



Tahoma Bears Junior Football and Cheer

2026 Cheer Athlete Code of Conduct

WHO THIS CODE OF CONDUCT IS FOR:

All cheer athletes enrolled in Tahoma Junior Bears Football and Cheer (TBJFC) for the 2026 season. Athletes and families are required to read and agree to the terms of this 2026 Cheer Athlete Code of Conduct as detailed below.

For all issues that cannot be resolved between an Athlete and their Head Coach, it is the parent's responsibility to notify, in a timely manner, the Cheer Director and Assistant Cheer Director. If the matter cannot be resolved through the Directors, the parent will reach out to the TJBFC President and the Mediator.

ATHLETE EXPECTATIONS

Commitment & Attendance

- I understand that cheerleading is a team sport and that my attendance directly impacts the safety and success of my teammates.
- I will attend all scheduled practices, games, events, and competition practices unless excused for illness, family emergency, mandatory school events, or pre-approved travel (approved by the TBJFC Cheer Director).
- I will notify my Coach as early as possible if I must miss a practice or game.
- Excessive absences may affect my position in routines, stunts, halftime performances, and competition choreography.
- I will arrive **at least 5 minutes before any scheduled practice or game arrival time** ready to warm up and participate.
- I will check teamsnap regularly to confirm any changes or updates.

Safety Standards

- I will follow all safety rules set by TBJFC, which are aligned with USA Cheer and NFHS Spirit Rules.
- I understand that nails must be kept at sport length (short) and that **no jewelry** is

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permitted during practices, games, or competitions, except religious/medical medals taped to the body without a chain and under the uniform (per NF Rule 2-3-1).

- Please **do not pierce ears or other body parts** where the recovery period will coincide with the beginning of practices scheduled in July through the end of cheer season. Any cheerleaders not able to remove their jewelry with exception to religious or medical medals as stated above will not be permitted to participate in any cheer related activities until jewelry is able to be completely removed.
- I will wear proper practice attire: clean white athletic shoes, no-show socks, fitted athletic clothing, and hair secured away from my face.
- I will not participate in stunting or tumbling if I am injured, wearing a cast, or unable to safely perform skills.

NO-PHONE POLICY

- I understand that athletes are not permitted to use or keep their phone visible during any cheer activity.
- I understand that any violations of the no phone policy will result in my coach taking possession of my phone until the conclusion of the practice or event.

Uniform & Appearance

- I will take responsibility for my uniform and equipment, keeping them clean, complete, and in good condition.
- I will wear the full uniform as instructed by my coach and will not alter, misuse, or wear it outside of approved team activities.
- I understand that while in uniform, I represent TBJFC and the Maple Valley community and will maintain a neat, professional appearance.
- I will not dye my hair or paint my nails outside natural colors during the cheer season.

Behavior & Sportsmanship

- I will treat teammates, coaches, officials, opponents, and spectators with respect at all times.
- I will not use foul, disrespectful, or negative language.
- I will not gossip, bully, or speak negatively about teammates, coaches, or the program in person or online.
- I will maintain a positive attitude, listen to my coaches, and participate to the best of my ability.

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- I will conduct myself in a dignified manner at all events, including away games and competitions.

COMMUNICATION EXPECTATIONS

- All communication with coaches, directors, and other families must be professional and respectful.
- Disrespectful behavior toward coaches, athletes, or board members will not be tolerated and may result in disciplinary action.
- If I have a cheer-related concern, I will speak with my Coach first. My parents may also communicate with the Coach, and if needed, escalate to the Cheer Director and Assistant Cheer Director.
- It is my family's responsibility to stay informed about cheer schedules, expectations, and updates; this includes downloading TeamSnap and reviewing the updates daily.
- My parent/guardian must attend the mandatory parent meeting at the start of the season. If they cannot attend, they must meet with the Cheer Director within one week to review the information and confirm understanding

SOCIAL MEDIA STANDARDS

- I will use social media responsibly and respectfully.
- I will only post and/or interact with positive, supportive content about my teammates, coaches, board members, and the program.
- I will not post or share negative, harmful, or disrespectful comments about anyone connected to TBJFC.
- I understand that inappropriate online behavior may result in disciplinary action.
- For **Competition Cheer**, my parents are not permitted to post videos of our routines or performances on social media until after the season has concluded to protect choreography, athlete privacy, and team integrity.
- I will follow safe youth social media practices and talk to my parent/legal guardian if I see or experience anything online that makes me uncomfortable.
- My parent/legal guardian will monitor my online activity to help ensure my safety and positive digital behavior.

CONSEQUENCES FOR VIOLATIONS

If any of the above expectations are not followed, the following disciplinary steps may occur, consistent with leading youth cheer programs:

1. **Verbal Warning** from the Head Coach and/or Cheer Director.

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- 2. **Written or Verbal Notice** of violation to the parent/legal guardian.
- 3. **Suspension** from practices and/or games for up to one week (TBJFC Executive Board review).
- 4. **Removal from the Program** for repeated or serious violations (TBJFC Executive Board vote).

Note: Actions that compromise athlete safety, sportsmanship, or the reputation of TBJFC may result in immediate suspension or removal.

ACKNOWLEDGEMENT

I understand that my failure to follow the 2026 Cheer Athlete Code of Conduct may result in actions that impact my eligibility to participation in the TBJFC program.

Cheer Athlete's Name

Cheer Athlete's Signature

Date of Cheer Athlete's Signature

Parent/Legal Guardian's Name

Parent/Legal Guardian's Signature

Date of Parent/Legal Guardian's Signature
