**Saratoga Pop Warner Cheerleading Rules and Regulations**

General:

* We have a **ZERO TOLERANCE** policy for bullying, consequences will be strictly enforced and may result in dismissal from the program without refund. First complaint will removal of all parties from practice, discussion will be held with children, parents and pop warner staff to discuss event and how to proceed.
* Athletes/parents are expected to conduct themselves in a responsible and respectful manner on social media, you are a direct reflection of our program.
* Saratoga Pop Warner is committed to each athlete’s success in learning within a caring, responsive, and safe environment that is free of discrimination, violence, and bullying. Our program works to ensure that all athletes have the opportunity and support to develop to their fullest potential and share a personal and meaningful bond with people in the Pop Warner community.
* Athletes and parents are expected to have respect for all other athletes in the program.
* Athletes and parents are expected to have respect for coaches, athletes, parents, and other members of every program they encounter. Any problems/issues should be addressed to a board member privately at an appropriate time (during practice or games are not appropriate times).
* Athletes and parents should engage in good sportsmanship like conduct while attending all SSPW events.
* If an athlete or parent is having an issue of any kind we ask that you go directly to your team coach first. Who will then escalate to the appropriate person.
* Appropriate language is to be used by athletes and parents at all SSPW events.
* If an athlete is injured during a SSPW event please notify the coach immediately.
* A $2500 deposit (via check) will be required for all uniforms issued. The check will only be cashed if the uniform is not returned or it is returned with a significant amount of damage. The uniforms are property of SSPW and we ask that you care for and respect them.
* Uniforms should be worn for SSPW events only (competitions, games, fundraisers…etc.) and Fridays to school before a game Only. If you wish to wear your uniform for another reason please ask your teams coach first.
* A $50 deposit (via check) will be required per family. Each family is required to complete 1 shift in our concession stand. Your check will be returned to you immediately following your shift. You can “Opt Out” of volunteering by paying the $50 up front.
* A $200 deposit (via check) for fundraising will be required per family. Each family is required to participate in our group fundraisers. Once your family has participated and turned in your sales your check will be immediately refunded. All fundraisers must be turned in by 10/1. All outstanding fundraisers will have their checks will be cashed 10/2. (You will be responsible for any returned check fees) You can “Opt Out” of fundraising by paying the $200 up front.
* Cheerleaders are strongly encouraged to participate in any other fundraising events. Fundraising allows us to keep our costs the lowest in the Captial District. If we do not fundraise we will need to increase or registration cost.

Dress Code/ Practice Rules:

* **Athletes should be appropriately prepared for practice.**
* All jewelry should be removed prior to practice.
* Nail polish is not allowed. Nails should not be fake/acrylic and cut to an appropriate length (not past the finger tips).
* Clothing with strings, zippers, and buttons are not allowed. (i.e.: denim, cargo, etc…)
* Clothing should be loose fitting and comfortable to practice in.
* No exposed midriffs, spaghetti strap tank tops, inappropriate length shorts, or clothing containing profanity.
* Sports bras and spandex shorts should be worn under clothes when necessary.
* Hair should be up and out of the face without the use of clips or barrettes.
* Cheerleading sneakers should never be worn for practice. Game/Competition use only.
* If glasses need to be worn a glasses strap must be used.
* Each athlete needs water for practice.
* Food/snacks are not allowed during practice.
* Athlete cell phones should be left at home or in their bag for the entirety of practice.
* All athletes are expected to help get out and put away mats.

Behavioral Warning Guidelines:

* 1st Warning: Cheerleader will be asked to sit down and take a break from the event.
* 2nd Warning: Cheerleader will be asked to sit for the remainer of practice and discussions with parent and coach will be held
* 3rd Warning: Removal from practice. Removal will qualify as an absence and attendence rules will apply.

Attendance:

* Athletes should be on time for practices, games, competitions, and any event. A

few minutes early is always a good idea.

* If an athlete is going to be late, absent, or needing to leave early please make

sure to notify you coaches ASAP.

* Attendance Policy:
* All practices are mandatory.
* All home and away games are mandatory.
* All competitions are mandatory.
* NJ Competition/Disney competitions are mandatory. If you do not wish to have your child participate in theses competitions coaches need to be notified on DAY ONE of practice BEFORE competition routines have been taught.
* Excused absences from practice/games include: religion, mandatory school

events, family emergencies, and illness. Coach must be notified in advance.

* More than 3 unexcused absences will result in consequence and possible removal from the competition routine.
* If an athlete is late to a game they will be asked to sit out for half of the game.
* “No call no shows” will result in consequence. If an athlete is not in attendance within the first 15 minutes of practice/game without informing a coach it will be considered a “No call No show”
* Girls that cannot be checked in at a game due to lateness or other violations will be considered a no show
* Excessive amount of tardiness will also result in consequence and possible non-participation in competition.
* If an athlete is injured or sick and it requires missing more than one practice a doctor’s note must be turned in. If an athlete is injured and must sit out due to a doctors note, a doctors note allowing the player to return must be provided.

Attendence Guidelines:

* 3 absences = 1 game sit (cheerleader will be required to attend but will sit and not cheer)
* 2 missed games = no participation in competition. (Cheerleader will sit at practice during the times that they are learning competition routines)

Please sign and date this sheet and return it to your team coach.

Keep the rules and regulation portion for your records.

By signing this document you understand the

rules and regulations and agree to adhere to them at all times.

Parent Signature/Date

Athlete Signature/Date