



Cheer Rules and Guidelines

PRACTICES

- ★ All grade levels will practice per the outlined practice schedule that will be posted on Team Snap.
- ★ All practices will take place at NewPointe Dover: 3950 SR 39, Dover, Ohio 44622
- ★ Each cheerleader is expected to attend all practices. In the event a practice must be missed, the head coach should be notified. It is important to be on time to practice.
- ★ Cheerleaders should wear appropriate clothing and shoes to practice in. Athletic shoes, socks, and practice tee. Athletic cheer or dance shoes and stretchable clothing are very important.
- ★ Cheerleaders should come to practice prepared and ready to learn. Coaches, parents, and cheerleaders are expected to follow the Armor Sports Standards of Behavior during all events.
- ★ Coaches are not allowed to transport cheerleaders to and from games and practices.
- ★ After each practice coaches will facilitate the MTAG huddle elements as outlined in the coach's handbook.
- ★ Each grade level coach will determine the appropriate cheer curriculum.

GAMES

- ★ Cheerleaders need to be at the site 20 minutes before each game (coaches will set times). This allows the squad to meet up at the designated location and warm up before going on the court. If a cheerleader is going to be absent, the coach needs to be notified before the game.
- ★ Each cheerleader should be in full uniform to cheer. Uniformity is important for the performances.
- ★ Each cheerleader should wear her hair up and off her face, so it does not bother her during the game
- ★ Cheerleaders should be ready to cheer and pay attention to the game.
- ★ A cheerleader is expected to stand at attention with her hands behind her back, facing the court to watch the game.
- ★ Each cheerleader is expected to cheer a full game each week including all pre-game and post-game elements.
- ★ Each grade-level coach will determine appropriate cheer curriculum for pre-game and mid-game cheering. Cheer teams will participate in all post game elements with players.
 - Thank teams with handshake line
 - Thank referee with high five or knuckles
 - Thank God with postgame prayer with both teams
 - Thank spectators with applause

(All rules can be subject to change at any time by the Sports Director)

