



Cloud-9 Cheerleading Rules

I. Purpose

1. To develop good sportsmanship and foster a spirit of cooperation and friendliness among the participants.
2. To provide the opportunity for fun and enjoyment in a healthful activity.
3. To provide an opportunity for girls to be a part of the Youth Football Program.

III. Participants

1. The program is open to girls and boys who are in PreK-8th grade.
2. The girls will be divided into squads to cheer for the teams in the Flag Football program.

IV. Equipment

1. Uniforms will consist of a t-shirt provided by Cloud-9. Participants will wear a Cloud-9 Cheer shirt, black skort or shorts, and tennis shoes. NO SANDALS OR CROCS ALLOWED. Girls will be provided with a hair bow. FULL UNIFORM IS REQUIRED.

2. In the event of cold weather, participants may wear a **black** long sleeve shirt under the cheer t-shirt.

3. Props and pom poms may be used during cheers.

4. Pom poms will be given to each coach prior to the season beginning. The head coach will be responsible for the pom poms. No children may bring them home. **ALL POM POMS MUST BE KEPT BY EACH HEAD COACH OR ASSISTANT AFTER EACH GAME AND RETURNED BACK TO CLOUD-9 AFTER THE SEASON IS COMPLETED.**

VI. Rules

1. Squads will only cheer for their football team.

2. No cheer will be used that will encourage competition between squads. Cheers should be in "good taste" and should be encouraging to the squad's team - not derogatory to the opposing team.

3. No cheer or dance should incorporate any inappropriate body movements.

4. No stunts or tumbling will be performed.

5. In the event of a rescheduled game, you will be contacted by Cloud-9 regarding a makeup game.