



RULES AND CONDUCT AGREEMENT

The Howell Area Junior Football League (“HAJFL”) is a community-driven organization committed to nurturing young athletes in football and cheerleading. Focused on skill development, teamwork, and fair competition, HAJFL creates a positive impact on participants' lives while fostering a love for sports.

HAJFL Cheer/Pom Program nurtures young athletes' passion for cheerleading and dance, emphasizing skill development, teamwork, and sportsmanship. Catering to various age groups and skill levels, the program offers training for performances, competitions, and community involvement, creating a well-rounded experience for participants.

The decision to join our program is a serious one and should not be taken with a casual attitude. Cheer and pom are team sports with no second string, so because of this, it is extremely important for every participant to make a full commitment to attend all practices and games. Please read, sign, and return to your coaches or team mom.

ATTENDANCE

- Be on time for the start of practice and plan to stay until practice ends.
- Notify your coach at least 30 minutes before practice or game if you are ill or unable to attend for any reason.
- Absences are counted from the first day of practice until the end of the season. If an athlete has six unexcused absences in that time they will be removed from the team. Religious classes, school related functions, illness or injury are considered excused absences. Things such as dance classes, Scouts, soccer, etc. are considered unexcused absences. Again, we can't stress enough how important it is to have every team member present to be able to practice effectively.
- On game days, cheerleaders are required to report at least 1 hour before the game begins, or as requested by the coach. Any athlete not arriving on time, without being excused, will sit out the number of minutes they are late. If arrival is after the first quarter, they will not perform for half time. Directions to each game are supplied in the weekly newsletter, so this should not be an issue.

UNIFORMS

- Complete uniforms are provided and are required to participate in the game. This includes a cheer vest, cheer skirt, warm up jacket, and warm-up pants. All these items must be with your athlete either on their person or in their bag at every game.
- A bodysuit, shoes, socks, and briefs will need to be purchased by each cheerleader. We will provide a vendor to purchase the above necessary items.
- Uniforms must be clean and well kept throughout the season. Cheerleaders may



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wear their uniforms to school on the Friday prior to game day, but only with parent and school approval.

PRACTICE

- The appropriate practice attire is shorts or pants with an elastic band, t-shirts with sleeves or sweatshirts (depending on the weather), and cheer shoes that tie.
 - NO JEWELRY OF ANY KIND
 - NO METAL HAIR PIECES
 - NO JEANS
 - NO STREET SHOES OR BOOTS
 - NO CLOTHING WITH INAPPROPRIATE LANGUAGE OR SUBJECT MATTERS PRINTED ON THEM INCLUDING ADVERTISING OF ALCOHOL OR TOBACCO
 - NO GUM CHEWING
- All cheerleaders must always wear ALL their hair up and out of their eyes during practice.
- Remember that your appearance is a statement about you, your squad, HAJFL, and the community of Howell.
- Cheerleaders may bring a drink bottle for break time during practices; but remember the cheerleader must pick up any garbage and leave the practice area clean.

GAMES

- Cheerleaders must wear their complete uniform to be able to participate in the game.
- The weather in Michigan can change drastically from hour to hour so cheerleaders are required to bring all pieces of their uniform to every game. (vest, skirt, hoodie, warm-up jacket and pants)
- Cheerleaders must wear **ALL** of their hair up and out of their eyes at all times during games.
- No jewelry of any kind may be worn at games as this is a very serious safety issue.
- No nail polish to be worn during the game.
- No eating or gum chewing during the game. Cheerleaders may bring only a water bottle onto the field during game time. The water bottle may only contain non-flavored water.
- There will be no snacks or food eaten during game time-this includes half-time. Snacks may be provided to the athletes but must be given after the game upon exiting the field.
- There will be **no concessions break** during the game so please come prepared.
- All cheerleaders should pick up all trash in their area of the track or field. Leave your area looking better than when you arrived.

Coaches and student coaches are also required to dress in accordance with this policy for practices and games. They also represent HAJFL and the community of Howell.



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NOTE: Coaches and HAJFL are not responsible for articles left, damaged, or lost at practices or games. Be sure that all your items are labeled with your name.

CONDUCT

Cheerleaders and guests shall ALWAYS display respect when interacting with parent coaches, student coaches, fellow squad members, opposing team members, game officials, or any individuals associated with HAJFL. Swearing, yelling, any verbal or physical gestures of defiance or disrespect will not be tolerated at any time by any cheerleader or parent/guardian/guest.

Leaving a game or practice early because of a disagreement is not tolerated and will be counted as an unexcused absence.

If any cheerleader is found to be posting cruel or inappropriate material on any website or social media about any cheerleader, coach, or player affiliated with HAJFL or any other league, they and their parents will be required to address the HAJFL Board of Directors for review before being allowed to practice or participate in a game. Further participation or possible removal from the team will be determined based on the circumstances.

Infractions of any conduct rule will result in disciplinary action, which may include sitting out during a practice or game, or possible expulsion from the HAJFL cheer program with no refund of the registration fee.

If you have a problem, address it privately with a coach, commissioner, or HAJFL Board Member.

CHEERFEST

The annual LCACC CheerFest competition is held on the last Sunday of October (unless Halloween interferes with scheduling). More information will be sent out as the day gets closer.

Remember that when attending CheerFest, you are representing HAJFL and the Howell Community. Be friendly, courteous, and supportive to all other communities.

SUBSTANCE ABUSE

Reporting to practice or games under the influence, or apparent influence, of tobacco, alcohol, drugs, or any other illegal substance is strictly forbidden. Offenders will be immediately suspended pending the outcome of a meeting with parents and Board Officials. Suspension will be carefully considered but will not require validation of use to remove



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suspected offenders. As with disciplinary action, suspension will be decided by the HAJFL Board of Directors. This will apply to parents/guardians/guests as well.

NOTE: ANY QUESTIONS OR COMMENTS SHOULD BE DIRECTED TO YOUR PARENT COACH, COMMISSIONER OR CHEER DIRECTORS.

By signing below, I agree that I have read and understand all rules contained within the Howell Area Junior Football League Cheer/Pom Rules and Conduct Agreement. I further understand that if I choose not to abide by the above rules, I will face disciplinary action explained within.

Parent/Guardian Signature

Date

Participant Signature

Date