

## **SciCoh Football & Cheer**

### **Cheerleading Code of Conduct**

#### **Cheerleader Code of Conduct**

- Have fun!
- Be a good sport - win or lose.
- Be honest, and fair. Always show good sportsmanship and respect to all coaches, athletes, officials, volunteers, and fans regardless of race, creed, color, nationality, or gender.
- Be a team player. Everyone learns, develops, and improves at a different pace and sometimes in different manners. Football & Cheerleading are TEAM sports. A team's success is never attributed to any one specific player or group of players.
- Athletes shall encourage and support their fellow team members, regardless of any player's ability or skill set.
- Do not criticize or become aggressive/verbal/physical with your fellow teammates, your coaches, officials, volunteers, an opposing team, its players, fans, or coaches.
- Cheerleaders are to arrive, with all necessary equipment, and ready to participate at the scheduled time set by coaches for any practice or game.
- Cheerleader's cell phones and smart watches are to remain set aside in a safe place/stored in their duffel bag. Cheerleaders are not to be taking photos or videos while they are participating in a game or practice, -on the field or on the sidelines as it becomes a distraction.
- Excessive absences and tardiness to practice and/or games will be subject to discipline in accordance with the SciCoh Cheerleading Attendance Policy.
- Be respectful on any social media platform and do not harass, taunt, tease, message, post or comment in a negative manner to or about any fellow team member, opponent, coach, official, volunteer, parent/guardian etc.
- Cheerleaders agree to abide by all rules and regulations set forth by the SciCoh Football & Cheer Board of Directors (including but not limited to Practice and Game Day Policy, Attendance Policy, Expectations, and Code of Conduct), OCYCA Rules and Regulations, and NFHS Spirit Rules. All safety rules and regulations set by these documents and USA Cheer must be followed at all times.
- Leave with what you came with: all gear, clothing, water bottles, personal items, trash, etc. both on field or at practice and competitions.

#### **Cheer Parent/Guardian Code of Conduct**

Parents and guardians are vital to the development of young athletes. They must set a positive example whether sitting in the stands or helping as a volunteer. All adults involved in

youth sports should be positive role models of good sportsmanship and lead by example on and off the playing field.

- Have fun!
- Be honest, and fair. Always show good sportsmanship and respect to all coaches, players, volunteers, officials, and fans regardless of race, creed, color, nationality, or gender.
- Be supportive. Give constructive criticism during a private moment, never in front of other parents, players, officials, spectators, etc.
- Support your coaches, athletes, and officials and help teach the value of commitment to the teams, sportsmanship, ethical conduct, and fair play. Refrain from excessive "sideline coaching" from the stands.
- Parents/Guardians/Fans are prohibited from being on the sidelines, or on the field during a game or practice unless they are a coach or game day volunteer performing an assigned task. Please watch from behind the fence and/or in the stands.
- Accept the gameplay decisions of officials on the field as being fair and called to the best of their ability.
- Refrain from using profanity.
- Do not criticize an opposing team, its players, cheerleaders, fans, or coaches with negative or offensive words or gestures.
- Abide by and respect the EMT decisions in all matters of an athlete's health, injuries, and physical ability to continue sideline cheer or competition. SciCoh Coaches and Board of Director Members also abide by, and cannot override any decision, judgment, or advisement given by the onsite EMT or additional EMTs that may be called to the game site/competition for assistance.
- Parents/guardians are expected to drop off and pick up their players at their team's scheduled time.
- Excessive absences and tardiness to practice and/or games will be subject to discipline in accordance with the SciCoh Cheerleading Attendance Policy.
- Be respectful on any social media platform and not harass, taunt, tease, message, post or comment in a negative manner to or about any fellow team member, opponent, coach, official, volunteer, parent/guardian, etc.
- Commit to supporting SciCoh Football & Cheer by helping out, volunteering, and supporting all fundraising activities.
- Leave with what you came with: all your player's, gear clothing, water bottles, personal items, trash etc.

## **Health & Safety**

- The use of tobacco of any kind, alcohol, drugs, and possession of any weapon is strictly prohibited at any time on, or off the field for any practice or game.

- Players are expected to maintain healthy eating and hydration habits. Do not come to practices or games hungry and dehydrated.
- Any athlete, adult, fan, official, coach, or volunteer, who physically assaults (including but not limited to; pushing, hitting, slapping, spitting, kicking, or using an object to physically strike another person) will be banned from all SciCoh home and away events. If a physical altercation occurs between adults 18+, police will be called to assist.
- Any athlete suspected of having a concussion must be removed from sideline cheer or competition immediately. If an EMT believes that an athlete has a concussion, the responsible adult is expected to have their player evaluated by a doctor immediately.
- A dated and signed Doctor's note clearing an athlete of a suspected concussion or physical injury; or any athlete placed in a cast or doctor's concussion protocol steps MUST be submitted to SciCoh Football and Cheer President Kristen MacDonald for return to practices, sideline cheer, or competition. This procedure is required for each incident that may occur where a doctor evaluation is necessary for physical injury or concussion.
- **ONLY an EMT can approve of a player's return to sideline cheer or competition.** Coaches, parents/guardians, officials, volunteers, or SciCoh Board of Director Members CAN NOT clear any player's return to participation, even if it is their own child in question and even if they are licensed medical professionals themselves. Anyone who disrespects, argues with, or disputes an EMT's decision will be asked to leave the game site or competition.

## Discipline

If any incident arises involving any SciCoh Football & Cheer player, parent/guardian, or coach, that may call for disciplinary action - the incident will be reviewed by the SciCoh Board of Directors and/or by the Old Colony Youth Cheerleading Association (OCYCA). Disciplinary action is decided on by the SciCoh Football & Cheer Board of Directors and/or by the OCYCA. Inappropriate behavior is cause for immediate ejection from the practice or game site. Repeat offenses will result in being barred from future games and league-sponsored activities.

## SciCoh Cheer's Commitment to Body Positivity

The cheer and stunt community is proud of the opportunities that our sport provides for participation at all levels and for all body types, it is vital for all participants and coaches to foster a welcoming and body-positive environment.

SciCoh cheerleading is committed to fostering a positive environment for all athletes, and any comments or remarks made to the contrary will be subject to discipline from the board of directors.

Please contact your head coach or SciCoh Board of Directors for any questions or concerns.  
For complete OCYCA Bylaws, please visit [scicohfootball.com](http://scicohfootball.com).

**2023 SciCoh Football & Cheer Board of Directors:** Kristen MacDonald\* (President of Football & Cheer), Dan Boylen\* (Treasurer), Chad Brandolini\* (Marketing & Social Media), Gina Desmond, Julie Diab, Kate Fardink (Co-Vice President Cheer), Colleen Geary, Jamie Giacomozzi, Andrea Gillis\* (Secretary), Sheila Mahoney, Eric Morley (OCYFL Rep), Joe Norris (OCYFL Rep), and Cate Reimels\* (Vice President of Football & Cheer). \* SciCoh Executive Board Member.

**Cheerleader's Name** \_\_\_\_\_

**Parent/Guardian's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_