



Cheerleading Rules

Delhi Hills Athletic Assn.

Doc. No.:	006			Origination Date:	May 1, 1997	Page:	1 of 5
Doc. Level:	Tier 2	Revised By:	B. Boehme	Revision Date:	Feb. 14, 2012	Revision Level:	002

Delhi Cheerleading is a member of the Southern Ohio Youth Football Association, Inc. Cheerleaders must abide by their rules verbal and or written. SOYFIA rules and contracts are handed out in August, this along with the D.A.A. cheerleading rules must be signed by participant and parents agreeing to abide by all the rules.

I. PARTICIPATION REQUIREMENTS:

1. All cheerleaders are required to attend entire practices and games as per your coaches schedule requirements. Practice nights and times are the coordinators decision. Only the coach or the coordinator has the authority to excuse a cheerleader from practice or games. Excuses will be granted only in the event of illness or unforeseen emergency. (Conflicting practices and or games for other sports is an unacceptable excuse.) Please make all routine doctor or dental appointments around this schedule. If a cheerleader is unable to attend a practice or game due to reasonable cause (i.e. illness, injury, and travel out of town) they must notify the coach before that practice or game. So squad will be able to practice routines without said cheerleader. We will cheer when the football players play, even if it rains or snows, unless otherwise stated by the coordinator. Cancellations for practices are at the coordinators discretion.
2. Cheerleader will arrive at practices, games and all other D.A.A. functions on time and ready to begin as scheduled. Since schedule times are subject to change, verbal announcements may be made at the end of practice.
3. All cheerleaders are responsible for securing transportation to and from practices and games (home and Away). And any other functions. We do travel to other fields in the Cincinnati are. Please do not as a coach for transportation.
4. Practice attire- Loose fitting shorts (NO JEAN SHORTS) t-shirt hair pulled up out of face, gym shoes, (spirit wear is great) girls who show up to practice in incorrect clothes will be warned then asked to sit out next time.
5. Uniforms:
 - A. Each child is required to buy cheer shoes, body suit, briefs, wind suit, raincoat, (Poncho style) and bow, purchased from D.A.A. Gloves solid colors red, blue, and white. May be purchased from anywhere. The cost of the items are not reimbursed or refunded if child drops out. Also a cheer bag must be purchased we will offer one with name embroidered on it.
 - B. Each cheerleader/ parent is responsible for the care of his or her uniform. It must be clean at the beginning of each game. Coaches will check before each game.
 - C. Anytime we participate in a D.A.A. function the cheerleaders are to wear the uniform and accessories selected by the coaches and D.A.A.
 - D. Your must wear street clothes and store the uniform appropriately if it is necessary to arrive earlier than or stay later than your child’s game time.



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E. UNDER NO CIRCUMSTANCES IS ANY PIECE OF THE UNIFORM TO BE WORN OUTSIDE OF A D.A.A. FUNCTION INCLUDING SCHOOL SPIRIT DAYS OR AS A HALLOWEEN COSTUME. See disciplinary actions.

II. CONDUCT & RESPONSIBILITY

1. A cheerleader shall cooperate with squad members, coaches, cheerleading coordinator and team mom or dad.
2. A cheerleader may not eat or drink (other than water) or chew gum while in uniform.
3. A cheerleader shall not sit in the stands or leave the squad until end of game. And coach dismisses them. Girls must stay with their coaches during half time and water breaks (Make sure your child has their water bottle with them).
4. A cheerleader should promote good sportsmanship and team spirit at all times.
5. School work is very important; however is not an excuse to miss a practice or games.
6. All Coaches will need parent support and we ask the parents to respect their decisions. If you don't approve of our methods of teaching your child the cheers or the way they are being done, Please discuss this with your child's coach after practice or game. We ask parents not to disrupt squads during practice.
7. If any parent is not satisfied with how their child is being treated, please discuss this with your child's coach. If this is not feasible please contact the cheerleading coordinator.

III. DISCIPLINARY ACTIONS

1. All parents and cheerleaders are expected to follow all rules as listed. The parents will be required to sign a code of ethics before the child is allowed to participate.
2. Failure to follow any of the rules as listed above will result in the following:



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- A. First infraction – written warning issued to cheerleader and parent.
- B. Second infraction – first demerit discussion with child and parent after game or practice.
- C. Third infraction-second demerit will be denied participation in practice or game, but must attend. Amount of time is the coaches and coordinator’s decision.
- D. Fourth infraction – third demerit issued to be taken to the Manger’s Committee for review with the request that the child be dismissed. No refunds are given for dismissals.

3. All infractions will be written and given in confidence. All records are kept on file with the coach and the cheerleading coordinator and may be viewed at anytime.

As we do have a waiting list for cheerleading, it is not fair for children to be on a team if they do not attend practices and games on time and in their entirety including away games.

The coach and coordinator will make a request for immediate dismissals as due to:

- A. Unbecoming conduct (use of drugs, alcohol, smoking stealing, etc.)
- B. Profanity and any other form of un-sportsman like conduct
- C. Taunting or harassment of other organizations (including Delhi) cheerleaders or football players.

A special meeting will be called with the Manager’s Committee along with the coaches involved and the coordinator. The cheerleader and his or her parent(s) will be required to attend this meeting.

4. Cheerleaders will be suspended for the remainder of the year for wearing or lending out any part of their cheerleading uniform for Halloween.

5. If a cheerleader has two unexcused absents in one week the cheerleader will be benched for ½ the upcoming game. If the cheerleader chooses not to attend that said game she / he will be benched for the whole next game. If this continues we will ask the managers committee to dismiss the cheerleader. NO REFUND WILL BE GIVEN.

IV. MISCLANEOUS

- 1. We enter competitions usually held in September, October and or November (dates to be announced) Permission slips will be provided and must be signed by the first competition practice or child will not be allowed to compete.



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- We perform in the Skirt Game in August. We ask that once your child committees to performing in the skirt game that they don't drop out. We only have a few days to practice for this event and it is difficult on the children to keep changing the routines.
- We will hold a sign up for cheerleaders that cheered the previous year and ended the season with their squad.

V. UNIFORM WASHING INSTRUCTIONS

Due to the dye used in the uniforms it must first be dry cleaned then follow wash instructions. (Or you may dry clean always; make sure you point out spots to the dry cleaner).

Wash uniforms separate from other clothes in cool water on delicate cycle with mild detergent. Drip dry only. **DO NOT BUT IN THE DRYER.** Excessive heat or over drying will cause braid to shrink. When hanging uniforms, do not hang by direct heat source. Do not twist or wring out the uniform. Hang upright from the shoulders and the skirt form the waistband.

GARMENTS LEFT FOR A LONG PERIOD OF TIME OR THE USE OF BLEACH AND HARSH DETERGENT WILL RESULT IN FADING.

Do not use a scrub brush of any sort on uniform items, as it will cause snags and unraveling of the material. If your machine caused snags, and or the material to ball place uniform in a laundry bag or pillow case before washing to prevent damage. If it becomes necessary to use a spot remover, presoak, you must first test on an inconspicuous area, such as a hem or seam, before applying it to the entire item, be sure it does not interfere or change the original color or condition of the material.

Don't mark uniform with child's name or remove tags or existing marks. Do not alter uniforms. Parent or guardian is responsible regarding damage.

- Any deviances from the instructions outlined above will cause damage to the uniform. Assessing that the damage has occurred from neglect, improper care etc. and is not the result of normal usage during a D.A.A. game or function will not be difficult. The coaches on the field and the sidelines see damage as it occurs and most times children will volunteer such information when it occurs.
- Any damages to a uniform item that is determined to be the result from something other than normal usage will result in replacement of that item at the parents or guardians expense. The cost will be determined by the manufacture's quote and be passed on to the parent or guardian whose name appears on the rules.
- Any claim of damage dispute or the failure to pay for the replacement of the uniform will be resolved and any further action will be determined by D.A.A.

VI. PARENTAL / GUARDIAN STATEMENT



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I HAVE READ THE DELHI CHEERLEADER RULES AND GUIDELINES AND AGREE TO ABIDE BY THEM:

PARENT / GUARDIAN SIGNATURE

_____ **DATE** _____

CHEERLEADERS SIGNATURE

_____ **DATE** _____