

SciCoh Cheerleading - 2026 Season Rules and Policies

All coaches and athletes agree to abide by all rules and regulations set forth by the SciCoh Football & Cheer Board of Directors, OCYCA Rules & Regulations, and NFHS Spirit Rules. All safety rules and regulations set by these documents and USA Cheer must be followed at all times. Failure to comply will result in disciplinary action as decided upon by the Board of Directors.

Practice Rules

- **Attendance is mandatory at all practices.** Excessive absences and tardiness will be subject to discipline in accordance with the SciCoh Cheerleading attendance policy (below).
- Unless otherwise noted, SciCoh Cheer practices are closed practices and not open to spectators.
- Arrive on time and ready to practice.
- Bring a water bottle to every practice! For safety reasons, no athlete will be allowed to practice if they do not bring water.
- Starbucks, coffee drinks, and energy drinks are not allowed.
- Bring a bag to hold all belongings (water, cell phone, bug spray, sweatshirt if needed, etc).
- Bug spray and sunscreen should be applied **before** coming to outdoor practices (if needed).
- **USE THE RESTROOM BEFORE COMING TO PRACTICE!** Practice time is valuable, and while no one will be denied a restroom break, we need to take advantage of every moment we have to work together.
- Drop off and pick up on time. No child will ever be left alone to wait for a ride, but please be respectful of our coaches' time.
- For safety reasons, Mite and Peewee levels (grades 2-6) will not be allowed to leave the practice pickup area without a parent/guardian parking and walking over to pick up their child.
- All cell phones and smart watches must be turned off during practice. No calls or texts are allowed without coaches permission.

Practice Dress Code

- Hair must be up and off the face in a ponytail or braids. No long bangs or loose hair which may obstruct vision.
- Athletic attire only - shorts, leggings, tshirts, tanks, ect.
- No shorts with pockets or drawstrings which may catch a hand/foot while stunting.
- Tank top straps must be at least 2 inches wide, no spaghetti straps which may catch a hand/foot while stunting.
- Spandex shorts/briefs and sports bras should be worn underneath practice clothes if needed.
- **Cheer sneakers only** - no bare feet, flip flops, sandals, Converse, Vans, slip ons, etc
- If you will be out for the day and coming straight to practice, please plan accordingly and pack for practice. Do not rely on coaches or teammates to have extra items you may need. Being unprepared or out of dress code may result in an athlete sitting out and observing practice.
- **FOR SAFETY REASONS NO JEWELRY, NO LONG NAILS, NO NAIL POLISH!**

Game Day Rules

- **Attendance is mandatory at all games.** Excessive absences or tardiness will be subject to discipline in accordance with the SciCoh Cheerleading attendance policy (below).
- Teams will meet for mandatory practice prior to game time. Exact meet times TBD by coaches in their weekly emails.
- For safety reasons, athletes who arrive more than 15 minutes late for pre-game practice may be benched for that day's halftime performance at coaches discretion.
- Athletes are to be dropped off on time at the predetermined meeting spot which will be communicated by coaches in their weekly emails.
- Bring a bag to every game with all necessary items - water bottle, **DRY** snack, black leggings, warm up jacket, SciCoh program t-shirt, whatever else they may need on game day.
- Water only! No Gatorade, juice, or soda which can stain uniforms.
- Starbucks, coffee drinks, and energy drinks are not allowed.
- No eating during games unless allowed by coaches during an usually long delay of game. In this case only dry, non-staining snacks are allowed. (crackers, pretzels, goldfish, etc)
- Cheerleaders will follow the instructions of their coaches and junior coaches at all times.
- Cheerleaders are not allowed to leave the sideline area without coaches permission.
- Cheerleaders are not allowed to go anywhere alone, including restrooms.
- There will be no talking or playing around on the sidelines, and no moving out of formation unless instructed by coaches.
- At all games, home and away, a friendly and welcoming attitude is to be shown to all cheerleaders, football players, coaches, officials, volunteers, and fans.
- At the conclusion of each game, athletes will all walk together as a team to the meeting place for dismissal.
- Any athlete who will be coming early or staying late for another game must wear a tshirt or jacket over their uniform when eating.
- Adults/fans/siblings are prohibited from being on the sidelines, or on the field during a game or practice unless they are acting as a coach or game day volunteer performing an assigned task. They must watch from behind the fence and/or in the stands.

Game Day Dress Code

- Arrive in full uniform - top, skirt, cheer sneakers, white no-show socks, game bow.
- Cheer sneakers with white no-show athletic socks.
- Any changes to the game day uniform and/or hairstyle will be communicated by coaches in their weekly emails
- **Bring everything to every game!** Weather changes may make it necessary for athletes to change once they arrive. Should athletes be asked to change and not have their uniform pieces they will be benched.
- **FOR SAFETY REASONS, NO JEWELRY, NO LONG NAILS, NO NAIL POLISH!**

Weather Policy

- If outdoor practice or a game must be canceled due to weather, every effort will be made to contact the parent/guardian on record as soon as possible.
- Please check emails, texts, voicemails, and social media before heading to outdoor practice or games on days with questionable weather conditions.
- If heavy rain and/or thunder and lightning occur during an outdoor practice or game, please come to the field immediately to pick up your child.

Attendance Policy

Attendance is required to ensure the safety and success of all teams. If one member of a stunt group is absent, the entire stunt group cannot practice, and empty spaces in routine formations cause confusion for the rest of the team. Absences set teams back due to the constant need to catch up at the next practice. Please respect your child's teammates and coaches by attending all practices.

- Cheerleaders are allowed three (3) unexcused absences during the season.
- This does not include practices before each competition. **Failure to attend practice during competition week may result in exclusion from that week's competition.**
- Continued unexcused absences may result in cheerleaders not being placed in stunting positions, and could also result in dismissal from the cheerleading program. All cases will be reviewed by the SciCoh Board of Directors.
- **Excused absences** - serious/contagious illness, family emergency, school or religious obligations.
Unexcused absences - birthday parties, concerts, vacations, camps, other sports/activities.
- Coaches must be notified prior to practices or games in order to be excused.
- Regularly arriving late and/or leaving early will be recorded by coaches. Excessive instances may result in one unexcused absence.

Injury Policy

- If your child is injured and cannot participate at practices, games, or competitions you must provide a doctor's note excusing them.
- A doctor's note is also required to clear them before they can resume any cheerleading activity.
- Depending on the type of injury, athletes are required to attend practices, games, and competitions to observe any routine changes and also to support their teammates.
- Injured athletes must dress in full uniform while sitting out at games and competitions.

Behavior Policy

- Every athlete is expected to be on their best behavior at all times - respecting all coaches, junior coaches, board members, teammates, football players, opponents, fans, vendors and game day officials.
- Any behavior considered inappropriate, disruptive, disrespectful and/or unsafe will result in dismissal from the cheerleading program.
- Bullying or harassment of any kind is prohibited, both at cheer and outside of cheer. This includes verbal, written, phone calls, emails, texts, and cyber-bullying (Facebook, Twitter, Snapchat, Instagram, Tik Tok, etc). Such actions will not be tolerated and will result in discipline which may result in dismissal from the program.
- Negative or inappropriate social media posts, texts, pics, etc regarding OCYFL, OCYCA, the SciCoh program, board of directors, coaches, players or cheerleaders are prohibited.
- The use of alcohol, drugs, or tobacco products is prohibited. This includes vape pens/e-cigarettes.
- Stunting outside of SciCoh practices and events is prohibited.
- All SciCoh cheerleaders will demonstrate the highest level of good sportsmanship at all SciCoh practices, games, competitions and other events. Poor sportsmanship will not be tolerated and will result in discipline which may result in dismissal from the program.
- At home games a friendly and welcoming attitude is to be shown to all visiting cheerleaders, football players, coaches, officials, volunteers, and fans.
- Our cheerleaders' actions are a direct reflection on their teammates, coaches, the SciCoh program, as well as the towns of Scituate and Cohasset. Please act accordingly.

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