



21-22 BUNCHE MS CHEERLEADING

RULES AND REGULATIONS

Purpose:

The purpose of the cheerleading program is to promote and uphold school spirit, develop a sense of good sportsmanship among students and to strive for better relationships between schools during all athletic events.

I. General Objectives:

Above all, cheerleaders are student athletes and must strive to achieve a higher standard both academically and physically. They must be dependable, responsible, cooperative, disciplined, enthusiastic and willing to devote time to their squads while continuously striving to improve their skills. Cheerleaders should be respectful to, and cooperative with, the coaches, fellow squad members, peers, teachers, administrators and parents. Disrespect of any kind does not reflect the image we uphold and will not be tolerated. Cheerleaders are leaders in the school and must conduct themselves as such both on and off campus. Most importantly, they should remember that cheering for the Bunche MS Cheerleading Program is a privilege, NOT a right. Appreciate your position and be the very best person that you can be.

II. Attendance:

As a member of the Bunche MS Cheerleading Program, you are required to contribute your part. When one person is absent, the entire squad suffers. This causes ineffective practice time. As a result, the following attendance rules are necessary and must be enforced:

1. All appointments such as doctor, orthodontist, etc. **MUST** be scheduled around all cheerleading activities. Early release from or late arrival to practices and/or performances is unacceptable with exception to required school functions such as orchestra, band or chorus concerts
2. Cheerleaders **MUST** be present at all practices, games, playoff games & events, performances, camp and any other activities designated by the coaches. Requested absences must be submitted in Text to Coach Young and each will be addressed on an individual basis to determine if the absence is excused or unexcused.
3. If a cheerleader is ill or in quarantine, notify Coach Young via text message.
4. If a cheerleader is going to be late to a practice or game, notify Coach Young ahead of these situations.

The Bunche MS Cheerleading Program follows the Atlanta Public School System Calendar and required cheerleading activities during the school year will be determined based on the schedule established by the APS Middle School Sports Program and the school system calendar.



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Sidelines will not have practices on days that school is out, however; all games are required including Labor Day Weekend and Fall Break Weekends.

III. Athletic Events:

1. Chewing gum is not allowed while in uniform and candy is not allowed during games/performances.
2. Food or drinks (other than water and gatorade) will not be allowed on the track at football games.
3. Personal belongings will not be allowed on the track (i.e. cell phones). All cheerleaders need to store personal belongings in their cheer bags until the game has officially ended. Cheerleaders should never be seen texting or using electronic devices when on the track.
4. Squad members should arrive to Bunche 1.5 hours before the game's start time. They will then be transported to the game. If a parent wishes to drive their cheerleader to the games, notification should be given to the coach one hour before the game's start time.
5. Cheerleaders will not leave the cheering area without the permission of the coach.
6. Cheerleaders should refrain from talking to spectators during the game (do not walk up to the fence to visit with friends and do not yell out to spectators in the stands).
7. Cheerleaders are expected to remain in their assigned spot during games/ performances and not wander the track to talk to spectators or other cheerleaders.
8. The cheers will be divided and designated to each cheerleader.. Failure of any squad member who does not know the cheers will be handled by the coach.
9. All squad members must report to the coach prior to leaving any event to receive
10. No one is allowed inside the fence except cheerleaders & coaches during games.

IV. Behavior and Discipline:

As a member of the Bunche MS Cheerleading Program, you are expected to maintain behavior above reproach because you are a leader in the school. Consequences for violating any regulation in the document will be at the discretion of the coaches and will be handled according to the By-Laws, Rules and Regulations, Discipline Policy, and Code of Conduct. Keep in mind the following rules as you conduct yourself:

1. Any behavior, which is deemed by the coaches as reflecting poorly on the intended image of the school or squad, is subject to dismissal from the program.
2. We encourage all cheerleaders to use all modes of social networking (Facebook, Instagram and texting, etc.) with caution and responsibility. Please be aware that any actions are not only a reflection of you, but a reflection of the entire program. If a post is deemed inappropriate cheerleaders will be asked to remove the post and could potentially lead to removal from the squad.



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3. Cyber bullying of any nature is **not tolerated and will result in squad dismissal**.
4. Insubordination and disrespect to the coaches and/or squad will NOT be tolerated.
5. FIGHTING, Inappropriate dancing, Smoking, vaping, drinking, use of drugs or profanity will NOT be allowed and is subject to dismissal from the program at the discretion of the coaches.
6. Skipping school is subject to dismissal from the program. Probation, suspension, or removal from the squad may be necessary as deemed by the coaches.
7. Suspension from school for ANY reason is subject to dismissal from the program.
8. Because games are held on Atlanta Public School System premises and occasionally the property of other school systems, guidelines set forth by those systems must be honored. (No drugs, weapons, pagers, cigarettes, alcoholic beverages, etc. are to be brought onto school property.)
9. At no time should any coach express any disciplinary action in a demeaning or negative manner. Decision regarding discipline should be made objectively. Parents who disagree with a coach will follow the procedures outlined in the Bunche MS Cheerleading Booster Club By-Laws, Article V., and Section 1 (F). The direct approach of a parent to a coach is not acceptable. Appropriate steps for addressing a grievance are outlined in the By-Laws.

Appearance:

Each cheerleader is required to purchase a full uniform (shell, skirt and liner), warm up suit, bloomers, sports bra, rain jacket, gloves, pom poms, megaphone, shoes and hair bow as well as practice apparel. The warm up suits provide more protection from the outdoor elements when cheering and are more suitable for colder or inclement weather than the uniform alone and must be carried in the cheerleader's Bunche cheer bag at all times. Uniforms will be worn during all games, performances and competitions as well as other times deemed appropriate by the coach. We encourage spirit wear to be worn to school on the Friday before game days. Failure to be in proper uniform as described by the coach on any occasion will result in disciplinary action.

1. A coach must not permit a team member to participate if the participant does not conform to the 'Complete Uniform'. The complete uniform is to include shell, body liner, skirt, bloomers, sports bra, warm up pants and jacket, gloves, rain jacket, hair bow, pom poms, megaphone and selected cheer shoes with white no show socks. These must be packed in gym bag and brought to all games.
2. Uniform for practices includes the scheduled practice shirt and shorts, cheer shoes, and hair up in a ponytail.
3. **Jewelry must NOT be worn** except for religious medals, which shall be taped to the body (without chain) under the uniform. (This includes all piercings. It is acceptable to use a plastic plug to prevent holes from closing up. New piercings are vulnerable at



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practices when stunting. **Since jewelry is not allowed, piercings should be done in the off-season;** February 1 to May 31)

4. Unduly long fingernails, including artificial nails, can become a safety hazard. Therefore, **NO artificial nails in cheer season.** Fingernails must be kept short to minimize risk for the participants. (**Only clear polish** can be worn **when in uniform**).
5. The hair must be worn in a high center ponytail, puff, or bun with the appropriate cheer bow. Shorter hair (less than shoulder length) can be worn half up with the cheer bow. The coaches will let the girls know if their hair is the appropriate length to be worn down. This is a safety precaution as they are taught how to stunt. Coaches may ask girls to fix their hair if they arrive to a practice or game and it is not up in a high center ponytail.
6. A bow WILL be required for practice. The required team hair bow is the only hair accessory allowed for games.
7. Glitter on one's hair, face, uniform, costume or body is not allowed for sidelines and is illegal for competitions.
8. Participants are not permitted to chew gum during practice or when in uniform.
9. Participants are not allowed to have candy in their mouths during practice or performances (sidelines or half-time).
10. Food or drinks (other than water) will not be allowed on the track at football games.

Take pride in your appearance! After all, everyone can see you while performing. In general, looking your best will reflect well on your fellow squad members as well as on yourself.

VI. Violations of the Rules and Regulations

Any violations of the rules and regulations will be addressed through the Discipline Policy and Code of Conduct.