**DAVISON CHEERLEADING**

**2013-14 RULES & REGULATIONS**

We, as a Davison Cheer Program, have established the following rules to maintain consistency, pride and dedication for the betterment of the program. By signing and returning this form, you are agreeing to abide by these rules and the decisions made by your cheer coaches. These rules are set forth to create a high standard of excellence in our program, to teach responsibility to our student-athletes, and to teach awareness of the decisions the athletes make.

*I. PRACTICE*

1. Practice times are set and given in advance. You are to be at practice on time, which means **at least 10 minutes early**. You are ready for practice when you are seated and in full practice entire, clothes on, jewelry off, hair up and out of face, and cheer shoes on. If you are late, you will do 5 suicide runs for every minute. You are not allowed to leave practice early. You may occasionally be asked to stay after, which will not exceed 10 minutes past the scheduled practice end time.

2. All cell phones are to be turned off (or on silent) and placed in a designated area during practice. You are not allowed to make calls or check your phone during practice, even on breaks. If there is an emergency, **please contact the coach**.

3. You MUST bring a water bottle to practice; you will only be allowed to go in the hall to refill your bottle. You must ask to use the bathroom during practice time.

4. When at practice you are to give 110%. You are to listen attentively to coaches and follow directions. You are to respect your coaches, your team mates and the practice facility. Every one must participate in practice, even if not assigned a position in that specified round for the upcoming competition. There is no sitting down during practice time, you must be working on your cheer skills at all times. No position in a round is secure. Changes may occur at any time when deemed necessary by a coach.

5. Proper practice clothes are to be worn at all times during practice. A designated shirt for each day of the week must be worn and tucked into shorts, along with cheer shorts, short white socks and cheer shoes. If at any time these items are not worn, this will result in additional laps or 5 suicide runs. If any team member is not dressed appropriately for practice, including forgetting shoes or wearing jewelry, that team member will not be allowed to practice. That day will count as an unexcused absence, but the team member will be required to stay for the practice.

6. Food is not allowed at practices. If a medical condition is known, special arrangements may be made. If cheerleaders need to eat dinner or have a snack, this must be done prior to entering the practice facility.

7. If you have a medical condition that requires medical equipment, it must be on you at all times. Ex: If you have asthma, you MUST have your inhaler.

8. You must fully participate in the team practice previous to a game or competition in order to cheer or compete.

9. No disrespect will be tolerated from anyone to anyone. Our team cannot be successful unless we act as a family! Should this be a problem, it will lead to a dismissal from practice and possibly the team.

10. All Davison Cheer practices are closed practices. This means no friends or family allowed in the practice room. This is an important time to eliminate distractions and focus on skills and technique, as well as building team chemistry. It can also be extremely dangerous with distractions while stunting and tumbling. Please respect this rule and understand that there will be several opportunities for you to watch your child perform. Practices need to be a place where there is the most opportunity for success and the least amount of distractions and injury.

II. ATTENDANCE

1. Practices, games and competitions are **mandatory**, and are indicated on the cheer calendars, distributed at the beginning of the season. Do not schedule appointments (such a dentist and doctor check-ups, college visits or hair appointments) during these times. Any necessary changes to the calendar will be given as soon as it is possible.

2. If you find that an absence is necessary, cheerleaders must contact their coaches prior to the absence; however, this may not excuse the absence. If you are absent from school, that does not count as notification, you must still contact the coach. Coaches will determine whether or not an absence is excused or not. Absences will only be excused for funerals, or injury/illness, both of which require a doctor or trainer’s note.  Injured or sick cheerleaders should still attend practices whenever possible, even if not participating. Please keep in mind that absences for any reason may result in loss of position in competition material. Any unexcused absence will result in sitting out a quarter of the **next** game, and if the cheerleader did not notify her coach in advance of the absence, this will be increased to a half game. You must fully participate in the team practice previous to a game or competition in order to cheer or compete. After **two** missed practices you will be dismissed from the team.

3. If you need to miss a practice for a school event, a written notice must be given at least 2 days PRIOR to the absence on a full piece of paper, with a signature from the event’s supervisor. Adequate notice must be given to coach. This does NOT include powderpuff, float building, or senior pictures. Whether this absence is excused is determined by the coach.

4. If late to a cheer event, the *cheerleader* is to **CALL** a coach prior to when the cheerleader was to be at the event. *NO texting or emails* will be accepted. If late, you will do 5 toe touches and 5 herkies for every minute you are late at the conclusion of the event. Excessive tardiness may result in further discipline. If you do not call prior to the start time and do not show for an event, disciplinary action will occur, with the possibility of removal from the team. ***To ensure tardiness does not happen, plan to arrive to ALL cheer events at least 10 minutes early!***

4. If sick during an event, the cheerleader is to **CALL** a coach prior to when the cheerleader was to be at the event. If able, you are to attend and watch. Any absence longer than 2 days requires a doctor’s note to return to practice or a game. If you do not call prior to the start time and do not show for an event, disciplinary action will occur, with the possibility of removal from the team.

III. APPEARANCE

1. When required by the coach to be in full uniform, this consists of the following:

Shells, skirt/pants, bodysuit, briefs, cheer socks, shoes, bow and warm ups.

The uniform must be worn properly (zipped, buttoned, etc.). If a team member is not in uniform, they will not be allowed to participate and it will count as an absence.

1. NO jewelry, of any kind, is allowed at practice, games, competitions or other cheerleading events. This includes, but is not limited to, earrings, rings, watches, necklaces, bracelets and body piercings. Team members may NOT cover piercing with a bandage, it must be removed. Jewelry is to be removed prior to start time, if not, you will be considered tardy until all jewelry is removed.
2. Fingernails are to be kept at a length no longer than the tips of the fingers. Fingernail polish may be clear or nothing at all while in uniform or competing. NO fake nails are allowed.
3. Hair must be pulled up in a ponytail while at practice, or while in uniform for games, events, and competitions (unless noted otherwise). Hair must be out of the team members face and presentable with the proper bow worn. Hair should be place up so that it does not fall out and continuously need to be redone.
4. Team members will remain in uniform appearance at all times during events. This includes warm ups prior to and after competitions and games.
5. Cheerleaders are distributed uniforms at the start of each season. This uniform is lent to the cheerleader from the Davison Cheer Program. The cheerleader is responsible to maintain the appearance of that uniform, and is to be returned at the completion of the season in the same condition in which it was received. NO alterations are to be made at any time to the uniform. If the uniform is damaged or altered in any way, a fee will be assessed, to be determined by the head of the Davison Cheer program. If at any time a piece of the uniform is lost, the cheerleader is responsible for payment of the replacement cost. Davison cheer uniforms are to be worn only by the cheerleader in which it was lent to. Cheerleaders may not trade with a team mate, nor may they lend out their uniform to anyone for any purpose. At any event, a cheerleader should bring all pieces of her uniform, which include: shell (all of them), skirt, briefs, cheer shoes, short white socks, bow, bodysuit (all of them), warm up jacket, warm up pants, mittens and headbands.

*IV. GAME DAY*

1. Cheerleaders are to wear the designated cheer apparel indicated by coach. Any violation of the apparel required will result in sitting out of the first quarter of the game, with the coach in the stands. This includes to school, walking into an event or riding on the bus to and from an event.

2. Cheerleaders are to look presentable and spirited at school on indicated days. You are to conduct yourself with dignity and realize you are representing the cheer program and your coaches while in Davison Cheer apparel.

*V. GAMES*

1. Cheerleaders are to bring **ALL** parts of the uniform to the game in a closable bag. This includes bow, skirt, shell, bodysuit, briefs, cheer socks, warm up pants and warm up jackets. If you do not have all the listed items, this may result in removal from the event.

2. Uniform must be worn properly at all times, or you will not be allowed to participate. NO jewelry is allowed. NO nail polish is allowed except clear. You are to arrive at the event in this condition.

3. Cheerleaders will NOT be allowed to eat during the events. You must eat before coming to the event; you are not allowed to eat on the sidelines before a game, or during an event, even if prior to the start time indicated by the coach. Water bottles may be brought for during the game.

4. Cheerleaders will only be allowed to use the restroom at half time of the games. During half time, cheerleaders must sit on the sideline. Cheerleaders are to remain on the sideline unless given permission by a coach to leave.

5. Equipment must be set up prior to the start of the game. Cheerleaders will take turns as to who has responsibility of these items, to be determined by coaches. Forgetting these items will result in sitting out the first quarter of the game.

6. You must be able to completely participate in the cheer activities in order to cheer at the games or compete, including cheers, stunts, gymnastics and jumps. A skill must be mastered and **approved** prior to game day or competition by a coach in order to be performed. If not cheering, you will sit in the designated area determined by the coach.

7. During any cheer event, you must practice a high level of sportsmanship. You will respect your team, your coaches, your fans, the officials, the opposing team, the opposing coaches and the opposing fans. Unsportsmanlike conduct will NOT be tolerated.

8. Cell phones are to be turned off or on silent during a game. You will NOT be allowed to check your phone except at the completion of the event unless given permission by a coach.

9. Athletes will only be allowed to enter the field through the PASS GATE (middle gate).

*VI. COMPETITIONS*

1. The above rules apply for competitions as well, with the addition of the following.

2. Transportation is provided to most competitions. A cheerleader MUST ride the bus to the competition in order to cheer, if a bus is provided. If the cheerleader wishes to ride home with a parent, the parent or guardian must sign the cheerleader out with the coach which then removes responsibility of that cheerleader from Davison Community Schools and its personnel. If a cheerleader is late for the bus, she may be left behind. If the bus remains at a competition, all cheerleaders should ride home on the bus. We will go through scores and game film at this time.

3. Cheerleaders are to behave on the bus trips. This includes: cleaning up their area of the bus prior to exiting, sitting quietly on the bus in your seats. You must be seated at all times, facing forward. You will sit 2 cheerleaders to a seat and at the front of the bus. Cheerleaders may not yell on the bus, yell out of the bus windows or be disruptive to the bus driver, coaches or other passengers. Cheerleaders must be respectful of the bus driver and their decisions at all time. If these rules are violated, this may result in removing the privilege to travel. Should this occur, disciplinary action will take place.

4. All team members must maintain uniform appearance before, during and after competitions. This begins as soon as team members arrive at the school to leave for competition and terminates when the team member arrives back at the school. Disciplinary action will be taken against any cheerleader who alters her appearance while still in uniform representing the school, including uniform, hair, jewelry, etc.

5. Cheerleaders will uphold the highest standards in sportsmanship, including celebrating any placing the team takes in competition and congratulating the winning teams.

6. Competition schedule is at the discretion of the coaches.

7. All team members will wear the specified attire required by the coaches indicated to the cheerleader at the previous cheer event or practice. All cheerleaders will match for each round of competition, this includes even if you are not performing in that specified round, and all team members will match at all times.

8. All cheerleaders must remain at competitions for the **entire competition time**, this includes all three rounds being performed and awards distributed.

9. We, as a Davison cheer program, will support each other. In order to support one another, teams may be asked to attend events, come early or stay late, to support other Davison cheer teams. This is a **mandatory** when indicated by the coaches.

10. If a cheerleader is not in a round for any reason, she is still expected to go out into the gymnasium when the team performs in full uniform and support her teammates. Girls will not be allowed to miss competitions if not in rounds, nor will they be allowed to leave early if they do not have a position in a round.

*VII. INJURIES*

1. If at any time you are injured, it is the cheerleader’s responsibility to speak up. If you are injured and do not speak up, you are risking not only your safety, but the safety of a fellow teammate.
2. If you are injured, you are to see the athletic trainer or a doctor. But you will not be allowed to return to practice without a note from the athletic trainer or your doctor stating you have a clear bill of health. If seeking any kind of treatment, a coach should be notified immediately.
3. If you are given treatment instructions, you are to follow the instructions completely before returning to full participation at practice.
4. If you are not capable of participating in any event completely, which means stunting, cheering or tumbling, you will not be allowed to participate.
5. If injured, you are required to attend all cheer events in cheer apparel, unless seeking medical treatment during practice time to help heal your injury. All the Davison Cheer Rules and Regulations still apply.
6. If taping needs to occur in order to fully participate, this is to be done at prior to the start of cheer practice.
7. Although we will take all precautionary measures to avoid injuries, they may still occur. It is extremely important that every athlete does all that they can to help create a safe environment. It is important for everyone to recognize that this is the ultimate sport of trust, especially when it comes to stunting. If a flyer in a stunt hits the floor, the entire stunt group will do 100 push-ups. Cheerleading is a very dangerous sport if not taken seriously. With this being said, if anyone deliberately causes injury to another athlete they will be removed from the team.

*VIII. CHEER EVENTS*

1. All cheer events are MANDATORY. All games, competitions, team practices, team workouts, team fundraisers and gymnastics sessions are MANDATORY. Calendars are given in advance to assure attendance. Any changes to the calendars will be given with as much notice as possible by the coach. Do not schedule appointments during practice times.

Cheer events are, but are not limited to: the Barry Stokes Youth Cheer Clinic, Davison Cheer Kiddie Clinic, setting up and working any competition hosted at Davison, Cheer Banquet, Cheer Boot Camp, team fundraisers, team dinners, team tailgates, or scheduled by the coach team time. If you are late, you will sit out for a quarter of the next game. If you miss an event you will sit with the coach for half of the game. If at any time you do not CALL or do not SHOW for any cheer event, you will be removed from the team.

2. Team members may not leave the team for any reason during an event without permission from the coach. This includes trips to the restroom or meeting friends or family. Team members will sit as a team while at competitions or while waiting for start times to begin.

3. Davison Community Schools continues to enjoy the cheerleaders not only at competitions, but also at basketball games. Due to the demanding competitive schedule and the basketball schedule, cheerleaders may be asked to cheer for two games in one evening. Cheerleaders MUST attend both games. Cheerleaders will rotate cheering on the sidelines, so that the cheerleader is not to cheer more than the combination of one game. The entire team will perform in between quarters and at halftime of both games. The goal of the set schedule is to have no team cheering more than one evening a week, if they are competing the upcoming Saturday.

4. Clothes indicated to be worn by a coach at a cheer event are not to be deviated from. This includes coming to or leaving an event. If this occurs, disciplinary action will be taken.

*IX. BEHAVIOR*

1. Cheerleaders are to keep a high standard of behavior when representing Davison Cheer at any event or while in Davison Cheer Apparel. You will act respectively, with dignity and acknowledge that you are not only a representation of yourself, but your team. A violation includes, but is not limited to, violation of Davison Cheer rules or Davison Community Schools set policies.

2. Behavior unbecoming of a Davison Cheerleader includes but is not limited to: offensive language, smoking, drinking, use of drugs or being a part of any activity that may blemish the reputation of Davison Cheerleading. Athletes are guilty by association; please don’t put yourself in any difficult situations. If you are caught in any such predicament you may be removed from the team permanently.

3. Bullying/harassment, or teasing of any kind will not be tolerated, especially towards any other member of the Davison Cheer Program. This includes but is not limited to: taunting, threats, abuse, verbal or physical, destruction of property of the cheerleaders or their guardians. If at any time this occurs to you, you must speak up immediately to your coach. If they are not immediately available, you must approach some other Davison faculty. Violation of this may result in removal from the team.

4. Public Displays of Affection will not be tolerated. This is effective whenever in Davison Cheer attire while in the public’s view. This includes any Davison cheer apparel or uniform.

5. Insubordination will NOT be tolerated. Insubordination is grounds for removal from practice/event, suspension or termination from the team. Suspension or termination is at the coach’s and athletic director’s discretion.

6. When you decide to tryout and are chosen to be apart of a Davison cheer team, you are committing yourself to the team for the set forth season. If at any time you decide to break that commitment and quit the team before the completion of the season, you are no longer welcome to be apart of the Davison cheer program again. This holds for your remaining middle or high school athletic careers. If you are ever dismissed from a Davison cheer program team, the above rules also apply. If you quit a team or are dismissed, you are still responsible for any costs that incurred as being chosen to be a part of the cheer program, including camp, deposits, clothing or gymnastics.

*X. ACADEMICS*

1. All Cheerleaders are to follow the Davison Athletic Departments Academic & Eligibility policies.

2. Academics are a top priority with Davison Cheerleaders. If you are not successful in academics, you cannot be successful in athletics. Cheerleaders must admit if you need help and seek the proper personnel to insure satisfactory grades. It is the student-athletes responsibility to balance both cheerleading as well as their academics.

3. Cheerleaders may be asked throughout the season to complete grade verifications sheets. This is mandatory when indicated by the coach. It is the cheerleader’s responsibility to ask each teacher what their grade in the course is, not the teacher’s responsibility to tell the coach.

4. In order to perform at events, cheerleaders must be passing ALL classes. If an athlete has a D, she will have **one week** to raise the grade before being placed on an academic contract.

5. If at any time a cheerleader is failing a class, she is considered ineligible and will be placed on an academic contract. She is to bring her study materials to practice and will use that time to improve her grade. This will not count against absences, but a loss of position may result in the removal from practice activities.

5. If a cheerleader is placed on an academic contract she will not be allowed to cheer/compete until her grades have reached a C- or higher in all classes. She will still be required to attend practice, but will do school work that will assist in raising her grades.

XI. RESPECT

1. Respect for coaches and their decisions is a requirement for all cheerleaders. This includes not only your coach, but those of other Davison cheer teams, and those coaches of opposing teams. This includes, but is not limited to, actions, words and attitude. You are to respect the decisions made by a coach and know that the decision was made with the team’s best interest in mind. Remember, what is best for the team is not always best for the individual!

2. Respect for other team members, including your own, those of other Davison cheer teams and those of opposing teams, is a requirement for all cheerleaders. This includes, but is not limited to, actions, words and attitude.

3. Respect for judges and officials is a requirement for all cheerleaders. This includes but is not limited to, actions, words and attitude.

XII. COMMUNICATION

1. If at any time an issue arises, the CHEERLEADER must first talk to her coach before that cheerleader should speak with any other cheer coaches or administrators.

2. Please allow at a LEAST 24 hour cool down period before discussing any issues.

3. If at any time an issue arises, the issue is NOT to be discussed with an administrator, athletic director or the Varsity coach prior to the issue being discussed with the cheerleader’s coach. Please follow this chain of command. If further discussion is needed, this will only occur if the issue was first discussed with the cheerleader and her coach. If no resolution can be found, the issue will be brought to the attention of the head coach. If the issue is still not resolved, the athletic director will be involved.

4. If an issue still warrants further discussion, the issue may be discussed after a meeting is set up between administrators, athletic director, cheerleader, parents and coaches.

5. Coaches are not to be contacted after 10:00 pm.

6. Cheerleaders are encouraged to approach her coach to know her status on the team. If at any time a girl does not understand why she may not be in a round, she may respectfully approach the coach after practice or before practice to discuss what she may need to work on in order to possibly receive a position in the round. The coach will happily give the cheerleader things to work on to improve herself and her cheer skills.

Additional rules may be established by the coach, as deemed necessary to run the team efficiently and effectively. Coaches understand that there are sometimes extenuating circumstances that may result in exceptions to the above rules. These exceptions will be made at the coaches’ and/or athletic administrators’ discretion. Any violation of the above stated rules will result in disciplinary action determined at the coach’s or administration’s discretion.

***ACCEPTANCE OF DAVISON CHEERLEADING RULES & REGULATIONS***

(Must be signed by team member and parent/guardian and returned to coach)

**CHEERLEADER**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read and understand the rules and regulations of the Davison Cheerleading Program as set forth in the cheerleading contract. I agree to abide by these rules and regulations as I have been chosen as a Davison Cheer Team member. I understand that failure to abide by these rules and regulations may result in disciplinary action and are possible grounds for suspension or termination from the team.

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Team Member Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team Level

**PARENT**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, legal guardian for the above child, have read and understand the rules and regulations of the Davison Cheerleading Program as set forth in the cheerleading contract. I agree to support and enforce these rules and regulations as my child has been chosen as a Davison Cheer Team member. I understand that my child’s failure to abide by these rules and regulations may result in disciplinary action and are possible grounds for suspension or termination from the team. I also understand that photographs may be taken of my child at cheer events and placed on the team’s website and I give my permission to do so. I also understand that there is a cost associated with my child becoming a part of the Davison Cheer Program and agree to pay the amount deemed on the order form sheet completed at the start of the season. Any nonpayment will result in removal from events and/or may cause awards to be withheld until full payment is made. Also the remaining balance will be placed on the child’s school record until full payment is made.

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Name of Parents/Guardians (Please print)

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Parent/Guardian Signature Date

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Email Address davisonvarsitycheer.weebly.com

davisonjvcheer.weebly.com

davisonmscheer.weebly.com