

**2018-2019 FALL/WINTER BAHS GAMEDAY CHEERLEADING SPECIFIC RULES:**

1. Respect your Coaches and teammates of your squad as well as members of other squads at all times.
2. Absolutely No Jewelry will be allowed at any practices/games/events. This includes post/dangle earring, nose rings & belly button rings (take it out and leave it at home until your done with your practice/game/event) and any other body piercing(s). No Gages or hanging skin from gages will be allowed either for all the above are safety risk(s).
3. Hair must be worn back away from your face in a ponytail for all practices/games/events and as your Coaches request it to be done for games.
4. Makeup maybe worn neat and natural.
- 5.No eating or Chewing gum at practices/games/events unless the Coach okays it.
6. Absolutely No colored nail polish at all on fingernails.
7. Do Not primp in front of the crowd.
8. All visible Tattoos must be covered up while representing Bangor Area Cheerleading.
9. We will participate in several group fundraisers and do community service throughout the year. It is your responsibility to fulfill your own obligation to receive the credit to help defer your personal/team costs.
10. Be on time, properly dressed in correct practice wear or cheering uniform with hair/makeup done and ready to cheer for ALL practices/games/events.
11. No public display of affection while in uniform.
12. ABSOLUTELY NO FOUL OR ABUSIVE LANGUAGE TO ANYONE!
13. Assigned Gameday run through and Spirit Signs must be made prior to the games. They will be assigned for a couple of cheerleader's per week. Also, Senior House signs must be made in advance as well. You will be divided into groups to help decorate each Senior Football players house. Winter Sports Senior signs will be decorated and hung in the gym on each Senior sports night.
14. Any evidence of smoking, use of drugs or drinking alcohol while representing Bangor Area will result in immediate expulsion from all cheering team(s).
15. If you're Tardy or absent on a game/event day or Friday before a weekend game/event you'll be ineligible to cheer or be present at game/event that evening or that weekend.
16. Cellular phones are not allowed to be used during practices/games/events for the entire Fall/Winter cheer season.

***Disruptive behavior will be grounds for dismissal.***

***Cheerleaders maybe dismissed from the 2018-2019 Fall/Winter Bangor Area cheering Gameday team(s) at the discretion of the coaches, for actions which are deemed inappropriate at anytime throughout the duration of the Cheerleading season(s).***