

RRHAM YOUTH FOOTBALL & CHEERLEADING CHEERLEADING PARTICIPATION POLICY

This Cheerleading Participation Policy (hereinafter the “Policy”) is intended to inform both the cheerleaders participating in the RHAM Youth Football & Cheerleading (“RYF&C”) cheerleading program and their parents/legal guardians of the general policies and practices of the RYF&C cheerleading program.

The cheerleading season is comprised of two distinct segments, the game cheering segment and the competition segment. The game cheering segment involves practicing for and participating in traditional cheerleading at the football games, both on the sidelines during the game and performing halftime shows. The competition segment involves practicing for and participating in cheerleading competitions which are not associated with football games and which involve the cheer squads competing for points against other squads in a competitive format.

While some stunts are practiced and performed in the game cheering segment, the competition segment involves practicing and performing much more difficult routines with very fast, intricate moves and stunts. These stunts require a great deal of practice, dedication, focus and discipline. Although participation in both segments, like all athletics, involves a risk of injury, the risk of injury and the need for increased safety measures becomes a much greater concern during the competition segment. As such, RYF&C has implemented the following minimum safety protocols for the competition segment:

- **All competitions practices are mandatory.** Safety requires full team practices in order to establish consistency and so that each cheerleader can learn and execute her role/position in the stunts properly. Participants will make every effort to attend all practices; any absences must be discussed with the head coach.
- **All participants must attend all practices** even if the participant is unable to physically participate due to injury. The reason for this is so that the participant is able to hear and observe the coaches’ instructions and understand how to safely perform the stunts being taught on a given day safely and properly.
- **All competition segment practices will be closed to the public,** including parents/legal guardians, siblings and any other non-participants who are not serving as a coach, an assistant or in some other squad capacity. If a cheerleader has a special need or must leave practice early, the parents/legal guardians of the cheerleader must communicate this to the coach prior to practice. Periodically and at the coach’s discretion, parents will be permitted to enter the practice area at the end of practice to observe the squad’s progress.
- **No jewelry or non-cheerleading accessories shall be worn** during practices or competitions and hair must be put into a ponytail.
- **Attire shall include:** proper cheer shoes, no baggy clothing, no jeans, no pockets on garments and no hood sweatshirts. Flyers must wear cheer briefs or a similar undergarment underneath their shorts.

Failure to abide by this Policy may result in sanctions (such as being barred from participating in practices and/or competitions) or other discipline pursuant to RYF&C's general disciplinary procedures.

CHEERLEADER PARTICIPATION COMMITMENT AND ACKNOWLEDGEMENT (check applicable box):

[] I, _____, **do not** wish to participate in the competition segment of the RYF&C cheerleading program and will only participate in the game cheering segment.

[] I, _____, **do** wish to participate in the competition segment of the RYF&C cheerleading program. By signing below, I acknowledge having received and read this Participation Policy.

Signature: _____ Date: _____

PARENTAL/GUARDIAN ACKNOWLEDGEMENT:

I, _____, the parent/legal guardian of the above-referenced RYF&C Cheerleading Program participant, acknowledge having received and read this Participation Policy and agree that I will take all steps reasonably necessary to ensure that my daughter will abide by such policy.

Signature: _____ Date: _____

***** NO CHEERLEADER SHALL BE PERMITTED TO PARTICIPATE IN THE COMPETITION SEGMENT OF THE RYF&C CHEERLEADING PROGRAM UNLESS THIS PARTICIPATION POLICY IS SIGNED BY BOTH THE PARTICIPANT AND THE PARTICIPANT'S PARENT/LEGAL GUARDIAN. *****