



Rules of Conduct for Cheerleaders

CONDUCT:

- Cheerleaders must not use foul language at practices, in school, at games, camps or competitions.
- Excessive public displays of affection are not allowed in uniform.
- Proper appearance is required when wearing your RLLCA uniform.
- Cheerleaders must display proper behavior during practice as well as games. Proper behavior at school is required while in RLLCA uniform.

ABSENCES:

- One person being absent affects the entire squad. It is important to be present so that the squad functions as a whole.
- Too many absences, which will lead to cheerleaders not knowing routines, can result in being benched during games at the coach's discretion.
- Absences should be avoided when possible.
- If absences are unavoidable, please have parents contact the coach to excuse the absence.
- Attendance at practice or a game without proper clothing/uniform will result in the cheerleader being benched. If benched at practice, the cheerleader will not cheer at the following game. (Practice clothing is appropriate length shorts, tee/tank, with socks and shoes. **NO cheer shoes or flip flops.**) If a cheerleader arrives in inappropriate clothing/shoes, it is considered an absence. Uniforms are required to cheer; please send all pieces of uniform with cheerleaders in case of change of weather.

PRACTICES:

- Practice is mandatory.
- Cheerleaders must arrive to practice on time, wearing proper shoes and clothing.
- Hair needs to be pulled out of eyes during practices. Ponytail is best if long enough.
- **NO chewing gum or eating during practices. Water is allowed and strongly recommended.**
- **You must pay attention to your coach. Side conversation during practice, especially during stunts, can result in running laps.**
- All phones must be turned off during practice, performances, and games.
- Missing practices that have valid excuses can still lead to being removed from a routine, a position or stunt, due to not being physically available to practice. This also includes competition practices.
- Safety is our top priority. No excessive horse-playing. Never stunt without the coach present.
- Stunting and tumbling is a privilege. The league will run on a 3-strike system for eligibility to stunt and tumble. If a coach has to redirect a cheerleader multiple times, for behavior, that puts her teammates safety at risk she will receive a strike. Strike 1 is a communication between the coach and the cheerleader separately after practice. Strike 2 will be a communication between the coach, cheerleader, and her parents. Strike 3 will be a communication from the coach to the board outlining the behavior and the recommended consequence. Consequences will be at the discretion of the coach but may include but not limited to: benching at a game, a temporary suspension of stunting privileges, running laps, suspension of all stunting or tumbling privileges, suspension from competition.

GAMES:

- Cheering at games is a privilege, not a right.
- Cheerleaders are required to arrive at least 15 minutes before the game time.
- Cheerleaders are required to dress in full uniform, as directed by your coach, including the approved hair accessories.
- Make-up should be worn in moderation and be age appropriate.
- **NO chewing gum or eating during games.**
- Cheerleaders must remain with their squad during games until dismissed by the coach.
- Socializing with friends while the game is in progress is not allowed.
- All phones must be turned off during practice, performances, and games.
- If benched, the cheerleader will sit in uniform on the bench as directed by the coach.
- Cheerleaders are recommended to wear spirit clothing on Thursdays. This is typically the uniform, as the boys wear their jerseys. However, cheerleaders may wear a cheer (Newcastle spirit) related shirt with black pants/shorts/skirt with regular shoes and cheer bow.

RLLCA Board Members

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