

Woodland Jr. Wolves Cheer

Rules & Regulations

General Expectations

1. The Woodland Jr. Wolves' rules must be followed at all times.
2. Every cheer team member is expected to behave in a manner that reflects positively on the community, the Jr. Wolves and the individual. Failure to do so will result in dismissal from the squad.
3. Bad language/bad attitudes will not be tolerated and will result in disciplinary action.
4. Squad members showing poor sportsmanship will be benched for the remainder of the game.
5. Academics come first.

Rules

Squad members must be present, on time, and appropriately dressed for all practices, games and other SYF events.

Punctuation:

1. All members are to be on the field and ready to practice at 6:00p.m.
2. All members are to be at the designated game location one hour prior to the beginning of the game.
3. Being late to any cheer event will result in a disciplinary action.

Appropriate Dress:

1. **Practices**-Comfortable athletic shoes, sweats, shorts, and T-shirt or top. Wearing workout clothes is mandatory and all clothing must ensure freedom and movement.
2. **Games**-members must show up to every game in complete uniform. If you are missing an item, you will not be allowed to cheer. You will be benched for the game.
3. All **hair** must be worn in a ponytail, unless otherwise specified. Hair must be out of your face. **Jewelry** must be off before arriving at the game and practice.
4. **Nails** must be kept short and trimmed just above the fingertips at all times. Nails must be clean with **No polish** for all games.**No acrylics** will be accepted during the season.
5. **No glitter or makeup** is allowed during practices or performances with the exception of lip-gloss.
6. **No gum** is allowed during practices or performances.

Attendance

Since Cheerleading is a team sport, it is very important for each team member to be present at both practice and games. Missing just one member can disrupt a performance. For this reason we are asking for notification 24 hours prior to the practice/game so that other arrangements can be made.

1. Any non-excused absences will result in a disciplinary action.
2. All members are to attend the entire practice unless otherwise cleared by the coach, coordinator or assistant coordinator.
3. Coming late or leaving early from practice will result in disciplinary action.

Disciplinary Action:

Demerits

1. Points or demerits will be used as a disciplinary tool.
2. Three points will result in a removal from a performance (benching).
3. Six points will result in a one game suspension.
 - a. One point will be given for:
 1. Unexcused tardiness or leaving early for any team activity.
 2. Chewing gum in practice or during a game.
 3. Excessive talking at practice or game.
 4. Disrespect toward coaches and team members.
 5. Coming to a game not in full uniform. This includes inappropriate hair.
 - b. Three points will be given for:
 1. Unexcused Absence
 2. Use of inappropriate language.
 3. Talking poorly or gossiping about team members.

You are part of a team. If one member is being disruptive during a practice or game, the entire squad will be disciplined.

Other Information:

Due to liability reasons, only cheerleaders and cheer staff will be allowed on the field during practice. Lawn chairs, blankets, etc will not be allowed on the field. Parents and other visitors are welcome to view the practice from the stands.

In all cases, the coach makes the final decisions, and all discretion is up to the coach!

In SEVERE CASES of DISRESPECT to coaches and staff members immediate removal from the team is possible!

This contract may have addition to it throughout the year if deemed necessary. Both cheerleaders and parents will be notified in writing if contract change

(Detach below and retain top portion, sign lower portion and return to coach)

I have read and understand the rules and regulations of the Woodland Jr. Wolves Cheerleading program. I will abide by them at all times.

Cheerleader Signature

Date

I have read and understand the rules and regulations of the Woodland Jr. Wolves cheer program. I will support my child in their efforts to abide by the rules at all times.

Parent/Guardian Signature

Date