

Orland Jr. Trojans Cheer

Cheer By-Laws

2026 Season

Article I: General Expectations

All cheerleaders are representatives of the Orland Jr. Trojans organization and are expected to conduct themselves in a manner that reflects positively on:

- The Orland Jr. Trojans
- Their cheer team
- Their families
- Their community

Failure to adhere to these by-laws may result in disciplinary action as outlined herein.

Article II: Game Day Requirements

1. Cheerleaders are required to wear their official cheer uniform to games unless otherwise directed by the coaching staff.
2. Cheer uniforms shall **not** be worn to school or other events unless explicit permission is granted by the coaching staff.
3. No cheerleader may leave the game or event premises without direct permission from a coach. **No exceptions.**

Article III: Language & Conduct

1. Cheerleaders must use appropriate and respectful language at all times, whether in uniform or not.
2. Unsportsmanlike conduct, inappropriate language, gestures, or behavior will not be tolerated and may result in disciplinary action.

Article IV: Cell Phone Policy

1. Cell phones are prohibited during practices, games, and competitions.
2. Phones must remain put away from arrival until dismissal.
3. A designated phone area may be provided at the discretion of the coaching staff.
4. Parents and guardians are responsible for contacting the coaching staff directly in the event of an emergency.

Article V: Piercings & Jewelry

1. **No piercings of any kind** are permitted during practices, camps, games, or competitions, including but not limited to:
 - Ears
 - Nose
 - Eyebrow
 - Belly button
2. This policy is strictly enforced for stunting and athlete safety.
3. Clear plastic plugs are permitted **only if used consistently** and approved by the coaching staff.
4. Athletes are strongly encouraged to wait until after the season to obtain new piercings.

Article VI: Hair, Appearance & Grooming

1. Hair must be a **natural color** for all games, competitions, and performances.
2. Required hairstyles will be communicated weekly by the coaching staff and must be followed exactly.
3. **No artificial nails** are permitted, including acrylics, gel extensions, dip powder, press-ons, or overlays.
4. Natural nails must be **short, clean, and neatly trimmed** at all times and may not extend beyond the fingertip.
5. All nail policies are strictly enforced for **athlete safety during stunting and tumbling**.

6. Athletes who do not meet appearance or grooming requirements may be withheld from participation until corrected.

Article VII: Social Media Policy

1. Cheerleaders are expected to represent the Orland Jr. Trojans appropriately on all social media platforms.
2. Inappropriate behavior online—including but not limited to rude gestures, inappropriate language, or inappropriate photos—will be addressed by staff on a case-by-case basis.
3. Disciplinary action may include:
 - Warning
 - Suspension
 - Removal from performances or competitions

Article VIII: Competitions & Qualifiers

1. All designated qualifiers are **mandatory**.
2. Any athlete who does not compete in qualifiers will **not** be eligible to compete at SYF Championships.
3. Exceptions will only be considered in cases of:
 - Documented injury
 - Extenuating circumstances approved by staff

Article IX: Bullying Policy (In-Person & Online)

1. Bullying of any kind will not be tolerated. This includes behavior occurring:
 - In person
 - During practices, games, or competitions
 - Outside of cheer activities, if it impacts the team
 - Online, including social media, group chats, texting, or other digital platforms
2. Bullying behaviors include, but are not limited to:
 - Teasing, name-calling, or mocking
 - Intentional exclusion of teammates
 - Spreading rumors or gossip
 - Harassment, threats, or intimidation
 - Mean, inappropriate, or harmful messages or posts
 - Posting or sharing content intended to embarrass or harm a teammate
3. Cheerleading is a team sport. Athletes are expected to support, respect, and uplift one another at all times.
4. **Reporting Bullying**
 - Bullying may be reported by athletes, parents, or staff at any time
 - Reports can be made to the Head Coach, Assistant Coaches, or Cheer Coordinator
 - Reports may be submitted in person or through BAND
 - All reports will be taken seriously and handled confidentially when possible
5. **Investigation Process**
 - Reports will be acknowledged within 24–48 hours
 - Coaches will investigate and gather information from all parties involved
 - Decisions will be made based on the findings
6. **Consequences**

Any behavior that disrupts team unity or creates an unsafe environment will result in disciplinary action, which may include:

 - Verbal warning
 - Parent meeting
 - Suspension from practices/games
 - Removal from performances or competitions
 - Removal from the team
7. **Parent/Guardian Expectations**
 - Parents are expected to model respectful behavior at all times
 - Bullying, gossip, or harassment by parents (including in group chats or social media) will not be tolerated
 - Concerns must be addressed directly with coaches—not discussed publicly

Article X: Enforcement & Discipline

1. The coaching staff is responsible for enforcing all bylaws and expectations of the Orland Jr. Trojans Cheer Program.
2. Disciplinary actions will be determined based on the severity and frequency of the violation.
3. Possible disciplinary actions may include, but are not limited to:
 - Verbal warning
 - Physical training
 - Parent notification
 - Suspension from practice, games, or competitions
 - Removal from performances or team activities
 - Dismissal from the program
4. The coaching staff reserves the right to make decisions regarding discipline in the best interest of the team, safety, and program integrity.
5. The Orland Jr. Trojans Board reserves the right to review disciplinary actions and has **final authority** on all decisions.

