

Moon-Crescent Athletic Association

Cheerleading Rules

It is the purpose of the MCAA Cheerleading Program to uphold the ideals of leadership as established in these rules. They will promote good sportsmanship among the cheerleaders and the organization by serving as examples in every way and encourage enthusiasm among members of the organization and the community. The MCAA Cheerleaders are representatives of our organization. The following guidelines must be followed to ensure that, as cheerleaders, a positive example is being displayed at all times. THESE RULES ARE IN EFFECT AS SOON AS YOU HAVE REGISTERED FOR A MCAA CHEERLEADING SQUAD. The Head Coach, Commissioners, and the MCAA board members will take disciplinary actions if the guidelines set forth by MCAA are not followed. Please refer to the MCAA By-Laws posted on www.mcaafootball.org for additional information regarding the rules of the organization.

Coaches

Every board member, head coach, assistant coach, and safety coach must have completed a successful PA Criminal Background Check and PA Child Abuse Clearance, and be MCAA board-approved in order to participate in the capacity of a coach within the organization. Our board strongly believes in the safety of your children and you can feel comfortable leaving them in our care.

Uniform

A complete cheerleading uniform consists of the wearing of the skirt, shell, and midriff in combination with selected cheer shoes, socks, briefs, and hair accessory requested by the Cheer Commissioners for MCAA cheerleading games/events. The uniformed skirt, shell, and pom poms are property of MCAA. Shoes, socks, briefs, midriff, warm-ups, rain jacket, coat, and cheer bag are property of the cheerleader. Families are responsible for purchasing cheer accessories.

The cheer uniform is easy to keep clean. You may have all pieces dry-cleaned or you can wash them by hand or together on the gentle cycle. Always use a mild detergent and cold water. Lay flat to dry or line dry. Never put uniform in dryer. Upon completion of the season, each cheerleader will be expected to return the same uniform and pom poms that was issued to that cheerleader at the beginning of the season. All uniforms must be cleaned. Coaches have the right to refuse a uniform that is not cleaned or returned properly. Do not make any alterations to any uniform piece, as an altered uniform will be considered damaged.

In order to be eligible for rewards, recognition, or to attend the MCAA end-of-year banquet, or to return to cheer next season, all uniform components must be returned in the condition in which they were distributed. Damage charges or replacement charges will be the responsibility of the parent/guardian. Failure to return the issued uniform pieces to MCAA, and/or if the uniform pieces are not paid in a timely manner, will result in the cheerleader being unable to cheer for the MCAA the following season.

Hair

Hair must be worn away from face and off the neck and shoulders with cheer bow in place. Only elastic bands are permitted; these are to hold the hair in place and not as decoration. Beads, hair wraps, and other accessories are not permitted.

Jewelry

Due to the types of stunts and tricks performed by each squad, there is absolutely NO JEWELRY worn to practice, games, and events. This includes visible or hidden chains, charms, bracelets, ankle bracelets, rings, etc. Cheerleaders may keep in newly pierced earrings as long as they are a small stud. The final ruling on the size of earring is at the discretion of the Cheer Commissioners. Cover-up techniques such as band aids will not be permitted.

Fundraisers

All cheerleaders are encouraged to participate in fundraising activities as organized by MCAA. Parents are permitted to assist in fundraisers, but may not take the place of their child during the fundraising activity.

Email

“Cheer Mail” will be sent to the email address that was provided at registration. Emails will include MCAA cheer news with important information and upcoming dates. It is advised that each cheerleader/parent/guardian supply the head coach with at least one email address. Email should be checked and answered often. Emails can come from Cheer Commissioners and Head Coaches with game day information, practice details/times, etc.

Practice Information

To avoid distractions, ALL camps, clinics, and practices are closed to spectators. Families must remain outside of practice areas once practice begins. It is our experience that cheerleaders are easily distracted when parents and siblings are at practices. If we are holding practice inside a gymnasium, parents and siblings must

wait outside the gym. Please have your cheerleader arrive on time with a water bottle.

If your child is being picked up by someone other than you, your child will not be released without a personal phone call to your head coach prior to practice or pick up time. This includes carpooling. Please be prompt when picking up your child.

Choreography Dates

Choreography week is MANDATORY. This is the most important week of MCAA Cheer, as the cheerleaders are placed in their spots for the halftime routine and stunt groups. The halftime routine is taught during this crucial week. Vacation requests for the choreography week will not be accepted. If your cheerleader cannot attend camp, you should not register for the upcoming season. Please have your cheerleader arrive on time, it is very important that practices are not delayed. Remind your cheerleader to come focused, to listen, and ready to work.

July Cheer Camp

Cheer camp attendance is highly encouraged. These three-day practices will allow time for team bonding, fun, and games. Along with unifying camp and sideline to start preparing for cheering together at football games.

Practice

Practices are mandatory and the schedule is subject to change based on the need of the squad and is at the discretion of the Commissioners and Head Coach. Parents are asked to be flexible with schedule changes. Cheerleaders are expected to attend all scheduled practices and games throughout the season. In cheerleading, each athlete is important in every practice, game, and competition. We expect parent and athlete commitment to MCAA cheer for both competition and sidelines squads. If punctuality or attendance becomes an issue, it is at the discretion of Commissioners and Head Coach to meet with any athlete and parents to discuss. Attendance can be considered the following season for tryouts or registration.

Cheerleaders will not be permitted to participate in a game if she has not learned the cheers sufficiently. This will be left up to the discretion of the coaches. When a practice is missed, it is the cheerleaders responsibility to call someone on the squad and learn what was missed during her absence. Practice will not be held back so that one individual can learn what she missed.

Practice will be held rain or shine as scheduled, unless your coach notifies you. If practice is cancelled, the determination will be made by the commissioners by

5:00pm or the earliest time possible. Team practices missed due to inclement weather may be made up at a later date determined by the head coach.

This time of year can be warm, sunny, and occasionally “buggy.” Please send your child with sunscreen and bug spray already applied. Caution should be exercised to use “dry” lotions to avoid slippery skin which could lead to injury. All cheerleaders should wear clothing that will not restrict movement with their hair pulled up off of their face. Preferred clothing is a t-shirt, shorts, socks, and tennis shoes that tie. Anyone not dressed ready for practice will not be allowed to participate that day, and an absence will be recorded. Cheerleaders must bring their own water bottles to practice to prevent dehydration. Absolutely NO soda or sugar-based drinks - they attract bees. Chewing gum is not permitted.

Fall Practice

The MCAA Cheer fall practice schedule starts once school begins and ends in November. Practice times vary by team and will be shared with families via your head coach. The same rules apply from summer practice.

Automatic Dismissal

An automatic dismissal will result from the following, with or without warning:

- Use of alcohol, drugs, or cigarettes at any point in time during the MCAA season.
- Vulgar language, gestures, or swearing during or after practice/games or while representing MCAA.
- Physical or verbal abuse of advisors, instructors, teammates, or other MCAA representatives and members by a participant or parent/guardian.

Cheerleaders dismissed or who quit for non-medical reasons are not entitled to a refund. The MCAA uniform components must be returned upon dismissal. If they are not returned, you will be billed for the uniform total, which must be paid within 30 days of dismissal.

Resignation

Cheerleaders who quit for non-medical reasons after Cheer Camp begins are NOT eligible for a refund. All uniform components must be turned in immediately upon resignation. Failure to return uniform will result in a \$100 replacement fee. Fee must be paid within 30 days. Failure to pay fee will result in Cheerleader not being permitted to register for the following season.

Game Day

Cheerleaders are required to cheer at ALL games throughout the season; this includes all playoffs games as well. Failure to participate in playoff games may result in the cheerleader not being permitted to cheer the following season. It is your responsibility to make sure you have obtained the date, location, time, and directions (if away) to each game in order to arrive at the designated time. You must arrive at least one hour before each game. At the coach's discretion, the cheerleaders may be required to report earlier/later (check all emails/apps prior to game day). Promptness is required.

Upon arrival to the field, the cheerleading team must check in with their head coach and then stay together as a unit. Cheerleaders not reporting to their coach at the designated time will not be permitted to cheer the first half of the game, resulting in the loss of a paw point. Parents/family members/friends must remain in the stands or in the spectator area. During the game, no member of the team is permitted to leave unless excused by one of the coaches and then escorted by a coach or instructor to their designated parent.

Cheerleading is an outdoor sport and there will be game days where they will cheer in heat, cold, rain, etc. Cheerleaders will be required to cheer at all games, regardless of the weather. If a parent chooses to pull their child due to weather before the decision is made by the game officials, this will count as a missed game.

In case of inclement weather, the Commissioners or the head coach will use their discretion to determine the relevance of wearing leggings, rain jackets, midriffs, gloves, and/or coats. MCAA is not responsible for providing these items. Parents are responsible for purchasing these items and for their child being dressed properly.

Cheerleaders should have all uniform components in their cheer bag in case there is a need to change due to changing weather. If you are not prepared to change, you will not cheer. If a cheerleader is in the wrong uniform components, in a dirty uniform, or missing uniform components, the cheerleader will not cheer.

Cheerleading captains will be assigned for each game, which is up to the discretion of the head coach.

A water bottle should be brought to the game. No other food or drink is permitted during the game. Cheerleaders are encouraged to eat lightly prior to coming to the

game. Food is not permitted on the track area. Chewing gum is not permitted during games.

No use of cellphones during the game or practices. Cell phones must be left in the cheer bag until after practice or games.

Chain of Command

If a problem arises you must follow the following steps for resolution:

- 1) Head Coach
 - a) Discuss the problem with the head coach. You may contact the head coach before practice/game begins or after practice/game has ended.
 - b) If you feel it necessary to call the coach, please be considerate of the time when calling.
 - c) When emailing your coach, please allow a 24-hour courtesy for a returned email.
- 2) Commissioners
 - a) If unresolved, contact the Commissioners to discuss or to arrange a private meeting with yourself and/or the head coach.
- 3) Executive Board
 - a) If you are still not satisfied, please submit your issue in writing to the MCAA Board President.

Public confrontation or any type of harassment of a head coach, assistant coach, instructor, commissioner, or other parents/children will not be tolerated, including during membership meetings. Appropriate disciplinary actions will be conducted. Be aware that unacceptable behavior will result in you and your child being removed immediately from the program.

MCAA Instructors

In order to participate as an instructor for one of the cheerleading squads, you must be a Moon area middle school or high school student, a former cheerleader, or instructor for MCAA who can teach the cheers sufficiently and supply MCAA with clearances if over the age of 18. You must sign the commitment forms, which include parent signatures. Only approved instructors by our Commissioners are allowed to attend practices and be on the track during games. All instructors have signed waivers regarding liability.

I, _____, verify that I have read and discussed all rules with my cheerleader.

Parent Signature: _____

Date: _____