

**Mid-Carolina High School  
Jr. Varsity and Varsity  
Cheerleading Rules and Regulations  
2010-2011**

**Participation and Attendance**

1. ALL home and away games during football and basketball season.
2. ALL fundraisers.
3. ALL practices for games and competitions.
4. ALL competitions.
5. Varsity will participate in ALL pep rallies. JV will participate in the Homecoming pep rally and any other pep rallies deemed necessary.
6. JV will participate in the Homecoming football game.
7. Extra activities (parades, festivals, clinics, etc)
8. Kiddie Camps.
9. Conditioning, weight training and strengthening programs.

**Practice Sessions**

1. Attendance is required for all practices.
2. If a squad member misses the schedule practice before a game, they will sit the game out, fully uniformed, beside the coach.
3. Being late for practice will not be tolerated. You are tardy if you arrive 1 minute after the scheduled practice time or game time. Consequences for being late: Running or pushups. 1 minute = 1 lap or 5 pushups.
4. Practice schedule will be communicated to each squad member. (During competition time, practice could be every day.)
5. You will not be allowed any unexcused absences from practices for each season starting in August. Medically advised or family emergencies will be the only accepted excuses. All excuses must be given to the coach within 3 days of the absence.
6. The coach must be notified of possible tardies for academic reasons. A signed note from the teacher is required.

**Attendance for Games**

1. Only excused absences are allowed from football and basketball games. Excused absences include medical absences, family emergencies and absences deemed appropriate by the coach. All excuses must be given to the coach within 3 days of the absence.
2. Extra activities (parades, clinics, pep rallies, etc.) - attendance counts as a practice.
3. If you quit the squad or are terminated from the squad, you will have to wait one year before trying out again.
4. You must arrive at the scheduled time before the game. Consequences for being late for a game are at the discretion of the coach.

### **Cheerleader Conduct and Responsibilities**

1. Do not bring food or drink into the new MCHS gym.
2. Bring poms and hair ribbons to every game!
3. Be ready to cheer when you get off the bus
  - A. **Cell phones up until AFTER the game and we are on the bus. This includes halftime.**
  - B. Shoes on, hair up, jewelry off (belly rings included), uniform ready.
  - C. **NO GUM!**
4. No food on the field while cheering (also a SCHSL rule).
5. Do not arrive late to leave for away games, otherwise, you will be left and may be dismissed from the team.
6. Before leaving a game, home or away, clean up the area you cheered in. All trash must be disposed of.
7. You must stay on the field or in the cheer area during half time as a group. During halftime cheerleaders will be allowed to go to the restroom and to get something to drink. Cheerleaders are not allowed to go into the stands, hallway or locker room to socialize. Cheerleaders must have a squad member or coach with them at all times.
8. You must be ready to cheer 2 minutes before third quarter begins.

### **Uniforms**

1. Uniforms (i.e. skirt, shell sweater, etc.) and pom-poms will be provided by Mid-Carolina High School.
2. Each squad member is responsible for the care of the uniform. If a uniform is damaged beyond repair, the responsible squad member will be required to replace the uniform.
3. Wear uniforms only in conjunction with school events. Cheerleading paraphernalia may only be worn by Mid-Carolina High School Cheerleaders.
4. Keep hair out of the face at all times. **White ribbons are required when you are representing Mid-Carolina High as a squad.**
5. Fingernails should be no longer than fingertip length.

### **Financial Responsibilities**

6. Each cheerleader will be responsible for purchasing the following items (but not limited to):
  - a. Shoes & Socks (white socks only)
  - b. Bloomers
  - c. Hair Ribbons
  - d. Camp Tuition
  - e. Warm Up Suit
  - f. Practice clothing
  - g. Monthly gym Fees (May- November)
  - h. Hoodies/sweat pants
  - i. Competition T-Shirt
  - j. Cheer Bag

### **Discipline**

1. Anyone that is caught or can be proven guilty of using drugs, alcohol, or smoking will be dismissed from the squad instantly. **This includes pictures posted on Facebook, Myspace, etc.**
2. Any cheerleading problem needs to be addressed with the **Coach FIRST**.
3. Any disciplinary problems will be dealt with on an individual basis.
4. Any cheerleader who has been suspended from school (ISS) cannot practice or cheer in any game until the day after the athlete has met the suspension requirements. Any cheerleader suspended (ISS) twice within the same season may be dismissed from the team.
5. Any cheerleader suspended from school (OSS) will be considered for immediate dismissal from the team.
6. Any cheerleader involved in fighting or disturbing schools will be considered for immediate dismissal from the team.

### **Transportation**

EVERYONE MUST RIDE THE BUS **TO** ALL AWAY GAMES. **TO AND FROM COMPETITIONS**. If a cheerleader has an extenuating circumstance it will be dealt with on an individual basis.

### **Competition**

1. Participation in competition events will be based on the squad's performance level and/or the Coach's decision.
2. **From August 1<sup>st</sup> through the final competition date - you will not be allowed to miss ANY days of practice or competitions. Please note that in September we may be practicing on weekends.** If you miss a practice or competition you may be immediately removed from the squad.
3. **The participants of the competition squad are at the discretion of the coach.**

### **Safety Rules**

1. We will follow the safety rules and guidelines provided by the South Carolina High School League. These rules may be found at [www.schsl.org](http://www.schsl.org) under the Competitive Cheer section. The rules and guidelines must be followed, no exceptions.

### **Camps and Clinics**

1. It will be a requirement for each cheerleader to participate in Cheerleading Camp and Competition Camp.
2. It may be necessary for each member to pay for his or her attendance at camp, if fund-raising is not successful.

***\* As the coach I reserve the right to handle any concerns, issues, and problems as they arise during the cheerleading season. Any major changes or addendums to these rules and regulations will be given to the cheerleader and expected to be shared with a parent.***

Please return this portion.

By signing below, you indicate that you have read and understand the above rules and regulations. You also agree to adhere to these rules and regulations and understand that failure to do so will result in disciplinary action. **PLEASE READ THEM VERY CAREFULLY!**

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Student Signature

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Date

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Parent Signature

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Date