**Jr Rams Cheerleading Rules**

**Cheerleaders**

Cheerleaders 4th, 5th, 6th Grade - Jr. Rams Cheerleaders will be provided the opportunity to participate in sideline cheerleading.

Cheerleaders 7th & 8th Grade - Try-Outs for Jr. Rams Cheerleaders will be held for the opportunity to participate in sideline cheerleading.

**Uniform**

The uniform provided by Jr Rams Cheerleading consists of a skirt and a top OR a jumper. Per the signed Uniform Rental Agreement, all uniforms must be returned in good condition at the end of the season or it will result in the forfeiture of your deposit.

The Jr Rams Cheerleading uniform should be worn to school on the Friday before a game. When wearing the uniform to school, cheerleaders must ALWAYS wear leggings underneath. NO EXCEPTIONS. Failure to wear the proper uniform to school may result is dismissal from the program.

The Jr Rams Cheerleading uniform should not be worn in public except when traveling to/from school or to/from games.

Items Required outside of what is provided by Jr Rams Cheerleading:

* White Cheer Shoes
* HJR Cheer Sweatshirt
* White Crop-top (bodysuit)
* Brown Lollies
* Brown Leggings
* Gold Poms (ordered through Jr Rams Cheerleading)

**Schedule**

Football Cheer Season runs from August-October. Cheerleaders will practice on Mondays and Wednesdays from 6:00pm – 8:00pm. Later in the season, practices will change to 6:00pm – 7:30pm due to it getting darker earlier in the day. Basketball Cheer Season practices will be held once a week from 6-8pm. Practices are mandatory and missing practices will result in missed game time.

**Attendance**

Practice is important and on time attendance at practice is expected of all cheerleaders. If a cheerleader misses practice, their knowledge of the routine and the squads ability to stunt safely is deficient. Failure to attend practices and the late arrival at practices will not be accepted. If a cheerleader is late to a game or misses more than ½ practice during the week leading up to a game, that cheerleader will not be permitted to stunt during that game, including the half-time routine.

Practices missed due to anything but sickness resulting in missed school time or a death in the family will not be excused. Even with prior notice, missing practices due to other obligations will still result in missed game time. Cheer practices and games should be made a priority.

Late to Practice Sit out first 5 minutes of next game

Late to Practice by 30+ Sit out first QTR of next game, no stunting allowed

Late Pick Up Sit out first QTR of next game

Late Pick Up by 15+ Sit out first HALF of next game

Missed Practice Sit out first HALF of next game, no stunting allowed

Missed 2 Practices in 1 Week Sit out whole game ***(attendance is still mandatory)***

Missed Game Sit out first HALF of next game, no stunting allowed

**Parent/Guardian/Friend/Family Attendance at Practice**

Parental coaching from the sidelines is detrimental to a squad and will not be tolerated. The Board reserves the right to “close” practices if this behavior becomes an issue. Siblings and friends not in the program attending practices is very distracting for all cheerleaders and will not be permitted. If this behavior becomes an issue, the Board reserves the right to excuse your cheerleader from the program.

Parental concerns should be addressed in private after practice with the coach and Board President.

If a parent/guardian has an issue with a coach that they would like to discuss they must wait 24 hours after the situation occurred.

**Practice Attire**

Appropriate attire is critical to quality practices. It is important for cheerleaders to be in comfortable clothing that allow full range of motion. Two practice shirts are provided by Jr Rams Cheerleading and should be worn to practices with appropriate CHEER shoes and bottoms such as athletic shorts, athletic skorts or athletic leggings. The following should NEVER

be worn to practices: Jewelry, jeans, jean shorts, skirts, skorts, dresses, sandals, flip flops, long nails.

***Improper attire at practice will be treated as a “Late Arrival” to practice and will result in missed game time.***

Jr Rams Cheerleading uniform should never be worn to practices.

**Practice Cancellation**

Cheerleaders are expected to show up for practices unless they receive notification from their coach that practice has been cancelled. Never assume a practice has been cancelled because of bad weather. Decisions to cancel or postpone practices will be made by the Board who will notify the coaches who will then notify their squads. Squad members are encourage to check the Holt Jr Rams Cheerleading Facebook page for real-time updates on practice cancellations.

**Dismissal**

Dismissal can occur at any time during the season and will not result in a refund of the program costs. If a coach has problems with a cheerleader, the first action is to address the problem with both the cheerleader and their parent/guardian. This will serve as the first warning. If the problem persists, the coach will take the issue to the Board. The Board President will meet with the cheerleader/their parent along with the coach in an attempt to resolve the matter. This will serve as the second warning and can result in the suspension of the cheerleader until a Board hearing is held to discuss the matter. If the problem persists after the suspension, the cheerleader is subject to dismissal at any time. Dismissal is official after a majority vote by the Board.

Based on the severity of the offense, the Board reserves the right to ban cheerleaders from the program indefinitely.

**Coaches**

Coaches will be chosen by the Board and will be unpaid volunteers. Coaches will treat cheerleaders, coaches and volunteers in a profession and ethical manner. All coaches and co-coaches must be 18 yrs old and graduated from High School (with the exception of HHS Cheer Assistants). Coaches do not have to have a relative in the program in order to coach. Coaches are subject to a background check.

**HJR Cheer Rules Acknowledgment**

**Cheerleader**

I (print name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read the HJR Cheer rules and agree to abide by them at all times. I understand that failure to adhere to the HJR Cheer rules could result in missed game time, restricted stunting, suspensions or dismissal.

**Parent/Guardian**

I (print name)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read the HJR Cheer rules and understand it is my responsibility to work with my cheerleading to ensure they follow the rules at all times. I understand that on-time attendance to practices and games are my responsibility and failure to have my cheerleader dropped off/picked up from practices/games on time WILL result in missed game time, stunting restrictions or both. I understand that my cheerleader’s failure to adhere to the HJR Cheer rules could result in suspensions or dismissal.

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_