

Article I: Name and Objective

- A. The name of the park's squads shall be the Pembroke Pines Optimist Bengal Cheerleaders.
- B. To lead the crowd in cheers at all games, competitions and pep rallies.
- C. To increase and maintain Bengal spirit, not only at games, but also at any AYFL parks or events.
- D. To promote good sportsmanship and display the highest standard of conduct.
- E. To develop qualities of leadership, initiative, and good judgement.

Article II: Membership

- A. The squad shall consist of whatever number the bylaws allow.
- B. At anytime the number may decrease for reasons listed under the dismissal section, or increase at the executive board's discretion.
- C. A cheerleader is signing up to participate from July to December.
- D. Membership may be terminated by the commissioner and board for reasons listed under the dismissal section.

Article III: Games

Section I: Rules Regarding Games

- A. During the season, cheerleaders will attend all football games and pep rallies, or competition meets, required by the AYFL bylaws.
- B. For safety reasons cheerleaders must be dropped off at the game destination and walked over to the coaches. Please do not leave any cheerleader at a park unattended.
- C. **Cheerleaders must be dropped off and picked up by a parent or guardian, or you must make arrangements to have transportation to all games. Cheerleaders who cannot arrange for transportation to sporting events or practices in a timely maner will be removed from the team. Attendance is the most important!**
- D. **Cheerleaders will not leave a game for any reason without consent of the coaches. Violation of this rule will mean removal from the squad.**
- E. Cheerleaders are not permitted to go to the restroom while the game clock is running, unless it is an extreme emergency.
- F. **Cheerleaders will refrain from socializing during game time.** This includes having conversations with parents. If you need to tell the cheerleader something, please speak with the coach.
- G. **A cheerleader may be excused from cheering at a game ONLY in the case of a medical or family emergency (death in the family, serious illness in the family), a religious holiday of the cheerleader's own specific faith, or a**

required court appearance or subpoena by a law enforcement agency. Notify the coach in person or by phone in the case of a family emergency.

H. A Cheerleader can not miss MORE than 3 games or will be dismissed.

Section II: Practice

A. **All practices are mandatory.**

B. **A parent or guardian must notify coaches prior to any absence via text.**

C. A cheerleader may be excused from a practice only in the case of an extreme emergency or extreme illness. A parent, guardian, or doctor must provide a note for the coach in order for the absence to be excused. Injuries do not count as illnesses, and injured cheerleaders are still required to participate in practices by observing.

D. Failure to attend a warm-up the day of a game or pep rally; For (safety purposes) sideline cheering will only be allowed. All stunting will be prohibited in this case.

E. **All cheerleaders must be on time to practice. Failure to report on time will lead to consequences at the coaches' discretion. Continual tardiness will be viewed as insubordination and will be treated as such under the consequence section of the rules.**

Note: Please try and schedule all appointments (doctor, dentist, etc.) around practices and games. A schedule will be given at the beginning of the season will all dates and times for practices and games.

Article IV: Uniform/Practice Attire

Section I: Kind

A. **Pembroke Pines Optimist furnishes the uniforms. The uniforms must be cleaned and returned at the end of the season, or in the event of dismissal from the squad. Each girl will be held financially responsible for her uniform in the event of damage or abuse.**

Section II: Appearance

A. Each cheerleader's uniform will appear clean and pressed at all times.

1. Skirt hems must be sewn, not pinned.
2. The appropriate shoes must be worn to practices, all games and events.
3. Shoes must always be clean.

4. Hair must be pulled back at all times and no hard or metal hair ornaments are permitted.
 5. Proper hair bows must be worn during games.
 6. **Natural fingernails should be of appropriate "sport" length and the appropriate color (neutrals, French, or American manicures only). Fake nails are prohibited due to safety reasons. Any cheerleader that cannot comply with this rule will be removed from the squad.**
 7. **Jewelry is prohibited! This includes Piercings of any... ears, bellybutton, or face! No Band-Aid cover allowed.**
- B. Cheerleading uniforms are to be worn only at games, pep rallies, or other functions concerned directly with Pembroke Pines Cheerleading events.
- C. Uniforms must be inspected at every game.
- D. Cheerleaders are expected to look like a uniform squad. At no time should anything be added or taken away from the uniform to change the look of an individual cheerleader.
- E. **Uniforms include white ankle socks** and the cheer shoes being used for the season. Any other shoes/socks do not fit the definition of being "in uniform" and will result in consequences.

Section III: Practice Attire

- A. Cheerleaders must wear assigned practice outfit, cheerleading shoes, and socks to all practices.
- B. Hair must be pulled back in a neat ponytail, and no hair clips are allowed.
- C. No jewelry, long nails or colorful nail polish is permitted. Fake nails are also prohibited.

Article V: Conduct

Section I: Moral Behavior and Conduct

- A. **Cheerleaders are never to speak against their park or team in a derogatory manner or they will be subject to dismissal. A cheerleader should be a Pembroke pines optimist ambassador at all times.**
- B. Good conduct must be exhibited at all times. This means during any cheerleading event, with peers, opponents, coaches, commissioners, officials, and parents.
- C. **All cheerleaders shall treat the visiting cheerleaders and other visitors in a friendly manner.**
- D. Cheerleaders are not to carry on a conversation with anyone in the stands while cheering.

- E. Talking while in cheering line up will not be allowed.
- F. Gum chewing in association with any cheerleading event is not allowed.
- G. Eating and drinking while cheering is not permissible, except during half time.
- H. **Cheerleaders should not be heard using profane language at any time.**

Section VI: Dismissal – The following circumstances can result in automatic dismissal from the cheer squad.

- A. **Smoking, or drugs and alcohol use.**
- B. **The use of profanity.**
- C. **Disrespect to coaches, teachers, administrators, or parents.**
- D. **MORE than 3 absences from a game (even if excused)**
- E. **Leaving a game without permission from a coach.**
- F. **Failure to arrange transportation in numerus situation**
- G. **Fighting or being involved in a fight.**

Note: If you quit the squad or are dismissed you will not be allowed to attend the end of the season party.

Article VII: Fundraisers

- A. Fundraisers are a part of cheerleading. They help raise funds for cheerleading needs such as uniforms, end of season party, and special events.
- B. All fundraisers are planned and managed by Pembroke Pines Optimist Club or by the coaches.
- C. All fundraisers are mandatory.
- D. Unexcused absences from fundraisers will constitute in a consequence at the Board's discretion.