



LJFL Livermore Bulls Cheer Rules and Guidelines

Eligibility

- Cheerleading should take priority over other extra-curricular activities for the entire time of commitment. Cheerleading is a team sport and you have signed up to be a part of that team.
- Paperwork must be completed and turned in prior to first practice.
- Abide by the LJFL Code of Conduct Policy

Absences

Missing practices and games affects the entire squad by jeopardizing team dynamics, affecting your stunt group and performances. Please try to attend all practices and games.

- If a practice is missed, it will result in your cheerleader not performing in the halftime performance for that week's game. Once games start, we only have 2 practices each week to learn the halftime routine and for safety reasons we need your cheerleader be there both days to learn them.
- If a cheerleader is going to miss a game, they are still expected to attend practice that week. We frequently will start learning a routine the week prior; therefore missing practice could jeopardize their participation in the following week's halftime performance.
- It is the responsibility of the cheerleader to learn all missed material. Failure to do so could impact their participation in halftime performances.
- Email ljflcheerleading@gmail.com or message your coach in the BAND app all anticipated and emergency absences with the reason. Do not ask another cheerleader or parent to relay the information to us, or text it to us, with the exception of a dire emergency. We track all attendance.
- Cheerleaders are expected to stay for the entire game. Please do not leave games after halftime unless absolutely necessary and prior notification was made with the coaches.
- Repeated absences and/or no shows for practice or games is grounds for dismissal from the program.
- Any decisions made with the parent and the Cheer Coach or Cheer Coordinator is strictly confidential at any time during the season.

Practice

- Participation is required.
- Cheerleaders must arrive to practice on time.
- Athletic shoes must be worn to each practice. (No vans, canvas, Converse, or slip-on type shoes).
- Hair must be tied back in a ponytail or French braids. No bangs or hair in the face.
- No jewelry or piercings are allowed. We do not want anyone to get injured by having a piercing being ripped out or another cheerleader being scratched. Taping earrings is not an option. **Do not get your ears pierced prior to the start of cheer as you will be required to remove them.**
- No loose fitting, bare midriffs, cut out tops, off-shoulder tops, spaghetti straps, jeans, ultra-short, or transparent clothing, or clothing with hoods.
- *Failure to comply with any of the above practice rules will result in the cheerleader being sidelined, watching and learning the routine until proper attire is obtained.*
- No chewing gum or snacks are allowed. Please eat **BEFORE** you arrive to practice.
- Nails must be kept at a natural, safe length – no artificial nails.
- Bring water, poms and jacket/sweatshirt (without hoods) to all practices in your cheer bag.
- No use of cell phones or other electronic devices during practice.
- All parents/spectators must remain off the practice field. If you need to speak to your cheerleader, go through a coach first.
- Please use the restroom before practice, this is to make the most of practice time.
- Cheerleaders must be picked up promptly at 8pm.

Games

- Cheerleaders must arrive at the game **NO LATER** than 1 hour **BEFORE** game time; this is your arrival time.
- You must be fully dressed and ready to go. Cheerleaders are required to be in complete uniform. Complete uniform is skirt, shell, boy cut shorts, white no show socks, all white shoes, bow and poms. Cheerleaders not dressed appropriately by arrival time will be considered late and will sit out until dressed appropriately.
 - Please remember that each cheerleader is a part of a TEAM, and if they are late or don't show up it will affect the entire team. If a cheerleader is consistently late, they may not be able to participate. Exceptions may only be made if their cheer coach was notified a minimum of two days in advance.
- Cheer bag with poms, jacket and large water bottle must be brought to every game. Cheer jackets are a part of their uniform and cheerleaders will only be allowed to wear their jacket on game days. Sweatshirts are not allowed.
- No jewelry of any kind allowed. Taping jewelry is not permitted.
- No make-up allowed except for mascara
- Nails must be kept at a natural, safe length, no artificial nails allowed, and no colored nail polish. Polish must be removed prior to cheerleader arrival time.

- *If a cheerleader shows up to a game with inappropriate makeup or nail polish, she will be required to remove it prior to cheering. If this happens on more than one occasion, she will sit out the 1st quarter on the second offense.*
- No chewing gum or snacks are allowed. Please eat **BEFORE** you arrive to practice.
- Socializing with friends and family while the game is in progress is not allowed. We are here to cheer for our football teams. Cheerleaders are not allowed to leave the field and go into the stands without the coach's approval.
- No use of cell phones or any other electronic devices during the game.
- The football players play rain or shine, so we cheer RAIN OR SHINE.
- During the game, all cheerleaders are required to remain on the field with their team. They will not be allowed to leave without their Coach's permission. Bathroom breaks will be given as necessary with Coach's permission and younger cheerleaders must be accompanied by an adult.
- All parents/spectators must remain off the field. If you need to speak to your cheerleader, please go through a coach first.

Discipline

The following will result in some form of discipline up to and including immediate dismissal. The necessary actions will be decided upon on an individual basis according to the Coaching Staff and the Vice President of Cheer.

- Excessive tardiness
- Excessive absences
- A poor attitude or unsportsmanlike conduct including but not limited to negative discussions about another cheerleader's performance, ability or skill level.
- Not following the LJFL Cheer rules and regulations

The following violations by a Cheerleader **or** Parent/Guardian will be grounds for immediate dismissal from LJFL Cheer:

- Any verbal, written and/or physical violence towards another person. This includes, but is not limited to any coach, fellow cheerleader, football player, visiting cheerleaders, visiting parent or Board Member or post on social media.

If you have any concerns, please message one of the **adult coaches** or **VP of Cheer** through the BAND app or you can email ljlcheerleading@gmail.com. **Under no circumstances are you to ever approach a Junior Coach with problems or concerns.**

With your partnership, we will have a great season!

Leah Kletnieks
 VP of Cheer and Head Coach
Livermore Bulls Football and Cheer
ljlcheerleading@gmail.com

LJFL Cheer Rules and Guidelines

I have read, understand and agree to all cheer rules and guidelines and agree to be held accountable for all information in the LJFL Cheer Rules and Guidelines.

Parents/Guardian Name (printed): _____ Date: _____

Parent/Guardian Signature: _____

Cheerleader Name (printed): _____ Date: _____

Cheerleader Signature: _____