

## **Rules for Whetstone Cheerleading**

All cheerleaders are to be in the room dressed and ready to practice on time. This means you are not sitting around and talking. When it is time to start, you must be on the mat ready to go.

No fraternizing during the hours of practice. Leave your boyfriend or girlfriend at home.

Parents and visitors are to remain in the sitting area, they are not to talk to the cheerleaders

during practices except during breaks.

Release and Emergency Information forms must be completed and signed before a cheerleader can participate.

No food or drink except water is permitted beyond the front door in the gym or auditorium.

Practice uniform is a white t-shirt, black shorts, and clean tennis shoes or cheer shoes. All girls must wear spankies or biker shorts. The shirt must cover the entire upper chest: no v-necks, low scoop necks, halter tops or tank tops are permitted. Boys are not permitted to wear shorts that are baggy. No jeans are allowed. Clothing should not have any foul language or inappropriate references.

Proper attire must be maintained at all times. Please respect yourself and others by making sure that your clothes fit correctly and that you are properly dressed.

Hair must be pulled up and out of the face.

No jewelry is permitted.

No bandannas or "colors" are to be worn.

No talking in a mount group during a stunt.

All equipment is to be returned to where it belongs and all trash must be picked up.

No cell phones at any time during practice.

Have fun.

Any infraction of these rules  
will result in a demerit.