**Holly Ridge Cheerleading Rules and Expectations**

*Please read the rules and expectations very carefully. All guidelines will be enforced.*

1. **Purpose**
   1. Encouraging the spectators to become involved.
   2. Maintaining and promoting school spirit, loyalty and pride.
   3. Providing service to the team, school and community through continued

support of the teams.

* 1. Encouraging and upholding of good sportsmanship on and off the

field/floor.

1. **Conduct**
   1. Cheerleaders are expected to be **school leaders at all times** and to uphold

the highest personal standards.

* 1. You must act in a respectable manner at all times, remembering that you

represent Holly Ridge Middle School.

* 1. Cheerleaders are to practice good sportsmanship at all times, promote

sportsmanship among all spectators and avoid emotional outbursts,

whether the team wins or loses.

* 1. Be familiar with all cheers, as well as game rules and be ready to lead

cheers at appropriate times.

* 1. You will not **drink, eat, chew gum, comb hair or visit with friends**

during performances. Bathroom stops should be taken before a game, at

half-time, or after the game.

* 1. Be able to accept constructive criticism for the improvement of the group.
  2. Display team work and unity at all cheerleading activities
  3. Follow all athletic and cheerleading conduct rules.

1. **Uniforms**
   1. All parts of the uniform (basic uniform, shoes, socks, hair accessory, etc.)
   2. shall be the same for **all** members of the squad.
   3. The uniform is the property of the school and will be required to be turned

in at the end of the cheerleader’s season. Failure to return the uniform will

result in being charged a replacement cost for each piece missing on the

students’ account. All parts of the uniform are to be kept clean, pressed

and repaired throughout the season. All cleaning and repairs will be the

responsibility of each member. All uniforms are to be **spotted, pressed &**

**cleaned** before being turned in at the end of the season.

* 1. All squads shall wear the chosen outfit on game days and for pep assemblies.
  2. Jewelry is not part of the uniform. No jewelry is to be worn during

practices or games, due to NFHS safety guidelines. This rule includes

nose rings, belly button rings, eyebrow rings or any piercing. Plastic

replacements for metal jewelry are not accepted.

* 1. Hair cannot be dyed a color that can’t naturally occur. (Blue, green,

purple…)

* 1. Grooming is essential. Do not use makeup that will take away from the

uniformity of the cheerleading squad while cheering. While in uniform

only clear nail polish is allowed.

* 1. **Cell phones must be off and put away during practice and game time**

**or they will be confiscated to the school Student Center.**

* 1. When you arrive at a games/practices, at the assigned time, you **must** be

dressed, fed and ready to cheer/practice.

1. **Practices**
   1. Practices will be held at least 3 days per week during the season or as

needed. When preparing for competition or special events, practice may

be more frequent.

* 1. You must be dressed down and ready for practice on time. NO

EXCEPTIONS.

* 1. When practice has been scheduled, it is mandatory that you attend. **A**

**cheerleader will not schedule any other activity for that time slot.**

This includes **all** appointments ( ie: church, doctor, dentist, tanning or hair

appointments) and work.

1. **Double Participation**
   1. Any outside club, sport, or event must not interfere with cheerleading practices and performances. **While in season, Holly Ridge cheerleading is to be considered top**

**priority over other activities (All-Star Cheer, other sports clubs etc.)**

**This includes all practices, games, competitions and other required**

**events.**

* 1. Appointments, vacations and job schedules will not be

accepted for missing practices and/or games. The only excused absences

will be those, which are due to sickness or family crisis.

* 1. All school activities that would prohibit participation at a practice, game

or cheerleading event must be given written form to the advisor at least 2

weeks prior to the event.

1. **Attendance-Practice, Games and School**
   1. All practices, games and meetings called by the coach are mandatory for

all members of the squad. 100% attendance is expected at all games and

practices.

* 1. One unexcused missed practice results in a demerit and two laps around the track
  2. No member may attend a practice or participate in a game if you have been absent from school that day. If you become ill during a cheer event, you may either sit

with the coach or go home as needed.

* 1. Cheerleaders are to arrive to an event at the **designated time on their**

**Calendar.** Utilize this time to immediately stretch and warm up jumps

* 1. Two unexcused tardies will be equivalent to one unexcused practice.
  2. Three excused absences will be equivalent to one unexcused practice.
  3. Missing practice before a game results in suspension from that game

1. **Suspensions and Dismissal**
   1. **Cheerleaders will be suspended or dismissed for one or more of the**

**following major violations:**

* 1. Any violation as defined in the school conduct code, cheerleading

handbook and athletic policy.

* 1. Use of tobacco, alcoholic beverages, or drugs at any time.
  2. Use of profane or obscene language and gestures
  3. The accumulation of Seven Demerits
  4. Failure to attend practices or games. Three missed games results in dismissal.
  5. Persistent uncooperative attitude within the squad or at school. (No more than one warning will be given for persistent attitude, disrespect, or noncompliance. Extreme disrespect or noncompliance can result in immediate removal)
     1. Any problem will be discussed with coaches in private.
     2. Concerns of any member will be solved within the group

and not become a school problem.

* + 1. Cheerleaders will reflect team effort rather than individual

concerns.

* + 1. Disrespect shown to a coach or another team member will

not be acceptable and will result in disciplinary action.

* 1. Un-sportsmanlike behavior.
  2. Traveling by unapproved means of transportation.
  3. Leaving a game, fundraising event, competition or any other event

without permission.

* 1. Skipping a class.
  2. Late pickups (more than 3 late pickups less than 20 minutes or 1 late pickup 20 minutes or more results in removal from the squad.)

\*\*\*Suspension denies the member the right to perform but does not relieve

them of practice and attending all events in uniform.

\*\*\*All suspensions and dismissals will be at the discretion and final word of

the coach/advisor. Parents will be notified when a suspension or

dismissal occurs.

DISCIPLINE PROCEDURE WILL BE AS FOLLOWS:

Unexcused Tardy to Practice = One extra lap around the track

Unexcused missed practice =Two laps around the track and one demerit

Unexcused missed game = Sit out next game, two laps around the track, and one demerit

Unexcused tardy to game/competition/function= one lap around the track before the game and one demerit

 Wearing the wrong outfit to school on a game day or pep rally day – one lap around the track before the game and one demerit

Miscellaneous Violations (inappropriate actions or behaviors that do not pertain to drugs, alcohol, school conduct code, and cheer attendance) = demerit and one lap around the track

\*ALL DISCIPLINARY ACTIONS ARE DOCUMENTED AND STORED IN THE

STUDENT FILE

\*Any school discipline policy in effect at the time that may be more restrictive will take

precedence over the Cheer policy.

1. **EXTRAS**

Each cheerleader will keep gloves, socks, ponchos, briefs, hair accessories, and

warm–ups, in their cheer bag for games.

* 1. Transportation

Cheerleaders will be picked up from ALL events on time by their rides. Rides MUST arrive at the scheduled time of pick-up after each game and practice. (More than 3 late pickups between 10 and 20 minutes late or 1 late pickup 20 minutes or more results in removal from the squad.)

* 1. Academic Requirements

Once selected a cheerleader is expected to maintain a 2.0 GPA at all times and

not be failing any classes. A copy of progress grades will be given to the

coach each grading period. Cheerleaders who are not meeting the academic

expectations will be placed on a restriction or benched until their grades

improve.

1. Unexcused absences must be cleared up through attendance within three days

of the absence. Unexcused absences will result in demerits and laps as stated above.

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I HAVE READ THE HOLLY RIDGE CHEERLEADING CONTRACT AND

UNDERSTAND ALL THE COMMITMENTS OF BEING A CHEERLEADER AT

HOLLY RIDGE MIDDLE SCHOOL.

STUDENT

SIGNATURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT

SIGNATURE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_