

Rancho Buena Vista Cheerleading Code of Conduct 2020-2021

I. Purpose and Expectations of RBVHS Cheerleading program

1) Purpose

- To promote positive school culture at athletic events, pep rallies and other campus events
- To develop a group of young adults whose behavior is disciplined, professional, safety conscious, and promotes school spirit by creating enthusiasm and supporting athletic teams and programs on campus
- To promote teamwork, unity, and trust between team members
- To emphasize the ideals of sportsmanship, ethical conduct, integrity, respect, and responsibility among team members

2) Expectations

- Cheerleaders will perform at ALL games at the discretion of the coaching staff including CIF playoffs and championship games for football and basketball teams, which includes the girls' and boys' teams.
- Cheerleading is a major time commitment. During the 2020-2021 school year RBV Cheer will have two separate cheer seasons. A student may try out for Football or Basketball Sideline Cheer and/or the CIF Competition Squad. Students who try out (during March tryout dates) for Football or Competition Squad will be required to attend Cheer Camp. Students who try out for Basketball Sideline Cheer (early September tryouts) will not attend Cheer camp.
- Students may not participate in another same season RBV athletic team during the season in which they are cheering. Students should review the Cheer practice schedule before committing to any additional outside commitments as attendance at Cheer should be a priority. It is YOU who brings success to the squad and the entire program.
- You are fulfilling a "spot" on the unit that many people would like to occupy. TREASURE THIS!

II. Eligibility

CIF AND VUSD policy require a 2.0 GPA at each grading period in order to participate. Additionally, any member of the cheer program must comply with the following:

A. Grading Periods

- 1) You must have a 2.0 GPA.
- 2) Any member who is below a 2.0 during a grading period will be benched from practices, games, and performances until the next 6-week grading period.

III. Behavior

- A. A cheerleader is a representative of RBVHS whether in uniform or out of uniform. Cheer Code of Conduct pertains to the entire Cheer season in which the student participates.
- B. Failure to abide by these behavior codes may result in disciplinary action, removal from the squad, and ineligibility to try out for the squad the following year. *See Disciplinary Action Process*
 - 1) If a student is suspended for fighting, smoking, drinking, or possession/use of illegal drugs by the School Administration the student will be automatically removed from the Cheer squad during the season in which they are participating.

C. Social Media

- 1) The internet is a public forum. Any items found on the internet (Facebook, Instagram, Twitter, etc.) that display a member of the squad **IN UNIFORM** participating in any action against the Code of Conduct will result in disciplinary actions.
- 2) When in public, including on social media, WHILE IN UNIFORM, there will be no use of profanity, provocative language, or inappropriate actions relating to drugs or alcohol or presentation of the body and self. These behaviors will not be tolerated and will result in disciplinary action.

IV. Disciplinary Action

Coaches, Parents, and School Administration will work collaboratively to ensure that the code of conduct is followed by all RBV Cheerleaders

IV. Practices and Games

A. Attendance

- 1) All games, practices and performances are mandatory.
- 2) Two absences are allowed in football season. Two absences are allowed in basketball season. Absences include both games and pep rallies.
- 3) Unexcused absences which pertain to the entire season:
 - a. Doctor's appointments
 - b. Other extracurricular activities/sports
 - c. Work
 - d. At school all day but too sick to practice
- 4) **Upon the second unexcused absence, for either football or basketball season, you will be removed from the squad and may not participate in banquet.**
- 5) If you are sick or absent, you must notify the coach **at least 2 hours before practice or game or you will be benched during the next week's game.**

- 6) Excused absences
 - a. Absence from school
 - b. Sent home from school because of illness/injury
 - c. Legal Doctor's Note stating specific times that prevent Cheerleader from practicing to full capacity.
- 7) **Three tardies is equivalent to one unexcused absence.**

B. Practice Rules

- 1) Be on time.
- 2) All cellphones will be placed in your backpack during practices and games and cannot be removed until you are released from cheer.
- 3) No friends or family are allowed at practice- it is a "closed" (team members only) practice setting.
- 4) Jewelry of any kind is not allowed at practice or at games.
- 5) If you are not dressed out for practice, you will still be required to participate in practice.

C. Sitting Out Rules

- 1) If you are sitting out because of a doctor's note, that note needs to state your exact limitation and how long you are released from cheer.
- 2) You will sit on the mat to ensure you learn what the team is learning.

D. Game day Rules

- 1) If you are late to a game you will be benched for the first quarter of the game, no excuses.
- 2) No cellphone use during the game.
- 3) No food or gum during game time.
- 4) No acrylic nails longer than their fingertips will be allowed for safety during stunting.
- 5) Jewelry is not permitted at games.
- 6) If you are absent from practice during the week of a game, you will be benched for the whole game.

V. Uniform/ Dress Code

- A. RBV Cheerleaders must be well groomed and have a clean uniform and appropriate hair and make-up.
- B. Hair must be kept in a high ponytail at games and practices.
- C. Hair must not be of unnatural color i.e. blue, pink, purple, etc.
- D. Full Uniform consists of: shell, liner, skirt, spandex shorts, white socks, cheer shoes, poms, and cheer bow.
- E. Cheerleaders who don't have their full uniform will not be able to participate in the game or performance.
- F. Uniforms are not to be used as costumes or lent to friends; this includes jackets and camp clothes.

VI. Safety

- A. Safety is top priority! All safety rules must be followed at all times.
- B. No Coach = No practice, No stunting!
- C. We follow the safety stunting guidelines of the AACCA (American Association of Cheerleading Coaches and Administration).
- D. You must report all injuries to the coaching staff as soon as they happen.
- E. Communicate the status of an injury to the coaches on a consistent basis with coaching staff if you are required to sit out. A doctor's clearance must be required to return to cheer.
- F. F. Cheerleaders must keep nails short. Acrylic nails are not permitted due to safety reasons.

VII. Travel

- A. All Cheerleaders are required to provide their own transportation, students can privately arrange carpools if needed.
- B. No cheerleader will be allowed to leave a game without approval from the coaching staff.

VIII. Fundraising

- A. The RBV Cheer Booster Club is responsible for organizing fundraisers to help support the cheer program.
- B. All Cheerleaders are required to participate in all scheduled fundraisers. Students on the Competition Squad may have additional fundraising responsibilities.
- C. Once a cheerleader/parent has volunteered to participate in a fundraiser (takes materials) s/he accepts full responsibility and accountability for all merchandise. Any portion of the merchandise that is lost, stolen, or damaged must be paid for like any other school property.

IX. Community Service

- A. The RBV Booster Club will be providing one to two (maximum) community service opportunities during the school year, and ALL cheerleaders are REQUIRED to attend and participate in these events.

X. Other

- A. If for any reason you voluntarily leave the program or if you are removed from the program for any reason before the completion of the season in which you are participating, you will not be allowed to attend the cheer banquet.
- B. **Coaches and Administration have the discretion and ability to change or add to the Code of Conduct at any time.**

Rancho Buena Vista Code of Conduct

2020/2021

My parent/guardian and I have read and reviewed the Code of Conduct. **We fully understand all of the rules and expectations of the program.** We also **understand the consequences** for violations of any part of the Code of Conduct. We understand that as an RBV Cheerleader I am representing our school, district, coaches, and most importantly, ourselves at all times. We understand that as a member of the Cheer squad I am primarily a STUDENT- athlete; therefore, my grades are the highest priority. My parent/guardian and I agree to respect the coaches, other members of the squad, and all adults at all times.

Print Student's Name: _____ Student's

Signature: _____ Date: _____

Print Parent's Name: _____ Parent's

Signature: _____ Date: _____