

FRANKLIN HIGH SCHOOL  
CHEER TEAM  
Cheerleaders and Mascots

Contract: Rules and Regulations

**MISSION STATEMENT:**

The Franklin High School cheer team is an athletic team with the focus on providing school spirit, positive role models and support for ALL Franklin High School athletics and activities throughout the entire school year.

**I. GOALS AND BEHAVIOR EXPECTATIONS:**

- A. To promote school spirit and pride
- B. To gain self-confidence, responsibility and develop leadership skills
- C. To promote and initiate positive sportsmanship within and between schools
- D. To develop a sense of unity and teamwork
- E. To understand the responsibilities of a spirit leader at FHS:
  - 1. At all times, set an example of school spirit, pride, integrity and dignity.  
Remember it is a privilege to represent your school
  - 2. At all times, set an example of school leadership
  - 3. At all times, maintain grades as required by the FHS student/athlete handbook.
  - 4. At all times, maintain a respectful and positive attitude towards advisor, school administration, all cheer team members, staff and students
    - **Failure to abide by this can result in a violation or strike. See strike rules below**
- F. Attend ALL required sporting events and other events as designated by the advisor
  - **Failure to abide by this can result in a violation or strike. See strike rules below**
- G. During all athletic events: **(Football and basketball- including postseason)**
  - 1. Arrive prepared to cheer at the designated time
  - 2. Direct student body and adults in their support of the teams and school
  - 3. While cheering for games, appropriate behavior will be enforced. Personal discussions during the game or while cheering are not allowed. Cheerleaders need to watch the game and remain aware of the progress of the event.
    - **Failure to abide by this can result in a violation or strike. See strike rules below**
  - 4. Attention should be given to the game and proper crowd involvement and **not to significant others** (significant others, family, friends, etc) in the crowd and/or checking your cell phone. This includes during halftime and quarter breaks.
  - 5. It is unacceptable for a spirit leader to sit out of cheer practice, rally or any part of the game without approval from the cheer advisor.
    - If a cheerleader is sitting out, they are responsible for learning the material at practice or following along with the game. Cheerleaders need to be present and actively participating as much as possible while sitting out.

6. Wear only the appropriate uniforms with **no modifications** during the game unless prior approval has been given by the advisor (example: spirit week). The appropriate uniform must be worn to and from the game
  - Game day attire at school will be outlined by the coach. You only wear cheer shoes with uniform/warmups. When raining, cheerleaders may wear black or white shoes if they are not wearing their cheer shoes.
  - **Failure to abide by this can result in a violation or strike. See strike rules below**
7. When cheerleaders are wearing the appropriate uniform, no jewelry, apple watches or face paint is acceptable. Additionally, hair must be pulled all the way up or in approved team style, no gum will be allowed during the game or practice
  - **Failure to abide by this can result in a violation or strike. See strike rules below**
8. While in attendance at sporting events as a spectator, continue to set an example of school spirit, pride, integrity and dignity
  - **Failure to abide by this can result in a violation or strike. See strike rules below**

**H. During Rallies:**

1. Wear the appropriate uniform, but not costume, the entire day, even if it's not a game day
2. Lead your class during class competitions
3. Be prepared to perform cheer or song routines when asked by the rally directors, teachers or administration.

**I. Develop communication skills. A successful season will be achieved if lines of communication and respect are kept open among the squad members, the advisor, the coaches, and parents.**

1. All cheerleaders are required to join the team BAND to communicate with the team and coaches.
2. Cheerleaders will be responsible for promptly communicating with their parents, Games, important dates, and updates.

**J. A positive attitude will be the only attitude accepted in the spirit environment.**

**II. QUALIFICATIONS:**

- A. The cheer team will follow the extra curricular and co-curricular activities, athletics, and eligibility for grades and behavior as outlined in the EGUSD Student-Athlete Handbook.
- B. The cheer team is recognized as an athletic team; therefore, each squad member must meet the requirements of all FHS athletes.
  1. Each Cheerleader/mascot must have a Sports Physical (dated after May 1, 2024), an Athletic Permission Form, and Concussion Form turned in to Mr. Cody date TBA so he/she can receive an Athletic Clearance Card.
- C. During the school year, any cheerleader/mascot who becomes academically ineligible for two consecutive or a total of 3 grading periods will be removed from the Cheer Squad without a refund.

**III. EXPENSES:**

- A. All qualified students will be afforded the opportunity to try-out for the cheer team. Final team selection will be based on criteria presented prior to tryouts. No student will be

adversely affected if he/she is unable to meet the suggested financial standard. Any student who is unable to meet the standard should contact the cheer coach.

- B. Upon selection as an FHS Cheerleader, it is understood and agreed that a uniform is required and the expenses for the uniform will need to be paid to the uniform company at the deadline they establish. You will **not** be paying Franklin High School.
  - 1. If any required item of the uniform is lost, misplaced, altered or damaged, a new item must be purchased. Depending upon the lost item, the spirit squad member may have to “sit out” until the item is replaced.
  - 2. Any alteration to the uniform must be cleared in advance by the Cheer Coach.
- C. Uniform Approximate costs: For Returners: \$550 - which includes new practice wear (3 shirts, 3 sports bras and 3 shorts). Male uniform cost - \$850 which includes 3 camp shirts, uniform (shirt, pants and shorts) shoes, socks and jacket. New members - \$1,400 which includes everything listed above plus an additional - full uniform (liner, shell, skirt) 3 sports bra, 3 shorts, black October liner, warmup pants and jacket. Mascots \$150 - practice wear. All members of the Cheer team will have the opportunity to fundraise to help pay for uniforms.
- D. Uniform Options: cheer backpack - \$130 (can be purchased later, but are strongly recommended.) Other Franklin Cheer spirit wear \$50 - \$120 per item - completely optional.
- E. Cheerleaders are encouraged to attend Cheer Camp during the summer. The cost for the Summer Cheer Camp will be \$530. The cost for Camp Clothes is included in the prices listed in section 3c. (Camp clothing items are needed by cheerleaders and mascots, even if they do not attend camp) Cheer camp costs will be paid directly to the Cheer camp or through Booster account by the deadline they establish. You will **not** be paying Franklin High School. Additional camps may be scheduled during the year and the Cheer program will offset the costs through fundraising and donations.

#### IV. FUNDRAISERS:

- A. Fundraisers will be held to help defray some of the above expenses.
- B. All team members are required to participate in group fundraising events
- C. Parents will be asked to sign up for at least one of the following events: Fireworks booth, Football Concessions, or other committee.

#### V. ATTENDANCE:

- A. Cheerleaders/mascots must attend school for a minimum of 2 block or a block and 2 mini classes on the day of an event. The missed periods must be accompanied by an excused absence, cleared through the FHS attendance office.
- B. If an extra practice is necessary, the coach will give a 48 hour notice. Each member must then be at that practice or she will receive a consequence.
- C. A cheerleader must be on time for all cheer events including but not limited to practices, games, camps and appearances.
  - **Failure to abide by this can result in a violation or strike. See strike rules below**
- D. A cheerleader must not leave early for all cheer events including but not limited to practices, games, camps and appearances. (anything over 5 minutes late or leaving early count as an absence)
  - **Failure to abide by this can result in a violation or strike. See strike rules below**

- E. Absences cannot be used for mandatory events, games or practices, such as:
  - Homecoming practices
  - Rally practices
  - Practice prior to game day
- F. Excused absences to practices or games will be for the following reasons **only** and will not count toward the (3) absences.
  - School sponsored events
  - Religious Events (With prior approval)
  - Illness with a Doctor's note
  - Sport related activities previously discussed with coaches
- G. It is the duty of the cheerleader/mascot to notify the advisor in the event of any absences or tardies from an activity or an athletic competition within a week of the missed event, though the earlier the better. Prior approval must be given by the head coach in order to be excused from an event.
  - **Failure to abide by this can result in a violation or strike. See strike rules below**
- H. In the event of any absences or tardies, the cheerleader will be responsible for filling out the Google Form listing the date, what event they are absent/late to (practice, game, rally etc.), and the reasoning for being absent or tardy.  
<https://forms.gle/jdV761pbUzxqWhBK8>

#### VI. TRANSPORTATION:

- A. Transportation will not be provided by Franklin High School. All Cheer members must follow EGUSD policies and fill out the appropriate paperwork for driving to events and/or riding with the teammates' parents.
- B. Students may not drive other team members to events.

#### VII. BEHAVIOR:

- A. No swearing or inappropriate language during game or on social media
- B. No inappropriate behavior outside of games/practices either. If we are notified of such behavior, you can be placed on probation. You represent the team 24/7/365
- C. No attitude... to anyone especially when in uniform/costume
- D. Cell phones are not allowed during cheer (allowed half time and coach-specified practice breaks)
  - **Failure to abide by A - D can result in a violation or strike. See strike rules below**

#### VIII. SAFETY (Cheerleaders)

- A. Hair must be worn securely out of the face and fingernails must be kept short
- B. Shorts and sweatpants must be free of buttons, zippers, pockets and strings. Sweatshirts must be free of hoods, pockets, and drawstrings. Athletic shoes must be worn at all times.
- C. No jewelry may be worn at practice or at games. Band-aids or taping over piercings is not allowed. Girls who have a new piercing will still be required to remove for any event in which stunting occurs
  - 1. I understand that I will be required to remove EVERY piercing during the daytime at camp. I understand that my coaches will do periodic checks. I understand that if I do not abide by this rule, parents will be called to pick me up from camp with no refund.

2. During any cheer function, I understand that I must remove jewelry that is exposed and can cause harm to any fellow cheerleaders during stunting. (at the discretion of the coach) If I choose to wear hidden jewelry, I do so at my own risk.
3. If I choose to have acrylic nails, they must be kept at a length of no more than 2 mm (the width of a key) above the fingertip; otherwise, I will be turned away from practices/games with the consequences of an “unexcused absence”
  - **Failure to abide by A - D can result in a violation or strike. See strike rules below**

## **IX. VIOLATION RULES**

- A. 3 violations of the following rules = 1 strike
  1. Violations can include but aren't limited to: disrespect to coaches and team members, wearing jewelry, not wearing proper attire, not being game day ready, chewing gum, not having appropriate nail length, being on electronics during games and practices, excessive talking during games and practices
  2. In the event of a cheerleader breaking any of the violations above, the cheerleader will be responsible for filling out the Google Form listing the violation they were given <https://forms.gle/jdV761pbUzxqWhBK8>

## **X. STRIKE RULES**

- A. The following count a 1 strike
  1. Being late or leaving from any cheer event including but not limited to practices, games, camps and appearances for 5 or more minutes
- B. The following count as 2 strikes
  1. Unexcused absence from all cheer events including but not limited to practices, games, camps and appearances
  2. School suspension
  3. Any type of physical altercation
- C. Strike consequences
  1. 1 strike = whole team conditioning
  2. 2 strikes = individual and partner rolling team mats after practice
  3. 3 strikes = conversation with a parent or guardian and will not participate in the upcoming performance
  4. Anything over 3 strikes...including another violation = removal from the team
- D. A cheerleader/mascot is allowed up to 3 Strikes during the cheer season. If a cheerleader/mascot has 3 strikes, a meeting will be scheduled with the Head Coach, Cheer Advisor, Cheerleader, and Parent(s). The Cheerleader/mascot may be removed from the team.
- E. IF YOU ARE REMOVED FROM THE TEAM OR YOU QUIT THE TEAM, YOU WILL BE INELIGIBLE TO TRYOUT THE FOLLOWING YEAR

**YOU WILL NEED TO SIGN THE ACKNOWLEDGEMENT PAGE OF THE TRYOUT PACKET**