True Role of a Cheerleader

(See Cheerleading Philosophy pg. 7 & 8 in the Spirit Rules Book & Sportsmanship pg. 14 Rule 2-2-1 & 2-2-2)

* Promote school spirit not only during games but also throughout the season and in school for all sports.
* Coaches and cheerleaders are role models not only for the school but also for the community.
* Stretching and warm-ups should not be done directly in front of a crowd. It should be done in area away from the crowd.
* Cheerleaders should show respect for the flag by standing at attention and not talking during the National Anthem.
* Go back to being “Cheer Leaders”.
* In order to get the student body involved cheerleaders need to earn their respect.
* Get the crowd of all ages involved. Use appropriate cheers and do not taunt the opponent.
* Go back to the basics. Utilize your materials such as signs, the band, and incorporate crowd cheers. Create easy cheers such as “response cheers”. Pyramids and stunts are done to excite the crowd. Remember: more difficult stunts do not always capture the audience.
* Be aware of your team’s behavior- during pre-game, during the game, and after the game. Are the cheerleaders organized and enthusiastic? Does the team complete their time-out, quarter cheer, or half time routine and then walk off having discussions? Or do they try to get the crowd excited?
* Make sure the cheer team knows the rules of the game that they are cheering for – know when it is appropriate to cheer.
* Cheer teams and coaches need to respect the rules and regulations of the opposing school when traveling to away games.
* When there is an injured player on either team cheerleaders should behave appropriately either by standing quietly until the player is recovered or removed from the playing area. This is not a time for discussions.
* Opposing players, coaches, administrators, officials, and fans should be treated with respect. This extends outside of the game especially with social media.
Game situations for the winter season- Safety Issues

* NFHS and MPA Rules are in effect at all times when student athletes are participating in practices, games, camps, or any other event(s) throughout the year.

* No jewelry permitted- not even belly button rings, spacers, or nose rings.
* Hair must be pulled back in a ponytail and out of the face.
* Uniforms must be appropriate for the sport.
* Rhinestones that are punched, sewn or glued on uniforms are legal. Rhinestones woven into the hair or glued on the face are illegal. Any other use of rhinestones being used on accessories such as socks, shoes, bloomers or bows is illegal.
* No chewing gum.
* No swearing.
* Keep talking to a minimum. Athletes must be attentive at all times.
* Please be aware of your surroundings and alter your skills to be safe and suitable for the facility or cheering surface.
* Stunting and tumbling only on appropriate and safe surfaces.
* No stunting or tumbling when the ball is "in play". The ball is "in play" during the team's warm-up session and during game time. Remember: people are watching the game so stunting during the time the ball is in play is not the appropriate time.
* Cheerleaders or mascots must not stand behind the “free throw lane extended” during the basketball game. See NFHS Spirit Rule Book page 40.
* In the State of Maine - Basket tosses, multi-base tosses, or twists from dismounts may only be performed on mats.
* Perform only perfected material.
* Individual tumbling across the basketball court is not permitted. Tumbling should be incorporated as a team skill.