**Daniels Middle School**

**Cheerleading Rules and Regulations**

**2011-2012**

Head Coach: Danielle Paolotto

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## Requirements

* Have a completed Wake County Sports Participation Form
* Have a current physical
* Be covered by an active insurance policy
* Be able to participate in every aspect of cheerleading
* Be able to attend all practices, games and competitions

## Uniform

* Take responsibility for uniform issued by the school
* Responsible for purchase of the following: briefs, crop top, shoes, and hair ribbons.
* School issued uniform should be cleaned and turned in at the end of the season

## Practice Attire

* T-shirt and shorts
* Cheerleading shoes and socks
* No spaghetti straps or sports bras unless under t-shirt
* No mid drift shirts or any part of stomach showing
* Hair must be pulled back away from face (including bangs) and off shoulders
* No Jewelry
* Nails should be trimmed so they do not show from palm side (Same for Games)
* No tattoos or glitter

## Game Attire

**Shell, skirt, briefs, crop tops, hair ribbon, cheer shoes, and** **no show white socks**. **DO NOT WEAR NAIL POLISH, AND DO NOT DRAW ON ANY PART OF YOUR BODY!!!** If a cheerleader is missing any of the game attire, or has something on that she should not, she will **not be allowed to cheer**.

The above is to be worn on game day **ONLY**. Do not wear game attire to school except on game days. Crop tops will be worn unless the coach decides otherwise because of the hot weather during football season. If you choose not to purchase a warm-up, proper attire will be required to wear underneath uniforms when the weather gets cool. The girls may wear **PLAIN NAVY PANTS** underneath their skirts to school. They may not wear any other pants underneath their skirts!!! If they are seen wearing anything else underneath their skirts on game days, they will not be able to cheer at the game on that day! If you wear a jacket to school that is not a school warm-up/sweatshirt, it should be removed inside the building to show your school spirit!

### Other General Rules

1. Cheerleaders may not attend practices or games if they are absent from school.
2. Call the coach and leave a message, OR email the coach if you are absent from school on a practice or game day.
3. If you cannot participate in practices or games due to sickness/injury you must bring a doctor’s note.
4. No chatting or eating during games (other than halftime)
5. GUM IS NOT ALLOWED AT ANY POINT DURING A PRACTICE OR GAME!!!
6. No using cell phones during practices or games(except emergencies)
7. You must perform your duties at all times (helping with mats, making signs, etc.)
8. You must have good sportsmanlike conduct at all times
9. You must keep a good attitude at all times and cooperate with the coach at all times
10. You must give 100% at all times
11. You cannot practice or participate in a game if you have an **unexcused** tardy on that day.
12. If you fail to dress out for PE on a practice or game day you cannot participate.
13. If you are assigned to any of the following you cannot participate in practice or games for the duration of that assignment, but you must still attend.

ALC - In-school suspension LD -Lunch detention

ASD- After school detention

\*\* If there is a second offense of any of the above, you will be benched for two consecutive

games. Any offense after 2 will result in dismissal from the team.

13. No inappropriate language or remarks to coach or other squad members.

1. Outside gossip or talk about other team members **will not be tolerated.**
2. There will be periodic checks to assure that academics are first. If you become

academically ineligible, you will be notified immediately. You will not be allowed to cheer until your grades go up. If any cheerleader has less than a “C” average in any class at any time, they will be benched at games until their grades reach expectations.

16. Absences are expected to be kept at a minimal, and **only for emergencies (ANY UNEXCUSED ABSENCE 1 WEEK PRIOR TO ANY COMPETITION WILL RESULT IN AN AUTOMATIC BENCHED GAME!!!).**

1. \* Three tardies to practices or a game is an absence

\* Three unexcused (not sick) absences will result in dismissal from the team.

17. This team MUST be your 1st priority. **Cheerleaders will not be allowed**

**to leave practices or games early because of other team practices or other outside engagements.**  This team depends on your presence! **Please make other coaches/instructors aware of your practice and game schedules.**

**Demerit System**

I will be using a demerit system to determine discipline action for breaking **ANY**

of the rules/regulations (note that disciplinary action can also take place for reasons not listed above if appropriate). I will keep a record of demerits with me at all times (keep in mind that the number of demerits received depends on the severity of the broken rule). The system is as follows:

* 3 demerits: The cheerleader will be benched for one game
* 6 demerits: The cheerleader will be benched for two consecutive games
* 8 demerits: The cheerleader will be benched for four consecutive games
* 10 demerits and up: The cheerleader will be removed from the squad

**\*\*\* If a cheerleader is benched, she must still attend the game in uniform and sit with the coach**

**\*\*\*A cheerleader will be automatically dismissed for any of the following: out of school suspension, smoking, drinking, or use of drugs of any kind\***

**Acknowledgement of Rules/Regulations and Discipline Procedures**

**\*\*Please read over and sign this form and return to Coach Paolotto on the Monday Sep. 19th at practice\*\***

**My child and I have read over ALL of the rules/regulations for the DMS Cheerleading Squad, and by signing this form we acknowledge the disciplinary actions that will be taken if any rules are broken.**

Cheerleader’s Name (Print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Name (Print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cheerleader’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you for acknowledging my rules/regulations! I really believe that this will help to run a much smoother season, and I look forward to working with all of you☺