**Cheerleading Rules**

* If you know you are going to miss a practice or game you must notify the coach in advanced of the day and reason for missing.
* All practices and games are **mandatory**. If you miss a practice or game without notifying the coach ahead of time you will sit the 1st half of the following game.
* If you are late to practice without a valid excuse ahead of time:
  + - 1st offense= 10 push-ups
    - 2nd offense = 10 push-ups & 15 crunches
    - 3rd offense= 15 push-up, 15 crunches & you will sit the first quarter of the next game
* If you are late to a game you will sit out for how many ever minutes you were late.
* If you miss a practice before a game with no prior notice you may be taken out of stunt cheers and the half time routine.
* All cheerleaders must show up to the game with the proper attire. If a piece of your uniform is missing you may be asked to sit until have the proper attire.
* No food/candy/gum is allowed while cheering during the game time. You may eat before the game or during half time only.
* No cell phones are allowed while cheering. If they are seen, they will be taken and you will be benched for the rest of the game.
* If an emergency arises making you unable to attend practice/game you are to contact the coach NOT tell another teammate.
* If you are benched for any reason you are to show up to the game at the scheduled time in full uniform and sit with the coach for the entire game.
* During half time **only** you many use the restroom. If you are late getting back you will sit for the third quarter.
* Cheerleaders will be respectful of the other teams. Personal and team consequences will ensue if unsportsmanlike language or comments are made to other team members or fans.
* You must let the coach know before leaving an away game with a parent/guardian.
* There is **NO** talking during sidelines. A cheerleader that is talking in sidelines may be asked to sit for a quarter of the game.
* Cheerleaders who have been taught sidelines and cannot remember them correctly are subject to be benched for the game.
* Cheerleaders will be respectful of their teammates. If an issue arises it will be dealt with on a situation basis.