GYC RULES

- Cheerleading is meant to be fun, safe, and a positive experience that will help them to build self-esteem
  and teach them the basic fundamentals of cheering.
- Cheerleaders are expected to show good sportsmanship, teamwork, and respect at all times.
- Cheer camp is MANDATORY and closed to spectators.
- Cheerleaders are expected to attend all practices, games, and performances unless excused by a parent/guardian.
- Squads will be made by grade level.
- Parents must notify the coach if their cheerleader will be absent or late.
- **NO GUM DURING ANY PRACTICE, GAME, OR EVENT.**
- Official cheer uniform must be worn to all games and events unless otherwise instructed. (Official uniform consists of top, skirt, bloomers, bow. poms & white tennis shoes.)
- Cold weather gear can be worn anytime if your cheerleader is cold. Sweatshirts and jackets will not be worn on game days.
- Hair must be pulled back and secured in a high ponytail for all practices, and with their bow for games.
- White tennis shoes are required.
- Safety comes first - ALL cheerleaders must follow coaches instructions at all times.
- NO stunts, lifts, or tumbling unless approved by a coach.
- NO horseplay, pushing, or rough behavior at anytime.
- Cheerleaders must stay in designated cheer areas during games unless approved my the coach.
- Cheerleaders must participate in cheers / performances.
- Discipline will be handled by the coach and the GYC Board.
- Cheerleaders should arrive 15-20 minutes before game time or at the time appointed by the coach to allow stretching before cheering.

GYC RULES

- Parents are asked to avoid coming into the designated cheer area during games, practices, and other events.
- Important updates wil be shared through TeamSideline app
- Parents are responsible for staying informed
- Participation in GYC indicates agreement to follow all league rules and expectations.
- If you have any questions or concerns, please feel free to reach out to your cheerleader's coach or any Board Member.

APPROVED STUNTS BY GRADE LEVEL

- GRADE 1 &2
  - Thigh Stands
  - Back Stands
  - Spotter is required for all stunts
  - Flyer's feet must remain at or below waist level of base.

- GRADE 3&4 (everything above plus-)
  - Spotter is required for all stunts
  - Prep level stunts
  - Flyer's feet must remain at or below shoulder level of base.

- GRADE 5&6 (everything above plus-)
  - Spotters are required for all stunts
  - Basic Pyramid
  - Show and Go