

Livonia Falcon Cheer

General Rules & Guidelines

GENERAL CHEER RULES

1. All participants must abide by the rules and code of conduct set out by the WLJFL, the LJAL, and the Falcon Unit.
2. Participants are expected to participate in all scheduled events. We will cheer at all games, including the playoffs and Super Bowl if the Falcon teams make it through. In the event that you are unable to make it to an event, coaches or the director needs to be notified asap.
3. Respect
 - Cheerleaders will show respect to their coaches, junior coaches, and each other. Coaches will treat cheerleaders and junior coaches with respect.
 - Please remember the directors, coaches and junior coaches are all volunteers.
 - Continual disciplinary actions will result in dismissal from the squad.
4. Falcon cheerleaders may be rostered on another cheer/pom team during the WLJFL cheer season, but will not be excused from Falcon cheer practice for events or practices of another team.
5. Cell Phones will be allowed to be brought to practice and games, but they must be stored in the cheerleader's bag and used in case of emergency only.
6. Bullying of any kind will not be tolerated. **Dismissal from squad may result.**
7. Uniforms are to be worn on game day only, or to Falcon sponsored event.
8. Sportsmanship
 - We expect ALL of our cheerleaders to be cooperative and polite at ALL TIMES!
 - Attitude of good sportsmanship shall be demonstrated to fellow cheerleaders, coaches, junior coaches, and the opposing team at all Falcon functions..
 - THE USE OF OPPOSING TEAM'S NAME IN CHEER, BANNER OR POSTER IS PROHIBITED.
 - There shall be no negative comments made on any social media sites regarding any teammates, players or teams. Disciplinary action will result.
 - No cheering for individual players. We cheer for our team as a whole.
 - Any cheerleader that uses abusive language, gestures, or issue any person threat toward any participant on or off the playing field shall be deemed in violation of the league sportsmanship rules.

For PARENTS

1. Fundraisers
 - The Falcon unit has one major fundraiser, it is mandatory
 - In addition to the unit fundraiser, we hold fundraiser to solely benefit our cheerleaders (bake sale, bottle drive, ect). The money raised is an important part of the unit's income and we cannot operate or provide equipment or extras for our athletes without fundraising, and your support!
2. Snack
 - Each cheerleader will be assigned a game to bring a one-time contribution of a snack for the team during halftime. Snack can be dropped off to the coach before the game begins.
 - Snacks must be neat, healthy and individually packaged (ie., granola bars, goldfish, pretzels, cheese sticks). Please avoid messy snacks such as Cheetos, Doritos, cupcakes, etc.
3. **NO** food is to be brought to the cheerleaders during halftime. A light snack is provided to each cheerleader. Water/Gatorade can be replenished. The girls have plenty of time to get food from the concession stand before/after their game time.

Practice Information

1. Practice Times

- Please see the calendar sent out or check the website for the most current practice schedule.
- Once school begins, we will have one set day off during the week for all squads (Monday)
- Reduced practice or additional day(s) off will be at the discretion of the coaches and director
- When preparing for Cheerfest, we practice four (4) days per week. Though we try to stick to a constant schedule, we may need to change practice dates or times, or lengthen practice (2-1/2 hours max)
- Please make sure you are at the field to pick up your daughter on time. The coaches will not leave the field until all girls have been picked up.
- As daylight decreases, practice times will change and we will move to an indoor location. We will advise you in advance of location and any changes to the schedule.

2. Attendance

- Attendance is considered **mandatory** and girls must attend all practices. Please arrange appointments for your cheerleader outside of practice time.
- Other sports, extra-curricular activities and school activity nights should not be reasons to miss practice. We require your commitment and effort during the football/cheer season. There may be consequences for frequently missing practice.
- If practice is to be missed due to illness, a **parent or guardian** must contact the coach or a director prior to practice. An email or text is also acceptable. Please check with your coaches for how they wish to be contacted.
- If you are going to be late to a practice or game, please call/text or email a message to let your coach or director know.

3. Rain/Weather Policy

- If severe weather is happening before practice starts, Practice may be canceled.
- Practice may be called early in the event of severe weather, please make sure to sign up for Remind!
- If the practice is canceled, we will notify you using REMIND text service first, followed by a mass email. Sign-up for REMIND is strongly encouraged as this is our first and fastest means to get information out to our group.
- Sign-up information is located on our webpage www.livoniafalconsfootball.com under the CHEER tab. There is a Cheer REMIND as well as a Football REMIND. If you have a cheerleader and a football player, you will need to sign-up for both to get accurate information.

4. Clothing/Hair/Jewelry for Practice

- Wear athletic shoes that tie and are comfortable. Jeans, spaghetti strap tank tops, low cut shirts and short shorts are not allowed. If clothing is inappropriate, the parent will be called.
- As the weather changes, be sure to bring a sweatshirt and pants.
- Hair is to be pulled up and out of cheerleaders face at all practices.
- The following are considered hazardous during practice and game day, therefore **CANNOT** be used or worn: Jewelry of any kind (necklaces, bracelets, earrings, etc..) spirit buttons, clothes with loose fitting necks, free flowing hairstyles. For the security of your items, please remove all jewelry before leaving your house for practice. Coaches will not hold your personal items or be responsible for these items.

5. Practice

- Once practice has begun, we expect you to cooperate and remember what your purpose is: to learn to be the best possible Falcon cheerleader that you can be! This is not the time to be distracted or fool around with friends.
- If a cheerleader becomes ill at practice, coaches are not permitted to dispense medicine of any kind. Please do not send medication with your child to the field.
- **If asthma inhalers are being used for treatment, an authorization form from your doctor needs to be kept on file with the Director. This needs to be turned in prior to the first practice.**
- If a cheerleader is injured and cannot attend practice, a doctor's note is required before she can return to practice.
- All cheerleaders should remain at the field during practice. You should use the restroom BEFORE practice time. If bathroom needs become excessive, the parent may be asked to remain present during practices.

- Water breaks are given regularly during practice, especially during hot weather. You may bring an unbreakable water bottle to practice – with your name on it. Pop and other sweet drinks are NOT allowed.
- There should be NO gum chewing, candy, or sweets at practice.
- Please do not bring any games, toys, stuffed animals, ipods, make-up, books, etc.. with you to practice.
- Coaches or Directors may close practice to parent viewing at any time. This becomes necessary at times to lessen the distraction of our cheerleaders.

Game Day

1. Arrival

- Coaches will let their squads know what time to arrive to the field, this must be followed. This allows time for warm-ups and pre-game preparations.
- If you are more than fifteen (15) minutes late to a game, you may sit during the first quarter at the coaches discretion.
- Please eat and use the restroom before arriving to the field.

2. Start Time of Game

- Cheer bags are to be zipped and hung on the fence line behind cheer area. No cheer bags are to be laying open on the track. Cheerleaders may enter the cheer area to place their bag on the fence and then leave to meet up with team.
- Each team lines up at their end zone for introductions of the cheerleaders, football players and coaches. Any cheerleader in uniform at the field prior to the game is asked to go to the end zone to cheer on the athletes.
- Follow your coaches instructions for entry onto the field after your name is called.

3. Weather

- The referee will decide whether or not a game should be played in inclement weather. The referee shall consider the health and safety of the participants.
- As long as the game continues, the cheerleaders will be expected to cheer.

4. Cheering/Sidelines

- There will be **NO** talking or socializing on the sidelines during cheering. Always be ready with your hands clasped behind you while you wait for the next cheer.
- You should face the stands while cheering.
- When it is the other team's turn to cheer, face the field with your hands clasped behind your back and politely listen to them.
- Pay attention to the game so you can cheer for our touchdowns and be aware of player injuries.
- When a player is injured, you are to face the field and sit in a pom sit until the injured player leaves the field.
- We will continue to uphold our positive reputation by using positive cheers while we are cheerleading.
- When the game is over, line up to congratulate the opponent for a job well done

5. Food

- There will be **NO** eating or drinking while you are actively cheering at your game. Water breaks will be given at the coach's discretion; more often on hot days.
- You should bring a water bottle, or even two (2), to be kept in your bag, for use during break time during the game.
- Snack should be consumed in the short time available during halftime. All snacks must either be finished or they must be put away in their bags by the start of the 3rd quarter (4th for Flag)
- The cheerleaders will **NOT** be allowed to leave the track during half time. If they need to use the restroom, a coach must be notified before leaving the track.

6. End of Game

- After your game is over, line up at the end zone to cheer on the next team. Any cheerleader in uniform is asked to cheer on the next squad and show support.
- After everyone has been announced, meet your coach back on the track for any announcements. Do not leave until you are dismissed by your coach.

- Gather all your trash, water bottle(s) and cheer bag. Please try to do this quickly and do not cross in front of active cheering team on the sideline.
 - Once dismissed to a parent/guardian, you are free to leave, get items from concession stand, or have a seat in the stands.
7. Field/Track Area
- The track area in front of the stands is designated for the cheerleaders, and only uniformed cheerleaders for the game taking place, coaches, directors and Jr coaches are to be in that area.
 - Cheerleaders are not to enter the track area unless it is their time to cheer, they are supporting a team during their half time routine or they are going to meet at the end zone to cheer oncoming athletes.
 - Family members (adults or children) are not to be on the track at any time unless event requires them to be there (injury, illness, Family Day)

Uniforms

1. Uniform
 - Each girl will receive a full uniform. All items needed to complete your uniform have been provided in your cheer pack.
 - PLEASE ARRIVE IN FULL UNIFORM WITH HAIR DONE FOR ALL GAMES. You are responsible for your uniform and gear.
 - You must arrive with your cheer shoes CLEAN and with white shoestrings in them at all times.
 - Game socks or all white no show socks must be worn at all times.
 - If you forget an item, you will not be able to cheer until you have the missing item.
 - All cheerleaders are to be in identical uniform at all times on the field. All turtlenecks on/off, all cold weather pants on/off, all cold weather jackets on/off. This is the coach's discretion when to add/remove items as a team.
 - If you plan to stay at the field after your game, you **MUST** change out of the shell. You may wear items from your cheer pack (pants, jacket & shirts).
 - Cheer skirt and/or cheer shell are NOT to be worn outside of a Falcon sponsored event.
2. Cold Weather
 - Only **ALL** black mittens, gloves, headbands, ear muffs are allowed while on the field.
 - The only items allowed to be worn on the field during a game have been provided in your cheer pack. You may layer underneath the provided cheer pack items for additional warmth.
3. Hair, Make-Up and Jewelry
 - Hair must be worn according to your coach's instructions.
 - Rubber bands or clips worn in your hair should be neutral in color and match your hair.
 - Jewelry is NEVER to be worn during games. This includes all earrings. If you cannot take them out, you cannot cheer on game day.
4. Caring for your Uniform
 - Please check the skirts and shells after every game. They tend to get dirty during the game while sitting on the track.
 - Uniforms will need to be washed frequently and should be spotless for games. They can be machined washed on a delicate cycle, cold water, hung to dry.
 - At the end of the season, the CLEAN uniform must be returned. The uniforms must be washed after the last wearing and before uniform turn-in. If your uniform (skirt/shell) is stained, altered, or damaged you will be responsible for the cost of a new piece.
 - DO NOT alter the uniform without contacting a Director first. Many times we can switch cheerleader to a different size.