Tulpehocken Cheerleading Rules

Cheerleading is a sport that consists of: jumping, stunting, cheers, dancing, and tumbling. If you are not prepared or willing to do all of these activities, it is suggested that you find another sport. By joining the team, you are agreeing to jump, stunt, cheer, dance, and perform beginning tumbling skills (at a minimum).

**Warning: There is a possibility that you may get injured during practices, games, and/or competitions. Cheerleading is a high-risk, contact sport. As coaches, we are following all safety protocols for cheerleading and all safety rules set forth by the National Federation of State High School Sports (NFHS). We will not tolerate any cheerleader that does not follow safety rules. Failure to follow safety instructions as given may result in immediate dismissal from the team.**

Expectations:

* As a cheerleader for Tulpehocken School District, you are a representative of your school and your team. This includes school, athletic events, social networks, and any time that you are wearing clothing that identifies you as a Tulpehocken student. You are expected to set a good example for your peers and to be a good role model for younger cheerleaders. We will not tolerate bullying, vulgar language, or obscene gestures – whether at practice, at a game, or on social media.
* You are expected at the practice/game site and ready to go by the required time on the calendar.
* You are expected to be dressed in the appropriate cheerleading attire:
	+ Practice: cheer shoes, shorts, t-shirt, hair up and out of your face.
	+ Game: full uniform, hair up and out of your face, bow.
	+ No half-up hair will be permitted for stunting
	+ No jewelry is permitted. Piercings may not be taped. Do not get anything pierced so close to the season that you cannot remove the piercing. AACCA Rules state that **all** jewelry must be removed before Cheerleading (unless it is a Religious or medical medal- then they must be taped under uniform and practice gear). Jewelry is considered anything that is solid and removable. After talking with the schools in the area, which have rules prohibiting glasses during stunting, we have decided to adapt the same rule. Since glasses are an item that is removable, we ask that our Cheerleaders either wear contacts or use the sport goggles (or you can go without either if you can see well without glasses). You can still be a Cheerleader and still cheer even if you wear glasses, **but**, stunting with glasses is prohibited in our program.
	+ Your nails must be cut short so that they cannot be seen over the tips of your fingers when looking at your palm (this is a safety concern and no exceptions will be made).
		- No nail polish is permitted for games except for: clear, nude, pale pink, or French manicure
* Cell phone use is not permitted unless given permission by your coach.
* If you want to be treated as an athlete, you must practice like an athlete. Be prepared with any supports (ankle braces, knee braces, etc) and medicine (inhalers, etc) that you may need.
* If you will miss a practice or a game, you need to tell your coach YOURSELF. Absence report from school, having a friend pass the message, or having a parent call is NOT acceptable. See consequences below.
* If you miss the practice before a game, you will not be able to cheer at the game. This will not count as a missed game.
* When you are ineligible, injured, or otherwise benched, you are expected to attend all games and practices. You will sit with your coach during the game and/or practice. If you do not attend, it will be marked as an absence. Exceptions will be made for doctor appointments or trainer visits related to the injury and tutoring for subjects causing you to be ineligible.
* All rules in the Parent/Athlete Handbook also apply

Competition-

Competition Cheerleading is a very competitive sport and requires dedication. Sometime practice schedules will need to be adjusted at short notice. Competitions and their practices (there may be some weekend practices leading up to competition) are *mandatory* and all Cheerleaders are expected to be there. I will give you plenty of notice when the competition is.