

# LJFL Cheer Rules and Guidelines

## Eligibility

- Cheerleading should take priority over other extra-curricular activities for the entire time of commitment. Cheerleading is a team sport and you have signed up to be a part of that team.
- Paperwork must be completed and turned in prior to first practice.
- Abide by the LJFL Athletic Policy see [ljfl.org](http://ljfl.org)

## Absences

**Missing practice affects the entire squad by jeopardizing team dynamics.**

- If a practice is missed, it will result in your cheerleader not performing in the halftime performance that week. Once games start, we only have 2 practices each week to learn the routine and for safety reasons we need your cheerleader be there both days to learn them.
- It is the responsibility of the cheerleader to learn all missed material.
- Absence due to excessive homework or being grounded will be considered an unexcused absence. Please manage your time accordingly.
- Email all anticipated and emergency absences with the reason to [ljflcheerleading@gmail.com](mailto:ljflcheerleading@gmail.com). Do not ask another cheerleader or parent to relay the information to us, or text it to us, with the exception of a dire emergency. We track all attendance.
- If the cheerleader is asked to leave practice because of behavior, this will be considered an unexcused absence.
- Repeated no contact no shows for practice or games is grounds for dismissal from the program.
- Any decisions made with the parent and the Cheer Coach or Cheer Coordinator is strictly confidential at any time during the season.

## Practice

- Participation is required.
- Cheerleaders must arrive to practice on time.
- Athletic shoes must be worn to each practice. (No vans, canvas, Converse, or slip on type shoes).
- Hair must be tied back in a high ponytail or French braids. No bangs or hair in the face.
- No jewelry or piercings are to be worn during practice or games. We do not want anyone to get injured by having a piercing being ripped out or another cheerleader being scratched. Taping earrings is not an option.
- No loose fitting, bare midriffs, cut out tops, spaghetti straps, jeans, ultra-short, or transparent clothing, or clothing with hoods.
- ***Failure to comply with any of the above practice rules will result in the cheerleader being sidelined, watching and learning the routine until proper attire is obtained.***
- No chewing gum at practice. No snacks are allowed during practice. You should have already had a wholesome snack 1 hour prior to practice and games.
- Nails must be kept at a natural, safe length – no artificial nails or polish on game day.
- Bring water, poms and warm ups to all practices in your cheer bag.

- No use of cell phones or other electronic devices during practice or games.
- All parents/spectators must remain off the practice field. If you need to speak to your cheerleader, go through a coach first.
- Please use the restroom before practice, this is to make the most of practice time.
- Cheerleaders must be picked up **from the field not the parking lot** promptly at 8pm.

## Games

- Cheerleaders must arrive at the game **NO LATER** than 1 hour **BEFORE** game time; this is your arrival time.
- You must be fully dressed and ready to go. Cheerleaders are required to be in complete uniform. Complete uniform is skirt, shell, liner, boy cut shorts, white no show socks, all white shoes, bow and poms. Cheerleaders not dressed appropriately by arrival time will be considered late and will sit out until dressed appropriately. *See late arrival next bullet point.*
- If a cheerleader is late to the arrival time for a scheduled game more than 5 but less than 15 minutes, she will sit out the 1<sup>st</sup> quarter. More than 15 but less than 30 minutes, she will sit out the 1<sup>st</sup> half. If you are more than 30 minutes late, she will be benched the entire game.
- Cheer bag with water, poms, liner and warm ups must be brought to every game.
- No jewelry
- Natural looking hair color (highlights are ok, but not blue, pink, etc.) No eyeliner, eyeshadow, dark facial makeup or dark colored lipstick. No glitter (in hair or on body) or temporary or henna tattoos. \* Seniors will be allowed to wear light mascara and light lip-gloss with their parents' permission.
- Nails must be kept at a natural, safe length, no artificial nails allowed, and no colored nail polish. Polish must be removed prior to cheerleader arrival time.
- *If a cheerleader shows up to a game with inappropriate makeup or nail polish, she will be required to remove it prior to cheering. If this happens on more than one occasion, she will sit out the 1<sup>st</sup> quarter on the second offense.*
- No eating or chewing gum while on the sidelines.
- Socializing with friends and family while the game is in progress is not allowed. We are here to cheer for our football teams.
- No use of cell phone or any other electronic devices during the game.
- The football players play rain or shine, so we cheer RAIN OR SHINE.
- During the game, all cheerleaders are required to remain on the field with their team. They will not be allowed to leave without their Coach's permission. Bathroom breaks will be given as necessary with Coach's permission and younger cheerleaders must be accompanied by an adult.
- All parents/spectators must remain off fields. If you need to speak to your cheerleader, please go through a coach first.

## **Discipline**

The following will result in some form of discipline up to and including immediate dismissal. The necessary actions will be decided upon on an individual basis according to the Coaching Staff and the Cheer Coordinator.

- Excessive tardiness
- Excessive absences
- A poor attitude or unsportsmanlike conduct including but not limited to negative discussions about another cheerleader's performance, ability or skill level.
- Not following the LJFL Cheer rules and regulations

The following violations by a Cheerleader **or** Parent/Guardian will be grounds for immediate dismissal from LJFL Cheer:

- Any verbal, written and/or physical violence towards another person. This includes, but is not limited to any coach, fellow cheerleader, football player, visiting cheerleaders, visiting parent or Board Member or post on social media.

# **LJFL Cheer Rules and Guidelines**

I have read, understand and agree to all cheer rules and guidelines and agree to be held accountable for all information in the LJFL Cheer Rules and Guidelines.

Parents/Guardian Name (printed): \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Cheerleader Name (printed): \_\_\_\_\_ Date: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_