleaders will refrain from gossip (this includes social media) and verbal or physical altercations.
2. Cheerleaders will maintain a positive attitude at all times.
3. Cheerleaders will take directions and criticism positively.
4. All equipment must be labeled with your name.
5. Since we are stunting, artificial and long nails will not be allowed.
6. Signs must be made every week for our games. Each person will do a minimum of one sign for every game.
7. Team members should maintain good personal hygiene.

8. No PDA's while in uniform. This includes an arm around the shoulder, a hug, or a kiss.
9. Any injuries are required to be checked by a doctor before a cheerleader will be allowed to practice.
10. The DCS Disciplinary Code should be followed at all times. Any level 1 or level 2 write up will result in suspension from team. Any level 3 will result in removal from the team.

## **Practice Rules**

**This team must be able to depend on each other to make it to practice. When one member of the team does not show up, it throws the rest of us off. Practices must be attended. Summer practices are important because we learn the majority of cheers and band dances during this time. We will not take away time from a practice to teach these cheers and dances because the absentee loses even more information. Try not to miss summer practices.**

1. Be at every practice. These practices will include afterschool practices. During football season, practice will be after school every Tuesday until 5:00. The days will change during basketball season to accommodate our basketball schedule. There will also be a practice the day before every pep rally.
2. Excused absences: The only reason for an excused absence will be injury, illness (fever or vomiting), or a death in the family. If there is an illness, a doctor's note will be required.
3. While I know that we all get frustrated at some point, an effort must be made during practices to stay positive. Remember- criticism is not a bad thing. Criticism will help us get better. Accept it in the manner it is given.
4. Hair must be pulled away from the face and no jewelry is allowed.
5. Cheerleaders will be responsible for their own transportation to and from games. Not having a ride is not an acceptable reason to miss practice.
6. Summer practice: We will have practices this summer. We will be learning routines and stunting. These practices are mandatory. I have provided a practice schedule for your student. Please adhere to it. I understand that there are some obligations that must be attended, but those obligations should not happen more than once.
7. NO GUM!!

8. NO TALKING!! Since our practice time is so limited, there will be no talking at inappropriate times. There will also be no horsing around. We simply do not have the time to constantly be saying, “Be quiet!” or waiting for everyone to be silent.
9. NO SODA!! Gatorade and water are the only acceptable drinks during practice.
10. NO CHEATING! No cheating on stretching exercises. You only cheat yourself and your team when you do not give your all when stretching. You will not become as limber as you could, and jumping and stunting before stretching appropriately can result in injury.
11. ALWAYS DO YOUR BEST AND GIVE 100%!!! When practicing, motions should be sharp and stiff. If a cheerleader is being sloppy or lazy, they will be given discipline. This means smiling even when they don’t feel like smiling. Consistently being sloppy or lazy will result in removal from a performance.
12. NO DISREPECTFUL ATTITUDES!!! Attitudes will not be accepted, either toward other team members, captains, or the sponsor. Attitudes include using profanity, rolling eyes, talking back, etc. A cheerleader will have a consequence such as exercise, suspension or removal.

### **Game Rules**

1. The sponsor will be on the sidelines at all times.
2. Attendance at ALL games is mandatory. If cheerleaders are going to miss a game, a note and a phone call will be expected from the PARENT the **night before or the morning** (first thing) of the game. Do not come to me fourth block of the day of the game and tell me you can’t make it. If this becomes an issue, the cheerleader will be removed from the team.
3. Cheerleaders **MUST** report to sidelines by the time the sponsor sets. For every minute cheerleaders are late, they will sit out the game by that number of minutes. **NO EXCEPTIONS**. If this becomes an issue, the cheerleader will be removed from the team.
4. Cheerleaders will treat each other and sponsor will respect at all times. There will be immediate consequences if cheerleaders are not respectful including being pulled from a game, suspension, or removal from the team.
5. Football games: There is a football game every Friday. Cheerleaders should report to the games at the time the sponsor indicates.

6. Basketball games: This is how basketball season works. Because of the volume of games, the cheer team only attends home and IN COUNTY away games. Basketball games are every Tuesday and Friday. It's during this time that cheerleaders seem to think they can slack off from attendance and being on time. This will not be the case this year.
7. Cheerleaders who miss school on a game day CANNOT cheer at the game. The only reasons for cheerleaders to miss on game day are illness or a death in the family.
8. Cheerleaders must be picked up within 15 minutes of the end of any game.

Team members may be removed at the discretion of the sponsor/ administrators. Cheerleaders must adhere to the rules and regulations in order to be on this team.

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Parent Signature

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Student Signature

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Date