



CHEERLEADER CODE OF CONDUCT COMMITMENT

I hereby pledge myself to uphold the following code of conduct as a member of Cheer Alliance and the USASF, United States All-Star Federation.

- 1. I will cheer for the fun of it and for my love of the sport, not for parents or coaches.*
- 2. I will not allow negative aspects to enter my sport.*
- 3. I will abide by the rules.*
- 4. I will accept success, failure, victory, and defeat with good sportsmanship.*
- 5. I will respect my opponents because without them, there would be no competition, and I will refrain from verbal negativity after each performance or competition regardless of the outcome.*
- 6. I will notify my owners or my coach if I cannot attend a practice or competition.*
- 7. I will refrain from arguing with or complaining about the coaches, owners or staff members' decisions to my teammates. If I have a problem with something, I will set up a meeting to discuss my concerns with authority.*
- 8. I will control my temper and resist retaliation at practice, competitions or any Cheer Alliance event.*
- 9. I will not attempt to hurt anyone on my team, or any other team with my words or actions on or off the floor.*
- 10. I will concentrate on my job as a cheerleader and on affecting the outcome of the competition with my best effort every time I step on the floor. I will work equally hard for my team and for myself.*
- 11. I will exhibit good sportsmanship by cheering for each other, whether they are my teammates or my opponents', and by focusing on my teammates' strengths instead of their weaknesses.*
- 12. I will treat all cheerleaders, coaches, staff members, parents and owners the way I would like to be treated and understand that we win and lose as a team. One participant does not win or lose, and I will never blame my teammates.*
- 13. I will cooperate with and respect my teammates, coaches, staff members, parents, owners, officials and judges on and off the cheer floor, in and out of the gym and anywhere I am attending a Cheer Alliance sponsored event.*
- 14. I will respect the facility and equipment of my gym and any venue we attend. I will never damage, or stand by while my teammates damage, any property anywhere in the facility. I will abide by the "Rules of the Gym".*
- 15. I will never forget that I am representing myself, my family, my team and my organization when I am wearing my uniform, warm-up, practicewear or Cheer Alliance; Inc. logo at any time in the community, at an event, or any Cheer Alliance sponsored performance or competition. When I am participating in any cheer activity home or away, I will uphold the conduct I have pledged here.*
- 16. I will notify my coach of any medical condition that may affect my participation in cheer and if I require any type of medication I will notify my coach or owners immediately. I understand that any type of serious condition will then require a doctor's note to begin participation again.*
- 17. I understand that a 24 hour "cool off" policy will be strictly enforced. All coaches and staff members will be able to address a parent/cheerleader concern within 24 hours of the situation. You will give your concerns some time before you discuss them with a coach, director or owner.*
- 18. I understand that no one is allowed to post Cheer Alliance performance music, choreography, routines, stunts, etc. on any websites. This includes, but not limited to "My Space", "Facebook", "Formspring", "Youtube", "ILAS Hyperboards", "The Fierceboards", "Cheer Library" or "CheerFM" without the consent of the Cheer Alliance Owners.*
- 19. Any information you overhear or speak to with an owner, staff member, board member, coach or cheerleader is strictly confidential. Unauthorized forwarding, printing, copying or distribution is strictly prohibited.*
- 20. And finally, I understand that any gossip, insults, ill will, profanity, abusive language, trash talking, negative cell phone texting, negative facebook posting, illegal use of drugs, alcohol, tobacco or any other substances IS NOT ALLOWED AT ANY TIME FOR ANY REASON!!!! Please refer to our Cheer Alliance "Zero Tolerance Policy"*

Cheerleader Printed Name: _____ Signature: _____ Date: _____