



## 2026 Cheer Rules & Guidelines

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### **Attitude and Behavior**

- As a representative of Utica-Shelby Area Rebels Football and Cheer Club, all cheerleaders must conduct themselves in an appropriate manner, in school, on the field, while traveling, at games and/or competitions and out in the community, in and out of uniform.
- Positive attitude, good sportsmanship and being a team player are qualities expected of each team member. Failure to exhibit any of these qualities will be subject to consequences determined by coaches.
- Any behavior that is detrimental to the team aspect or an individual's well being will not be tolerated. All team members must function as a team unit in order to succeed.
- **Performance time is a privilege.** Coaches retain the right to add or take away performance/competition/game time for any team member. This is based on attitude, behavior, attendance and effort at practice, games, competitions, school and outside of school.
- Insults, bullying, trash talking, disrespectful behavior, unwanted touching of another team member or dishonesty towards a teammate, opponent, judge, coach or trainer in any way will not be tolerated. Consequences will be determined by the coaches and may result in loss of participation in games/competitions or dismissal from the team.

### **Communication with Parents & Athletes**

- If an athlete has a problem, question or concern, it is expected they will discuss it with their coach, first. We ask that you encourage your child to do this as it will help them develop problem solving social skills for the future. After the athlete does so, then a parent may contact the coach if needed regarding the issue.
- Parents will adhere to the 24 hour rule and will not confront a coach at a game, competition, practice or event regarding ANY issues they feel need to be addressed. After 24 hours, the parent will communicate with the coach via email to set up an agreed upon time and place to discuss said issue. This discussion will take place at least 24 hours AFTER the situation has come to light. Coaches then have 24 hours, from receipt of the email, to respond.

### **Practices**

- All practices are mandatory. You are expected to be early. Early (15 minutes) is on time and on time is late. Cheerleading is a team sport. We rely on each other's attendance to get the most out of practice. It is very difficult for our coaching staff to properly place athletes in formation. It is even more difficult for the athletes to practice group stunts, spacing and moving to/from formations without all girls in attendance.

- Athletes are to be ready to practice when practice is scheduled to begin. This means, hair up, full practice uniform (shorts, spunks, shirts and bows), water bottles full, bathroom breaks taken and social conversation should be completed by the time practice starts.
- Everyone must come to practice dressed appropriately, including wearing the correct assigned practice clothes, spunks under correct color soffe shorts, no show socks and sneakers. Shirts, shorts and athletic shoes are required at the field at all times. Please do not allow your child to come to practice in cutoff shirts, sports bras or any other clothing that shows midriff.
- Jewelry, including stud earrings, are absolutely not allowed as they are a safety hazard. If your child wears a religious or medical medal, it must be securely taped to her body for every cheer event/practice or game. If you are planning to get your child's ears pierced, PLEASE DO SO AFTER THE SEASON! Even the smallest stud earrings can be ripped out during tumbling and stunting, they will HAVE to be removed.
- Fingernails are to be kept at an appropriate length. Fake nails are prohibited. Appropriate length means the nails are not visible beyond the end of the fingers when viewed from the palm side of the hands.
- Hair is to be tied up, off shoulders and away from the face. Bows are part of our practice uniform and must be in at every practice. All hair devices shall be worn in a safe and secure manner, free of any bobby pins, metal clips or gymnastic clips. Unnatural hair coloring is against policy and will not be allowed at competitions. If you dye your child's hair, please make sure it is a natural color until all competitions are over.
- Stunting and/or tumbling at the practice field or the game field without a coaches instruction, is STRICTLY forbidden. This is a serious safety hazard. There will be severe conditioning punishments for any cheerleader we see tumbling or throwing stunts without instruction.
- Please do your best to make personal appointments, medical appointments or any other scheduled appointment on our off days. Once the season fully kicks off, we will have two days off during the week; holding practices for three week days. Those are great days for any evening appointments.
- Parents must inform coaches, PRIOR to their child missing a practice, game, competition or other cheer function. Failure to do so will result in a no-call/no-show absence. A no-call no-show will result in sitting out  $\frac{1}{2}$  a game. Missing a practice the week of a competition will result in the athlete sitting out of the competition.
- Athletes may not leave practices, games or other cheer events without informing the coach(es) in person. This is our 3H rule, Handshake(Pound it), High-Five or Hug to let your coaches know you are leaving.
- Athletes will not be dismissed to ANYONE other than parents unless prior arrangements have been made with the coach. This means you will need to come to the practice field to pick up your child. They will not be allowed to leave and walk to the car.

- ALL PRACTICES ARE CLOSED!!!! We kindly ask that you drop your child off at the beginning of practice with their teams and then leave the area. Parents are not permitted to be on the practice field but you may watch from the blue line.
- Please do not come onto the practice field for any reason. If your child gets injured, we will come to you or text you. If you need to talk to a coach, please come early to practice, or wait until after the girls are dismissed.
- Bathroom breaks should be taken **before** practice starts. We lose a lot of time allowing bathroom breaks. Coaches will discourage bathroom breaks during practice with conditioning drills, should a girl need to use the restroom.

### **Games and Competitions**

- Cheerleaders must attend all games and competitions as scheduled.
- Cheerleaders must be at the football field or competition site at scheduled time. Failure to do so may result in a partial or full suspension of a game or competition.
- During a game or competition, all cheerleaders are to stay in the designated areas assigned by the coaches.
- Heavy makeup, such as dark lipstick, eyeshadow and eyeliner is forbidden during games and competitions.
- A post-game/competition discussion is mandatory for all team members. Cheerleaders are not dismissed until the conclusion of this meeting.
- Any cheerleader that is suspended from a game or competition must still sit in uniform on the sidelines with the coaches and help cheer on their teammates. Failure to comply will result in immediate dismissal from the team.
- Parents will not be allowed any coolers, large bags, backpacks, cups of any kind, wagons, etc, in any of the school district stadiums. Bullhorns, air horns or sirens will not be used by any spectators at the games. (This is a direct NYFL rules)

### **Uniforms**

- Uniforms are the property of Utica-Shelby Area Rebels Football And Cheer Club. Skirts, shells and warm up pants must be returned to the club at the end of the season.
- Please do not dry or iron your child's skirt or shell. This may damage the lettering and cause fading of the colors.
- If uniforms are not returned or returned damaged, you will be charged the cost of a replacement.
- Uniforms are to be worn for cheerleading activities ONLY.
- Excellent care of all USAR property is expected at all times.

I have read and understand the Utica-Shelby Rebels cheerleading rules and regulations.

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Parent Signature

Date

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Athlete Signature

Date