

2019 Santa Fe High School Cheerleading Rules

1. Chain of command
 - a. Cheerleader to Coach
 - b. Parent and Cheerleader to Coach
 - c. Parent, Cheerleader, Coach and students Assistant Principal

2. Be on time for all class periods or school related functions.
3. In School Suspension results in a meeting with the coach, an ISS assignment that must be completed during time spent in ISS and consequences for missing class/practice.
 - a. The coach's discretion will be used to determine the course of action.
 - b. Severe cases can result in suspension from team.
4. Notification of missing school must come from the student to coach either in person, email, Remind101 or phone call. Failure to follow protocol will be benched from games or events.
5. Student- athletes are to respect the staff and community at all times; they are representatives of Santa Fe High School and their families.
6. Cheerleaders and parents are to maintain exemplary ethical and moral standards that represent our program, school, and district. Cheerleaders are to conduct themselves with integrity in uniform or out of uniform. Out of uniform includes at school, home, internet, social media, etc. Cheering time and performance time is not only determined by practice, but also by conduct out of uniform.
7. Cheerleaders must follow all school rules and policies; including dress code, PDA, and classroom procedures set by teachers.
8. 24 Hour Rule
 - a. No parent or guardian shall approach the coach after a game or at any event to discuss any issues or concerns.
 - b. All athletes should communicate to the coaches prior to a parent – coach conference. Coaches will not meet with a parent until the athlete has respectfully asked to meet first, prior to a parent

communication. (This is in reference to the chain of command listen in #1)

9. Absolutely no distractions while Cheerleaders are in uniform preparing for, during cheer competition, games, events, parades, team bonding or practice. (This includes family, friends, BOYFRIENDS, etc.) No boyfriends or friends are allowed to attend any away or overnight competitions. Parents and chaperones will be the only ones present.
10. No cell phone use (texting, talking, tweeting, snapping, or messaging, etc.) during games, competition or practices. Cellphones will be taken up prior to all games. Away games cell phones will be taken up when getting off bus and given back to athlete when on bus. This rule will be followed and enforced.
11. All athletes must follow and add the SF Cheer social media accounts. Athletes who are not representing SF Cheer correctly will be suspended from program and activities for 3 weeks. The second issue that occurs will be an automatic dismissal from the team. If an athlete gets removed in the middle of the season they are NOT eligible to try out for the following school year.
12. Each cheerleader must join the coach's Remin101 and team Groupme.
13. All student athletes must ride the bus to and from all team activities unless given prior approval 24 hours in advance. The SF Athletic Department requires an Alternative Travel Form to be signed in order to be given permission.
14. Athletes must dress according to the assigned attire each day unless told otherwise by coaching staff. Students will lose points on their grade and owe 10 laps for each wrong item. If dressing out becomes an issue your child will be benched from games and performances.
15. Athletes are not allowed to wear any form of jewelry in the class period at practice or in games. Those that refuse to take jewelry off will be benched and unable to participate until jewelry is removed.
16. All tattoos must be covered at all times.

2019 SFHS Cheerleading Rules Confirmation of Compliance

By signing below, you agree and understand the stated rules for the SFHS Cheerleading 2019 Season.

Student Signature: _____

Parent Signature: _____

Parent Email: _____

Parent Contact: _____

Received on: _____

- All rules are subject to the coach's discretion.