

2009 Rockaway Rockets Cheerleading
Cheerleader Rules and Regulations

From the beginning of our season (including all upfront planning) through the concluding awards ceremonies, our cheerleaders, coaches and Cheer Board members work very hard to ensure the success of our program. In order for the entire season to run smoothly, positive effort is required from all parties. Please review and sign the Cheerleader Rules and Regulations and make note that compliance in all areas will be strictly monitored and enforced by the Cheer Board.

1. Cheerleaders are an extension of the Rockaway Rockets Football Association, Inc. As such, you are expected to show good sportsmanship and respect to fellow cheerleaders, coaches, board members, spectators and the opposing team's players, cheerleaders and parents. Cheerleaders or parents with concerns must bring them to the attention of the Coordinator or other board member for resolution, never a coach, and such concerns should be discussed out of earshot of other cheerleaders/parents.
2. Mandatory practices will run M-Th during the month of August, 30 to 60 minutes before each game (as determined by the Coordinator) and periodically throughout the season. All cheerleaders are expected to arrive at practices on time, dressed appropriately wearing cheer sneakers and with hair pulled back and stay for the duration of the practice/game. For your safety and the safety of others, please do not wear jewelry to practices or games, and make sure nails are kept short and trimmed. Also for safety reasons, do not chew gum or eat during practices and games.
3. It is important to remain hydrated during practices and games. Therefore, please always bring thirst quenching drinks such as water. Please refrain from bringing soda.
4. Uniforms will be distributed at the beginning of the season. Each cheerleader is expected to maintain proper care of her uniform and return a clean uniform at the end of the season. Failure to do so will result in additional fees and a uniform deposit for the next cheer season. After the halftime routine, all cheerleaders will rotate out to receive a short break, no longer than 5 minutes, for restroom use and a quick snack. Due to the risk of soiling their uniforms, it is recommended that cheerleaders bring water to drink during games and snacks that won't stain uniforms.
5. Cell phones and other belongings should be left in your bag during all practices and games.
6. Each cheerleader is part of a team. In order to effectively perform sideline cheers and the halftime show, the entire team needs to be present and every attempt must be made to attend games and pre-game practices. Please refer to the Parent/Child Handbook for an explanation of excused and unexcused absences and make sure to contact your Team Coordinator well in advance of an event if an absence from a portion or all of an event will occur (as soon as the absence is known). If your daughter has an unexcused absence from a portion or all of a practice or game, she will sit out for a portion of the subsequent game, not to exceed two quarters, as determined by the Coordinator. If your daughter has two or more unexcused absences from a portion or all of a practice or game, progressive consequences may occur up to and including forfeiture of season end awards, no participation in season end activities and removal from the team.
7. Cheerleaders should take time to use the bathroom before arriving to practices and games. If it is necessary to use the bathroom during practice or a game, girls will be excused individually by their coaches or Team Coordinator and are expected to return in a timely manner. For those in pre-clinic through super pee wee levels, a parent or parent-assigned supervisor must escort them.
8. Regardless of the weather, if the football players are playing, the cheerleaders are cheering.
9. If a cheerleader shows disrespect to anyone during a team event, she will first receive a verbal warning. If there is a second incident, she will be expected to sit out for an entire game. If there is a third incident, she will be removed from the team. In accordance with the RT Youth Sports Code of Conduct, flagrant misconduct is grounds for immediate removal from the team, without any warning.

I, _____, have read and reviewed with my daughter, _____, the cheerleader rules and regulations for the 2009 Rockaway Rockets season. I understand that by signing below, I am stating my understanding and compliance to the rules and regulations, including program guidelines, as stated.

Parent Signature _____

Cheerleader Signature _____

Team _____

Date _____