



# Piedmont High School

## Piedmont High School Cheerleading Regulations Handbook

**\*Please note the PHS Cheerleading Handbook follows and incorporates the rules of the PHS Coaches Handbook and Checklist that can be downloaded off the PHS athletic website: <http://www.piedmont.k12.ca.us/phs/athletics/>**

### Attendance

- All scheduled PHS practices, games, and special events are mandatory.
- Coaches require a 5-day notice prior to all non-emergency absences; 1-day notice for illness.
- There will be a 5-minute grace period prior to all scheduled practices.
- Excessive tardies (5) is equivalent to one absence.
- Two absences prior to an event (game or rally) will result in suspension from that event.
- If a cheerleader misses an event due to excessive tardies or absences, that squad member must attend the game/event and sit with the coach to support the squad.
- **Missing more than 60% of school on game day will result in suspension from that event.**
- **All squad members must attend at 85% of all cheerleading events to letter for the school year.**
- **A minimum of 70% of all events must be attended to remain on the squad and receive physical education class credit. This begins with summer practices starting in August and includes spirit carding, sign making, fundraising, special appearance, as well as practices and games.**
- If a cheerleader is more than 15 minutes late to practice without previously arranged permission from the coach, (s) he will be given ½ an unexcused absence.
- Cheerleaders are expected to be at games at least 45 minutes prior to the opening game ceremonies in order to prepare for a game.
- Cheerleading is a year-long commitment. Cheerleaders who decide to cheer for only one semester will not receive their letter, nor will they receive PE credit. **Also (s)he will not be allowed to try-out the following year.**

### Practices

- **Times: M & W 4:00-6:00p.m. (w/ an unofficial practice on Tues)**
- Practices will be conducted in a disciplined and safe manner. It is expected that 100% effort be given at all times to insure that each practice is safe and successful.
- Proper attire for practice consists of: t-shirt/tank, shorts, cheer shoes, hair secured in a ponytail and **NO JEWELRY**
- These items should be brought to every practice: water, practice clothes, cheer shoes, poms (if necessary), and a positive attitude.
- Cheerleaders are expected to do additional fitness and conditioning exercises and maintain proper nutrition outside of practice to uphold or acquire the strength and flexibility needed to minimize injury and maximize performance.

- **Any and all summer practices are required.** These are important for tightening up motion skills prior to the first football game. Special exceptions will be made for those who already have plans arranged prior to tryouts. All plans must be submitted in writing from a parent. If plans are not made known prior to the start of summer practices, all penalties for missed practices/events will be applied.
- All practices. **Absolutely NO SPECTATORS allowed during practice times.**

### Uniforms/Presentation

- All cheerleaders are responsible for keeping up with their own equipment and uniform. Any lost items will result in a fee to replace the item.
- Uniform must be clean and flawless for every event.
- Cleaning and repair of any damages that may happen to the uniform and shoes is solely the responsibility of the parent and/or child.
- All cheerleaders must wear the outfit instructed to wear to each event in the same fashion. Participation at any and all events will not be permitted if the member does not have the appropriate uniform pieces.
- Hair, nails, and make-up must be of a natural color, look, and style. No extreme styles allowed! (An exception would be if the entire squad decided to paint their nails purple for an event.)
- No visible tattoos or body piercings may be allowed at any time during a cheer event. If something cannot be removed, it must be covered.

### Conduct and Discipline

- Cheerleaders should conduct themselves properly at all practices and events.
- Cheerleaders should cooperate effectively and display excellent sportsmanship at all times.
- Cheerleaders must behave in a manner that best supports the team goals.
- There will be some days when certain aspects of practice and/or game situations will become stressful. Talking negatively or sulking never solves these problems. Always consult with your coaches if you have any problems or concerns before leaving practice.
- Cheerleaders are expected to be supportive of each other at all times. **NO PUT-DOWNS!**

### Zero Tolerance Policy

- Displaying any bad habits such as drug use, smoking, drinking, or any other acts deemed to reflect poorly on the rest of the squad or school will result in dismissal from the team.
- If a cheerleader is caught doing any of those acts in uniform at any place, immediate dismissal will be enforced.
- If a cheerleader attends any cheer event, practice, or school event in a condition that is not deemed safe or proper, immediate dismissal will be enforced.
- First suspension from school will result in suspension from the squad for the time of the suspension. The missed events will count as unexcused absences. Any subsequent suspension will result in dismissal from the squad.
- Fighting, foul language at any cheer event, or reports of misconduct from any PHS administration will result in a one week suspension from cheer.
- **If a cheerleader is dismissed from the squad for any of the reasons listed above, trying out the following year must be approved by coaches and administration pending a behavioral evaluation.**