



LAKE HOWELL SILVER HAWKS POP WARNER
(Lake Howell Pop Warner Little Scholars, Inc. - LHPW)
2008 CHEERLEADING RULES AND REGULATIONS

In an effort to provide a safe, enjoyable and positive cheerleading experience for all those involved, it is important to establish a set of guidelines to ensure the full cooperation of all team member, at all times. Working within an established set of guidelines and regulation not only provides the cheerleaders with a framework of acceptable behavior, but it also serves to assist in building and implementing the program.

In any team sport, it is important to be consistent with the enforcement of rules. The following rules and regulations are designed to establish and standardize guidelines for all Lake Howell Pop Warner Cheerleading squads, thereby eliminating ambiguity and inequity from squad to squad. *Lake Howell Pop Warner Cheerleading will follow an age/experience placement for girls.*

Consequences for rule violations for the 2008-2009 Season will be determined by the following Demerit System:

VIOLATION DEMERITS

Excessive Lateness / Early Dismissal	1 point
Late for Games / Early Dismissal from Games	1 point
Excused absence for practice / games*	2 points
Unexcused absence from practice / games	4 points
Not properly dressed for practice / games	1 point
Poor conduct during practice / games	2 points
Poor participation	1 point
Personal violations (nails/hair/make-up)	1 point

* Excused absence = family emergency

** Two missed games will result in your child NOT being able to participate in competition. **

LHPW reserves the right to remove any team member who consistently violates established rules and regulations. A total of 24 demerit points by any individual will result in forfeiture of participation in the competitive seasons.

If by 9/1/2008 a cheerleader has accumulated 15 demerit points, she/he will be put on squad probation. If 5 additional demerits are received by 9/15/2008, the cheerleader will be released from the squad. *This rule is included in an effort to be fair to the remaining cheerleaders.*

PRACTICE SCHEDULE

Pre-season practice shall begin on Friday, August 1, 2008. No team or squad may schedule more than 10 hours of practice per week before Labor Day. A week is defined by seven (7) consecutive calendar days, beginning on Sunday. Not more than 2-1/2 hours of practice may be scheduled on any one day.

After Labor Day, practices are limited to 6 hours per week. Practices after Labor Day are not to exceed 2 hours per day.

Break time are not counted against the 10 or six (6) hours per week, or the 2-1/2 or 2 hours allowed for practice each day.

The first day of practice for the 2008 Season will be Friday, August 1st. Dates and times of practice are subject to change. SEE COACHES FOR SPECIFIC INFORMATION.



GAME SCHEDULE

A schedule of the games will be posted on the Lake Howell Pop Warner's website (www.lakehowellhawks.com), along with directions and start times. Cheerleaders are required to be at the field 60 minutes prior to game time. This time will be spent for check in, practice / warm-up, and any last minute changes due to someone's absence.

It would be greatly appreciated if the parent(s) of each cheerleader volunteered to work concession duty during the playing season.

LATE ARRIVAL

Participation in a cheerleading squad is a commitment and a team effort. As part of a team, each cheerleader is critical to the overall success of the squad. Since the practices are structured with specific segments designed to work on a complete set of skills, necessary to perform effectively as a team, arriving late for practice compromises the effectiveness of the entire team.

In the event of an emergency, please contact our head coach to inform her/him of your emergency and expected time of arrival. Late arrivals will result in one demerit point per occurrence (see violation chart on page 1). In addition, the tardy cheerleader will be required to make up any and all missed warm-up and/or stretching exercises prior to being able to participate in practice.

* * Cheerleaders who miss book check on game day will not be permitted to participate in cheerleader activities for that day. * *

EARLY DISMISSAL

Early dismissal from practice sessions or games is not permitted.

The early dismissal of any individual from the team devalues the effort of every other team member and often renders the team unable to effectively practice / perform partner cheers, stunts and pyramids.

Early dismissals will result in one demerit point per occurrence (see violation chart on page 1). Since no other punishment will be extracted, we appeal to all participants to consider the negative impact the early dismissal of one individual has on the entire team.

UNIFORMS

Cheerleaders are required to wear the EYSI issued practice shirts and Pride Packs (shirts and shorts) to each practice. Pride Packs are to be worn on Thursdays.

Socks and appropriate cheerleading (tennis) shoes are required. For safety reasons, appropriate footwear is mandatory and tank tops are not to be worn. Failure to wear appropriate attire for practice will result in one demerit per occurrence (see violation chart on page 1).

Official uniforms must be worn for games. This consists of a two-piece Lake Howell skirt and top, official cheerleading sneakers, bloomers, game socks and the game ribbon for hair. The crop top is also part of the uniform in competition situations.

* * Cheerleaders who do not wear full uniform to games will not be permitted to participate in cheerleader activities for the day. * *

Cheerleaders are responsible for maintaining their uniforms, including hair bows, in good condition and must return the skirt, top and crop top when the season is over. The cheerleader is responsible for the cost of replacement, if the uniform is not turned in at that time.



UNIFORMS *(continued)*

To ensure safety while performing, hair must be neat and out of the face for practice. Long hair (shoulder length or longer) must be tied up in a ponytail. Loose ends should be fastened back with bobby pins or barrettes. Hard fasteners such as plastic or wooden comb-like hair accessories should not be worn, since they can cause injury while performing stunts.

For games, hair must be tied in a high ponytail and secured with a team issued ribbon/bow. Hair must be out of the face.

NAILS

Fingernails should be kept at a length appropriate for safe participation. Artificial nails are not permitted. Appropriate length means that the nails are not visible beyond the fingers when viewed from the palm side of the hands.

Nail polish is not permitted.

Violations will result in one demerit point per occurrence (see violation chart on page 1).

MAKE-UP

LHPW does not permit the use of face, hair or body glitter, face paint, tattoos, hair mascara or other body decorations or markings.

Violations will result in one demerit point per occurrence (see violation chart on page 1).

JEWELRY

For safety reasons, jewelry of any kind is not permitted at practice or games. The only exception is a medical alert bracelet or necklace, which must be secured to the body with tape.

PERSONAL CONDUCT

Cheerleaders are not permitted to chew gum; smoke or use smokeless tobacco; drink alcoholic beverages; use foul language; or in any way demonstrate disrespect for fellow team members or coaching staff.

Cheerleaders are expected to demonstrate a winning attitude and foster team spirit through cohesion and commitment to common goals.

Cheerleader conduct at games and team events is especially important. Team pride, positive attitude, and gracious behavior towards competitor teams are EXPECTED AT ALL TIMES.

Any attempt by a cheerleader to intimidate a fellow team member, or participate in negative behavior by word and/or physical deed, will result in mandatory removal from the team per the official Pop Warner Rule Book.

Cheerleading is a rewarding experience that teaches many life skills. With cooperation, hard work, and dedication, everyone will be a winner.

Good Luck Hawks! Let's have a GREAT season!!

Cheerleader: _____

Date: _____

Parent: _____

Date: _____