

Duxbury Dragons Cheerleading Game Day Rules

All cheerleaders are to arrive on time at their designated report times for mandatory practice before each game. If a cheerleader is late for this practice, coaches reserve the right to have her sit out the halftime performance.

If you need a ride on game day call one of your teammates. Not having a ride or getting lost are not acceptable excuses for being late or missing a game. Directions are available on our website

www.duxburydragonsfootball.com

- **Cheerleaders must arrive in full uniform** -- skirt, bloomers, top, white no-show socks, sneakers, and bow. If a cheerleader does not have her full uniform, coaches reserve the right to have her sit out the halftime performance.
- **Cheerleaders must arrive with their hair in a high & tight ponytail** Bow must be visible from the front and tails must face forward **see pictures below for example of correct bow placement. Those cheerleaders with short hair must wear it half up/half down. **NO LOW PONYTAILS! NO WISPIES OR LOOSE HAIRS! NO SIDE BANGS! USE GEL AND/OR HAIRSPRAY!**
- **The practice before the game is for practice.** It is not the time to be dressing for the game, fixing hair, removing nail polish, etc. This all must be done prior to arrival at the field.
- **Absolutely no jewelry and no nail polish.**
- **Please apply bug spray before coming to your game.**
- **Each cheerleader should carry a bag to every game.** Girls should pack their water and whatever else they may need on game day.
- **Bring water to every game.** No soda, juice, Gatorade or Powerade - *they stain uniforms!*
- **If you need to purchase water** from the snack bar you must arrive early to do so.
- **There will be no eating during the game.** Games are only 1 hour long. Occasionally there will be an unusually long delay of game. In this case cheerleaders will be allowed to have “dry” snack, i.e. crackers, pretzels, Goldfish. Please send a dry snack with your child to each game.
- **All cell phones must be turned off during practices and games.** No calls can be made during the game without permission from your coaches.
- **Cheerleaders will follow the instructions of their coaches** at all times. There will be no talking on the sidelines and no moving out of formation unless given permission by your coaches.
- **Cheerleaders are not allowed to leave the sideline** area without permission from their coaches.
- **Cheerleaders are not allowed to go to the restrooms alone.** There will be a bathroom break after practice before the game and after halftime performances.
- **All cheerleaders will be on their best behavior during games** - showing respect to all coaches, junior coaches, teammates, cheerleaders, football players, officials and fans at all times. Cheerleaders will practice good sportsmanship at all times. Unsportsmanlike conduct of any kind will not be tolerated and could be grounds for dismissal from the program.
- **Cheerleaders will represent the town of Duxbury** with pride and spirit both home and away. During home games, a friendly and welcoming attitude is to be shown to all visiting players, cheerleaders, coaches, officials and fans.

****correct bow placement****

