

**2008 Bethlehem Pop Warner
Cheerleading Rules and Regulations**

1. Head, Assistant, & Junior Coaches should be respected and given **full attention** at practices and games. **No talking means no talking.** Their directions must be followed. They are there not only to see that the rules are followed but most of all to make sure that you are kept safe.
2. Cheerleaders must be on time for all practices and games. This includes arriving **at least 1 hour** prior to the start of games to sign in and warm up. Contact your coach if you are unable to attend a practice or game. Four **unexcused** absences from practices and/or games may result in removal from the team. It hurts the entire squad when all members of the team are not present to learn and practice a routine.
3. Cheerleaders should be picked up promptly at the end of practices or games. Continued late pick up may result in removal from the team. Jr. Midgets/Midgets are allowed to leave on their own.
4. At practices, games, and competitions: hair should be tied up; nail polish, glitter, and jewelry (including earrings) are not allowed, with the exception of medical or religious items (must be taped to the body).
5. **Proper attire is required. Practices:** shorts or sweatpants, t-shirts or tanks, sneakers and socks. Jeans, jean shorts, and belly shirts are not allowed. **Games:** uniform, bodysuit, briefs, cheer socks and sneakers, hair tie, and warm up suit during colder weather. (Cubbies are not required to wear the warm up suit; they should wear black leggings/sweat pants and a black or orange jacket/sweatshirt). A rain poncho and black gloves should be kept in your game bag for bad weather. If you are not in proper attire, you will be asked to sit out of the practice or game.
6. No gum chewing or eating candy while practicing or cheering at games. This includes lollipops.
7. Cheerleaders should bring a labeled water bottle to every practice and game – they will be given frequent water breaks. Cheerleaders are not allowed to go to the concession stand during practices or games (with or without their parents). They can bring a snack, or their parents can get them something at the concession stand to be eaten during breaks or at game half-time.
8. Cheerleaders are expected to stand at attention and face the flag during the National Anthem.
9. Cheerleaders are expected to be cheering at the game or watching the game in cheer formation. They should not be standing talking to each other.
10. When a football player on either side is down, the cheerleaders are required to sit or kneel until the boy is up. They can clap and cheer once the boy is up.
11. Inappropriate behavior includes but is not limited to: being discourteous or disrespectful to coaches, other adults or teammates; refusing to listen to your coaches; or using foul or unacceptable language. Such behavior will result in: 1) a warning; 2) being asked to sit out of games/practices; 3) the parent or guardian being required to attend games/practices; 4) removal from the squad. **No refund will be given.**

*Please understand that these rules are intended to help the coaches and cheerleaders have a fun, safe, and organized season. Please contact us with any questions!
Thank you, Maddy Gallucci & Laurie McCormick, Cheer Co-Coordinators*

PLEASE SIGN BELOW AND RETURN THE BOTTOM PORTION.

PARENT _____ **DATE** _____

CHEERLEADER _____ **DATE** _____