

PCYFC Cheerleading Rules:

1. Parents will communicate with coaches if a child is to miss/arrive late to a practice or game.
2. All cheerleaders will wear appropriate attire to practices. (ie, tennis shoes or cheer shoes, weather appropriate clothes.)
3. Cheerleaders will have their hair up and out of their face for both games and practices.
4. Cheerleaders will NOT be wearing jewelry to practice and games (stud earrings are ok.)
5. ALL cheerleaders will need to STAY with their coach until they are dismissed from the coach. % 7/8 cheerleader parent's will need to come to the track to pick up cheerleader. 9/10 11/12 we will need acknowledgment that you are watching your kid come to you.
6. Cheerleaders will bring water bottles to practice and keep their water bottle in the designated spot their coaches have created.
7. Cheerleaders need to stay with coaches at all times, both at practice and games.
8. Cheerleaders will need to stay in designated areas during breaks at practice and games.
9. Cheerleaders will need to wear FULL uniform to games (uniform top, bloomers, skirt, socks, white cheer shoes, bow, and when needed thermal top.)
10. Parents will need to supply white cheer shoes, if bloomers and thermal tops are needed the Cheer Director will order for you. PCYFC will supply uniform tops and skirts to every cheerleader. Uniforms will need to be returned at the end of season.
11. To be able to cheer in the following seasons, all prior uniforms must be turned in. If not, parents are responsible for purchasing a new one.
12. Uniforms should be free of stains, this is the parents responsibility.
13. Cheerleaders will use the restroom prior to practice.
14. Cheerleaders will be expected to listen to all coaches, and respect all coaches.
15. If a cheerleader is disruptive during stunting practice they will be asked to sit out. Stunts can be dangerous, especially if a child is not listening or paying attention
16. If a cheerleader misses practice without communicating to the coach they will not be able to participate in any special routines gone over in that week.
17. 9/10 and 11/12 Cheerleaders will learn all basic cheers to the best of their ability outside of practice time. This is to ensure that practice time is used to learn more advanced skills and cheers/chants.
18. Snacks and drinks for games will be assigned, if you are unable to bring your snack or drink for that week's game communicate that to your coach. We will help switch the schedule around or help if needed.
19. Any sponsored, cheerleader, parents are required to volunteer at home games.
20. 50/50 raffles at home games will be scheduled. If you cannot participate in your scheduled week, let a coach know so we can switch the weeks.
21. 7/8 9/10 11/12 cheerleaders will perform in a competition. % cheerleaders will go to competition, however will not be judged.
22. Parents will need to stay for practice, if for any reason you need to leave, speak to your coach. If you leave, you will need to be back by the end of practice. Parents that plan to sit on the field will need to sit outside of the practice area, and not in front or behind your child's age group.

PCYFC Cheerleading Rules:

Please sign, acknowledging you have read, and understand PCYFC Cheer Rules. Please turn this page into your Coach or the Cheer Director. The rule page is yours to keep.

Cheerleader's Name (print) _____

Parent's Name (print) _____

Parent's Signature _____

Date: _____