

Pike County Football Cheer Program

Rules & Guidelines - 2025 Season

Expectations of Cheerleaders

- * Respect Always: Show respect to coaches, teammates, opponents, and yourself-on and off the field.
- * Positive Attitude: Bring energy, kindness, and encouragement to every practice and game.
- * Effort & Participation: Give your best, be on time, and participate fully at all practices, games, and events.
- * Uniform Responsibility: Wear your uniform proudly and keep it clean and complete. No alterations without coach approval.
- * No Cell Phones at Practice or Games: Phones should stay in bags or with parents during team activities.
- * No Gum or Jewelry: For safety reasons, gum and all jewelry must be removed before practice or games.

Appropriate Practice Attire

- * Tennis shoes (required)
- * T-shirt or tank top
- * Shorts or skirt
- * Not allowed: Crocs, flip-flops, jeans, crop tops, open-toed or backless shoes.
- * Improper attire may result in sitting out portions of practice for safety reasons.

Appropriate Movements During Cheers

- * Allowed: Moving hips side to side, strong arm motions, clapping, smiling.
- * Not Allowed: Twerking, shaking/sticking out backside, smacking body parts, suggestive gestures.
- * All motions should reflect spirit, sportsmanship, and team pride.

Attendance & Communication

- * Practice is important for teamwork and timing.
- * Notify the coach in advance for absences.
- * Frequent unexcused absences may limit participation in routines.

Tardiness

- * Cheerleaders should arrive on time and ready to go.
- * Repeated tardiness may affect routine roles.

Parent & Guardian Expectations

- * Be supportive and encouraging to all cheerleaders and coaches.
- * Remain in spectator areas unless asked by a coach.

- * Direct concerns to the coach privately, not during practice or games.
- * Be timely with drop-off and pick-up.

Behavior & Discipline

- * Unacceptable behaviors: Disrespect, bullying, not following instructions.
- * Discipline may include: verbal warning, parent meeting, sitting out of practice/game, adjusted roles.
- * We aim to coach with kindness and fairness.

Game Day Guidelines

- * Arrive on time, in full uniform, with hair up and shoes tied.
- * Only bring water unless otherwise instructed.
- * Stay with the team for the entire game unless excused by a coach.

Spirit Events & Extras

- * Cheerleaders may be invited to events like parades and pep rallies.
- * Participation is encouraged and details will be shared in advance.

Program Acknowledgment

- * All cheerleaders and parents/guardians must sign an acknowledgment form agreeing to these rules.