

New Fairfield Falcons Cheer Rules 2018

The following rules apply to ALL levels of cheer

NEW FAIRFIELD FALCONS MISSION...

Inspire confidence within our young athletes to accomplish their dreams and overcome obstacles.

Serve as a platform for education both in football and cheer that focuses on fundamentals, fun and skills.

Strive to be a leader in the community and encourage other programs to deliver on the community experience.

Teams: Cheerleaders will be placed on a team by the cheer coordinators and in direct compliance with Pop Warner rules. Every cheerleader is expected to perform all aspects of cheer, to the best of their ability (including and not limited to basing, back-spotting, front-spotting, jumping, tumbling and flying). The Head Coach and the coordinator will determine what position a cheerleader will have on the team. **Everyone that signs up will cheer. If there are physical reasons your child cannot comply with this rule they must be noted on her original Pop Warner 2018 physical form.**

Pop Warner Forms: only 2018 forms will be accepted. All cheerleaders regardless of age must hand-in the required completed paperwork. A cheerleader will not be allowed on the field without the proper documentation. **All required paperwork must be handed in by 7/29/18.** A cheerleader will NOT be allowed to "watch" practice due to lack of paperwork.

Attendance/Practices/Camps: Practice is currently scheduled to begin **Wednesday, August 1 @ 5:30 PM**, and will end promptly at 8:00 PM. Cheer squads practice 4 nights per week for the entire month of August.

Please note: Cancellations will be posted on our web site and the official Facebook page of the Falcons Cancellations will be posted **AFTER 4:30 PM**. You will also be notified by your coach via email so be sure to check often in imminent weather.

Practice: Before Labor Day: Practice nights are **Monday, Tuesday, Wednesday, and Thursday** for the older squad. Practice may be scheduled on a Friday or Saturday to make up any practices cancelled due to unfavorable conditions (weather/field).

All practices are mandatory. Attendance will be recorded at every practice/game. A Falcon Cheerleader is required to complete **30 hours of practice** before she/he is eligible to participate at a game or competition. If a cheerleader fails to meet the required number of practice hours she/he will attend all events in full uniform and sit with the coaches. Credit will be given for this time. Credit (hours) will be given for attending the NCTPW Cheer Clinic.

In the event the cheerleader has an injury, a doctor's note is required stating the nature of the injury. A release from the MD must be presented when she/he is cleared to cheer.

If a cheerleader is complaining of ailments at 2 or more practices a week we reserve the right to request that a parent attend practice and stay with the cheerleader until further notice.

If your child is ill, notify the head coach ASAP. If a child has **any type of communicable illness they cannot return to practice until they are symptom free for 24 hours.**

Practice attire (required for the entire season): **Black shorts (no pockets and not nylon), plain white t-shirt or tank top (not cami), white cheerleading practice sneakers (tied), white socks and hair securely up in a ponytail wearing team practice bow.** Cotton sweatshirts (no hoods or zippers) are acceptable in cooler weather. If wearing pajama pants to practice you must wear shorts underneath. **EXCEPTION: For the last practice of each week, the 2018 Practice Uniform is required.** Practice uniform must be purchased at Sneaker Night. **Cheerleaders may wear this uniform to any/all practices. Practice Uniform is required when attending a facility as a team to practice** (example: a gym other than our schools). **Rules remain in effect until the end of the season!**

Absolutely NO: jeans, shorts/tops with pockets, strap tops, nylon clothing, long pants, wearing any type of jewelry (exception: medical medals must be taped to body) or beaded/feathered hair ornaments. **Fingernails must be kept short. No Polish. Please remove jewelry at home; this includes all braided bracelets, anklets etc.**

For safety purposes, any cheerleader not dressed in compliance with the above Pop Warner rules will not practice and hours will not be counted.

Cheerleaders must turn off their cell phones at practice and games. If we see a cell phone being used, we will take it away and return it at the end of practice.

Water bottles MUST be brought to all practices and games. Please **label them** for your child. This is for health reasons! Bottles must be disposed of when finished. Cheerleaders will not be dismissed from the game or practice area until is has been cleaned.

Practices/Games: after Labor Day: Each older team will practice 3 nights per week, 2 hours per night, times and locations (indoors) to be determined by availability. **A responsible adult must walk-in with and return to the practice area to pick up their child.** Please note: up to 30 minutes may be added to the practice to allow for setting up and putting away of the mats.

Parents: Mats are extremely bulky and heavy, please make every effort to help roll-up and return mats to their storage area. No cheerleader will leave before all equipment is properly stored.

In-Season unexcused absences will not be tolerated. Two (2) unexcused absences (practice and/or game) and a cheerleader will be removed from the squad. Registration fees will be forfeited. This attendance practice is based on the football schedule. The official season begins with the 1st football game and may begin before Labor Day. **Rules remain in effect until the end of the season!**

Example of unexcused absences:

1. Cheerleader attends school, does not come to practice.
 2. Failure to notify the **head coach or cheer coordinator** at least 60 mins prior to the scheduled practice or game regarding an illness.
 3. Failure to notify/discuss with head coach any family commitment in advance (**at the beginning of the season**).
 4. Leaving a practice or game to try-out or participate in another sport/activity. All activities, dance, gymnastics, and/or attending an all-star gym are encouraged but Falcon practice and games must be the first priority.
- **Anyone not attending the last practice before a game will not participate in the half-time routine.**
 - **To be eligible to cheer at a competition a cheerleader is required to attend the all of the practices one (1) week prior to each competition. There will be no exceptions!**

Discipline: As a Falcon Cheerleader, use of drugs, smoking, drinking, inappropriate language or disrespect to our staff and/or opposing towns' staff will not be tolerated. Good sportsmanship and a spirit of cooperation are expected at all times. Discipline problems will be dealt with immediately. If there is a situation, the Head Coach will place a call to the parents of the child(ren) involved. The parents will be required to attend the next practice with their child and speak with the Head Coach and the Coordinator. This will be the only warning. If the problem continues action will be taken to rectify the situation. **Hazing, bullying and/or disrespecting a member of your squad, a coach or another town or their members either via email, text messaging, Facebook, Twitter, Snapchat, Instagram etc. will result in immediate dismissal from the squad.**

Social Media: No cheerleader is allowed to post pictures of themselves or the squad while they were at practice, a game, or a competition on ANY SOCIAL MEDIA CHANNEL. We have had serious issues with social media in the past, and this will not be tolerated. Under no circumstance is a parent/child allowed to post the competition routine to their social media channel until AFTER our season is finished. If you are unsure of what you can post, please speak to your Head Coach or the Coordinator.

Games: Falcon Cheerleaders are required to **attend and cheer at all pep-rallies, football games and competitions. This includes all regular and postseason games, home and away.** Games may be scheduled to begin the week before Labor Day weekend. Falcon Cheerleaders will cheer at all games regardless of weather conditions. If our football team plays, we cheer. All team members will arrive at least one (1) hour prior to the scheduled kick-off, **dressed appropriately**, and report directly to their head coach. They will remain with the team for the entire game. **Cheerleaders who arrive 15 minutes after the stated arrival time will not participate at half time.**

The Falcon Organization is committed to certain look for the young people that are representing the Falcons. We ask that you wait to consider any extreme make-overs until after the season is over.

Game attire: Skirt, vest, practice cheer sneakers, cheer socks, briefs, game bow and (in cooler weather) body liner. Hair is up **securely** in a **high ponytail**, make-up kept to a minimum. **No Jewelry, earrings/belly button rings, nail polish or glitter allowed.** When the weather requires a jacket, **only the jacket from the Falcon wind suit** is allowed. Additional layers may be worn underneath the jacket. Please do not alter the appearance of the wind suit. **Exceptions: National Patches may be sewn onto the sleeves of the wind suit.** If you would like to wear gloves or something to keep your ears warm, they must be red, black or white. **Each cheerleader is required to bring their entire uniform- including body liner and wind suit- to all games. All equipment/supplies will be carried in a black, red or white zippered bag, labeled with the cheerleaders name and organization (NF Falcons).** Any cheerleader not wearing the required uniform will not cheer that day. Wearing only a part of the uniform is never allowed. Either change completely or leave on your entire uniform. **No tank top and uniform combination is allowed. Briefs are not considered shorts.**

Game Conduct: Team members will remain with their squad during all games (including half-time) and competitions. Please do not ask to take your daughter to the "Snack Shack". Make sure she has eaten before the games or competitions. They are allowed to pack a healthy snack. This rule is for all teams.

You will find **DIRECTIONS** to the games on our website. ALLOW ENOUGH TIME FOR TRAVEL. Please note: Each town provides us with directions to their fields and some are less than accurate. **Check Them.**

Uniforms: Game Uniforms will be distributed some time at the end of August. **Cheerleaders must be present to try on the uniform.** A \$250.00 deposit (postdated check) is required. Competition Uniforms will be distributed to the older teams mid-September. A \$250.00 deposit (postdated check) is required. Upon completion of the 2018 season, ALL uniforms will be returned to the Falcons and your check will be returned to you. Uniforms must be returned clean. Anyone not returning a uniform or damaging/altering our uniforms will be billed the replacement cost for the uniform. Washing instructions will be included with the uniform. **DO NOT DRY CLEAN UNIFORMS.**

Competitions: Competitions are a lot of fun. This is the time for all of our cheerleaders to shine. All the squads will perform at our Local and State competitions. We encourage all of our teams to do their best. If you feel your child would be uncomfortable competing or your family cannot commit to the competition dates or practices, please speak to your child's coach or the coordinator as soon as possible (**at the beginning of the season**). We can suggest an alternate plan for your child.

*** Travel arrangements must be made through the proper channels when it is designated by the Falcons, New England Pop Warner, or the National Office. Failure to do so may cause disqualification for an individual or in some cases the entire team.**

*** Please note:** when a team qualifies for post season it is the responsibility of the parent(s) to check with the coach regarding practice times prior to making travel arrangements. **This includes Regional and National Competitions.**

Please remember that games and competitions sometimes coincide with school breaks for Labor Day, Columbus Day, Veterans Day and/or Thanksgiving. Plan accordingly.

The Staff and Coaches of the Falcon Organization are all volunteers. They donate countless hours of their time to our children. They need your support and cooperation at all times. **Do not interrupt the coaches during a practice, game or competition.** If you have any concerns regarding your child please speak to the **HEAD COACH or Cheer Coordinator** after the event. For everyone's safety, only rostered coaches and cheerleaders are allowed in the practice/competition area or on the football field.

Important Dates

August 1, 2018 – Pop Warner season begins

August 18, 2018 – NCTPW Cheer Camp (location TBD)

October 6, 2018 – CT State Cheer Competition (New Haven)

October 21, 2018 – NCTPW Cheer Competition (location TBD)

November 3, 2018 – New England Cheer Competition – JPW/JV (Springfield, MA)

November 10, 2018 – New England Cheer Competition – PW/V (Springfield, MA)

December 2-8, 2018 – Pop Warner National Cheer Competition (Orlando, FL)

Please initial, sign, and date the following. When completed return with your registration paperwork.

Discipline: As a Falcon Cheerleader, use of drugs, smoking, drinking, inappropriate language or disrespect to our staff and/or opposing towns will not be tolerated. Good sportsmanship and a spirit of cooperation are expected at all times. Discipline problems will be dealt with immediately. If there is a situation, the Head Coach will place a call to the parents of the child or children involved. The parents will be required to attend the next practice with their child and speak with the Head Coach and the Coordinator. This will be the only warning. If the problem continues action will be taken to rectify the situation. **Hazing, bullying and/or disrespecting a member of your squad, a coach or another town by email, text messaging, Facebook, Instagram, Snapchat, Twitter etc. will result in immediate dismissal from the squad.**

_____ (parents initials)

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_____ (parents initials)

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When a cheerleader attends a game that they are not scheduled to cheer at they will remain in the stands and off of the field and/or track.

_____ (parents initials)

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_____ (parents initials)

Failure to follow any of the Falcon rules is considered grounds for removal from the squad.

I _____ parent/guardian of _____
(print) (name of cheerleader)

have read, understand and agree to the **2018** rules of the New Fairfield Falcons.

Parent/Guardian Signature

Date