

Cheerleader Code of Conduct

EAST BAY BUCCANEERS YOUTH CHEERLEADING RULES In order to establish a more orderly organization, the Board of Directors, have established a set of disciplinary rules by which all cheerleaders and their coaches will abide. Those rules will be used as a guideline for the Board of Directors Disciplinary Committee in the event it is deemed necessary. All cheerleaders will be expected to conduct themselves in a manner that will have a positive reflection on our league. It is the responsibility of each cheerleader and his/her parent/guardian to read and fully understand the consequences that will result if there are any infractions of these rules. Cheerleading is a team effort requiring hard work and dedication. Cheerleaders are to cheer in a manner to promote team spirit and support their fellow cheerleaders. Remember, Cheerleaders are athletes too!

The Tri County Youth Football and Cheerleading Conference (TCYFCC) and the East Bay Buccaneers Youth Football & Cheerleading Organization define the full season as beginning of July through December 31st. Basic conditioning begins June 1st as determined by TCYFCC. Head coaches will be responsible for communicating to their team the conditioning schedule.

Practices

Practice Schedule

- *Weeks 1- 4 of the season: Monday – Friday 6:15pm to 8:15pm*
- *Weeks 5 & 6 of the season: Monday – Thursday 6:15pm to 8:15pm*
- *Week 7 through the end of the season*: Monday, Tuesday, and Thursday 6:15pm to 8:15pm*

1. All practices are mandatory. The only excused absences will be for attending church, school functions, illness, vacations, and family emergencies. It is very important that even though they are excused, that you notify the head coach as soon as possible.
2. Practice schedules are subject to change due to weather, holidays, and competition season. Always show up to practice regardless of the weather at your home, unless you are notified prior to leaving.
3. IT IS MANDATORY THAT PARENTS/GUARDIAN STAY WITH THEIR CHILD DURING ALL LEAGUE FUNCTIONS! There must always be a parent/guardian (or someone 18 years and older) at all practices, games, competitions, and any other league functions in case of emergency or inclement weather. You must make arrangements with the head coach if you will not be on-site. If you drop your child off without any prior arrangements with the head coach, your child will be considered abandoned, and he/she will be taken to the Hillsborough County Sheriff's Department. This also applies to parents that sit in their vehicles. The head coach must know ahead of time and have a way to reach you. We may not have time to find you in the event of an emergency.
4. ALL paperwork must be turned in and registration money must be paid before you can begin practicing with your team.
5. In order to participate in half time during the games, cheerleaders are required to attend all practices. It is solely up to the head coach's discretion if you can perform during half time. That decision will be based on what you missed at practice in your absence. The head coach will let the cheerleader know at the next scheduled practice or game as to whether they will sit out or not. It is the cheerleaders and/or parent's responsibility to notify the head coach if the athlete will not be attending a practice or game. If the head coach is not notified, it will be considered an unexcused absence. Do not send messages through other cheerleaders.
6. Practices for competitions are also mandatory unless prior approval was received from the head coach. The head coach will inform the cheerleaders and parents when practices will begin for competitions. If you are unable to attend the competitions, please notify the head coach as soon as possible.
7. Cheerleaders will be given a break during practice; normal break time is 15 minutes. This time is to be used for eating a snack and going to the bathroom. This is not time to run around, play tag, go to football practice areas, or leave the area in which they are practicing in. If they need money for concessions or a drink, make sure it is with them. They will not be permitted to go across the field or to the parking lot to get money from

parents/guardian. Parents, please make it a point to know when your child's break is and bring them what they need if it isn't already with them.

8. Electronic devices (cell phone, iPad/tablets, smart watches etc.) should be placed inside cheerleader's bag prior to practice starting. It is at the head coach's discretion if they will allow the use of electronic devices during break. The Board of Directors and coaches are not responsible for any damage to any device. **NO ELECTRONIC DEVICES ARE PERMITTED IN CHANGING AREAS.**
9. **NO CHEERLEADER IS ALLOWED TO PARTICIPATE IN STUNTS/PYRAMIDS OR TUMBLE WITHOUT THE SUPERVISION OF THEIR HEAD COACH OR HIS/HER STAFF.**

Uniforms

1. Uniforms are to be washed each week. **DO NOT** dry in the dryer. If your uniform is not clean on game day, you will be asked to turn in your uniform.
2. You are not allowed to eat in your uniform **WITHOUT** a coverup.
3. **DO NOT** wear your uniform to the game if you must come earlier than your designated time.
4. When wearing your uniform on game day, it must be the complete uniform. You should not wear your shell with shorts or skirt with tank top. You are representing your team therefore we want a complete uniform. You will be given 1 reminder and if it continues, you will be asked to turn in your uniform.
5. If you must stay at the park after your game is over, you must bring a change of clothes and change out of your uniform. You will be given 1 reminder and if it continues, you will be asked to turn in your uniform.
6. You are not allowed to wear **ANY** part of your uniform to school (skirt, shell, uni-fit) and the uniform is **NOT** a Halloween costume. Do not wear your uniform to a restaurant to eat in. Again, after a game, you should change your clothes. If you break this rule you will be asked to turn in your uniform.
7. Jewelry is not allowed (post earrings that cannot be removed must be covered with tape or band aid). During competitions, all jewelry must be removed. **NO EXCEPTIONS.**
8. Shoes and socks are to be kept clean and competition shoes are **NOT** to be worn to games or during practice.

Competitions

1. Competitions are scheduled at the beginning of the season but are subject to change. If one is cancelled another competition could be scheduled in its place and can be on a different date and location. The head coach will communicate as soon as information is known.
2. Competition months are normally October and November of the season. Please schedule your family events accordingly so that your athlete doesn't miss practice or competition.
3. On the Saturday before a competition the cheerleaders are required to wear their away game uniforms.

Hygiene

1. Hair must be kept clean and pulled back out of face in a hair tie during practice. The Head coaches will provide direction on what is required for games and competitions.
2. Athletes should use perspirant/deodorant.
3. All cheerleaders should wear bloomers especially fliers and tumblers.

Practice and Game Rules

Violating any of these rules at practice or games is punishable at the head coach's discretion or Board of Directors if necessary and could result in suspension from a game or multiple games. If a parent or player disagrees or has any complaints, this should be discussed with the head coach first. If a resolution cannot be reached, then the matter should be taken up with the Cheer Trustee. The Cheer Trustee will then make the final decision on the matter. If a resolution is unable to be reached by the Cheer Trustee, the matter will be submitted to the disciplinary committee for final review and resolution. At no time will a public discussion of a problem be conducted. Concerns and problems

are to be discussed in private with the head coach and/or Cheer Trustee, not in the presence of uninvolved parties and NEVER in the presence of any child.

1. No gum or candy unless on a break
2. Do not be late unless prior notification is given to the coach.
3. No leaving games or practices early without prior approval from the coach.
4. Do not be late to designated practices prior to games (coaches will communicate arrival time on Thursday at practice or through group notification such as text or app).
5. Do not be late returning from break.
6. Do not be absent from practices or games. If you have 3 or more absences from games, you will be ineligible for competitions.
7. Do not violate any uniform rules.
8. Do not practice stunts without approved supervision and acknowledgement from your head coach.
9. Do not be a disruption to practices or games. This includes talking back to the coaches, trainer and/or directors and horsing around etc. Doing so will result in a suspension for the first half of the next game that the cheerleader is present.
10. Do not have a poor attitude or be uncooperative. This includes ignoring coaches/trainers/directors, not giving a full effort, rolling eyes, walking away from practice etc.
11. Do not be disrespectful of coaches, team parents, trainers, or fellow cheerleaders. This includes name calling, making fun of others, Bullying etc.
12. No profanity, abusive language or obscene/inappropriate gestures at any East Bay Buccaneers or Tri County activity.
13. No gang related paraphernalia will be tolerated.
14. No fraternizing with other athletes during practice or when in uniform. Doing so will result in the suspension of the first half of the next game that the player is present.
15. We will not tolerate any poor sportsmanship towards any other organization, before, during or after the game. Doing so will result in the suspension of the first half of the next game that the player is present.
16. Any player caught using any illegal substances, tobacco, vape products or alcoholic beverages at any Tri Country or East Bay Buccaneers activity shall be suspended for the next game that the player is present. Further suspension may be added as deemed necessary by the Disciplinary Committee.
17. We will not tolerate any inappropriate physical confrontations (fighting) KEEP YOUR HANDS TO YOURSELF. Any violation of this will result in a minimum one game day suspension. Further suspension may be added as deemed necessary by the Disciplinary Committee.

Any player in the East Bay Buccaneers organization which continues to violate the cheerleading rules as stated in this document is subject to a review by the Disciplinary Committee. The Disciplinary Committee's review could result in a disciplinary action from a verbal reprimand to the dismissal of the athlete and/or family from the East Bay Buccaneers organization with no refund.

Player Name _____ Team _____

Signature of Parent/Guardian _____ Date _____