

Cheerleader's Code of Conduct and Procedures

1. Always be respectful. Treat each other and coaches with respect – you are a **TEAM!**
2. Always have a clean uniform and sneakers, and **all** uniform items must be brought to every game, in case of any changes. Any leggings, gloves, sweats, etc must be navy or blue.
3. Must attend all practices and games. If you will be absent please contact your coach in a timely fashion. If too many absences occur you may be asked to speak with the director if it is affecting the cheerleader's performance at games. If you are in a stunt and miss the practice before a game you will be benched from the stunt during the game.
4. Appropriate attire is required for practices – sneakers, shorts, pants, and shirt. Please wear sun block and bug spray to practices and games. No jean shorts or jeans.
5. Be on time for games and practices. Cheerleaders must arrive 30 min. prior to start of a game. If you are to be late or absent contact your coach.
6. Always have a **WATER** bottle filled with water at practices and games.
7. No jewelry except stud earrings may be worn. NO jewelry at competitions.
8. Only clear, light pink, or Salisbury Colored nail polish may be worn. If makeup is worn it must be conservative (usually only for competitions). Hair must be up off the face and shoulders.
9. No gum chewing.
11. No stunting, jumping, or tumbling without proper supervision.
12. During half time, all cheerleaders will stay with coaches /team moms of your squad. This ensures safety of the cheerleaders during games.
13. Always smile and do your best..... and most of all HAVE FUN!

Infractions of the above rules will be dealt with as follows:

1. A documented verbal warning by coach.
2. A written warning by coach.
3. A written warning by director and a meeting with director.
4. A meeting with the director and SYA President and benched for a game.
5. Any subsequent offenses will be benching of games or removal from squad.

Cheerleader Signature _____ Date _____

Parent Signature _____ Date _____