

CHEERLEADING RULES

- Registration fees for cheerleading includes use of uniform, crop tops to be returned at the end of the season and one (1) pair of socks and a bow to keep.
- LOLLIPOPS/BRIEFS/SPANX to wear under the skirt **MUST BE PURCHASED**.
- Each cheerleader is required to purchase cheer sneakers. The Cheer Coord. will determine manufacturer and style.
- All long hair must be pulled up off the back and shoulders.
- No jean shorts are allowed at practice. This restricts cheerleaders from stretching properly.
- No belts, buckles or snaps are allowed on the shorts.
- Tee shirts tucked in, socks and practice sneakers must be worn, tied.
- **Cheer Uniforms will not be worn after a game or as Halloween costumes.** Girls must change into their casual clothes. Girls may wear their uniforms to school on Fridays during the season.
- Crop tops are considered part of the uniform and treated as such. This means they should be worn **with** the vest.
- Cheer Competition is not mandatory. We do encourage the girls to participate in EWYFCL and one other competition at the end of the season.
- Once a cheerleader and their parents commit to a cheerleading in competitions, there will be no drop outs allowed unless you have a medical emergency or an incident/circumstance arises that is beyond your control.
- All girls must be picked up promptly at the end of practice by a parent/guardian.
- Please note: If it is inclement weather, the kids **CANNOT** practice in it!
- **NO** jewelry is to be worn during practice or on game days.
- **NO** nail polish or gum chewing.
- No participation in competition with pierced ears or body piercings.
- All girls must arrive 30 minutes before each game unless otherwise stated by their coach.
- Each cheerleader will present herself in a positive matter while representing AJFC.
- No foul language will be tolerated. There is zero tolerance for any disrespect, drugs, alcohol or vandalism.
- During games, each girl is expected to bring a water bottle (**no colored drinks allowed.**)
- All girls are expected to perform warm up exercises prior to practice and games.
- All girls must adhere to safety precautions. **NO** mounting without proper spotting by an adult
- **NO CELL PHONE USE DURING PRACTICE OR GAMES!**
- Attendance- at all practices and games. Coaches must be notified if you going to be absent. Allowed excuses are illness, CDD and family emergencies. If you are aware of an upcoming vacation or event that your child will miss practices and/or a game, please notify the coach. Five (5) allowed absences are allowed during the entire season (that is for practices and games). One week of family vacation is allowed with prior written notification from a parent/guardian, which will count as 1 absence. The sixth absence means you are off the squad! If you miss the practice just before a game (this practice be held on game day before the game, if the coach desires, noticed in advance), you will **NOT** be allowed to do the Half-Time cheer for that game.
- Please make sure your child visits the restroom prior to practices and games.
- No food drinks (other than water or clear Gatorade) and/or gum chewing is allowed during practices or games.
- Parent Support- The success of cheerleading as well as any other program depends on the active support and participation of each parent. We encourage you to attend practices, games, and special functions.
- Sportsmanship- Cheerleaders and family members are expected to exercise good sportsmanship at all times. Un-sportsmanship conduct will not be tolerated from anyone.
- Coordinator and Cheer Parent/Guardian Meeting- this meeting is designed for the Coordinator and parents/guardians to any updated information, events, competition information and answer any questions or concerns. It is important a parent/family member for each cheerleader attend.
- Practices- Location, date and time of first practice will be text to all families within one week of the 1st practice. All head coaches will give our schedules with days and times.