

**PARSIPPANY LITTLE VIKINGS
VARSITY AND WEST
COMPETITION RULES**

“We Got a New Attitude!”

1.) Practice starts at a designated time. Cheerleaders should be ready to start with sneakers on, jewelry off, hair up. If you are late you will owe five minutes after practice of conditioning with a coach. Attendance will be taken at the start of every practice; those who are late will be noted.

2.) PRACTICES ARE MANDATORY!

Excused Practices:

- School band/choir concerts
- PHHS cheerleading events
- B.I.G night
- Spring Musical
- Sick accompanied with a doctors note
- Religious obligations (temple, CCD, holidays etc.)
- Vacation (At least two week advanced notification must be given)

Unexcused Practices:

- Social engagements (exceptions: planned events such as weddings, religious events, family obligations, etc. (At least two week advance notification must be given.)
- Variety Show
- Fall school play
- Too much homework/school projects
- Miscellaneous school field trips (ex: Yankee games, plays, etc.)
- PMS
- Sick without a note from the parent or doctor if you miss entire week of practice
- Routine Doctors appointments (please schedule around practice)

3.) If you miss a practice for an unexcused reason you must make up that practice by attending a portion of the opposite teams practice the following night. (For Example: If you are on the West team and miss a practice you will attend Varsity’s practice (which is earlier in the evening the following night)

4.) If you miss a practice the week of a competition you will not compete. You are expected to show up the day of the competition in full uniform to support your teammates.

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5.) NO GUM. NO SODA. NO CANDY. NO JEWELRY. NO CELL PHONES.

6.) Disrespect of any kind toward a teammate or coach is not tolerated, and there will be consequences. (For example, if you are disruptive or disrespectful to a teammate and the coach has to speak with you more then 3 times, you will be asked to leave practice and sit in hallway until end and then do 5 min of conditioning.)

7.) Practices require cheerleaders to wear their practice clothes. If a cheerleader comes in the wrong clothing she will owe five minutes of conditioning at the end of that practice.

8.) At a competition prior to our performance the cheerleader stays with her team and coaches. Cheerleaders must stay in full uniform for awards.

9.) If you are late to a competition you will owe conditioning to the coaches at the following practice.

10.) If a flyer hits the floor during a competition, that stunt group will owe conditioning to the coaches at the following practice.

**I HAVE RECEIVED THE LITTLE VIKINGS COMPETITION
CHEERLEADING RULES, UNDERSTAND AND AGREE TO THEM.**

**IF WE FIND THAT WE CAN'T MEET THESE OBLIGATIONS, WE UNDERSTAND
THAT WE MAY BE ASKED TO RECONSIDER OUR ABILITY TO COMMIT
TO THE TEAM.**

(PLEASE SIGN AND DETACH)

Cheerleader's Signature : _____ Date _____

Parent's Signature: _____ Date _____