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# SJC Cheerleader Code of Conduct

Cheerleading is a sport that requires dedication, teamwork, and respect. To ensure a positive and safe environment for all participants, this Code of Conduct outlines the expectations for athletes, parents, and coaches involved in our youth cheerleading program. All members must adhere to these standards to promote sportsmanship, integrity, and excellence.

As a member of a well-established and well-respected cheerleading program, each cheerleader plays a vital role in their team's success. Cheerleading is a team sport, and every cheerleader is important. Participants are expected to attend all practices and games, as consistent attendance is crucial for learning routines and stunts. While we understand that unexpected situations may arise, and an occasional absence may be necessary, missing practice or games without an acceptable reason is not permissible. Excessive absences may hinder a cheerleader's ability to keep up with routines and stunts, potentially leading to limited participation in halftime performances or stunts for that week's game. Your team relies on you, so please make every effort to attend all practices and games.

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## Athlete Code of Conduct:

- **Attendance & Commitment** – I will attend all practices, games, meetings, and other team functions on time.
- **Respect** – I will always show respect toward all coaches and cheerleaders, both on my team and on other teams.
- **Sportsmanship** – I will demonstrate good sportsmanship on and off the field and/or competition floor.
- **Conduct** – I will not fight, use bad language, put down my teammates, or argue with my coaches.
- **Sideline & Competition Conduct** – I will stay within the established areas of the sidelines and team bench during games and remain within designated boundaries during competitions.
- **Coachability** – I will be coachable and arrive at practices and events ready to learn, cheer, lead, and have fun.
- **Team Player** – I will be a team player and always put my team first.

- **Instruction & Leadership** – I will not correct teammates' cheers or teach cheers unless asked to do so by the coach, head coach, or team parent.
- **Clarification on Cheers** – If I have a question about how a cheer is performed, I will ask during a team break or before/after practice.
- **Rule Adherence** – I will obey my coaches and follow all rules of my sport.
- **Substance-Free Commitment** – I understand that the use or possession of drugs, alcohol, or tobacco products, as well as participation in any illegal activities, will result in removal from the team and/or league participation.
- **Equipment Care** – I will respect and take care of my equipment. If I fail to do so, I understand I must replace it at my own expense.
- **Respect for Officials** – I will show proper respect for an official's judgment and interpretation of the rules.
- **Academic Responsibility** – I will perform to the best of my ability in school.
- **Disciplinary Actions** – I understand that unsportsmanlike behavior may result in my ejection or suspension from a game, competition, or league participation.
- **Practice Attendance & Consequences** – I understand that missing practice and games or late notice for an absence may result in limited participation in an upcoming event.
- **Injury Policy** – If I experience a significant injury (whether during practice, a game, an event, or outside of cheer), I must provide a note from a physician clearing me to return and specifying what activities I may participate in.
- **Zero Tolerance for Bullying** – I understand that there is zero tolerance for bullying, gossiping, or negative talk about any fellow teammate or anyone in the SJC program.
- **Respect for Opponents** – I will watch and applaud opposing teams during their "Hello" cheer and halftime routine.
- **Injury Protocol** – If a player on the field is injured and receiving attention, I will stop cheering and kneel quietly without complaint. Once the injured player is taken off the field, I will stand and applaud them.
- **Pride in Uniform** – I will wear my uniform with pride, remembering that I represent my football and cheer organization. I will follow league rules and expectations whenever in uniform—before, during, and after practices and games.
- **Breaks & Hydration** – I will take water, or bathroom breaks in a timely manner and only after receiving permission or notifying a coach.
- **No Gum or Candy** – I will not chew gum or have candy in my mouth while cheering at practices and games.
- **Stunting & Tumbling Safety** – For safety reasons, all stunting and tumbling will only be permitted under the instruction of coaches or designated team leaders. Stunting and tumbling on improper surfaces or outside of practice will not be allowed for participant safety.

## Social Media & Cell Phone Expectations

I understand that social media is not an appropriate platform to speak negatively about coaches, teammates, other cheer squads, or football teams. If I choose to do so, I acknowledge that I may face unsportsmanlike behavior penalties or be dismissed from the SJC league.

I understand that I am representing the SJC organization and that posting any inappropriate photos, comments, or videos on social media may result in penalties for unsportsmanlike behavior or immediate dismissal from the program.

I will use social media responsibly, respectfully, and appropriately. I understand that inappropriate social media use may lead to suspension or removal from the program.

I will not create social media pages or groups related to SJC activities without prior approval.

I understand that my cell phone must remain unseen and unheard during all SJC practices and events.

## Dress code guidelines:

I will not wear jewelry of any kind during any practice or event for safety purposes.

I will maintain short nails, no longer than the pads of their fingertips for safety purposes.

I will attend every game or competition with every piece of my uniform as agreed to by the coach or team parent prior to an event.

Shirts should cover midriffs and no spaghetti straps. Athletic tees and tanks are best. Sports/support bras if needed.

All shorts must cover the entire backside, and undergarments must be always worn. NO booty shorts, denim shorts or short shorts allowed. "Spankie" shorts are an undergarment and not to be used as shorts alone. We are doing stretches, kicks, and jumps so all clothes should be appropriate and keep private areas covered. Athletic shorts and/or leggings are recommended.

Practice shoes must be athletic shoes and appropriate for practice activities.

I will attend every practice with my hair pulled back from my face and as directed by my coach for games and events.

## Consequences for Violations:

Each case of discipline will be judged individually. The SJC Board of directors has the final decision in any discipline situation. Every attempt will be made to discipline fairly and equally and to make the consequences of action known ahead of time.

Parents will be kept informed of the problem situations. Severity of, or repeated offenses, may dictate harsher action.

Failure to adhere to the Cheerleading Code of Conduct may result in the following consequences:

- **Verbal Warning** – A coach, league official, or appointed board member will address the issue with the athlete or parent and provide guidance on expected behavior.
- **Temporary Removal from Practice or Game** – The athlete may be asked to sit out part or all of a practice or game if behavior does not improve.
- **Written Warning** – A formal written notice will be issued, documenting the violation and outlining further consequences if the behavior continues.
- **Parent/Coach Meeting** – A meeting may be required between the athlete, parent/guardian, coach, and appointed board member to discuss the issue and agree on corrective actions.
- **Suspension from Team Activities** – The athlete may be suspended from games, competitions, or practices for a specified period based on the severity of the violation.
- **Permanent Removal from the Team** – Repeated or severe violations, including bullying, disrespect, excessive absences, substance use, or dangerous conduct, may result in removal from the team and/or league participation.
- **Parental Consequences** – If a parent violates the Parent/Guardian Code of Conduct, they may be asked to leave an event, be banned from attending future games, or have their child's participation in the program reevaluated.



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## Acknowledgment and Agreement:

By signing below, I acknowledge that I have read, understand, and agree to abide by the Youth Cheerleading Code of Conduct. I understand that failure to comply with this code may result in disciplinary action.

Athlete Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Name: \_\_\_\_\_ Date: \_\_\_\_\_

This Code of Conduct ensures that all participants work together to create a respectful, safe, and successful cheerleading program. Thank you for your commitment!