

## **RULES**

### **PLAYER RESPONSIBILITIES & EXPECTATIONS**

- Commit themselves to the whole program and be prompt for all practices and games.
- Be responsible and have a uniform on at all games.
- Listen! Do not talk when a coach, staff representative, parent, or fellow is talking. You must listen to learn.
- Flames Cheerleading will not tolerate any behavior that degrades the opposing teams.
- Players will listen to their coaches and be respectful of their elders.
- Players will take care of the facilities, equipment, and uniforms, which they are given
- Players will make sure to eat the right foods and drink plenty of water before and after practices, competitions, and games.
- Players will avoid taunting and belittling remarks to their teammates or opponents.
- Players will show good sportsmanship at all times, win or lose.
- Players will not make sports a priority over schoolwork or family.
- Players will refrain from horseplay and all other dangerous activities, in which they may become hurt.
- Players will participate for the love of the game and competition and not to win at all costs.

### **GENERAL RULES**

1. All registered players must be between the ages of 8-17 on or before July 31st of the current season.
2. Only cheerleaders and coaches are allowed in the practice areas.
3. No food or gum is allowed in the gym area during practice.
4. Fingernails should be kept short and free from artificial nails and paint.
5. Team members are expected to arrive on time for practice and in the proper attire with hair pulled back away from the face.
6. All jewelry must be taken off prior to the beginning of practice. This includes all body jewelry.
7. All athletes are expected to behave in a respectful manner and uphold all rules and policies at all times. Unsatisfactory acts during practice may result in his/her removal from practice and/or the program.



Goflamescheer.com  
goflamescheer@gmail.com  
www.instagram.com/goflamescheer  
www.facebook.com/goflamescheer

8. There is absolutely no unsupervised spotting in the gym or at an event we are taking part in. This includes cheerleaders spotting each other and parents spotting their children.
9. Disrespectful or abusive behavior, dishonesty, or any form of negative behavior are grounds for immediate removal
10. All athletes are required to purchase and wear the appropriate uniform at all times

### **CORRECTIVE ACTION POLICY**

The Corrective Action Policy is a four-step system designed to forgive a mistake but to firmly address chronic misbehavior.

Step 1 – Verbal Warning - The coach will discuss undesirable conduct with players and parents and stress that this behavior will not be tolerated.

Step 2 – Partial Suspension - The coach will bench the offending player for a specified period of time during a game/practice when she should be cheering/performing/practicing, not to exceed the entire game. The coach will inform parents/guardians of the problem and why the child is sitting out.

Step 3 – Full Suspension - The coach will bench the offending player for one (1) entire game/performance/exhibit/competition/practice when she should be cheering. The coach will inform the parent/guardian of the 3rd offense, at which time the player and the parent(s) must attend a meeting with the Coach and a designated third party before the player is allowed to resume playing. The player will be warned that the next offense will result in expulsion from the league.

Step 4 – Expulsion - The participant on the 4th offense will be expelled and no refund will be given. If the child would like to participate in the following season, the parent will then have to make a formal request to be reinstated.