# PEMBROKE TITANS CHEERLEADING CODE OF CONDUCT

1. Attendance at all game day practices & FOOTBALL GAMES are mandatory. If a competition cheerleader misses 3 practices, she will be removed from the competition team. If a sideline cheerleader misses 3 game, she will be removed from the program. You must contact via text, email or phone call your adult coach to report an absence prior to the missed practice or game. Understandably situations occur and will be handled on an individual basis.
2. It is expected that you will come to practices wearing appropriate practice attire (sneakers, gym shorts, t-shirts, etc).  You must attend all practices on time and stay for the entire length of the practice.
3. You must arrive 45 minutes prior to your team’s kick off time. For safety reasons, if you are late to this practice, you may be removed from your position in the half time routine. Contact your adult coach if you will not be there 45 minutes prior to the game. You must stay for the entire length of the game.
4. You are expected to fully participate in all practices and games. If you are unable d/t an injury, please bring a doctor’s note indicating your restrictions & give it to your adult coach.
5. You must attend football games in full uniform (skirt, vest, body suit, briefs, bow, socks and sneakers).  You will NOT be allowed to cheer with your team if you are NOT in FULL uniform. We do cheer in the rain; have your cheerleader bring their raincoat.
6. It is expected that you are following all NHFS safety rules. Hair should be neatly pulled away from face. Long hair should be worn in ponytails or braids. Bangs should be pinned back. No jewelry, long fingernails, or hard hair clips.
7. PTFC has a zero-tolerance policy regarding alcohol, drugs, nicotine, and vaping of any form. Any cheerleader found to be engaging in any form of alcohol, drugs, nicotine, or vaping at any time, will be subject to disciplinary action, up to and including permanent dismissal from the PTFC program.
8. PTFC has a zero-tolerance policy regarding bullying, harassment, or discrimination in any form, which includes, but is not limited to, social media and the distribution of the bullying or harassing images, messages, videos. Any cheerleader found to be engaging in, condoning of, or retaliating in cases of any form of bullying, discrimination, or harassment, will be subject to disciplinary action, up to and including permanent dismissal from the PTFC program.
9. All inside practices are closed-door practices. Parents and siblings are not allowed at these practices. Cheerleaders should be dropped off and picked up at the gym door.
10. All competition cheerleaders must commit to attend a mandatory cheer choreography camp in August and commit to all cheerleading competitions.
11. Food is not allowed on the fields/gym. Please bring a water bottle with you to practices and games.

**\*The following guidelines will assure that cheerleading for PTFC will be safe & fun for all cheerleaders. You will not be allowed to participate in PTFC cheerleading until a signed copy of this form is returned. \***

**Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Cheerleader Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**