

# NRFL Cheerleading Handbook

All rocket cheer programs that are under the umbrella of the NRFL league are to follow and adhere to the rules covered in this handbook.

## **GOAL FOR NRFL ROCKET CHEER TEAMS:**

A cheerleading program in the NRFL should be designed to focus on team building skills, coordination with the football program, the community and ultimately the school system that these girls will be attending as well as providing many fun activities at football games. The goal is to provide skills that they can develop to obtain positions on their school cheer teams. Emphasis on physical fitness, good sportsmanship and positive community representation are a must for any program.

## **Purpose of the Programs:**

- Promote community spirit.
- Support the 1st-8th grade football teams and involve the crowd in cheering.
- Promote positive relationships with other leagues and organizations in NRFL participation area.
- Teach and develop good sportsmanship
- Develop and prepare cheerleaders for each game while ensuring each cheerleader's individual needs are met for further goals.
- Leave a positive impression and experience to fans, visitors and the community about our sport.

## **Leadership, Spirit and Sportsmanship:**

1. Profanity, alcohol tobacco and drugs are strictly forbidden.
2. Refrain from distracting behavior during game and practice time. (this includes but is not limited to gum chewing, talking to friends during game time, repairing makeup etc.) One persons behavior reflects the teams behavior. It reflects your team, your coach and your community.
3. Disrespectful behavior at any time should result in disciplinary consequences from coaches and area governing board. This includes poor sportsmanship towards opposing teams. All programs should install a disciplinary process to be made public to parents and cheerleaders at the start of a season and maintain it. Please remember this is a tool to maintain a program and the respect of the people who run it. It is not meant to isolate or eliminate anyone for that sole purpose. Please remember to always work within the system to help the cheerleader be a leader in her community, show enthusiasm for the sport and excel her talents.
4. Example of such disciplinary process will be listed at the end of this handbook.

### **Cheering Standards:**

- ★ Maintain a good attitude at all times.
- ★ Listen attentively and refrain from talking during instruction and game time.
- ★ Act responsible by being on time, follow rules and stay in formation.
- ★ Cooperate with coaches and teammates.
- ★ Practice attire should include proper dress. Tennis shoes, shorts, comfortable shirts and water bottle.
- ★ No jewelry or acrylic nails of any kind at practices and games. Natural nails should be kept short.
- ★ Your uniform is your responsibility. It should be clean and complete for each game. Shoes should be clean and white without scuffs. Your complete uniform should include: (example: skirt, shell, lollies, socks, shoes and hair ribbon for warm weather and wind suit with turtle neck, socks, shoes and hair ribbon for cold weather.)
- ★ Hair should be worn off face in a single ponytail for practices and games. (Individual teams can set their own standards -- however -- hair needs to be functional without getting in the way.)
- ★ Makeup should be minimal, tasteful and neat. Nail polish, face paint and sunglasses are not permitted.
- ★ Cell phones should be kept off and in your bag during practices and games.

### **Punctuality and Attendance:**

- ✓ Cheerleaders are expected to attend all practices, games and activities.
- ✓ Cheerleaders must arrive on time and join the squad at least 30-45 minutes before game time to allow for stretching.
- ✓ Warm up and stretching are critical to safety. Late arrivals are not only disruptive but also cause chaos when a coach is trying to determine if stunts and cheers need to be adjusted. Notice must be given to head coach if a cheerleader is going to be late.
- ✓ If a cheerleader is going to miss a game, notification to the head coach is required.

### **Adult Supervision:**

- ☺ An adult is required to be present and in charge of the girls at all times. An adult as stated by NRFL rules is someone 21 years of age or older.
- ☺ Absolutely no stunting is allowed unless supervised by a NRFL approved coach.

- ☺ Absolutely no one is allowed on the field except cheerleaders and coaches with the NRFL badges. NO EXCEPTIONS!

**Parental Support:**

Parental support is required and crucial for successful programs. There is no way that a single program and its coaches can provide all the girls need. Look for ways to get parents involved with program. Volunteers are always needed. Get with your field director and find opportunities for your parents to work in the concession stand, maintaining bathrooms if needed, keep stadium picked up.

Assign a team mom to help with snacks for the girls after the games, make signs and noise makers to support the teams and provide a fun atmosphere!

**EXAMPLE OF RULES AND CONSEQUENCES:**

1. Late for a game without call to coach: Sit out first quarter or half time. (coaches discretion)
2. Out of uniform for practice: (EX: flip flops, jean shorts) Coaches discretion
3. Out of uniform for game day: -- Benched to avoid violation of NRFL policy. Must stay in attendance for the game.
4. Disrespectful/Profanity/Inappropriate behavior/Unsportsmanlike Act:
  - A.) 1st Offense: Parent notification and discipline at coach's discretion.
  - B.) 2nd Offense: Incident report, report to field director and director of cheer program. Parent meeting and potential dismissal from squad.
  - C.) 3rd Offense: Dismissal from squad.
5. Use of tobacco, alcohol or drugs:
  - A.) 1st Offense: Immediate dismissal from squad