

2010 PORTER RIDGE MIDDLE SCHOOL FOOTBALL CHEERLEADING RULES AND GUIDELINES

Requirements for Cheerleaders:

- a. Cheerleading is a COMMITMENT. Any absences from practice and games must be approved by the coach. Excused absences are explained below.
- b. Each cheerleader must be willing to follow the rules and guidelines set forth and obey the direction of the coaches and captain/co-captains during practices and games.

Selection and Duties of the Captain and Co-Captain:

- a. Each squad will have a Captain and Co-captain.
- b. The process of selecting a Captain and a Co-Captain will be as follows.
 1. Each person interested in trying out for Captain and Co-Captain will need to make up a short cheer or chant with motions and a short dance set to music. The dance should be 3 or 4 8-counts, no more than 6 8-counts.
 2. The tryout day will be announced by the coaches.
 3. On tryout day each candidate will be asked to take a turn stating why they think they would make a good Captain or Co-Captain; teach their cheer or chant to the group and teach their dance. Each candidate is required to provide their own music (boom box will be provided). Each candidate will be allowed no more than 8 minutes to teach. The purpose is to show the squad who will be a good leader and be able to best teach the material to the group. A confidential vote will be taken from the squad.
 4. Each candidate will be given confidential points based on their tryout score.
 5. Points for the tryout score will be added to the squad vote to get a score for each candidate. Top score will be the Captain and 2nd place will be the Co-Captain.
 6. The Cheerleading Administrator will tally all voted. Coaches will have input and voting rights before the final decision is announced.
- c. Duties of the Captain and Co-Captain:
 1. Must follow the instructions of the coaches.
 2. They must not show partiality.
 3. Must be at practice before starting time and be prepared to start practices on time.
 4. Select cheers and chants to use at games (and practices) while other squad members may offer suggestions at practices and PRIOR to game time. Coaches have final discretion on any cheers, stunts, dance music, etc.
 5. Both Captain and Co-Captain must keep organized notebook of cheers. The notebook should be brought to all practices and games.

Uniforms:

- a. Each cheerleader must be willing to purchase and maintain her uniform.
- b. Uniforms are to be worn only when cheering or acting as a representative of the school unless pre-approved by the coaches and Booster Club.
- c. Coaches will inform the squad what should be worn on Fridays before game day. Anytime the uniform is going to be worn during the school day, the long black pants must be worn underneath to abide by PRMS dress code rules.
- d. NO JEWELRY is allowed on Game day. When wearing the uniform to school or other school related activity, only a watch and post earrings may be worn but absolutely no jewelry on game day or practices!

- e. Each cheerleader should keep her appearance neat and clean. Hair should be pulled up at all times during games and practices due to stunting and safety.
- f. Cheerleaders will not wear excessive make-up. Cheerleaders may not have body graffiti written on them (gel pen markers, ink, etc.) while in uniform.
- g. Cheerleaders will need to have short fingernails during the cheering season for safety reasons. Only clear nail polish with white tips may be used while in uniform – NO FAKE NAILS.
- h. Clothes worn for cheer practice: Shorts must be fingertip length, no rolled shorts allowed! Shirts may be sleeveless but must meet school dress code requirement of 3 adult finger width straps.
- i. **The correct and complete uniform must be worn to school and ballgames! No exceptions!** The only items that should be worn to games are those that were issued as part of your uniform. Any other hair ribbons, bloomers, jackets, etc. must be approved by the coaching staff.

Practice Sessions:

- a. Weekly practices will take place on Tuesday and Thursday afternoons for 2 hours after school when the school year begins (unless notified by the coach).
- b. Each cheerleader must be on time for practice and attend the entire practice unless approved by the coaches. If practice is missed, it is your responsibility to learn any new cheers, etc. before the next practice or game.
- c. Excused absence from practice or games constitutes illness, family death, extenuating circumstances or a school affiliated event.
- d. Any medical or dental appointments, other than illness or emergency, should be scheduled at times other than the scheduled practice or games.
- e. **Parents are not allowed to stay for Open Gym or after school practices!**
- f. **Coaches may call additional required practices as deemed necessary after July 25th.**

Games:

- a. Cheerleaders should arrive **READY to cheer 45 minutes prior to game time.**
- b. Transportation to and from games is the responsibility of the parent or guardian.
- c. Cheerleaders will maintain dignity at all time and remember that they are representing PRMS and the Athletic Booster Club.
- d. Cheerleaders will not display undesirable emotions, such as crying, anger, loudness, rage, etc. at any time while in uniform.
- e. Cheerleaders will not shout at game officials at any time.
- f. All cheerleaders must display good sportsmanship at all times.
- g. Cheerleaders will cheer during various types of weather. You will cheer if the football players are on the field playing. (Additional clothing to be worn with uniforms during cold or rainy weather will be discussed by the coaches.)
- h. Cheerleaders will follow the direction of the Captain and Co-Captain at all times during the games. **Cheerleaders may request a certain cheer or dance prior to game time, however, during the game, the Captain and Co-Captain are the only ones calling the cheers and dances and everyone must follow their lead without argument.**
- i. Cheerleaders are not allowed to leave their positions or squad to converse with spectators, friends, etc. during game times.
- j. There will be no eating or drinking refreshments during game time. Water bottles are required. Coaches will instruct on proper break times.
- k. Excused absence from a game constitutes illness, death in the family, extenuating circumstances, or a school affiliated event. Coaches should be notified as soon as possible regarding any absence.

- l. A parent should provide a physician note for any long term illness or any other situation requiring the cheerleader to miss or sit out of more than one game or practice.

Safety:

- a. Safety should be top priority at all times!
- b. The squad will do all things as a unit at practices and games.
- c. Cheerleaders should never leave the football stadium area without a parent or coach.
- d. Coaches need to be notified by a parent or guardian prior to games and practices of someone other than the parent or guardian is picking up the cheerleader.
- e. Coaches have final discretion on all stunts. Stunting is very serious and will only be performed by the cheerleaders that demonstrate they understand the seriousness of the activity. There is some risk of injury with stunting. Stunting will only be allowed under the supervision of a coach. **Any cheerleader stunting without supervision will be subject to demerits and possible suspension from a game.**

General Behavior:

- a. Each cheerleader is representing Porter Ridge Athletic Booster Club at all times.
- b. Any cheerleader who smokes, drinks, or uses illegal drugs at any time will be IMMEDIATELY removed from the squad.
- c. Cheerleader will not use profanity or obscene language during practice, games or at any time while representing Porter Ridge Athletic Booster Club.
- d. All PRMS Cheerleaders are a representative of PRMS and Porter Ridge Athletic Booster Club, knowing that it is required that at all times you show respect and dignity for yourself and others at all times. This includes on any My Space or Facebook sites you may have.
- e. No public display of affection to boyfriends at any time while in uniform.
- f. Must show respect to coaches, Captains and all other squad members.
- g. Must follow game behavior guidelines as referenced above.
- h. Coaches have the authority to use demerits to assure that all cheerleaders abide by the rules and guidelines set forth. Captains and Co-Captains are not allowed to issue demerits.

DEMERIT SYSTEM

Undesirable Behavior	1
Failure to Abide by safety guidelines	2-5
Out of uniform at school	1
Out of uniform at game	2
Unexcused absence from game	4
Unexcused absence from practice or camp	2
Tardiness and/or leaving early from practice or game	1

Cheerleaders receiving 5 demerits will be suspended for one game. Anyone receiving 10 demerits will be dismissed from the squad. Any cheerleader suspended from cheering at a game must wear their uniform and sit with the coaches

**Please return the signed portion to your coach as soon as possible.
Please keep the Rules and Guidelines for your reference.**



Rules and Guidelines Agreement

We have read and understand the Porter Ridge Middle School Football Cheerleading Rules and Guidelines. We agree to abide by these rules and guidelines.

Cheerleaders Name: _____ Grade: _____

Cheerleaders Signature: _____ Date: _____

Parent/Guardian Signature: _____