

## UPPER LOUDOUN YOUTH FOOTBALL CHEERLEADING RULES

1. ATHLETIC SHOES (CHEER APPROPRIATE) MUST BE WORN TO PRACTICE. ALSO BE SURE TO WEAR/BRING THE APPROPRIATE CLOTHING FOR COLD WEATHER PRACTICES.
2. NO CHEWING GUM OR CANDY DURING PRACTICE OR GAMES
3. **NO** JEWELRY OF ANY KIND CAN BE WORN AT PRACTICE OR GAMES (INCLUDING POST EARRINGS AND HAIR WRAPS).
4. MAKEUP SHOULD BE TASTEFUL (NOT EXCESSIVE). NO BODY AND/OR HAIR GLITTER OR PAINT. FINGERNAILS MUST BE CUT BACK TO JUST ABOVE THE TIP OF THE FINGER (THIS IS A STUNTING SAFETY ISSUE).
5. HAIR MUST BE WORN UP AT ALL TIMES AT PRACTICE AND GAMES. CHEERLEADERS WILL NOT BE ALLOWED TO STUNT IF HAIR IS NOT UP.
6. CELL PHONES SHOULD BE KEPT TURNED OFF DURING PRACTICE AND GAMES.
7. EACH GIRL MUST BRING A WATER BOTTLE TO EACH PRACTICE AND GAME (YOU MAY ASSIGN A PARENT TO BRING WATER TO GAMES FOR ALL GIRLS).
8. IT IS THE CHEERLEADER'S RESPONSIBILITY TO LEARN ALL MATERIALS SHE MAY MISS AT PRACTICE.
9. IF A CHEERLEADER IS NOT GOING TO BE AT A GAME FOR ANY REASON OTHER THAN ILLNESS OR A FAMILY EMERGENCY, THEY SHOULD NOTIFY THE **COACH** AT THE BEGINNING OF THE WEEK SO THAT THE TEAM CAN PRACTICE ADJUSTMENTS IN STUNTS, ETC.
10. IF A CHEERLEADER IS UNABLE TO ATTEND A GAME OR PRACTICE BECAUSE OF AN ILLNESS OR FAMILY EMERGENCY THEY SHOULD NOTIFY THE **COACH** PRIOR TO THE PRACTICE OR GAME.
11. NO CHEERLEADER WILL BE ALLOWED TO PRACTICE OR ATTEND A GAME IF SHE DID NOT ATTEND SCHOOL ON THAT DAY DUE TO ILLNESS.
12. IF A CHEERLEADER RECEIVES IN-SCHOOL SUSPENSION OR IS SUSPENDED FROM SCHOOL, SHE WILL NOT BE PERMITTED TO PRACTICE DURING THE SUSPENSION AND WILL NOT PARTICIPATE IN THE NEXT SCHEDULED GAME.
13. CHEERLEADERS ARRIVAL TIME WILL NOT BE MORE THAN ONE HOUR PRIOR TO THE START OF THE GAME. CHEERLEADERS SHOULD ARRIVE IN UNIFORM AND BE READY TO STRETCH AND WARMUP. IF A CHEERLEADER IS MORE THAN 15 MINUTES LATE, THE COACH HAS THE DISCRETION TO NOT ALLOW THE CHEERLEADER TO PERFORM THE HALFTIME ROUTINE AS THE TEAM WILL HAVE MADE ADJUSTMENTS TO THE ROUTINE IN THE CHEERLEADER'S ABSENCE.
14. CHEERLEADERS MUST ATTEND PRACTICE. **WE DO NOT SUGGEST THAT YOUR DAUGHTER PARTICIPATE IN ANOTHER SPORT WHILE CHEERING.** CHEERING AND

PERFORMING AT HALFTIME IS A TEAM EFFORT. IF THE CHEELEADER MISSES A PRACTICE BEFORE THE GAME, THE COACH HAS THE DISCRETION TO NOT PERMIT HER TO PERFORM AT HALFTIME.

15. IF THE PARENT FAILS TO REPORT FOR THEIR VOLUNTEER DUTY OR TRADE WITH ANOTHER PARENT, THAT CHEERLEADER WILL SIT THE NEXT GAME WITH THE COACH AND CHEER FROM THE BENCH (CHEERLEADERS WILL NOT BE ALLOWED TO SIT WITH FRIENDS OR FAMILY AND MUST ATTEND THE GAME).
16. IT IS THE RESPONSIBILITY OF ALL CHEERLEADERS TO PARTICIPATE IN ALL PRACTICES, GAMES AND FUNDRAISING EVENTS.
17. IF A CHEERLEADER MUST SIT OUT A GAME FOR ANY REASON, SHE WILL SIT WITH THE COACH IN FULL UNIFORM. IF CHEERLEADERS ARE UNPREPARED FOR A GAME, THEY WILL SIT OUT.
18. CHEERLEADERS ARE REQUIRED TO ATTEND EVERY GAME IN FULL UNIFORM (INCLUDING TEAM APPROVED TURTLENECK/BODYSUIT, LEAGUE PROVIDED BLOOMERS, SOCKS, SWEATSHIRT/JACKET/SHOES). FAILURE TO DO SO WILL RESULT IN SITTING OUT THE ENTIRE GAME.
19. CHEERLEADERS ARE NOT PERMITTED TO WEAR THEIR UNIFORMS TO ANY FUNCTION OTHER THAN THEIR GAME. IF THEY ARE ARRIVING PRIOR TO THEIR REQUIRED ARRIVAL TIME, THEY SHOULD WEAR THEIR STREET CLOTHES AND BRING THE UNIFORM TO CHANGE INTO IN TIME TO REPORT FOR WARMUP. IF THEY ARE STAYING FOR ANOTHER GAME AFTER THEIR GAME IS FINISHED, THEY MUST CHANGE OUT OF THEIR UNIFORM. IF THEY DO NOT FOLLOW THIS RULE, THE FIRST TIME THEY WILL GET A WARNING, AFTER THAT WE MAY COLLECT THE UNIFORM AND REMOVE THEM FROM THE TEAM.
20. THE CHEERLEADERS ARE AT THE GAMES TO CHEER ON THEIR TEAM. THEY SHOULD NOT BE TALKING WITH FAMILY AND FRIENDS IN THE BLEACHERS. EATING WILL NOT BE PERMITTED ON THE SIDELINES. PLEASE DO NOT GIVE THE CHEERLEADERS FOOD WHILE THEY ARE CHEERING. PROVISIONS MAY BE MADE BY YOUR COACH FOR CHEERLEADERS TO HAVE WATER AND UNIFORM-FRIENDLY SNACKS DURING THE GAME.
21. CHEERLEADERS WILL CHEER ALL FOUR QUARTERS.
22. ALL CHEERLEADERS SHOULD REMAIN WITH THEIR TEAM AFTER THE HALFTIME PERFORMANCE.
23. CHEERLEADERS SHOULD CONDUCT THEMSELVES IN A LADYLIKE MANNER AT ALL TIMES. NO FOUL LANGUAGE OR ARGUING AND AT ALL TIMES (NO MATTER WHO THE TEAM) THE GIRLS ARE TO TREAT THE OPPOSING TEAM WITH THE UTMOST RESPECT.
24. THERE WILL BE NO HORSEPLAY OF ANY KIND, TALKING OR LAUGHING DURING STUNTING. THIS IS IMPORTANT, OTHERWISE CHEERLEADERS WILL GET HURT AND WE WILL NOT RISK INJURY. IF THE CHEERLEADERS ARE UNWILLING TO ADHERE TO THIS RULE THEY WILL NOT BE ALLOWED TO STUNT.
25. DROP OFF NO EARLIER THAN TEN MINUTES BEFORE PRACTICE AND PICK UP PROMPTLY AFTER PRACTICE. CHEERLEADERS MUST NOT BE LEFT AT PRACTICE UNLESS THEY SEE **THEIR** COACH. THIS IS A SAFETY ISSUE AND WILL BE STRICTLY ENFORCED.

26. NO CHEERLEADER WILL BE ALLOWED TO LEAVE UNLESS A COACH SEES THE PARENT LEAVING WITH THEIR CHILD. CHEERLEADERS MUST REMAIN TOGETHER WITH THEIR COACH. IF A CHEERLEADER IS TO BE PICKED UP BY ANYONE OTHER THAN THEIR OWN PARENT, YOU MUST HAVE A NOTE IN WRITING PRIOR TO RELEASING THE CHILD TO ANYONE OTHER THAN THEIR PARENT.
27. THERE ARE NO SLEEPOVERS ALLOWED AT THE COACH'S HOUSE.
28. WHEN PRACTICING OR CHEERING AT A GAME, THEY ARE A TEAM. PERSONAL DIFFERENCES SHOULD BE LEFT AT HOME AND THEY SHOULD TREAT EACH OTHER WITH RESPECT AND COURTESY. DISRESPECT TOWARDS ANY PERSON WILL NOT BE TOLERATED.
29. TEAM PARTIES CAN NOT BE MADE A MANDATORY EVENT. IT IS OUR HOPE THAT IF YOUR TEAM HAS A GET TOGETHER THAT ALL GIRLS WILL ATTEND, BUT YOU CANNOT SIT THEM OUT FOR A GAME FOR NOT ATTENDING SUCH AN EVENT.
30. CHEERLEADERS SHOULD BE LINED UP AND PREPARED TO TAKE THE FIELD WITH NO LESS THAN 30 SECONDS ON THE CLOCK FOR HALFTIME. YOU ARE ALLOWED 3 MINUTES FOR HALFTIME.

## **STUNTING**

1. NO ONE WILL BE STUNTING THE FIRST WEEK OF PRACTICE.
2. A GOOD RULE OF THUMB IS THAT A STUNT SHOULD NOT BE PERFORMED ON THE SIDELINES OR AT HALFTIME UNLESS THEY HAVE DONE IT PROPERLY AND SUCCESSFULLY 5 TIMES IN A ROW.
3. IT IS VERY IMPORTANT THAT WE TEACH THE GIRLS THE PROPER METHOD OF STUNTING (FLYING, BASING AND SPOTTING). OUR JOB IS TO PREPARE THE GIRLS FOR THE NEXT LEVEL AND DOING A STUNT IMPROPERLY AND/OR UNSAFELY IS NOT PREPARING THE GIRLS FOR THE NEXT LEVEL.
4. BASKET TOSSES ARE NOT PERMITTED.
5. FULL EXTENSIONS WILL BE ALLOWED ONLY WITH A FRONT AND BACK SPOT. **IN A LEAGUE ONLY**, A "POP FULL" MAY BE PERFORMED WITHOUT A FRONT SPOT, PROVIDED IT HAS BEEN DONE SUCCESSFULLY 5 TIMES IN SUCCESSION.
6. LIBERTY AND HEEL STRETCHES ARE ALLOWED ONLY AT THE PREP LEVEL.

WE WILL DO OUR BEST TO PLACE CHEERLEADERS INTO THE POSITIONS THEY DESIRE IN OUR STUNTS AND HALFTIME ROUTINES, BUT WE CANNOT GUARANTEE THAT WE WILL BE SUCCESSFUL. WE WANT TO REMIND EVERYONE THAT WE NEVER PROMISE ANYONE A SPECIFIC POSITION ON THE SQUAD AND THAT EVERYONE NEEDS TO LEARN AND PARTICIPATE IN THE POSITION THEY WILL BE GIVEN IN ORDER TO MAKE THE TEAM SUCCESSFUL. PLEASE HELP YOUR DAUGHTER TO UNDERSTAND THAT THE DECISION MADE CONCERNING CHOREOGRAPHY/STUNTING IS BASED ON WHAT WILL BE BEST FOR THE OVERALL ROUTINE AND TEAM.

OUR PRIMARY RESPONSIBILITY IS TO CHEER OUR TEAM ON AND ENCOURAGE GOOD SPORTSMANSHIP WITH OUR FANS. CHEERLEADERS SHOULD BE WELL PREPARED TO CHEER ON THE SIDELINES. THE STUNTING AND DANCING THAT WE DO AT HALFTIME AND ON THE SIDELINES COMES SECONDARY TO MASTERING BASIC CHEERLEADING/MOTION SKILLS.

**ACKNOWLEDGEMENT OF CHEERLEADING RULES:**

I HAVE READ AND UNDERSTAND ALL OF THE CHEERLEADING RULES AND WHAT IS EXPECTED OF BOTH CHEERLEADER AND PARENT.

\_\_\_\_\_ CHEERLEADER SIGNATURE/DATE

\_\_\_\_\_ PARENT SIGNATURE/DATE