**Westside Youth Cheer Guidelines**

Welcome to the Westside Niners Football and Cheer Season! We look forward to a fun and successful season.

**Conditioning 2 Weeks:** This is **MANDATORY**. All Cheerleaders and Football Players must participate. Conditioning weeks are 5 days a week for 2 hours per day. These mandatory conditioning days must be completed before your child can participate in regular practice weeks.

**Practice: Mandatory:** Per TVYFL, practices are 4 days a week for 2 hours per day prior to the first game. Afterwards, practices will be 3 days per week at 2 hours per day. If the cheerleader is unable to attend, the Head Coach must be notified prior to the start of practice. Cheerleaders may not practice without a valid TVYFL physical form and a signed contract by the parent or legal guardian. Parents may not interfere with practice and must keep a distance between them and their cheerleader.

**Practice/Mascots:** Mascots per TVYFL can only practice 1 ½ hours and not the 2 hours. A parent must be in attendance at practice but must not interfere.

**For ALL at Practice:**

1. Wear comfortable clothes. No midriff, tube tops or spaghetti strap tops. Shorts must be of appropriate length. Must wear socks and athletic tennis shoes. No flip flops, sandals, vans, keds or converse.
2. No gum chewing or candy.
3. No jewelry.
4. No acrylic nails.

**Excused Absences:** Consist of illness or family emergencies from a practice or game. Excused absences can pose a problem for team productivity and are therefore limited to 4 per season. The Coach will review each situation individually for a possible exception.

**Unexcused Absences:** Consist of not showing up to practice without calling prior to a scheduled practice and tardiness if it becomes habitual.

1. Being tardy 2 times in one week will be considered one unexcused absence.
2. Unexcused absences will result in disciplinary action which may include not cheering in the game cheer line or performing during halftime.
3. All cheerleaders should be picked up promptly. Parents should arrive at practice 10 minutes before it is over.

**Games:** Games are **MANDATORY**. Games are on Saturdays and are about 1 ½ hours long. (Super Bowl is an exception. There will be a Sunday of games.) All cheerleaders are to report to their Coach at least 1 hour prior to the start of the game. This could vary per Coach. An adult must be present at all games for each cheerleader. If there is an injury, we must have an adult in attendance to represent the cheerleader. If the cheerleader is late to a game, there may be consequences such as not cheering for a quarter or not participating in the half-time performance.

**Personal Appearance:**

**Hair**

1. Bangs must not come below the eyebrow at games or practice.
2. Shoulder length hair should be pulled away from the face in a ponytail at practice. For games, the Coach will determine the hair style and all girls will comply.
3. Hair needs to be secured with hair bands. Hair pins are allowed to hold hair back but must be discreet. Cheer bows are part of the uniform and only the team cheer bow is allowed.

**Fingernails**

1. Nail polish is not allowed at games.
2. Nails must not extend past the end of the fingers for safety reasons.
3. No acrylics or gel nails are allowed.

**Jewelry**

1. Earrings and jewelry are not allowed at practices or games. Do not pierce ears prior to the season or during the season. This is for safety reasons.
2. Jewelry of any kind- watches, pins, bracelets, or visible piercing is not allowed when cheering at practices and games.

**Makeup**

When in uniform, cheerleaders should wear only light lipstick and natural color blush. Mascara, eye shadow and eyeliner need to be worn at a minimum.

**Uniform**

1. Uniforms and shoes are to be clean at all times. Magic erasers are great for the white cheer shoes. Uniforms are to be washed on delicate cycle and **never** put in the dryer.
2. Uniforms are to be worn only at games and on spirit day if your school allows. This includes shell, skirt, briefs, bows, shoes and warm-ups.
3. No pins, ribbons or buttons are to be worn on the uniform when cheering.
4. Cheerleaders must wear full uniform at all games, unless permission was granted by the Board prior to the event.
5. Uniforms shall all match and consist of:
6. Shell
7. Shell with body liner
8. Skirt
9. Briefs
10. Socks
11. Shoes
12. Cheer Bow
13. Warm-ups
14. Pom poms

**Stunting**

It is not permitted to practice any form of stunting or pyramid building without the Cheer Coach and 2-3 adult supporters at any time. Remember safety first. No practicing on any concrete or asphalt surfaces. If violated, the cheerleader(s) will be suspended from cheering.

**General Team Rules:**

1. Cheerleaders are to maintain sportsmanship at all times. Cheers are to be positive in nature.
2. **Respect** should be shown to all volunteers at all times. This includes Youth Cheer and Football Coaches, Assistant Coaches, Board Members and Parent Volunteers.
3. Conditioning and good nutritional habits are necessary for your success as a cheerleader. Conditioning will be a part of daily practice including running and calisthenics.
4. Any discussion with the Coach regarding personal business should be conducted outside of practice time. Please schedule a time to meet or discuss with the Coach before or after practice or call the coach at home.
5. There will be no cheering while there is an injury on the field at any time during the game.
6. Cheerleaders may not chew gum during games.
7. Cheerleaders may not approach the goal posts or go on the field at any time during the game.
8. Spray bottles and water bottles are allowed on the track area.
9. Recommendation: Each team is encouraged to exchange a gift with the opposing cheer team at halftime. This will be done at Home games only. Gifts are to be decided by the individual teams. Gift suggestions include small bag of candy, lollipop with ribbon, etc.
10. There will not be any profane language or gestures or acts of unsportsmanlike conduct from the cheerleaders, their family or from any member of the cheerleading staff.
11. If a cheerleader is removed from the team due to unsportsmanlike conduct, inappropriate behavior, showing disrespect or disregard for the rules, they will not be eligible for any type of award or be allowed to participate at the Awards Banquet.

I have read and acknowledged the Westside Youth Cheer Guidelines.

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Parent Signature Date

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Cheerleader Signature Date

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Cheerleader Printed Name Level