

### THE RULES OF THE GAME

- All cheerleaders and their parents must sign the Behavioral Agreement. The agreement will be enforced; therefore all families should retain a copy for their reference during the season.
- Questions or concerns regarding the program should only be directed to the adult coaches, or the program director. The GHS Mentors are not to be contacted or approached about your child. They are there in a support capacity only.
- No cell phone use while at practices or games.
- The coaches direct all decisions regarding placement in cheers, dances and stunts, with the Head Coach making all final decisions.
- Squad placements are non-negotiable. The Director will make the squads to best serve all cheerleading participants, no requests will be allowed.
- Cheerleading happens no matter the weather! This includes rain, snow & cold. Unless the football game is canceled, WE CHEER!

### PRACTICE & GAME ATTENDANCE REQUIREMENTS

- Pick up at the end of games & practices must be prompt! Everyone associated with GYFA is a volunteer, please respect their time.
- During the first two weeks of preseason conditioning it is expected that your cheerleader attend all 8 practices. If you are unable to meet at least a 50% attendance minimum, your child will be disqualified from the program.
- The first two weeks of practice will be held outdoors, the Director will alert families via email if practice is canceled based on the weather.
- Missing the Thursday night prior to a game day will eliminate your child from participating in that halftime performance. This will typically include the last Thursday practice during pre-season training.
- Arrival at all games is 30 to 45 minutes prior to kickoff. This is required to be sure the participants have time to warm up and do last minute practicing of the halftime performance. Being late will require coaches to adjust the show, eliminating your child's role.
- Not calling & not showing up for a practice or a game will mean your child cannot participate in the following week's halftime performance.
- Missing more than 3 competitive practices will eliminate your child from participating in the Competitive Experience.

### UNIFORM RULES & STANDARDS

- Appropriate clothing is to be worn to all practices: cheer sneakers, shorts, athletic pants, and wide strap tank tops (thin straps are not permitted as they are a safety hazard during stunting).
- NO JEWELRY ALLOWED, EVER, this includes earrings - PLEASE do not have your child's ears pierced just before the cheer season.
- Long hair shall be pulled back in a ponytail, no barrettes, bobby pins are allowed.

- Hair shall be of natural color. Dyed, embellished or permanent decorations are not appropriate during the season.
- No nail polish and no make-up allowed.
- FULL UNIFORM is required on game day - including pom-poms & bows.
- During the month of October GYFA recognizes Breast Cancer Awareness and our cheerleaders will wear a pink hair bow as a show of support.
- For inclement weather, only navy gloves, headbands, jackets and pants are allowed.
- Hats are not allowed.
- No gum chewing is allowed.
- Only water is permitted during games and practices. Please remember to provide healthy snacks when appropriate and NEVER eat while in GYFA uniform.
- Undergarments should be white or nude only, with navy bloomers under uniform skirts.
- Uniforms: Shall be returned in good condition. NO EATING OR DRINKING, other than water, is allowed while in uniform.

*Any questions about the above should be conveyed to the Director of GYFA Cheerleading*