

Cheerleader Code of Conduct

EAST BAY BUCCANEERS YOUTH CHEERLEADING RULES In order to establish a more orderly organization, the Board of Directors, and the coaching staff have established rules for all cheerleaders. Cheerleading is a team effort requiring hard work and dedication. Each cheerleader will be expected to conduct themselves in a manner that will have a positive reflection on our program. Cheerleaders are to cheer in a manner to promote team spirit and support their fellow cheerleaders. Remember, Cheerleaders are athletes too!

All practices are mandatory. The only excused absences will be for attending church, school functions, illness, vacations, and family emergencies. It is very important that even though they are excused that you notify the head coach as soon as possible. 1. Practices will be Monday through Friday 6:15 - 8:15 weeks 1 through 4 of the season. Monday through Thursday week 5 and 6. Monday, Tuesday and Thursday 6:15 - 8:15 week 7 through the end of the season. Practice schedules are subject to change due to weather and holidays. Always show up to practice regardless of the weather at your home, unless you are called prior to leaving. 2. Parents must stay with their cheerleader during practice. If a parent does not stay at practice, the parent is to ensure that their cheerleader has an adult responsible for them. No cheerleader can be left at practice without someone responsible for them. There are many times after practice has started that it will be cancelled due to weather, and they will need a ride home. The Board of Directors and the coaches have children and families and should not have to wait for you to drive back to pick up your child. 3. In order to participate in half time during the games cheerleaders are required to attend all practices. It will be solely up to coach's discretion if you are able to perform half time, that decision will be based on what you missed at practice in your absence. The coach will let the cheerleader know the first available time as to whether they will sit out or not, for example; if you are absent on Monday and return to practice on Tuesday the coach will notify you on Tuesday, if you are out on Thursday the coach will let you know on Saturday. 4. It is the cheerleaders and/or parent's responsibility to notify her coach if she will not be attending a practice or game. If the coach is not notified, it will be considered an unexcused absence. Do not send messages thru other cheerleaders, parents or team moms. 5. Practices for competitions are also mandatory unless prior approval was received from the coach. The coach will inform the cheerleaders and parents when practices will begin for competitions. If you are unable to attend the competitions please notify the coach as soon as possible. 6. The cheerleaders will be given a break during practice, on a norm it will be 15 minutes, this time will be used to go to the concession stand for a snack and go to the bathroom. This is not a time to run around, play tag, go to the football teams practice areas, or to leave the area in which you are to cheer. If you need money for the concession or a drink make sure it is with you, you will not be allowed to go across the field because your parent is there. Parents please know when your child's break is and bring her money or drink.

SAFETY:

NO CHEERLEADER IS ALLOWED TO PARTICIPATE IN STUNTS/PYRAMIDS WITHOUT THE SUPERVISION OF THEIR COACH OR HIS/HER STAFF.

UNIFORMS:

1. Uniforms are to be washed each week. DO NOT dry in the dryer. If your uniform is not clean on game day you will be asked to turn in your uniform.
2. You are not allowed to eat in your uniform before or after the game. During break you must have a shirt over your uniform. NO CONCESSION FOOD WILL BE ALLOWED DURING BREAKS. Parents do not go to the concession and bring your cheerleader back food, she will not be able to eat it. If you break this rule you will be asked to turn in your uniform.
3. Do not wear your uniform to the game if you have to come earlier than 1 hour before your designated time. When wearing your uniform on game days it must be the complete uniform. Not shell with shorts not skirt with tank. You will be given 1 reminder and if it continues you will be asked to turn in your uniform.
4. If you have to stay at the park after your game is over you must remove your uniform and change clothes. You will be given 1 reminder and if it continues you will be asked to turn in your uniform.
5. You are not allowed to wear any part of your uniform to school (skirt or shell) and the uniform is NOT a Halloween costume. Do not wear your uniform to a restaurant to eat in, after the game change your clothes. If you break this rule you will be asked to turn in your uniform.
6. Jewelry is not allowed. (post earrings that cannot be removed must be covered with tape) During competitions all jewelry must be removed. NO EXCEPTIONS.
7. Shoes and socks are to be kept clean.

COMPETITIONS:

1. Competitions are scheduled at the beginning of the season. But are subject to change, if one is cancelled another competition will be scheduled in its place and can be on a different date and location. Competition months are normally in October and November of the season. Please schedule your family events accordingly.
2. On the Saturday before a competition, the girls are required to wear their practice uniforms, NOT their game day uniforms.
3. Cellphones are NOT permitted in designated changing areas.

IF YOU HAVE BEEN ASKED TO TURN IN YOUR UNIFORM, YOU AND YOUR PARENTS WILL HAVE TO COME TO THE CHEER DIRECTOR / AND BOARD OF DIRECTORS TO GET IT BACK.

HYGIENE:

1. Hair must be kept clean and pulled back in designated hair bow.
2. Older girls will please use anti-perspirant/deodorant.
3. All fliers and tumblers must wear bloomers.

PRACTICE and GAME RULES:

1. No gum or candy during practice or games unless on break.
2. No being late for practices or games, unless prior notification is given to the coach.
3. No leaving games or practices early without prior approval of the coach.
4. No being late meeting the coach for practice prior to games (coaches will give designated time out on Thursdays).
5. Failure to return from break on time during practice.
6. Absences from practice. 7. Absences from games. If you have 3 or more absences from games you will be ineligible for competitions.
8. Violating any uniform rule. 9. Practicing stunts without approved supervision and the knowledge of your coach. 10. Disruption of games or practice. (This includes talking back to the coach and/or directors and horsing around. 11. Poor cooperation or attitude. (Ignoring, not giving a full effort, rolling eyes, walking away from practice etc.)12. Being disrespectful of coaches, team moms, trainers or fellow cheerleaders. (This includes name calling and making fun of others, BULLYING) 13. Profanity, abusive language or obscene gestures at any East Bay Buccaneers activity. 14. Fraternizing with boys during practice or when in uniform. 15. Poor sportsmanship towards any other organization, before, during or after the game. 16. Inappropriate physical confrontations (fighting) KEEP YOUR HANDS TO YOURSELF. Cellphone use is not permitted during practice.

Violating any of these rules at practice or games is punishable at the Coaches discretion or Board of Directors if necessary. If any parent or cheerleader disagrees or has any complaints with a coach on any matter, this should be discussed with the coach first. If an agreement cannot be reached then the matter should be taken up with the cheerleading coordinator. The cheerleading coordinator will then make the final decision on the matter. At no time will a public discussion of a problem be conducted. Concerns and problems are to be discussed in private with the coach and/or cheerleading coordinator and not in the presence of uninvolved parties.