



## Carson City Pop Warner Cheer Rules/Regulations

We want to welcome back all our returning Cheerleaders and congratulate all our new cheerleaders in joining the CCPW family.

### CCPW Cheer Mission Statement:

To promote safety, leadership, responsibility and fun while providing an environment in which the cheerleading athlete is both academically and physically fit.

### Rules and Regulations are as follows, but not limited to:

1. Cheerleaders have been placed on squads based on age and grade level by Pop Warner.
2. Cheerleaders cannot cheer for a competitive All-Star team during the Pop Warner Season.
3. Cheerleaders are to maintain good academic grades of at least a "C" average.
4. Parents and participants are strictly prohibited from using abusive language, alcohol or drugs at any Pop Warner sponsored function or event.
5. It is the Parents responsibility to follow the communication through sports engine App. All team information, event and game schedules, volunteering responsibilities will be posted Via Sports Engine.
6. All disagreements with coaches or coaching philosophy will NOT be addressed on the practice or game field. All issues will be discussed in private and NOT on the sports engine app.
7. It is the parents' responsibility to provide/arrange transportation for his/her cheerleader to and from all practices and games. Cheerleaders should always be on time! We understand things happen please communicate with your coach!
8. Parents are not to leave their child unattended if unable to locate a coach during practices and/or games.
9. It is the parents' responsibility to pick up their cheerleader **ON TIME** from all practices and games.
10. It is the parents' responsibility to make sure your Cheerleader has used the restroom prior to practice.
11. During Practices/Games any cheerleader reporting illness or non-ability to cheer will be asked to sit on the sidelines until the game/practice is over. Special circumstances will be discussed on a case by case basis.
12. **PARENTS MUST REMAIN AT THE FIELDS FOR ALL PRACTICES AND GAMES for EVERY cheerleader 9 years and under. Practices may end early and abruptly- if you leave the fields, please stay close!**
13. Rain or shine, we cheer!

## Practices/ Dress Code:

- **Practices are mandatory!** Always come to practice unless you receive notice that practice was cancelled (even in rainy weather). Once you arrive at the field, practice may be cancelled due to weather conditions at that present time.
- **DO NOT WEAR NEW CHEER SHOES TO PRACTICE UNLESS TOLD OTHERWISE.**
- Hair is to be pulled up off the neck, away from the face and secured tightly with hair bands.
- You may bring a towel/yoga mat to sit on during practice.
- Fingernails must be kept trimmed for safe stunting.
- **No Jewelry** (including earrings, watches, body piercings, necklaces, etc.) **No band aids are allowed over newly pierced ears. All earrings must come out for practices**
- Full water bottle is needed at every practice.
- No cell phone use at practice by cheerleaders; phones must be kept in cheerleaders' bag even during breaks.
- Do not leave practice or game until your parent has informed the coaches you are leaving.

### Practice Attire:

Leggings/shorts, t-shirt, socks and tennis shoes.

**No halter tops, crops tops, spaghetti straps, half strapped shirts, sport bras, or jeans (short or long). Sweatpants are acceptable in cooler weather.**

**NO MIDRIFFS should be visible.**

- Parents must stay in designated parent areas. **PARENTS WILL NOT BE ALLOWED ON THE FIELD.** Please keep smaller children from disrupting practice.
- Pick up your trash when at practice and prior to leaving practice.
- Always stay in groups. Do not wander off – always have a buddy.
- Coaches should be given the opportunity to do their “coaching” job with minimal disruption from parents. Your patience, support and cooperation are necessary if we are to have a successful season.

**Note: Please remember that all our coaches are parent volunteers with family responsibilities of their own. They give their personal time so our children will have a program to participate in.**

## Stunting:

- No stunting when the ground is wet; coaches' discretion.
- No stunting on pavement.
- Never attempt stunting without a spotter, even in the presence of your coach.
- Never attempt stunting without the presence of your coach!
- Above examples are grounds for counsel and dismissal with no refund

## Discipline:

We are one team! We need all cheerleaders to treat each other with respect and to be respectful to their teammates, coaches and staff. If there are behavior issues, dress code issues, etc. your cheerleader will be subject to the following disciplinary actions:

1. Verbal Warning
2. Sit out of practice/Game for 15mins.
3. Sit out of an entire practice/game. (This will count as an absence)
4. Habitual Disciplinary issues – Removal from the team.

CCPW will not tolerate bullying, threats of violence or physical violence on our fields. If your Cheerleader is found to be involved with any bullying, threats of physical violence or physical violence she/he will be removed from the team immediately

## Games:

- Games are scheduled on **Fridays OR Saturdays** and are mandatory. There will be home and away games. Regular season games may be played anywhere in the Carson City/Reno/Sparks/ Dayton area and may require travel. If games are cancelled, make-up games may be scheduled. Generally, games start near the end of August and go through October. If a football team 'advances' to the playoffs, the cheerleading squad will cheer at all the playoff games. Football playoffs may go into the first week of December and have very little notice.

- Be sure to have your cheerleader at the field at the time designated by your coach. (Note: as coaches we cannot control delay in games, games starting early, field accommodations and parking at visiting fields.)

- Cheerleaders should arrive for the game dressed in full uniform. Clean uniforms, shoes, socks, bloomers and bows with the specific hairdo chosen prior the game by coach.

- **Nails must be trimmed, clean and free from ALL nail polish- NO EXCEPTIONS! Nail Polish on a cheerleader at a game or competition will result in him/her sitting on the sidelines and will count as an absence.**

- **No extreme hair colors or extensions will be allowed during the cheer season- natural colors ONLY- no exceptions.**

- Cheerleaders should have breakfast or lunch before they arrive at the field. Eating at the last minute will cause illness or stomach cramps.

- Good sportsmanship and manners are always required for cheerleaders, coaches and parents. The opposing teams should always be treated with respect.

- No smoking, Vaping or alcoholic beverages on the field or visiting areas at any time.

- Parents, it is great if you learn some of the words to the cheers. Crowd involvement at the games really gets the football teams and cheerleaders excited. Parents may choose to make signs or noisemakers for the games.

- At the end of each game, cheerleaders should remain with their coach until they are dismissed. This gives the coach an opportunity to pass out memos, or instructions regarding upcoming practices/games.
- Rain or shine we cheer!

**Important note: Saturday games are held during the day in the HEAT. Children need to be aware that it is very hot during these games and if they are uncomfortable with outdoor sports, cheerleading may not be the sport for them.**

### **Competition:**

Cheerleaders will be required to be at **ALL** competition practices. **THIS MEANS 100% PARTICIPATION.** The girls will be cheering at the football games on a weekly basis and as the season progresses, competition will become the focus. Teams will begin working on competition dances, tumbling and stunt routines.

### **BLACK OUT PRACTICES:**

Practices scheduled the week prior to all Championship Games or Cheer Competitions are defined as blackout practices which means no participant absences will be permitted.

Should your participant be absent during blackout dates they will not be permitted to play in the championship game or compete at the Cheer Competition.

Dates will be clearly defined once game and competition schedules are verified.

*Absences with official Dr. Note will be permitted*

- All teams will be competing at our Local Competition. **Locals will be held October 26, 2025.**
- Those who place 1<sup>st</sup> and 2<sup>nd</sup> in each category will compete at **Regionals Competition. Regionals will be held in Reno!**  
Advancing to Regionals will require more practice into November Please plan accordingly!
- 1<sup>st</sup> and 2<sup>nd</sup> in each category per division at the Regional competition may advance to Jamz Nationals.
- National Competition will be held in Las Vegas Nevada. Should a team advance to Jamz Nationals each team is responsible for all fees, lodging, expenses related to this competition. Fundraising will be very important.

### **Uniform Policy:**

- Complete Uniforms shall be worn at all Carson City Pop Warner sponsored events during the season.
- Uniforms (including shoes and socks) shall always be clean and in good condition.
- Carson City Pop Warner will provide your cheerleader with only ONE of each required uniform pieces.
- Should your cheerleader lose the Shell, Body Liner, Skirt, Bloomer, Bow or Shoes, **YOU WILL BE REQUIRED TO REPLACE THESE ITEMS.**
- Should your cheerleader's shoes be worn outside of games and become unwearable, Parent's may be required to purchase a new pair of shoes for competition.

## **Parent Volunteering:**

**CARSON CITY POP WARNER IS RAN COMPLETELY ON VOLUNTEERS AND WE NEED ALL OF YOU TO HELP!**

- **EVERY** parent will be asked to volunteer in one way or another.  
Examples: Senator Saturday, Snack Bar, etc...

## **Attendance:**

As much notice as possible is required to your head coach if your cheerleader is going to be late or miss a game or practice.

- 3 missed practices in a week = will not participate in the game for that week
- 2 missed practices= no stunting or tumbling at that week's game
- 3 missed games = will not participate in competition
- 15 missed practices=will not participate in competition

Excessive absences for cheerleaders will be discussed on a case-by-case basis with the coach, cheer coordinator, and CCPW president.

\*The CCPW board reserves the right to handle each absence on a case-by-case basis

## **Fundraising:**

- Every team within the league will be required to help fundraise for the season. Our biggest fundraiser is the Carson City Pop Warner Raffle. Each team is required to sale 500 raffle tickets. Each cheerleader will be required to participate in this fundraiser, refusing to help is not an option.

Teams will have an opportunity to sale more than 500 raffle tickets. All proceeds from the extra tickets sold will go directly to the team to be used for end of year parties, competition travel ect.

## **Fundraising for Competition:**

- Carson City Pop Warner will cover the registration fees for the Local and Reginal Competition. Any necessary travel expenses must be raised by the individual team.
- Should a team advance to Jamz National **ALL** expenses must be covered by fundraising and/or parent funds.

**We are looking forward to a great season!**  
**GO SENATORS!**

**Thank you,**

**Sara Eklund**

**CCPW President**

**Nicole Wengren**

**CCPW Cheer Coordinator**