

2009 Cheerleading Rules

1. Have Fun!
2. Practice days are Monday, Tuesday and Thursday every week. During the week of practice prior to competitions, practice will be held each day. All Practices are Mandatory!
3. Times are 6:00pm-8:00pm Be on time for each practice. Call your sponsor if you will not be at practice or if you will be late. A Doctor's excuse will be required upon your return for it to be an excused missed practice.
4. Proper practice clothes are mandatory.
*shorts, sweats, T-shirts, supportive tennis shoes. NO jewelry (including earrings), fingernail polish or blue jeans. Hair must be kept back from face. (Ponytail, braided etc)
5. Make sure your child takes a bathroom break before practice begins.
6. Thursday of each week a Captain, Co-Captain and Most Spirited will be chosen based upon:
*Attendance *Cooperation *Spirit
*Sportsmanship *Overall Attitude *Volume.
You must attend all practices within the week to be reviewed for these honors and to be able to cheer as a group on Saturday.

Rules

1. **DO NOT PIERCE ANYTHING** > No one is allowed to wear jewelry. The association will be fined \$ 250.00 per child.
2. When we practice at Balfour parents need to stay behind the pavement. Do not be a distraction for the girls. They must keep total concentration on their sponsors and coaches.

Challenge

WE WOULD LIKE TO CHALLENGE THESE GIRLS TO BE THE BEST THEY CAN BE, AND ENCOURAGE THEM THAT THEY CAN REACH ANY GOAL THAT THEY DECIDE TO PURSUE.

WE HOPE TO WORK THEM HARD, BUT AT THE SAME TIME, ALLOW THEM TO HAVE FUN AND PROJECT THEIR OWN INDIVIDUALITY AND TALENTS. OUR MOTTO IS "NOT TO BE THE BEST BUT DO OUR BEST". WE DO NOT TOLERATE RUDENESS TO SPONSORS OR PEERS, NOR KIDS WHO DO NOT TRY THEIR BEST.

Please remember that from August through November you must be dedicated. You and your family are now part of the West Henderson Youth Family. We want to thank you for your dedication during the season. Please have a great time and let us know if there is anything that we can do to make our season the best on yet. We need everyone to give 110%. We know each of you will do your part to ensure that we have the best youth organization in Western North Carolina.

**Thanks
Beverly Moore
Cheerleading Director**

DEMERITS

- *Unexcused missed game**
- *Unexcused missed practice**
- *Not following the rules**
- *Not coming to practice in proper clothing**
- *Wearing jewelry to practice or games**
- *Wearing fingernail polish to practice or games**
- *Being reprimanded for misconduct**
- *Excessive tardiness**

GAMES

- 1. Three unexcused missed games will result in the dismissal for your squad. Call your Sponsor if you can't come to a game.**
- 2. Shoes and uniform are to be cleaned weekly after games on Saturday. Always bring your full uniform to every game in a tote or athletic bag. You must be in proper uniform to cheer at any game.**
- 3. Your Sponsor will let you know what time you are to be at your game, each week. When possible, please attend all games to support our organization.**
- 4. Eating is not allowed at any game until you have cheered for your team, when you are in uniform.**
- 5. Win or lose, we are proud of our teams. We will shake hands with the opposing team. Bad sportsmanship will not be tolerated, and will result in the sitting out at our next game.**
- 6. When you arrive, you must stay with your parents or meet with your squad. Running and playing will not be tolerated because of accidents.**

ATTENDANCE

1. Two unexcused missed games will be reason for dismissal from the squad.
2. Three unexcused missed practices will be reason for dismissal from the squad.
3. Tardiness will not be tolerated.

BEHAVIOR DISCIPLINE POLICY:

1. First occurrence * Sponsor will warn cheerleader.
Additional Occurrences * Sponsor will take cheerleader to the director, who will consult with the parents. If the parents are not at practice, the cheerleader will not be permitted to continue practice until the director has contacted the parents. The mediator will be contacted if further problems occur.
2. While in your cheerleading uniform you are representing West Henderson Youth Football. You are expected to act like a young lady with pride for your organization and yourself
3. Bickering with anyone will not be tolerated. We are a team and you need to get along with everyone!
4. School grades are expected to be at least a C average. **Each cheerleader will be required to give a copy of their report card to their sponsors or they will be disqualified.** This grade level is required by the association by-laws.
5. The use of profanity, tobacco, alcohol, or illegal drugs **WILL NOT BE TOLERATED.**

Any use of these will result in immediate dismissal from the squad.

DEMERIT SYSTEM

This is a system to help us to prevent any problems we may incur during the regular season.

Your child will be given demerits for not following the rules that were signed at the beginning of the season, and her attendance will be accumulated as follows in the breakdown of the demerit system. If during the year your child accumulates a total of 3 demerits, or has missed a total of two ballgames, she will be dismissed from the squad. A doctor's excuse will be the only exception for a missed game or practice. Please note that you the parent will be notified upon your child receiving demerits and the reason for the demerit. We will be sending home with your child a form, if she receives a demerit, that must be signed by you and your child, and returned to the sponsor the following practice game, whichever comes first.

If and when your child receives 2 demerits, she will be required to sit out one ballgame. She must be present at the game or she will receive the 3rd demerit which will automatically removes her from the squad.

OFFENCES FOR WHICH YOUR CHILD CAN RECEIVE 1 FULL DEMERIT

1. Attendance

1 Missed game practice = 1 Demerit

2 Tar dies = 1 Demerit

Failure to contact the director or sponsor for tardiness or non-attendance = 1 Demerit

***The definition of tardy is in excess of 5 minutes after the scheduled arrival time to any practice, game or pre-game warm up practice. We understand that there are certain situations that are beyond your control and we try to be as understanding as possible in these situations.**

2. Improper conduct during any official activity including practices, games, competitions, parades, etc... This improper conduct includes any conduct that might be considered unladylike while you are wearing the uniform and representing a West Henderson Youth Football and Cheerleading program. Some examples of this would be cursing, smoking, etc...

3. Bad sportsmanship directed toward another team or individual.

4. Any type of disrespectful language used towards a sponsor, coach, co-sponsor, director, and game official or association board member. Please remember these people are volunteers and without their support we could not have an association and we could not give you the opportunity to cheer.

5. Coming to a game without your COMPLETE UNIFORM.

6. Bringing food, drinks or gum to a practice or game without obtaining permission from your sponsors.

7. Repetitious trips to the bathroom during a game or practice without a doctor's statement explaining any special problem or medical condition you may have i.e. kidney infections, etc...

8. Wearing jewelry. This is a safety violation.

9. Practicing partner stunts without the proper spotters. This includes in the parking lot, or while waiting for pick up at the edge of the field area.

10. Leaving the fenced area at the end of practice without a parent or a chosen representative having come over to the area to get you. You must notify your sponsor of someone other than your parents that your parents are going to be picking you up.

OFFENCES FOR WHICH YOUR CHILD CAN RECEIVE 1 ½ DEMERITS

Misconduct towards the following:

Director, Sponsors, Coaches and Team members = 1 ½ Demerit

1 missed game = 1 ½ Demerit

1 missed competition practice = 1 ½ Demerit

***Competition practice is held on each Monday.**

***During the week prior to competition, practice will be held each day. THIS WEEK OF PRACTICE IS MANDATORY.**

A sign off sheet will be provided at sign ups and has to be returned on the first day of tryouts for your child to participate. This will ensure that you have read the cheerleading rules and demerit system thoroughly and understand its contents.