

RHS CHEER RULES & REGULATIONS

Warhawk Cheerleader Values:

Protect the Program, Integrity, Respect, Courage, Unity Be an example of good sportsmanship between schools.

Exhibit leadership, citizenship and spirit both in school and in our community.

Expectations of ALL RHS Cheerleaders:

- Agree to abide by ALL rules and regulations set forth by the Athletic Department of Ridgevue High School as set by the Vallivue School District Policy.
- Maintain 2.0 GPA or higher. Our team goal for this year is 3.0 for Fall Semester.
- Adhere to the Ridgevue “No F policy”.
- Adhere to Idaho Code with respect to the use of drugs, alcohol, or tobacco by minors during the complete calendar year
- Use social media responsibly and adhere to the student-athlete expectations of the Vallivue School District to guide your choices.
- Uphold the values and expectations of a Warhawk Cheerleader in or out of uniform, at school or in the community.
- Be in attendance for the full day of school in order to practice or cheer in a game that evening, this includes attending school following morning practices.
- Have an IHSAA current physical form signed by a medical doctor on file with the AT.
- Purchase an ASB Card and have no outstanding school fines.
- Attend cheer camp to learn safe and proper stunting techniques and routines.
- Stay current with all necessary costs and payment due dates. Items will only be ordered for and delivered to cheerleaders who have kept their accounts current.
- Attend at all practices, games, performances, and events. Properly communication all necessary absences and tardies.
- Report any injuries incurred to coach. All injuries must be reviewed by AT or licensed physician to assess limitations.

Cheer Seasons:

- There are officially two cheer seasons, Fall & Winter.
- Fall season begins August 1st-November 30th
- Winter season begins December 1st- March 31st
- Summer behavior violations will apply to the Fall Season.

Attendance Violations:

- 0-10 Minutes late will result in a demerit
- Pre-approved absence: Email from parent and written permission received from coach. Examples might include: Wedding, funeral, court date, appointment that cannot be rescheduled, etc... Please provide documentation whenever possible.
- No prior-notice absence: Examples include family emergency or severe contagious illness- MUST have parent call and leave voicemail as soon as possible. Student calls or texts will NOT be accepted.

Please provide documentation from doctor or similar whenever possible. Coach's discretion will be used in these cases depending on situation and documentation.

- Unexcused absence: All absences not falling into the aforementioned categories or not being properly communicated will result in a demerit.
- Injuries do NOT qualify as an excused absence unless clearly stated by AT or physician that the athlete must stay home.
- Contagious illnesses are an exception and athlete should remain home as to recover quickly and avoid spreading illness.
- Excessive illness or similar type absences will likely result in limited participation in stunting, routines, performances and game participation and will be at coach's discretion depending on athlete's preparation.

Demerit System:

- Each F-list occurrence- (Remaining on the F-list for two weeks for the same class will NOT result in a second violation, however a third week will.)
- Attending a game or event in the incorrect or incomplete uniform.
- Not having all necessary items with them at all times, such as poms or megaphone. Even if item arrives late or is borrowed before performance time a violation will still be incurred..
- Wearing jewelry or artificial nails to practice or game.
- Below 2.0 GPA at end of 1st quarter
- Team/School/Community misconduct in or out of uniform. Including but not limited to: inappropriate language, insubordination, public displays of affection, dress code violations, social media use, school referrals or any behavioral concerns from admin, faculty or school staff.
- Violation of Idaho Code of Drugs/Alcohol/Tobacco use by minors- including social media posts the represent or imply use by minors.
- Any treatment of peers that could be considered bullying.
- Any disciplinary action that results in suspension from school.
- Below 2.0 GPA at end of 1st semester.
- Failure to bring signed demerit back within a week of receiving it will result in a second demerit
- If athlete compiles 5 demerits within a year it will result in a 2 day probation.
- If athlete compiles 10 demerits within a year it will result in a 5 day probation.
- If athlete compiles 15 demerits within a year it will result in a 10 day probation.
- If athlete compiles 20 or more demerits within a year it will result in suspension from the team.