

Herndon Optimist Youth Cheerleading (HOYC) Rules & Code of Conduct

General Rules

- ALL practices are held at the Herndon Middle School Field unless otherwise specified by your child's Coach.
- Be ON TIME. It is imperative that ALL members be on time for appropriate warm-up.
- NO jewelry! If jewelry is worn to practice, the cheerleader will be required to remove it in order to participate.
- NO chewing gum!
- Bring water/drink to practice.
- NO tumbling or stunting without proper supervision from the HOYC Coach and Personnel.
- Hair should ALWAYS be in a ponytail and/or pulled back away from face.
- Proper attire should be worn to practice – t-shirt, shorts/knit or sweat pants, socks and sneakers. No sandals or slip-on shoes allowed.
 - *If proper attire is not worn, the cheerleader will be asked to sit out of practice.*

Attendance Policies

Please do your best to attend all practices, games and events. If your child is going to miss a practice, game or event, please let the coach know as soon as possible. As we prepare dances, stunts and choreography, it helps to know who will be there when so we can adjust if needed.

Cheerleader Code of Conduct

- ALL cheerleaders must show respect to coaches and HOYC personnel.
- Cheerleaders and parents will treat cheerleaders, coaches, officials, HOYC personnel and fans, with respect by refraining from rude or abusive language, actions, or gestures regardless of race, sex, creed, or ability.
 - **HOYC has a ZERO TOLERANCE policy for profane language.** Use of this type of language WILL result in expulsion from the league for duration of season with no refund. A coach or other HOYC personnel must witness use of the language in order for expulsion to be the consequence; otherwise the cheerleader and parent will be notified of the incident and given a warning.
- Cheerleaders will remain personally alert and attentive, refrain from unsafe actions such as throwing equipment or unnecessary physical contact to ensure safe and healthy playing conditions and will encourage teammates to do the same.
 - **HOYC has a ZERO TOLERANCE policy for physical fighting.** Any cheerleader involved in a physical altercation regardless of reason or cause **WILL BE** expelled from the league immediately with no refund. Physical fighting is dangerous to the cheerleaders and coaches and will not be tolerated. A HOYC coach or other HOYC personnel must witness the physical altercation in order for expulsion to be the consequence; otherwise the cheerleader(s) and parent(s) involved will be notified of the incident and given a warning.
- Cheerleaders pledge to exhibit a positive attitude among the team, teammates, and coaches while participating in HOYC. Cheerleaders will not put down other cheerleaders, coaches or HOYC personnel or use any derogatory language toward them.
- Cheerleaders will pay attention to ALL HOYC Coaches in order to show respect, learn the necessary cheerleading skills safely and accurately, and realize that the coaches have given freely of their time to act as HOYC Coaches.
- Cheerleaders will not "talk back" to coaches or HOYC personnel. Cheerleaders are expected to follow the instructions of the coach and respectfully disagree if the cheerleader believes the instruction to be unsafe or incorrect.

Consequences for Failure to Obey the HOYC Rules and Cheerleader Code of Conduct

All consequences listed below apply for all infractions except use of profane language and involvement in a physical altercation. Consequences for these will be handled as outlined in the Code of Conduct above.

First Offense: The cheerleader will receive a documented verbal warning from a HOYC Coach.

Second Offense: The cheerleader will receive a written warning from a HOYC Coach. The written warning will be sent home with the cheerleader and MUST be signed by a parent or guardian before the cheerleader will be allowed to continue participation with HOYC.

Third Offense: The cheerleader, cheerleader's parent/guardian, HOYC Coach and the HOYC Commissioner will meet to discuss the issues. During this meeting an agreed upon course of action to correct the behavior will be decided by the cheerleader, parent/guardian, HOYC Coach and HOYC Commissioner.

Fourth Offense: If the behavior continues, the cheerleader will be expelled from the league without a refund. The cheerleader and parent/guardian will be notified by the HOYC Coach and HOYC Commissioner.

Parent Code of Conduct

- Parents pledge to provide positive support, care and encouragement of children while participating in Herndon Optimist Youth Cheerleading.
- Parents will encourage good sportsmanship by demonstrating respect and positive support of all players, coaches, and HOYC personnel at every practice or other youth sports activity.
- Parents will place the emotional and physical well being of children ahead of any personal desire to win.
- Parents will insist that children play in a safe and healthy environment.
- Parents will support coaches and HOYC personnel working with children to provide a positive, enjoyable experience for all by demonstrating respect and positive attitude.
- Parents will demand a drug, alcohol and tobacco-free environment for children and agree to assist by refraining from their use at all youth sports practices and events.
- Parents will remember that youth sports activities are for the children and not the adults.
- Parents will encourage children to treat other players, coaches, HOYC personnel, officials and fans with respect with respect by refraining from rude or abusive language, actions, or gestures regardless of race, sex, creed, or ability and will also do the same.
- Parents will carefully review the HOYC Rules and Code of Conduct with their child and ensure they adhere to the rules and responsibilities as outlined in the document.
- **Parents understand that a violation of this code may result in the suspension or termination of my participation with HOYC (attendance at practices, games, events) and/or my child's participation in the Herndon Optimist Youth Cheerleading Program.**

By checking the box below, I agree that I have read and understand the HOYC Rules and Code of Conduct to include the sections: General Rules, Attendance Policies, Cheerleader Code of Conduct, Consequences for Failure to Obey and the Parent Code of Conduct. Additionally, by checking the box below, I agree that I understand the consequences as outlined in the document for failure to obey the rules, policies and codes of conduct as set forth by Herndon Optimist Youth Cheerleading and that I have/will review the document with my child to ensure his/her understanding of the Rules and Code of Conduct.