



OHS CHEERLEADING RULES AND REGULATIONS 2017-2018

****PLEASE READ EACH PAGE AND INITIAL AT THE BOTTOM****

Cheering at Oasis High School is something to be proud of. Once you are selected you become an ambassador for OHS. Therefore, all OHS cheerleaders will abide by the rules set forth and will behave appropriately at all times, inside and outside of school.

The purpose of the OHS cheer squad is to:

- Strive to maintain enthusiasm, good sportsmanship and school spirit at every athletic event
- Promote interest in school activities
- Teach teamwork and pride through maintaining high standards
- Teach individual success by developing responsibility, self-respect, and character
- Encourage honest efforts, improve athleticism and strive for perfection
- Support the OHS athletic programs
- Perform skills involved in cheerleading which promote the following:
precision of movement, aesthetic movements and tumbling movements

Requirements:

- FHSAA Consent and Release form PRIOR to Team Tryouts
- All cheerleading forms must be turned in along with all athletic fees before the start of the season
- Each member must maintain an unweighted 2.0 grade point average
- Each member must maintain proper character

Selection of Cheerleaders/Tryouts

- Tryouts are closed to the public
- Cheerleaders will be evaluated on the dance, tumbling and jumping skills, motions and most importantly ATTITUDE
- Tryout dates will be determined by the coaches. These dates are the only time a candidate may try out for cheerleading unless the following occurs:
 - A candidate misses over $\frac{3}{4}$ of the schedules tryout dates (school day inclusive) due to illness or injury. **They must have a written doctors**

note explaining reason for absence. The coaches will make a decision within 24 hours if they will allow a tryout makeup date at that time.

- A candidate gets severely injured during tryouts (basic sprains, pulled muscles, cuts and bruises do not qualify as a severe injury). The coaches have the right to make the candidate continue with her tryout if they feel the candidate cannot go on by his/her own decision a doctor's report must be given to the head coach within 48 hours after the tryout date. The coaches will then decide if they will allow a tryout makeup date.
- Candidates are expected to dress in athletic apparel with tennis shoes. **No T-shirts that display former affiliation to the cheer team are allowed**
- Candidate must have their hair pulled back from their face.
- Any disturbance from a candidate will result in removal from the tryout and/or possibly trying out.

Uniforms:

- Uniforms will be provided by the school
- Coaches will make decisions regarding any uniforms
- Each cheerleader is responsible for the cost of her own shoes, socks, ribbons or bows, briefs and camp attire that will be ordered through the coaches
- Uniforms may NOT be worn on any other day then game day without the coaches permission
- Any part of the uniform provided by the school MUST be returned to the coach at the end of the cheerleading season, The uniform must be cleaned when returned
- Any part of the uniform that is lost or stolen must be replaced by the cheerleader
- Uniforms will only be worn by the cheerleader that they have been issued to

Individual appearance:

- All cheerleaders must be in their uniform at games
- Cheerleaders must have their hair pulled up and away from their face. Hair must be worn up for all practices. Hair must be a natural color.
- All tattoos must be covered.
- Piercings should be covered.
- All grooming such as curling hair, brushing hair, and putting on make-up must be done prior to showing up for games, performances or bus rides.

- Fingernail polish is not acceptable unless it is a French manicure or clear nail polish. **Nails must be kept short, this includes acrylic, gell etc.**
- There is absolutely NO gum chewing during any cheerleading function
- **Shoes must be cleaned before every game. White no-show socks must be worn to every contest unless directed otherwise**
- **Cheerleaders may not wear any jewelry while cheering**
- Failure to comply with the appearance rules will result in a warning. After being warned, inappropriate appearance will result in discipline deemed appropriate by the coach.

Practice Sessions:

- Practice will be scheduled at least twice a week during sport seasons.
- The head coach will schedule all practices.
- The head coach will be the only person to cancel practices.
- All practices are mandatory and will start promptly at designated times.
- Valid reasons for missing practices or games are as follows: illness of individual or death in the family (guardian must verify with the head coach)
- **Cell phones must remain in cheer bags during practice.**
- Tennis shoes or cheer shoes must be worn to all practices
- **Partner stunts, pyramids and gymnastics are prohibited without the consent and immediate supervision of the coaches and/or assistants at any practice, game or authorized cheer event.**

Games:

- **Cell phones must remain in cheer bags during games.**
- No cheerleader shall ever participate in unsportsmanlike cheers, gestures, or other actions.
- No member shall be excused during a game even temporarily without consulting the coach first.
- The team must resume cheering two minutes prior to the start of the game and of the start of the 2nd half.
- Poms and signs must be brought to every game.

Attendance:

- In order to participate in any cheerleader-sponsored activity, the student must have attended a full day of school on the day of the activity.
- If a member misses ANY practice, it will be up to the coach's discretion as to whether or not the cheerleader will perform for that week's performance. Either way, the team member will still be required to attend the performance.

- All members must attend each activity in its **entirety**.
- All appointments should be scheduled so they do not interfere with team activities.
- Work is not considered an excuse for missing any activity. An unexcused absence from school will result in an unexcused absence on the team.
- All prearranged absences, tardies or need to leave early must be given to the coach at least 24 hours in advance and may or may not be considered an excused absence.
- All absences/tardies must be documented in written form (from your parent, doctor, teacher, club sponsor, etc.) and given to the coach.

Team standards:

- Stunt smart: if the flyer hits the ground, the whole squad conditions.
- Negativity: all negative comments, if said at a team event, must include a positive comment or a solution or not be said at all. This includes social media.
- If a cheerleader quits during the season they will NOT be allowed to tryout the following year.
- Team members should be leaders within the school and set a good example at all times.
- **Smoking, drinking, and/or drug use are grounds for dismissal. Any reference to these activities on social media will be grounds for removal of one game. If it occurs a second time, removal from the team.**
- All cheerleaders must go and return in the provided transportation, unless they have the authorized transportation form filled out.
- In school suspension will result in missing one game. One game for every day of ISS.
- No PDA in uniform or during any event associated with OHS cheer. Remember you are an ambassador for the school and should set an example for everyone.
- Truancy from school can result in dismissal from the team.
- **NO USE OF CELL PHONES DURING PRACTICES OR GAMES ARE ALLOWED**

Volunteering/Fundraising:

- All parents and guardians are encouraged to help with fundraising and volunteering with our team.
- All cheerleaders are strongly encouraged to participate in the fundraisers, however, if you do not wish to participate you are able to pay a buy-out fee.

Demerits:

OHS Cheer will be governed by a demerit system that is outlined below. Cheerleaders will be given a demerit form to sign acknowledging that they understand why they received the deduction and that they will do what needs to be done to correct the situation.

One Demerit:

- Tardiness (excused or unexcused) to any team activity.
- Leaving early from a team function.
- Improper uniform at a performance, activity, or practice (including jewelry, proper hair accessories, nails etc.)
- Forgotten props or accessories
- Cell phone use at team functions
- Not clearing tardies or absences with coach 24 hours in advance.
- Uncooperative behavior at practice (ie rolling eyes, laying around on the ground).
- Failure to turn in forms or fundraising money on time.

Two Demerits:

- Disrespect towards coach, captains, team, other team or school faculty.
- Loss of equipment/uniform.
- Not completing tasks delegated by coach.
- Use of inappropriate language.

Three Demerits:

- Unexcused absences
- Unfavorable reports from teachers.
- Behavior unbecoming of a cheerleader (in or out of school)
- Posting inappropriate or negative comments on any form of social media.
- Detention that results in missing any part of practice.

Immediate probation from one game:

- Caught not showing team spirit, socializing during team time or not knowing the material.
- Internal suspension.

Demerits can be deleted by completing volunteer work for the school.

An hour of volunteer work = 1 demerit.

TEAM MEMBERS

- 2 (two) total demerits = removal from ½ of a performance.

- 4 (four) total demerits = removal from the entire performance but must still attend the game in uniform.
- 5 (five) total demerits = suspension from the squad for two weeks. The cheerleader may not attend any team activities and will be placed on alternate status for the first week back on the team (this means he/she must attend the games in full uniform but sit the bench). After completion of the 'alternate week' he/she will be able to resume regularly scheduled activities. If deemed appropriate, the suspended member may be demoted to an alternate member for the remainder of the season.
- 6 (six) demerits = dismissal from the team.

***The list of demerits is not all-inclusive. These guidelines cannot cover all situations. The head coach reserves the right to handle special cases. For an infraction, which repeatedly occurs, a more stringent solution may be in order. The head coach will determine what that solution will be. Demerits are given by the head coach and can be given at the suggestions of fellow coaches or the captains. Finally, these guidelines have been implemented to strengthen each squad member's sense of responsibility to herself and the squad. They have been designed to build a higher caliber cheerleading squad with an impressive reputation!

I _____ agree to the terms and conditions given to me by Coach Tutterrow and I understand that if I choose not to abide by the rules and regulations for the 2017-2018 season I will receive demerit/s for each infraction. I also read the student-athlete handbook provided by our athletic director and I will abide by those regulations as well.

Student signature-_____

I _____ parent of _____ understand the rules and regulations and I will do my best to encourage my daughter to abide by them. I also read the student-athlete handbook provided by our athletic director and I will abide by those regulations as well.

Parent signature-_____