

CHEERLEADING RULES AND GUIDELINES

*It is the responsibility of the cheerleader to cheer during the action of the game. Arrive for the game on time and always be alert.

*SMILE!!! Your performance continues through the entire game. This is not the time to chat with friends, chew gum, eat, etc.

*Uniforms are to be worn for games only unless otherwise directed by the Coordinators.

*Always have all pieces of uniform ready...in your cheer bag. Be prepared for all sorts of weather.

*Uniforms MUST be turned in at of end season...CLEAN. At that point you will receive your refund.

*All Cheerleaders must have their physical form by the first day of practice.

*Hair must be pulled back prior to every cheerleading event. Cheerleaders should not be fixing their hair while cheering.

*No jewelry, nail polish or make-up is permitted during practices, games or competitions. The Raider Squads may wear light make-up.....at the discretion of the head coach.

*If a cheerleader has an injury, she may sit and watch from the sidelines.....the parent is responsible for their childs' welfare...not the coaches.

*A coach must be present when tumbling, stunting or mounting. NO EXCEPTIONS!!!

*Making fun, talking about or just being downright mean to other cheerleaders; SVJFAC squads or opponent squads will not be tolerated. There will be a severe consequence for this kind of behavior.

Head Coach

Cheerleader

