

Ridgetop Junior High School

Cheerleader Rules & Regulations

1. Be in **complete uniform** on all game days and for all Pep Assemblies.(School dress code applies)
2. Be at all games, practices, other events and meetings unless prior arrangements have been made with coach **prior** to the event or this will be considered an unexcused absent.
3. Be on time for all scheduled events.
4. Cheer in a sportsman-like manner and perform with **enthusiasm** and **commitment** for each event throughout the year.
5. Keep a **positive** attitude at all times.
6. Accept **constructive criticism** from the coach and other team members.
7. Each cheerleader may participate in other sports throughout the school year except volleyball season.
8. Cheerleaders are to be at practice the day before a game or pep assembly to perform at the event. Exceptions will be made at the coach's discretion.
9. **No** jewelry of any kind at practice or events and finger nails must be sport length. **(WIAA and NFHS Rules)**
10. Hair must be pulled back in pony tail off shoulders during all sanctioned cheer activities. **(WIAA and NFHS Rules)**
11. Display appropriate behavior at all cheer events and conduct myself in an appropriate social manner in my personal relationships. Remember you are representing Ridgetop Junior High at all times.
12. I am aware, understand and will follow the CKSD Athletic Code. (RJH will enforce the code, rules and policies)
13. **Cell phones will be turned off during all cheer events.**
14. Failure to comply with the above Cheer Rules and School Rules **May** be subject disciplinary action.

Cheerleading is a valuable experience for everyone involved. I sincerely hope that it will be an enriching and worthwhile one for your daughter. I am looking forward to an enjoyable and successful year!

Please signifying by signing below that you will be supportive and assist in following rules and regulations.

Signature of Cheerleader

Signature of Parent or Guardian

Please retain a copy for your own records