Burbank Titans Cheerleading Code of Conduct 2022

Hello and welcome to the 2022 cheer season! The following rules and regulations apply to all Burbank Titan Cheerleaders. They constitute the code of conduct each cheerleader is expected to uphold and are in place to help provide a safe environment for the cheerleaders during practices and games. Together we can create a cheering family that will grow together in both spirit and friendship.

Being a cheerleader for the Burbank Titans Football and Cheerleading Association is a huge responsibility. You are an ambassador for our entire organization and the way you present yourself is a direct reflection on us. Because of our strong belief in these statements, we are requiring that each and every cheerleader understand the code of conduct and agree to conduct themselves accordingly.

1. CONDUCT

As official members and representatives of the Burbank Titans Football and Cheerleading Association, cheerleaders should at all times conduct themselves in a proper manner during all Burbank Titan related functions or events. Cheerleaders will display good sportsmanship at all times, on and off the field. During practice, games, and competitions, cheerleaders should refrain from displays of undesirable outbursts of emotion such as talking back, hand jesters, and/or foul language. Disrespect or disobedience is not allowed. You understand and agree to the following:

* 1. I will learn the rules of the sport and abide by the rules, guidelines, and policies of the league.
  2. I understand that my behavior and actions this season may affect my participation in cheerleading this season.
  3. I will not engage in any kind of unsportsmanlike conduct with any official, coach, parent, and participant. I will show a positive attitude at all times.
  4. I will not swear or use abusive language or obscene gestures toward any cheerleader, football player, official, coach, parent or spectator.
  5. I will never threaten, verbally abuse or endanger the safety of any other player, coach, parent, official, or spectator. I will refrain from fighting and focus on supporting my teammates. Any verbal or physical fights at anytime during the season, whether at an organization event or not can result in my automatic dismissal from the team.
  6. I will respect the officials and their authority during all events including competitions. I will not lash out at my teammates or coaches. I will not engage in behavior which is bad or which is undermining to my team and/or teammates.
  7. **There is a zero tolerance for bullying and I understand that this can result in my automatic dismissal from the team. I will not initiate any slanderous or hurtful gossip on the sidelines.**
  8. **I will refrain from posting any negative comments and or pictures on Snapchat, Facebook, Twitter, Instagram, or any other form of social media. Please see attached signature sheet.**
  9. I will show respect for my teammates on all levels, coaches (Head, Assistant and Demo), opponents, officials, judges, spectators, and myself at all times both in and out of Titan activities and events. I will not sabotage the health of the cheerleading program by talking negatively or disrespectfully. Zero tolerance is allowed and may result in my automatic dismissal from the team.
  10. I understand that I may be asked to sit-out for having a negative attitude and repeated infractions may result in being benched.
  11. I will not use my cell phone, I-Pod, computer or any other electronic device during practice, games, or competitions.
  12. I understand that there is a zero tolerance policy in regards to drinking, smoking, drug use, and lewd behavior, etc. No Cheerleader is permitted to partake in any of these referenced behaviors.
  13. I understand that my actions will be monitored by my coach and that inappropriate and/or illicit behavior can and will result in my dismissal from the team.

1. DROP OFF & PICK UP

Cheerleaders should not be dropped off at practices or games unless a member of their coaching staff is present and they should be picked up promptly after each practice and game. All of the coaches put in a tremendous amount of time on a volunteer basis and need to get home to their families after practice. It is important for all parents to be present and /or accessible by phone during practices/games in case of injury, weather, etc.

1. UNEXCUSED/EXCUSED ABSENCES

Since the cheerleaders are always learning new cheers and techniques, safety is a priority; excessive absenteeism jeopardizes the safety of the entire squad. Exceptions may be made for vacations and extended illnesses. In these cases, a parent must see or speak with the Head Coach and the Director of Cheerleading to work out these exceptions. You understand and agree to the following:

* 1. Practice is MANDATORY!
  2. You must be on time to all practices and games. Unexcused absences will result in game suspensions. This may include not being able to participate in the half time routine for that week's game.
  3. I know that Practices are necessary to give me the knowledge and physical conditioning to keep myself safe.
  4. Parents are asked to call the coaches to let them know of absences so the coach can plan accordingly. For an absence to be excused the cheerleader must provide a note or the parent must speak to a team coach.
  5. Social functions (birthday parties, mixers, hair appt. etc) will never constitute an excused absence. If I choose to attend social function and miss practice and/or a game this can result in being benched for the next half time routine and /or removed from the competition routine.
  6. I know that if I choose to sit-out repeatedly for any reason I may be benched a quarter each time and may be removed from the competition routine.

1. TARDINESS
   1. I know that attendance will be taken at 5:30 and if I am not stretching, I will be marked tardy.
   2. I know that I if I am tardy or leave early from practice I may be benched 1 quarter for each infraction.
   3. If I am more than 30 minutes late to practice, on 3 occasions, it will be handled as an unexcused absence.
   4. I understand that if I am not present for the before game warm-up/run-through, I will not be allowed to participate in the games half time routine for safety reasons. Without proper warm-up a participant could injure themselves or another person in their stunt group.

1. DRESS CODE

Proper clothing is required to practice. Please come dressed to work out! Cheerleading is a very active sport and requires constant movement. Restrictive clothing should be avoided. Appropriate attire is defined as a T-shirt or sweatshirt, shorts or sweatpants, and laced up gym shoes with good support and fit. You understand and agree to the following:

* 1. I understand that I must be wearing appropriate clothing during all cheerleading events. Inappropriate dress will result in sitting out practice for my own safety.
  2. I understand that there is absolutely no jeans, tank tops with spaghetti straps, short shorts, flip flops or sandals allowed at practice.
  3. I understand that I may be asked to sit-out for not complying with the dress code and I may be benched for 2 quarters for each infraction and may be removed from the competition routine.
  4. I understand to leave all gum at home. NO GUM CHEWING IS ALLOWED IN OR OUT OF UNIFROM AT ALL PRACTICES AND GAMES!
  5. I understand that Cheerleaders are not allowed to wear jewelry. No rings, necklaces, bracelets, or piercings of any kind.
  6. I understand no make-up or nail polish is allowed at practice, on game day or any competition. Nails should be neat and not longer than the tips of your fingers for safety reasons.
  7. I understand my hair is to be neat at all times. Shoulder length hair or longer must be tied back for all practices, games and competition. When cheering at a Titans Event your hair is to be pulled up in a high pony and you are to wear your teams bow.

1. UNIFORMS
   1. I understand that I am responsible for all cheerleading uniforms and equipment loaned to me.
   2. Uniforms are **NOT** to be worn at the park. If you are coming to the field to hang out before or after your actual game time please bring a change of clothes. If you are caught you will be asked to leave and get a change of clothes.
   3. All items are to be washed and cared for in a proper fashion.
   4. The organization will be reimbursed for the full cost of any item that is damaged, lost, or not returned before the deadline.
2. GAME DAY & PRACTICE
   1. Attendance is required.
   2. I will arrive to the field 1 hour prior to the beginning of the game unless your coach states differently.
   3. I understand that all cheerleaders are required to remove their jackets for the half time routine for safety reasons.
   4. I understand no food can be purchased during a game.
   5. I understand that there is no eating during practices or games. Parents may provide if necessary after the game.
   6. **I will clean up after myself when games and practices are over. If this is not done the team will have to run laps for any garbage left behind.**
   7. **PLEASE USE THE BATHROOM BEFORE ALL PRACTICES.**
   8. We have water breaks during each practice, I understand that I am to bring a bottle of water, do not bring sugary drinks such as pop, kool aid, etc.
   9. I understand that this is a football and cheerleading program **~we cheer in all weather~ BE PREPARED**!
3. COMPETITION

All cheerleaders are asked to participate in two (2-3) competitions per season, included in your registration cost. If anyone will not be available or chooses not to compete, they should let the Coaches know as soon as possible. If any team should go on to the state competition, the parents are responsible for their cheerleader's fees. If you participate in the first 2 competitions then participation in the state competition becomes mandatory.

CHEERLEADER'S AGREEMENT AND AKNOWLEDGEMENT

I will participate to the best of my ability at all times, understanding that Cheerleading is clearly a team sport. It is my responsibility to be a responsible team member by attending practice, giving 100%, and showing dedication, responsibility, respect, and loyalty to my team.

My signature means that I have read the above Code of Conduct and that my coach has discussed each item with the team while I was present. Furthermore, I understand and will obey all the rules and policies stated above. I also understand that if I do not follow the rules and policies that the above stated, disciplinary action will be imposed. I understand that I must share this information with my parent/guardian.

By signing this code of conduct you are agreeing to the terms and discipline outlined. I understand that I cannot participate until this paper is signed and returned.

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Cheerleader's Name (PRINT) Division

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Cheerleaders Signature Date

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Parent/Guardian Signature Date