

Tahoma Jr. Bears

Cheer Athlete Code of Conduct

WHO THIS WAIVER IS FOR:

All Cheer athletes for the 2025 season. You are required to read and agree to the Code of Conduct terms below as stated. This information was outlined during the registration process.

- I will adhere to the Tahoma Bears Junior Football and Cheer Zero-Tolerance Policy. Tahoma Bears Junior Football and Cheer adheres to the Tahoma School District Code of Conduct for Sports. (Listed in TSD Co-Curricular Handbook).
- I will respect the rules of cheerleading, officials and their decisions. I will participate to my fullest ability and always maintain self-control.
- I understand that attendance and tardiness will be tracked at every practice and may affect my participation in games and competition season.
- I understand that cheerleaders must arrive at least 30 minutes prior to the scheduled start time of the football game for which they are cheering. Failure to arrive at least 30 minutes prior to the scheduled start time will result in the cheerleader sitting out during the first quarter.
- On practice days, I will arrive at least 5 minutes prior to practice start time, lineup and be ready to go at the start of practice. I understand that additional practices will be added closer to Cheer Championships.
- I understand that my nails must be kept at sport length to participate in all cheer activities to help prevent injury to my teammates.
- I understand that absences affect my entire team and my position in a stunt group or line up may change accordingly. If I must miss a game or practice, I will notify my Coach as soon as possible.
- I understand that scholastics shall take precedence over cheer activities.
- I will not use foul language towards anyone, be it teammates, coaches, officials, opponents or spectators.
- I will not be critical of teammates and never discuss others' abilities except to encourage good team play.
- I will be responsible for my uniform and assigned equipment, and will ensure that it is complete, safe and in good condition at all times.
- Football and Cheer are team sports. I am on a team and I will be a team player at all times.
- I will respect all of my teammates, coaches, board members and my competitors.
- I will always listen to my coach's instructions.
- Cell phone usage will not be permitted during practices or games.

- I will conduct myself in a dignified manner at all times, especially on “the road”. I understand that I represent the TBJFC association and the community of Maple Valley. With that, I understand that while in uniform, I should uphold proper appearance and attire. Please do not dye hair outside of natural hair colors during the cheer season.
- I understand that Per NF Rule 2-3-1: Jewelry must not be worn except for religious or medical medals, which shall be taped to the body (without a chain) under the uniform. Please **do not pierce ears or other body parts** where the recovery period will coincide with beginning of practices starting in August thru the end of the 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.

If any of these rules are not adhered to the following consequences will be upheld:

1. Verbal warning from the Head Coach and/or Cheer Director.
2. Written or verbal notice of violation (if duplicated) to parent, by the Cheer Director and/or President.
3. One week suspension to include the game. (To be voted by the Executive Board)
4. Terminated from the program. (To be voted by the Executive Board)

Note: I understand that if I do not follow the Player Code of Conduct, action may be taken that could impact my participation in the program to include suspension and/or termination.

Cheerleader Signature

Date

Parent Signature

Date