

CHEERLEADING GUIDELINES

Section 1: There will be no sexually suggestive lyrics, motions or music. Music, cheers, chants and dances will be generally accepted good taste. If anything is questionable, it should be brought to the attention of the Executive Board.

Section 2: During the regular season when cheering for the Youth Football Team

- A. A cheerleader is required to cheer the entire game including the "5th Quarter", barring extenuating circumstances, such as illness, changes in schedule, family emergencies, etc. Those circumstances must be communicated with the coach.
- B. If a player is down/ injured, cheerleaders will be silent and will, if possible kneel at their designated cheerleading location. If kneeling is not possible, or advisable (muddy, etc.), they should stand still and silent at their designated cheerleading location.

Section 3: The following will NOT be tolerated:

- A. Poor attitude toward other squad member or team coaches.
- B. Not listening to team coach or coordinator.
- C. Undesirable language.
- D. Yelling remarks to squad members of visiting team.
- E. Chewing gum.
- F. Eating while cheering.
- G. Leaving the cheering area.
- H. Using cell phone/electronic device during practice/games.

Section 4: Each girl is responsible for her own equipment.

Section 5: Girls are to arrive 45 MINUTES PRIOR to the scheduled start of a game or at the time requested by their coach, in order to properly warm up and be prepared for the game. This allows for adequate practice time for stunts prior to the start of a game.

Section 6: If a cheerleader does not attend practices, and does not know the dance routine, she may not be permitted to perform at half time (this is up to the Coach's discretion).

Section 7: No make-up.

Section 8: No earrings, not even posts.

Section 9: No jewelry of any kind.

Section 10: All hair (except bangs) must be pulled away from the face and up off the collar, into a ponytail and a PTYCA Official Cheer Hair Bow is to be worn. No long strands of hair hanging onto the face.

Section 11: Shoes must be that of the uniform, and kept white, neat and clean. Laces must be clean.

Section 12: Discipline will be enforced as follows:

- A. First offense: A warning.
- B. Second offense: Suspension for 2 games
- C. Third offense: Expulsion from organization with NO financial reimbursements.

Section 13: GIRLS MUST REMEMBER THAT THEY ARE REPRESENTING PETERS TOWNSHIP. ATTITUDE AND BEHAVIOR MUST REFLECT GOOD SPORTSMANSHIP AT ALL TIMES.

Section 14: Cheerleaders are only to wear their Uniforms (Skirt and Vest) to cheer during PT Recreation Football Games, and PTYCA organized events (McMurray Kick-off, High School Youth Recognition Night).

- A. The Cheer Uniforms (Skirt and Vest) are not to be worn to school.
- B. The Cheer Uniforms (Skirt and Vest) are not to be worn as Halloween costumes.

Section 15: Required dress for all games.

- A. **ALL GIRLS ARE TO BE UNIFORMLY ATTIRED. All cheer uniform articles are to be carried in cheerleading bag to each game, even if not being worn.**
- B. Skirt and Vest are to be worn during warmer days. (Coaches discretion)
- C. Skirt with Leggings, Turtleneck and Vest are to be worn on cool days. (Less than 65 degrees) (Coaches discretion)
- D. PTYCA Jackets may be worn over the Cheer Uniform and Cheer Wind Pants are to be worn as needed during cold weather. (Less than 50 degrees) (Coaches discretion)
- E. Black gloves are to be worn on colder days. (Coaches discretion)

Section 16: Required uniform items:

1. Cheer Vest
2. Cheer Skirt
3. Black Turtleneck
4. Black leggings
5. Red cheer briefs
6. (Wind/Rain) Jacket and Pants
7. Cheer Hair Bow
8. White ankle socks
9. Board chosen white cheer shoes.
10. Pom Poms
11. Cheerleading bag
12. Black gloves
13. Black, winter headband
14. Cheer Sweatshirt