

# WCW Cheer Three Strikes Rules

Three strikes rules will begin in May and continue through March for each school year.

If you get three demerits (three violations of the rules below) you will sit out for half of a game and will not perform during halftime and will receive ONE Strike. During practice you will sit for the rest of the practice or be sent home.

If you are required to sit out for three games, the next rule violation will result in your being removed from the team. Below are examples of what constitutes a demerit. Head Coach has discretion to give out a demerit for violations including, but not limited to the following list.

Demerits – 3 of the following = 1 strike – Each time you break a rule you will receive a demerit!

- Any Negative Electronic Social Network posting (Facebook, Twitter, Instagram, Tik Tok, etc.)
- No cell phone usage during the game or practice, including breaks
- **Be on time for practice and games**-At the game, if you are late, you will sit out the first quarter
- Hair must be up and bangs back for games and practice
- Be dressed and game ready, this includes removing of ALL JEWELRY!  
No Uggs, slippers or sandals with uniform EVER – Cheer shoes are a must for practice too
- Bathroom (go before you come to practice and games)
- **Do not give contrary attitude**-There will be no exemptions – if your attitude is completely out of line, the consequences will be to send you home - **No disrespecting of others**
- No eating during games or practice - Varsity should eat before a game. JV can eat at the varsity game half time
- Must be back at least two minutes prior to the start of the 2<sup>nd</sup> half for both Varsity and JV
- Talking has to be minimal during the game
- Inappropriate behavior outside of the cheer squad  
If we get a call about inappropriate behavior you can be placed on probation by the Head Coach. You represent the Cheer Squad, the School **24x7x365**
- No swearing or inappropriate language during the game or practice
- Cheer gear belongs to those who have earned the right to wear it – Do not allow others to wear any part of your uniform. This includes Poms.

**\*\*\*The following may / will result in an Automatic Strike\*\*\***

- Any type of verbal and/or physical altercations, fighting, bullying, or intentional behavior that results in harm to another **WILL NOT BE TOLERATED** and may also result in immediate dismissal from the team.
- Being in possession of illegal substances – even in social media posts/videos
- When you are required to wear your uniform you must wear your complete uniform including cheer shoes and socks.
- Social Media bullying of any kind and sexually explicit material postings.
- Being cited / arrested, on or off campus, will result in immediate removal from team.

Cheerleader Name \_\_\_\_\_ Date \_\_\_\_\_

Coach Signature \_\_\_\_\_ Date \_\_\_\_\_