

## **Philo High School Cheer Rules and Regulations**

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### **Electrics Cheer Philosophy**

Cheerleading is a physical team sport based upon organized routines, leadership and spirit. It takes strength, endurance, teamwork, discipline, dedication and leadership. Athletes who choose to be a part of the Philo High School cheerleading squad will develop many life skills. Some examples are sportsmanship, leadership, cooperation, teamwork, self-motivation, self-discipline and self-confidence. Athletes will be challenged to step out of their comfort zone to reach their full potential.

The purpose of the Philo High School cheerleading squad is to promote team spirit, to develop and encourage good sportsmanship, and to develop and support good relations in the community, school district and between other teams and squads.

Philo cheerleaders are children first, students second and athletes third. We recognize and support obligations to family, school and cheerleading. We will work to develop and utilize the whole person, not just the athlete.

Success is defined as leading by example, putting the team before self, and developing a positive and uplifting environment in which to learn, teach and lead others. Success also is defined as developing the whole person into a positive leader and doing what is right when no one is watching.

It is recognized and understood we are not perfect. Philo cheerleaders are encouraged to be the best they can be in any situation and to develop into leaders on and off the field/court. Decisions made by Philo High School coaching staff will be based on what is best for the individual as well as what is good for the squad, cheer program, school district and community.

### **PARTICIPATION REQUIREMENT**

Requirements for participation in Philo High School and Philo Junior High School athletics:

1. A physical examination completed by a doctor;
2. School insurance or athletic waiver (At Risk form) signed by parent/guardian;
3. Emergency medical form on file with the athletic director, a copy of which is to be carried by the coach to all away contests;
4. Meet all OHSA, Philo High School and Philo Junior High eligibility requirements;
5. Parent/guardian and student-athlete signed agreement to abide by the Franklin Local School District Student Athletic Code;

6. Parent/guardian signed agreement to abide by the student-athlete's parent pledge; and
7. Parent/guardian and student-athlete signed Ohio Department of Health Concussion Information Sheet.
8. Parent/guardian and student-athlete signed Sudden Cardiac Arrest Information form.

## **Eligibility**

### **Initial Requirements for tryouts**

Cheerleaders will be selected in the Spring to represent the school during the following school year. Candidates will be given the opportunity to try out for one or both sport seasons (football and basketball).

Candidates must meet the requirements established by the coach(es) for the clinic and tryout sessions. Requirements must include the following:

- a. Parental Permission must be turned in prior to tryouts;
- b. Sports preference must be turned in prior to tryouts;
- c. Candidate meets attendance requirements for the clinic sessions;
- d. Candidate turns in form acknowledging acceptance of the established cheerleading policy;
- e. Upon selection as cheerleader, candidate will be required to obtain a physical examination for the following school year; and
- f. Candidates must be enrolled at Philo High School/Junior High School at the time of tryouts or otherwise be eligible to participate in sports and extracurricular activities at Franklin Local School District.

### **Cheerleading Squad Membership**

Cheerleading candidates will have the option of trying out for one or both seasons (football and basketball).

- a. Up to 12 cheerleaders will be chosen for varsity football. Grades 9-12.
- b. Up to 12 cheerleaders will be chosen for junior varsity football. Grades 9-11.
- c. Up to 8 cheerleaders will be chosen for varsity basketball. Grades 9-12.
- d. Up to 8 cheerleaders will be chosen for junior varsity basketball. Grades 9-11.
- e. If there are more than 5 9<sup>th</sup> grade cheerleaders, they will cheer at the home football games.
- f. Up to 10 cheerleaders for 8<sup>th</sup> grade football. Up to 8 cheerleaders for 8<sup>th</sup> grade basketball.
- g. Up to 10 cheerleaders for 7<sup>th</sup> grade football. Up to 8 cheerleaders for 8<sup>th</sup> grade basketball.

### **Requirements for Interscholastic Extracurricular Activities**

Eligibility will be based on Board policy. At the end of each grading period, student eligibility will be determined by the following guidelines and any additional eligibility rules imposed by the OHSAA:

1. OHSAA requirements for passing classes leading to five credits which could lead to graduation for the grading period, and must maintain a 1.3 G.P.A. (Block scheduling students must pass 2 ½ credits each grading period.)
2. Students receiving a letter grade of F, even though they have a G.P.A. of 1.3 or higher, will be placed on probation until the interim date. At the end of the probationary period/interim date, the student must be passing all classes. If not, the student will be declared ineligible and removed from competition for the remainder of the grading period.
3. Students in junior high will become ineligible with two failing grades of F in all subjects taken during the grading period.
4. Eligibility will be established as follows:

1<sup>st</sup> nine weeks, based on previous year's last nine weeks' grades (9<sup>th</sup> graders will be based on junior high requirements)  
2<sup>nd</sup> nine weeks, based on the 1<sup>st</sup> grading period  
3<sup>rd</sup> nine weeks will be based on 2<sup>nd</sup> nine weeks, and so on.

### **Financial Responsibilities/Uniforms and Equipment**

1. Cheerleaders are responsible for costs associated with camp, uniform pieces, travel, games, supplies, etc.
2. Cheerleaders will be required to purchase certain items of clothing/uniform for hygienic reasons. (Spankies if applicable, socks, shoes, etc.)
3. Fundraising may be available to assist with some of the costs.
4. Each cheerleader will be responsible for maintaining a neat uniform. If a uniform is harmed in any way, the cheerleader is responsible for the cost of replacing/ fixing it.
5. Uniforms must be maintained on a regular basis. **(This means wash them at least once a week.)** Wash in cold water only and lay flat to dry. This includes the warm ups. This will prolong the life of the items.
6. Uniforms will be worn to every game and may be worn to school only with permission from the coach and administration. The uniform may not be worn for personal use or by anyone who is not a member of the cheerleading squad.

### **Conduct (Actions and Attitudes)**

- ~ Any actions and attitudes that are detrimental to team morale or unity will not be tolerated. Violations will result in suspension or dismissal from the squad. Parents will be notified.

- ~ Disrespect to coaches, teachers, or administrators will result in suspension or termination of cheerleading duties. **Appropriate behavior is expected both in and out of school.** Refer to the student handbook concerning violations of school expectations. Parents will be notified.
- ~ By our words and our actions, we tell others what type of school we represent. Cheerleaders are representatives when on campus and the ambassadors for Philo High/Junior High School while away. Squad members are required to:
  1. Maintain and uphold the reputation of the Electric Cheerleaders through their own conduct and squad spirit.
  2. Be courteous, polite, friendly, and have a smile for everyone.
  3. Display good sportsmanship **at all times.**
  4. Act responsibly and be tasteful when with boyfriends or girlfriends (No kissing, hugging, hanging on each other, etc.) **Non-squad members will not be allowed to sit with cheerleaders during team events.** This is a time for cheerleaders to be dedicated and focus on supporting the squad/team, not socializing. Phones are not permitted during warm-ups, during games, or practices. They may be used when dismissed at half-time when off of the field/court or after the cheerleader has been dismissed at the end of the game.
  5. Remain drama free. **Keep the cheerleader's life and others' off social media.** A cheerleader's actions on social media, whether in or out of school, may be cause for discipline. Colleges and employers look into these things. The cheerleader should be sure what is posted is what accurately represents how the cheerleader wants to be perceived. If a social media issue is brought to a coach, discipline will be appropriate and parents will be involved.
- ~ School discipline infractions will be taken seriously. If a detention is received, the cheerleader will be benched for ¼ of the next game. If a Friday school or ISS is received, the cheerleader will be benched for ½ of the next game. If a cheerleader is suspended, the coach, athletic director and principal will determine discipline. This may result in probation or termination from the squad. If any of the above become a habit, additional actions may be enforced as determined by the coach and/or athletic director. Parents will be notified.

### **Practice/Game Policy**

1. Cheerleaders are required to attend **all practices, games, events, and fundraisers.** Work, other practices, routine check-ups, etc. are not valid excuses. Please try to schedule appointments around practices. We know emergencies occur. Cheerleaders should keep in contact with coaches.
2. In order to participate in squad activities at practice or a game cheerleaders must be in attendance at school that day or otherwise excused by the school. (If a cheerleader knows he or she is not able to participate it is necessary for the cheerleader or a parent/guardian to notify the coaches – Don't assume we already know.)

3. Everyone must respect each other and be kind. Cheerleaders must always bring a positive attitude to practice and games. *Cheerleaders don't have to like everyone all of the time, but must respect them.*
4. Cheerleaders are not to leave practice to talk to someone outside and are not to bring others to practice.
5. **No cell phones are allowed at practices, games or other cheer events.** All cell phones must be turned off. If this becomes a problem, the head coach may require cheerleaders to turn in their phones prior to games/practices. If this happens, the cheerleader's phone will be returned immediately after.
6. **NO jewelry is allowed when in uniform or at practice.** This includes earrings, ALL piercings, bracelets, necklaces, etc. This means practices, games and other events when in uniform. All piercings must be able to be removed.
7. Tattoos must **not** be visible. Any tattoos that otherwise are visible must be completely covered during all cheer events.
8. **Water or a sports drink are the only acceptable beverages during cheer practices and events. All others are prohibited because they may cause dehydration or other injuries.** No gum.
9. Hydration, warming up and stretching are very important to keep the cheerleader's body safe. Please drink plenty of water the day/night before and the day of a game, practice or event. Cheerleaders are required to warm up in order to practice or cheer.
10. Fingernails must be no longer than sports length. NO ACRYLICS - NO FAKE NAILS. Please see the head coach with any questions about this rule. Cheerleaders are NOT permitted to wear nail polish, unless it is a natural color and/or approved by a coach.
11. Loose glitter and excessive amounts of makeup are prohibited. Please keep yourself looking natural.
12. All hair must be clean and pulled off the cheerleader's face for practice and games. Hair must have natural tones.
13. Cheerleaders must be properly groomed prior to an event where our uniform will be worn. The weather in Ohio is unpredictable. Uniform adjustments may happen without warning. See the head coach with any questions about this.
14. Cheerleaders should look their best at all times, especially while in uniform. Cheerleaders should not have holes, stains, or other flaws in their clothing at cheerleading functions.
15. Please dress appropriately for practice. Cheerleaders should not wear jean material or anything loose or form fitting. All shorts and tops should cover the cheerleader's chest, waist/mid-section, and buttocks when bending, stretching, jumping, and kicking. Clothing shall not be see through, appropriate under garments must be worn and all shirts must be long enough to be tucked in during any cheer function. **(All cheerleaders must wear approved uniforms, including shoes, hairstyle and accessories. If the cheerleader is non-compliant, s/he will not be allowed to participate in a practice or game.)**

16. Cheerleaders must stay together on the field/court until a coach dismisses them. (Listen for any announcements made by a coach at that time.)  
Only varsity cheerleaders will cheer for the varsity home and away football and basketball games. This is due to space limitation on the field and court. Varsity cheerleaders shall attend at least 3 home JV football games. The varsity cheerleaders I shall sit together in the stands to support the JV cheerleaders.  
JV cheerleaders will cheer at all home and away JV football and basketball games.
16. **All** cheerleaders are responsible for calling the squad's cheers.
17. Cheerleaders are responsible for providing their own transportation to and from activities at Philo High/Junior High School. Coaches have families and events to get to after games and practices, so please have your rides there on time or early.
18. Cheerleaders **must** ride the bus to away games and camp unless the cheerleader's parent/guardian provides advance written notice to the athletic director. If the cheerleader chooses not to ride the bus home from a game or camp, s/he must be signed out by a parent and/or guardian.
19. If the cheerleader is not performing up to the squad's standards or the cheerleader's ability at practices or games, as determined in the head coach's sole discretion, the cheerleader may be asked to sit out before being allowed to return to cheering. Parents will be notified.
20. The coaches reserve the right to bench a cheerleader for disciplinary reasons. A recurring negative/uncooperative attitude will result in the benching or dismissal of a cheerleader. Parents will be notified.
21. **The coaching staff expects cheerleaders will give their best efforts at all times in all the cheerleaders do, and the coaches reserve the right to do what is best for the cheerleader, the team and the sport.**

### **Attendance (Tardy and Absence Policy)**

1. Punctual attendance is mandatory at all practices and games, as well as all activities, fundraisers, and special events. All tardies and absences (excused or unexcused) will be recorded. Tardies will result in sitting out  $\frac{1}{4}$  of the next game. Unexcused absences from practice will result in sitting out  $\frac{1}{2}$  of the next game. Unexcused absences from games will result in sitting out one full game.
2. Cheerleaders who must arrive late or must miss an event are required to give the head coach a 24-hour notice by phone or written correspondence. Anyone who does not give proper notification will be given an unexcused absence or tardy. Cheerleaders must keep excused absences or tardies to a minimum. The head coach reserves sole discretion to determine whether absences or tardies are excused or unexcused.
4. **Excessive excused or unexcused absences or tardies may result in removal from the squad.** This also is at the head coach's sole discretion.

5. Cheerleaders who miss any events or games may be benched for the next game. A cheerleader who misses his/her benched game will be removed from the squad.

### **Fundraising**

1. Most fundraisers will be discussed and decided upon as a squad.
2. All cheerleaders are required to participate in all fundraising events, unless excused by the head coach for extraordinary reasons.
3. Money earned through fundraising events will be deposited into the cheerleading account. It then will be used for uniforms, warm-ups, and other cheer necessities.
4. Certain fundraisers may be designated for specific purposes and may be used to pay for items including, but not limited to, camp and uniforms for squad members.

### **Inclement Weather**

As the winter season continues, so does the chance for inclement weather. The general policy for athletic practice and/or games is as follows:

- 1) If school is cancelled, all middle school and 9<sup>th</sup> grade practices and/or games are cancelled for the day.
- 2) Junior varsity/varsity games may be held following contact with proper authorities. 9<sup>th</sup> grade basketball games may be played in conjunction with the junior varsity/varsity level games (tripleheader). The administration will make this decision as close to 12:00 p.m. as possible. Practices will occur only at the junior varsity/varsity level between the hours of 2:00 p.m. and 4:00 p.m. and may be cancelled if weather conditions persist or deteriorate throughout the day.
- 3) On early dismissal days due to inclement weather, all middle school and junior varsity/varsity level games and/or practices will be decided on individual team-by-team basis. All athletes are advised to listen to end of day announcements for future practice/game schedules.

### **Prohibition on Drugs, Alcohol and Tobacco**

**Rule A: The use of and/or possession of alcohol and drugs, in any form (including a vaping device), is strictly prohibited.**

**1st violation** - Removal from any competition for 40% (rounded up to the nearest whole number) of regularly scheduled contests in one athletic season. As necessary, removal time will carry over to tournaments and the next sport in which the athlete competes. If the student/athlete is not a squad member at time of violation, the removal will begin with the next athletic season. The athlete may continue to practice with the team. If the athlete completes an approved counseling program, the removal

time may be reduced to 20% (rounded up to the nearest whole number) of regularly scheduled contests in one athletic season.

**2nd violation** - Removal from all athletic competitions and practices for 1 calendar year from the time of infraction with further counseling recommended.

**3rd violation** - Removal from all athletic competitions and practices for the duration the athlete's junior high and of high school career at Philo Junior High and High School.

**Self-Referral Program** – A student athlete will not be penalized for a violation of Rule A if the student athlete self-refers himself/herself to an athletic director, principal, assistant principal, guidance counselor, or coach. Further violations of Rule A will be penalized, beginning with the 1<sup>st</sup> violation penalty.

**Note:** A student removed from competitions and practices under this rule must remain a member of the team otherwise in good standing until the term of the removal has been completed. Failure to do so will result in removal from the athletic competitions and practices being completed during the season of the next sport in which the athlete wishes to compete.

**Rule B: The use of and/or possession of tobacco in any form is prohibited (including a vaping device).**

**1st violation** - Removal from any competition for 20% (rounded up to the nearest whole number) of regularly scheduled contests in one athletic season. As necessary, removal time will carry over to tournaments and the next sport season in which the athlete competes. The athlete may continue to practice with the team. If the athlete completes an approved counseling program, the removal time may be reduced to 10% (rounded up to the nearest whole number) of regularly scheduled contests in one athletic season.

**2nd violation** - Removal from 40% (rounded up to the nearest whole number) of regularly scheduled contests in one athletic season with reduction to 20% (rounded up to the nearest whole number) upon completion of an approved counseling program. The athlete may continue to practice with the team.

**3rd violation** - Removal from all athletic competitions and practices for 1 calendar year from time of infraction with further counseling recommended.

**4th violation** - Removal from all athletic competitions and practices for the duration of the athlete's junior high and high school career at Philo Junior High and High School.

**Note:** A student removed from competitions and practices under this rule must remain a member of the team otherwise in good standing until the term of the removal



has been completed. Failure to do so will result in the removal from athletic competitions and practices being completed during the season of the next sport in which the athlete wishes to compete.

**Philo High School/Junior High School (PHS/PJHS) Cheerleading Rules and Regulations  
2022-2023**

**Parent/Guardian and Student Signature Required for participation.**

~ If your son/daughter is chosen for the PHS/PJHS Cheerleading Squad, they must follow **ALL** rules and regulations outlined in this packet and in the Student Athletic Policy in order to make our season successful. Therefore, you both must sign and return this form before the first scheduled practice.

~ By signing this form, you acknowledge and understand the activity of cheerleading involves risk to participants. You further acknowledge and understand due to the nature of this activity there is a possibility you/your child may sustain physical illness or injury in connection with participation. By signing this form, you accept this risk and release the Franklin Local School District Board of Education and its employees, officers and representatives from any claims for personal illness or injury you/your child might sustain during participation.

~ By signing this form, you also acknowledge and understand Philo High/Junior High School has established rules and regulations pertaining to conduct, behavior, and activities of all students and cheerleading participants, by which you/your child must abide during participation, and cheerleaders will be responsible for their own failure to abide by these rules and regulations.

~ By signing this form, you acknowledge you have been provided with a copy of the cheerleading guidelines for 2022-2023 and the Student Athletic Policy for 2022-2023, and agree you/your child shall participate in accordance with these expectations. By signing this form, you verify that you have read and agree with the PHS/PJHS coaching staff's rules and regulations as they pertain to members of the PHS/PJHS cheer family.

Thank you. We look forward to your involvement with you/your child's success in school and athletics.

Name of Cheerleader: \_\_\_\_\_ Date: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_