

Cheer Rules

In an effort to make this a rewarding experience for all, the following rules will be enforced at the discretion of the coaching staff. These are the MINIMUMS that may be enforced. Think of the word “demerit” as points you may get on your driver’s license...you do NOT want them!

Rules

1. No substance abuse
2. Grades

Consequences

- a. In accordance with the athletic code.
- b. In accordance with the eligibility rules. In addition, if an athlete does not have a 2.0 at the end of the 4th grading period, she may be removed from the squad and may be replaced by the individual with the next highest score (applies to football squad only/subject to appeal).

Conduct

3. a. A positive attitude during practice and game; respect for coaches/squad
 - b. Cooperation (practice, games, meeting deadlines); NO TALKING DURING GAMES!
 - c. 1 demerit (Athletic Code)
 - d. Proper conduct at all times at all cheer activities (ex. excessively talking at games &/or practices)
- a. 1/2 demerit
 - b. 1/2 demerit
 - c. **Appropriate** use of social media
 - d. 1/2 demerit

Practices/Lifting (ALL are considered “practices”)

4. a. Come to all practices. Excused absences must be written by doctor or parent*; Injured athletes ARE expected to attend (inc. lifting...support your team!)
 - b. A missed practice before a game*** (including a college visit)
 - c. Do not socialize
 - d. Be punctual/no early dismissal
 - e. Appropriate dress (shoes, socks, t-shirt, shorts, poms if necessary, etc)
 - f. Warm-up: approx. 15 min. with squad
 - g. Practice area must be left clean
- a. unexcused-2 demerits (**anything other than personal illness or death in the family; regular doctor appointments are NOT excused**)
 - b. unexcused-2 demerits (even if excused, a girl WILL sit out the next game)
 - c. 1/2 demerit
 - d. 1/2 demerit
 - e. 1/2 demerit
 - f. 1/2 demerit
 - g. 1/2 demerit

Games/Clinics

5. a. Come to all games. Excused absence for medical or emergency reasons only/written note or phone call PRIOR is required (required attendance for any re-scheduled game as well); NO EARLY DISMISSAL!
 - b. Arrive on time before game
 - c. Return at least 2 min before start of
- a. unexcused-3 demerits and sit out one game in uniform (early dismissal for unexcused reason-1 demerit)
 - b. 1/2 demerit
 - c. 1/2 demerit and sit out 3rd

- second half (**BOTH FB and BB**)
- d. No gum, no food while cheering
 - e. Half day attendance at school required (attendance must be in afternoon!)
 - f. Missing last game of season (tournament or regular)

- quarter/period
- d. 1/2 demerit
 - e. sits out game in uniform
 - f. possible loss of letter

Uniforms

- 6. a. Take care of all articles
 - a. Lost or torn articles must be paid for
 - b. 1/2 demerit
- b. All items, including shoes, must be clean and repaired
- c. Uniform/spiritwear is to be worn on all game days (on Fri. if Sat. game)/**uniform inc. bow, shoes, skirt, shell, bodysuit, socks, briefs, cheer bag, and poms!**
 - c. 1 demerit
- d. No jewelry/make-up kept to a minimum/NO nail polish (clear only); hair neat/secure and out of face
 - d. 1/2 demerit
- e. At season's end, all uniforms turned in on time/in person at the designated place and hung according to instructions

*****No phones are to be accessible/used during games/practices unless necessitated by cheer coach(es).**

*****Sixth grade camp is NOT an excusable reason for missing cheer practice(s); if you want to do sixth grade camp in the fall, try out for basketball cheerleading!**

*****Rules apply to all post-season games/practices!**

*****Football will have Mondays off for tumbling AFTER first game (basketball will have their tumbling day on Wednesdays AFTER first basketball game)...we may collect gym instructor contact information from each cheerleader at beginning of season!**

***An email or phone call PRIOR to absence should be sent to coach by PARENT (failure to do so may result in coach NOT EXCUSING absence); attendance is EXPECTED/REQUIRED at all pre- or post-game team meals (missed team meal for unexcused reason will result in 1 demerit)

***After the accumulation of **three demerits/points**, the athlete will dress but will sit out one game. At the accumulation of **more than six demerits/points**, the cheerleader **may** be removed from the team.

***The word "game" in this document refers to any performance activity.

I have read and I understand the rules as outlined above. I understand that I will be held accountable for breaches of the Upper Arlington HS Cheer Rules.

Girl's Name: _____

Girl's Signature: _____ Date: _____

Parent's Name: _____

Parent Signature: _____ Date: _____