

JTA Cheer & Pom

Rules and Regulations

OBJECTIVES

- A. The purpose shall be to boost school and JTA activities by:
 - 1. Increasing interest and sportsmanship.
 - 2. Creating a more intense spirit of loyalty.
 - 3. To create a sense of belonging.
- B. This group will also represent Jenks Public School District in a credible manner.

MEMBERSHIP

- A. Membership is open to 1st through 7th grade girls attending Jenks Public Schools.
- B. Girls must sign up during spring registration.
- C. Girls registering must:
 - 1. Be willing to commit to attend all practices and games.
 - 2. Be willing to use good grooming and high standards of character.
 - 3. Be willing to put forth her best efforts in school.

SQUAD PLACEMENT

- A. All girls will be placed on squads according to grade level.
- C. Returning squad members can remain on a squad. If request is to be removed, she will be placed in a draft.
- C. Squads are determined by number of football teams.
- D. Squads will be assigned to a football team.
- E. All cheer and pom placements on squads are final.

SCHOOL RULES

- A. All school rules will be followed.
- B. When wearing uniforms, girls must be especially aware of school rules.

PRACTICES

- A. Sponsors and coaches will determine all practice times and locations.
- B. Practice regulations:
 - 1. Mighty Mites (1st and 2nd grades) may practice a minimum and maximum of 1 hour per week.
 - 2. 3rd grade may practice a minimum of 1.5 hours per week and not exceed a maximum of 4 hours per week.
 - 3. 4th through 7th grades may practice a minimum of 2 hours per week and not exceed a maximum of 6 hours per week. This includes practice for competition.
- D. A Sponsor may set extra practice as needed, but must not exceed the maximum hours as indicated above.

ATTENDANCE

- A. Practice attendance is mandatory.
- B. Attendance at regular season games for the entire game is mandatory.
- C. Attendance at field clean-up day is mandatory.
- D. Competition is offered for grades 3rd through 7th and is optional. Each squad Sponsor and Coach will determine if the squad attends a competition. JTA will pay for one competition per squad. Attendance at competition is mandatory if Sponsor and Coach decide to attend.
- E. All girls must be at the field 30 minutes prior to the game. If late, she will not be allowed to perform during the first quarter and must sit on the bench.
- F. Attendance at Cheer Camp is Mandatory.
- G. Pick-up from camp, practice and games must be within ten minutes of the end of said scheduled event. Girls who are not picked up within the time period on two occasions (need not be consecutive) will be benched at the next game.

ABSENCES

- A. Sponsors need to be notified of an absence prior to the event in order to be excused.
- B. Situations needing special consideration for absence will be dealt with on an individual basis.
- C. Going out of town will only be excused one time per season.
- D. If a conflict arises between cheerleading/pom and another team sport, a copy of the schedule must be given to the Sponsor at the beginning of the season.
- E. A girl cannot perform in the first quarter of the game that did not attend the preceding practice.
- F. More than two unexcused absences from games will result in suspension from the squad.

UNIFORM AND PERSONAL APPEARANCE

- A. Girls should be well groomed.
- B. The official uniform consists of JTA shell top, skirt, maroon bloomers, white shoes, white socks and ribbon in hair.
- C. Uniform must be kept clean, neat, and in good repair.
- D. Hair must be kept clean and away from face.
- E. Equipment bag must be carried to every game when instructed to do so.
- F. No jewelry allowed.
- G. Conservative use of make-up.
- H. Has good posture.
- I. No gum chewing or candy eating during camp, practices, or games.
- J. Appropriate undergarments should be worn.
- K. If Sponsor determines that extra gear is required such as sweatshirts, wind suits, ponchos, or gloves, each cheerleader is responsible for buying and wearing such items.

EXPECTED BEHAVIOR

- A. Listens to instructions.
- B. Is cooperative and enthusiastic.
- D. Helps and encourages others.
- E. Does not use profane, obscene, or rude language.
- F. Is punctual and maintains a good attendance record.
- G. Shows respect for Coaches and Sponsors.
- H. Uses time well (does not waste time).
- I. Thinks of cheerleading/pom as a squad effort, rather than an individual performance.
- J. Makes Sponsor aware of impending absence or problems.
- K. Refrains from hurtful comments to or about others and is sensitive to other's feelings.
- L. Refrains from negative behavior toward other squads.

GOALS FOR ALL SQUADS

- A. Shows good spirit.
- B. Good audience interaction.
- C. Good strong jumps.
- D. Good timing.
- E. Completes all movements.
- F. No lazy, flying arms.
- G. Cocked wrists.
- H. Good tight fists.
- I. Good stiff movements.
- J. Pointed toes.
- K. Good voice projection.
- L. Uses a variety of jumps.
- M. Able to memorize routines.
- N. Shows good rhythmic ability.

DISCIPLINE

- A. Any girl who fails to comply with any of the rules and regulations is subject to discipline. Such discipline will be for conduct unbecoming of a JTA member or any JTA activity. This includes conduct that brings embarrassment or distracts from the image of the group.
- B. Discipline will follow the progressive format:
 - 1. Verbal warning by the Sponsor or Coach.
 - 2. If the behavior continues following the verbal warning, the girl will be isolated
 - 3. from the group until the behavior is under control.
 - 4. If the behavior continues, the Sponsor will make parental contact.
 - 5. If the behavior continues following parental contact, a discipline report will be filled out and turned into JTA for disciplinary action, which may include suspension.