

## DMS CHEER RULES AND REGULATIONS CONTRACT

To assure the success of our cheer team, we expect all participants to treat one another with genuine respect. It is the cheerleader's responsibility to make cheering a positive and enjoyable experience for self, fellow students, and staff. All participants are expected to demonstrate the highest standards of conduct, courtesy and consideration toward others and present themselves as leaders/role models for the school and community. This includes those on your team, as well as anyone else with whom you may come in contact.

Our goal is to make cheer a positive experience that is safe and enjoyable for everyone. We expect each cheerleader's cooperation and commitment to the following rules and regulations to help us meet this goal.

These rules and regulations will be enforced using a strike system. Both cheerleader and their parents will be notified when a strike is received by the Cheer Advisor or Coach.

First Strike = Warning

Second Strike = 1 week suspension from the team

Third Strike = 2 week suspension from the team

Fourth Strike = Expulsion from the team

While on suspension, Cheerleaders are not to wear any cheer apparel, or attend any cheer practices or events. Violations will result in one additional strike. Cheerleaders returning from suspension are not guaranteed their previous position in formations or stunting on the team.

### General:

- 1) Cheerleaders shall comply with all school rules and behavioral expectations. Poor grades (less than a 2.0 GPA after each quarter and/or with an F), referrals (dress, tardy, gum, behavior, etc.), or disobedience on campus will result in a strike. Cheerleaders are expected to communicate with Cheer Advisor should academic, social, or behavioral issues arise that could affect these contractual obligations.
- 2) Attendance: Cheerleaders are expected to attend all cheer practices and events. If you are not feeling well, you are expected to come and sit out in the correct practice attire. Family vacations are considered an unexcused absence. Students are responsible for notifying the coach themselves before practice begins. Not doing so will result in a strike. All unexcused absences will also result in a strike. Missing more than 3 events in a season will result in a strike.
- 3) Uniforms – Cheerleaders will wear their uniform every Friday and/or game day, unless otherwise stated by coach. No member may alter their uniform in any way other than instructed by a coach. This also includes wearing Uggs, flip flops, tennis shoes other than your cheer shoes, or sweats with uniform. Every member must adhere to the coach's dress code at all times. Every piece of uniform must be on and performance ready. If a member is missing any item or is not performance ready, they will be benched from that performance/event. Uniform cuts will result in a strike. This also includes not wearing the appropriate bow in your hair or not wearing the correct practice attire.
- 4) Social Media – All cheerleaders are expected to abide by the same standards of behavior both at school and in social media communications. Example – we expect no cyber bullying behavior, profane, lewd or inappropriate pictures, comments, or posts, and no illegal paraphernalia or acts pictured at any time. There should be no put downs or insults to other classmates, cheerleaders, adults, or teams.
- 5) Nails must be active length at all times. (Nails not visible when palms are facing up). Acrylic nails are never acceptable. If a cheerleader has them for a dance, birthday, etc. they need to be removed before the next practice or event. No jewelry at practice, games, or competition. We will not allow piercings to be taped if they are fresh piercings. Please plan piercings in May or June, before practice begins.
- 5) Suspension from school will result in two strikes on the cheer team (if more than a one day suspension possible team expulsion depending on offense).

6) Cheerleaders will not be involved in any way with smoking, alcohol, illegal drugs, vandalism, theft, or any other type of behavior that is judged by the cheer staff to be detrimental to the health, well-being, or safety. (ILLEGAL BEHAVIOR WILL RESULT IN IMMEDIATE EXPULSION FROM THE TEAM.)

**Competitions/Games/Events:**

- 1) Practicing cheers in uniform or not knowing material is never acceptable. We aim to look professional at every performance. Any cheerleader who does not know material will be asked to sit out. Not knowing more than 3 cheers in a game will result in being benched for the rest of the game. We will have a "cheer test" before the first basketball game.
- 2) Any member who is absent from practice, regardless of the reason, the week of a competition or the spirit game, will be benched from that event.
- 3) You are always "on duty" at events. No cell phone usage during practice, fundraisers, competitions and games, excessive chatting to other members, socializing with friends during games, eating during games, gum chewing or not participating in cheers.
- 4) We will always meet together and leave together for competitions or parades. You may not meet the team at a competition. Parents are responsible for their child's transportation. We will only take a bus to nationals. If you are to drive another cheerleader at any point in the season, you must fill out a volunteer drivers form in the office. We will not know the time we compete until 2 weeks before the competition. Even then, the schedule may change. We will inform parents as soon as we are emailed the schedule.
- 5) Parades and competitions are privileges and can be revoked at any time. Your position in formations or stunting is not guaranteed for the entire season. Being absent or not practicing fully may result in a switch. Breaking any of these rules/ regulations may result, at the discretion of the cheer coach and advisor, in being sent home from the events immediately and will result in one strike. Monies paid will not be refunded due to missing events for behavioral/grade infractions.

Please understand that a lot of money goes into being on this squad. Do not waste the money your parents are paying by participating in anything that can get you in trouble. Also, understand that by quitting, the entire competition routine and stunt groups must be changed to accommodate the remaining team members.

We have read, understand, and will comply with these rules and regulations.

Student \_\_\_\_\_ Date \_\_\_\_\_

Parent \_\_\_\_\_ Date \_\_\_\_\_