

CHEERLEADERS RULES AND EXPECTATIONS CONTRACT

Being a cheerleader is more than just cheering at games or performing at a competition, it is about being an Ambassador for our team, our school and our community. By signing this contract, I agree to the below outlined behaviors and I understand that I am a Role Model at my school and my community; as such I understand that my actions will reflect on the entire team.

- Display good sportsmanship at all times.
- Keep cell phones turned off and put away during practices, games/meets, or other required events.
- Not use offensive language in or out of uniform as I am now representing my school.
- I will maintain ALL of my social media accounts in a respectful manner and not display any inappropriate behavior that may be offensive or violate this contract.
- Coaches may review my report cards for satisfactory grades; failing grades may result in dismissal from the team or suspension. I understand that I must maintain a GPA of _____
- Attend all required practices/ games/ pep rallies/school events.
- Wear proper attire (shoes, clothing).
- Keep the uniform neat and clean at all times (including shoes).
- Learn proper stunting techniques through stunt progressions.
- Treat coaches, captains, teammates, other faculty, staff, and parents with respect.
- Promote school spirit.
- NO JEWELRY - Only religious or medial medals may be taped to the body (no chains).
- Hair shall be worn in a manner to ensure safety while performing; bows, ribbons, and hair extensions must be secure at all times.
- Shoes and socks must be worn at all times during a game, match, or practice.
- Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. The appropriate length means the fingernails are not visible beyond the end of the fingers when viewed from the palm side of the hands.
- Glitter that does not readily adhere on the face, uniform, costume, or the body is illegal. Glitter may be used on signs, props, or backdrops if laminated or sealed. The use of glitter hairspray is prohibited.
- A participant wearing a cast (excluding a properly covered air cast) shall not be involved in a stunt.
- No gum chewing or candy in the mouth during practice or performance.
- Cheer teams must wear/cheer in appropriate school-issued/sponsored uniforms consisting of a shell top/sweater and skirt for ALL sports during the regular season, sub-state, and state events. No camp wear is acceptable.
- All cheer teams must be supervised by a school-sponsored/appointed cheer coach at all events.
- Coaches must be present for a team to perform stunts.

Print Name of Cheerleader:: _____ Date: _____

Cheerleader Signature: _____ Date: _____

Print Parent Name: _____ Date: _____

Parent Signature: _____ Date: _____