

VARSITY CHEERLEADERS: VARSITY FOOTBALL GAMES

- Home Games: Arrive 5:45 with hair /makeup (including team lipstick)
Away Games: Arrive at designated time to load bus – see FISD Athletic Handbook regarding Team Travel.
- If you are going to be late, you must notify your captain AND your coach.
- Home Games: Drop off backpacks/cell phones at the track and meet coaches at goal posts to stretch/warmup. Cell phones must remain in your cheer bag during pre-game and game.
Away Games: You will stretch/warmup at location determined by coach. Cell phones must remain in your cheer bag during pre-game and game.
- NO eating or drinking on the track or field while in uniform during any game. Exceptions: Team water bottles are allowed during game and cheerleaders may eat/drink at pre-game dinner and at halftime.
- Varsity Cheerleaders may wear 1 tattoo on cheek – NO face paint
- At home games, Cheerleaders may be split in to 2 groups cheering at both ends of track (student and band sections) switching sides every quarter
- Cheerleaders will pay attention to the game and are not allowed at the fence except during breaks given by coaches. Ask your friends and families to respect that you are cheering and cannot socialize or pose for pictures during the game.
- During timeouts and other game “breaks” cheerleaders will cheer or chant.
Remember: when there is no action on the field, the public is looking at you
- Cheerleaders are not required to stay on the track for half time. If you do stay, please be respectful of the half time show, ours and theirs. No cell phones allowed on track during halftime.
- At the end of home games, the Seniors are released for Alma Mater and Bump. Juniors will help coaches and JV cheerleaders pack up/clean up before being released.

JV & FRESHMAN CHEERLEADERS: JV & FRESHMAN HOME GAMES

- Arrive at time designated by coaches with hair/makeup (including team lipstick)
- If you are going to be late, you must notify your captain AND your coach.
- Place backpacks on the track and stretch at location determined by coach. Cell phones must remain in your cheer bag during pre-game and during the game.
- NO eating or drinking on the track or field while in uniform during any game. Exceptions: Team water bottles allowed during game and cheerleaders may eat/drink at halftime
- Cheerleaders will pay attention to the game and are not allowed at the fence except during breaks given by coaches. Ask your friends and families to respect that you are cheering and cannot socialize or pose for pictures during the game.
- During timeouts and other game “breaks” cheerleaders will cheer or chant.
Remember: when there is no action on the field, the public is looking at you.

JV CHEERLEADERS: VARSITY FOOTBALL HOME GAMES

Pregame, 1st & 2nd Quarters

- Report to the tattoo/face paint table at the stadium by 5:45 with hair/makeup (including team lipstick). The gates will be closed but they will let you in if you’re in uniform. Parents must wait for the gate to open and enter with a ticket. Parent Chaperones (working the tattoo table, will be allowed in the gates).
- If you are going to be late, you must notify your captain AND your coach.
- NO eating or drinking while in uniform during the 1st and 2nd quarters. Exceptions: Team water bottles allowed during game and JV cheerleaders may eat/drink at pre-game dinner and at halftime
- Freshman and JV Cheerleaders are allowed purchase/wear 1 tattoo on cheek – NO face paint allowed. Varsity Cheerleaders are given 1 tattoo for their cheek.
- Cell phones must remain in your cheer bag until you are released. You may not have them out while selling tattoos and face paint.
- Do not block table, it’s intimidating for kids to approach
- Cheerleaders should be actively helping with tattoos and/or face paint – not socializing with friends and family or taking pictures. Absolutely NO PDA
- Do not hang over the fence to talk to varsity cheerleaders
- Due to security regulations: You are not allowed on the track or field during pre-game or after kick off. Exception: if you are delivering a big sis gift, you may quickly go in and out.
- Chaperones should report any behavior issues to Coaches.
- JV Cheerleaders may be assigned to work other areas at any time.
- You will be released from tattoo sales by Coach or VP at the end of the 2nd quarter.
- JV Cheerleaders should report to assigned location with 2:00 remaining in half-time to stretch/warmup for 3rd quarter.

3RD & 4th Quarters

- After stretching/warming up, JV cheerleaders will enter the field as a team with a Coach and will cheer most of the 3rd quarter.
- JV Cheerleaders will pay attention to the game during the 3rd quarter and are not allowed at the fence except during breaks given by coaches. Ask your friends and families to respect that you are cheering and cannot socialize or pose for pictures during the 3rd quarter.
- During timeouts and other game “breaks” cheerleaders will cheer or chant.
Remember: when there is no action on the field, public is looking at you.
- During the 4th quarter JV will help by taking items back to the cheer closet
- After the game, JV will help the Varsity juniors clean up and pack up
- JV will be released by Coaches within a few minutes of the game ending

FRESHMAN CHEERLEADERS: VARSITY FOOTBALL HOME GAMES

Pregame, 1st & 2nd Quarters

- Report to the program table at the stadium by 5:45 with hair/ makeup (including team lipstick). The gates will be closed but they will let you in if you're in uniform. Parents must wait for the gate to open and enter with a ticket. Parent Chaperones (working the program table, will be allowed in the gates).
- If you are going to be late, you must notify your captain AND your coach.
- Freshman Cheerleaders are allowed to purchase/wear 1 tattoo on cheek – NO face paint allowed
- NO eating or drinking while in uniform during the 1st and 2nd quarters. Exceptions: Team water bottles are allowed during game. Freshman Cheerleaders may eat/drink at the pre-game dinner and at halftime after changing out of uniform.
- Cell phones must remain in your cheer bag until you are released. You may not carry them with you to sell programs
- 2 Cheerleaders will be assigned to each entrance to sell programs, all others should actively sell programs in the stands
- Cheerleaders should be actively selling programs – not socializing with friends and family or taking pictures. Absolutely NO PDA
- Do not hang over the fence to talk to varsity cheerleaders
- Due to security regulations: You are not allowed on the track or field during pre-game or after kick off. Exception: if you are delivering a big sis gift, you may go quickly go in and out.
- Chaperones should report any behavior issues to Coaches.
- Freshman Cheerleaders may be assigned to work other areas at any time.
- With 2 minutes remaining in the 2nd quarter, cheerleaders should return to the program table to turn in money and unsold programs. You may not leave the table until released by a Coach or a VP.
- Once released, cheerleaders may leave. If you are staying, you must change clothes and remove bow. You may not wear anything with FHS Cheer during the remainder of the game.



FOOTBALL GAME RULES FOR CHEERLEADERS

an insert for the 2018-2019 Megaphone Handbook

ALL CHEERLEADERS

Cheerleaders should always exhibit good conduct and are always on display, especially when you are in uniform. Your actions are a direct reflection on FISD, FHS and The Cheer Program. At all times, you should adhere to the expectations of the FISD Student Code of Conduct, The FHS Cheer Constitution, The FISD Athletic Handbook and Athletic Department Expectations.