

## General Rules Panthers Cheerleading

- 1. AGE REQUIREMENTS:** All cheerleaders must be cheering for the proper grade level. In the event a cheerleader signs up for the incorrect grade level, Mountain Park Athletic Association (**MPAA**) will take action to place the child on the correct squad. This is a Gwinnett Football League (**GFL**) rule and MPAA will enforce all such rules.
- 2. ATTENDANCE: PRACTICE:** Attendance of practices is recommended for each cheerleader. Practice time is when new cheers, chants, dance routines, hand motions, jumps, stunts, and friendships are formed. Information is also passed out during practice time. If you must miss practice, please give your coach a courtesy call.
- 3. CHEERLEADING CAMP:** This is strongly recommended for all cheerleaders as we learn new chants and cheers. We also work on our conditioning jumps, stunts, and dance routines. Camp fees, camp shorts, and camp shirts are included in the registration fee. Cheerleaders must be on time and in their designated area ready to cheer. Coaches are **NOT RESPONSIBLE** for your child **AFTER CAMP** each night. Should car pooling be arranged, your Advisor and Team Mom will need a permission slip and phone numbers where a parent can be reached in case of an emergency.
- 4. DRESS CODE:** Appropriate attire is required from both cheerleaders and coaches. Practice attire should be suitable for the weather and also practicing activities. Shirts and shorts/pants should meet at the waist. The wearing of just a sports bra without a shirt is not allowed. Cheerleading shoes (included in registration fee) should be worn to avoid injury. **NO JEWELRY OF ANY TYPE MAY BE WORN DURING PRACTICE, GAMES, OR CHEER-OFF COMPETITION.** This includes: earrings, bracelets, necklaces, anklets, watches, body piercing or rings. If a child arrives wearing jewelry, they will be asked to leave the cheer line to remove and leave the jewelry with parent or guardian. Coaches are **NOT** responsible for jewelry. If you child wears a Medical Alert bracelet, it must be taped securely to the body. No acrylic nails or fingernail polish is allowed during practice, pep rallies, or games. Game attire includes: skirt, shell, body liner, cheerleading socks, cheerleading shoes, bloomers, pom-poms, and wind suit (according to the weather). Please do not wear cheerleading shoes anywhere except to the games and practice.

5. **DRINKS, FOOD, and GUM:** No food, drinks, (other than water) and /or gum chewing is allowed in the cheer lines at practice or games. Please make sure your child has their water bottle prior to the start of practice or games. The coach/manager will provide adequate water breaks.
  
6. **GAMES:** Game schedules are provided by the Gwinnett Football League (GFL). MPAA does not create the game schedules nor assign game locations. The schedules will be provided to each squad as soon as they are received from the GFL. It may very well be the 1<sup>st</sup> or 2<sup>nd</sup> week of the football season before complete schedules are received. We will keep you advised where and when you will play that week.

Please be sure your child arrives 30 minutes in advance of game time in order to have time to practice the half-time routine. If a cheerleader missed the pre-game practice before the game, they will not participate in the half-time routine. If the football team is playing, the cheerleaders will be cheering.

Parents/guardians are not allowed in the cheer line, so make sure your child has what they need prior to the start of the game. Games start with a spirit line on the field with a banner for the football team to run through. This is always a fun time for the squad, so please make sure your child is early for the game.

The squad will be allowed a short break before the beginning of the 3<sup>rd</sup> quarter; however, they will not be allowed to leave the cheer line. It is inappropriate for the squad to be sitting in the stands with friends and family while the game is in progress. The squad is expected to resume cheering at the beginning of the 3<sup>rd</sup> quarter.

Admission into a GFL game is \$3.00 for adults, \$.50 for students and children under 4 and senior citizens (65 and up) are given free admission. This fee is to pay for the officials, police, and paramedic at each park. The admission price does change for play-off games. If you have more than one game, remember to have your hand stamped prior to leaving the park. You will be admitted to the next game free of charge, even at another GFL Park. However, if you forget to obtain the stamp you will be required to pay again.

GFL will advise of any games that will be canceled, postponed or delayed. If you have not heard from your coach, assume the game is on. The cheerleaders can purchase wind suits that can be worn during wet, damp, or cooler weather, your coach will advise you on what your team is to wear. Bring all uniform items to the game in case there is a change in weather.

7. **INSURANCE:** Included in your registration fee is coverage for a supplemental injury policy. This policy is provided by GFL and is in effect during practices, games, and cheerleading functions during the regular season. This policy is an excess policy to your own primary health insurance.
8. **PEP RALLIES:** At least two pep rallies should be done. They are important to building spirit for the game for the football players as well as the cheerleaders.
9. **RESTROOM BREAKS:** Please make sure that your child visits the restroom prior to practice and games. There is not a scheduled restroom break at either function. This takes away for the limited time we have with the squad. If your child needs to go to the restroom during practice or a game, the coach will allow them to go. Practice will continue without them and they will be responsible for learning what they may have missed. If your child is too young to go unattended, please make arrangements to be at practice or games to assist them. It is NOT the coach's responsibility to do so.
10. **SPORTSMANSHIP:** Cheerleaders and parents are expected to exercise good sportsmanship at all times. **We will be courteous to all squad representatives, opposing football and cheerleading teams, football coaches, officials, parents, GFL Reps, and board members.** When your child is wearing their cheerleading uniform, they are representing our park. Please behave appropriately. At any time during the season, MPAA will not tolerate un-sportsman-like conduct from any member of our association. This pertains to spectators and participants alike. Continued conduct problems could result in expulsion from the program by the cheerleading director and executive board.

**11. PARENTS OBLIGATION TO WORK:** All parents of cheerleaders and football players will be expected to work when scheduled in one of the many areas in which we need parent volunteers. When taking admissions at the gate during home games or working in the concession stand, it is very important that you are on time. The parent you are relieving is waiting for their relief person so that they can watch their child cheer or play football. MPAA does reserve the right to impose a \$50 fine for failure to show up to your assigned work time. See [www.plaympaa.com](http://www.plaympaa.com) for concession/gate rules.

**12. PARENT SUPPORT:** The success of cheerleading, as well as any other program, depends on the active support and participation of each parent/guardian. We encourage you to attend camp, practices, games, special functions, and to support the Cheerleading Board, Coacher, Team Moms, and Squad leaders in a positive manner. Please remember our children are influenced by our attitudes and comments. Please be positive and help the situation rather than cause more problems. Should you choose not to attend practices or games, it is your responsibility to find out upcoming practices, games, events, etc. If you must leave practice or a game, **you must provide us with an emergency contact.**

***It is advised that all parents of mascots and 1<sup>st</sup>/2<sup>nd</sup> graders attend all practices, games, pep rallies, etc. These children are so young and need parental supervision more so than the other age groups.***

***In the event you are late in picking up your child without notification to the Advisor or Team Mom, starting with the 2<sup>nd</sup> occurrence, you will be subject to a fine of \$25. The fine must be paid in cash. Failure to pay the fine will result in your child not being allowed to participate in the game on Saturday or any subsequent practice or games until the fine is paid***