

**GILBERTSVILLE-MOUNT UPTON**  
**CHEERLEADING GUIDELINES**  
Updated 12/3/08

**Visiting cheerleaders are expected to abide by GMU Cheerleading Guidelines when cheering at our school.**

**CONDUCT**

- A. Do not eat or chew gum during the game in the gymnasium.
- B. Clothing
- Use the restroom to comb hair, etc.
  - Have uniforms neat, clean, and a suitable length.
  - Jewelry is prohibited.
  - For safety reasons no spirit buttons, metal barrettes, combs, etc.
  - No hair on the shoulders (must be tied or braided.)
- C. Good Sportsmanship
- Keep off the floor during play.
  - The bench area for basketball should be determined prior to the game by home team.
  - Slam or derogatory cheers are not allowed.
  - Cheer for your team and not against the other team.
  - Set a good example for others.
  - Please be quiet when an injured player is being attended to.
  - Cheer for an injured player when taken off the floor.
  - Do not criticize a referee.
  - Treat your school and the opponent's school with respect.
  - Do not make unkind remarks about a school you are visiting.
  - Offensive or abusive language in cheers is prohibited.
  - Be quiet while a penalty is being enforced.
  - While in uniform, public displays of affection are prohibited.

**RESPONSIBILITIES**

- A. To The Squad
- The Varsity squad should support the Junior Varsity squad, and vice-versa, during each game's entirety.
  - Advisors responsible to supervise squads at all times.
  - Treat other cheerleaders with respect and make them welcome to your school.
  - The home captain (or advisor) will advise the visiting captain (or advisor) of any local rules such as space, bleachers, use of music, etc.
  - Keep uniforms and shoes as clean as possible. Shoes worn at all times.

B. To The School

- Conduct yourself appropriately as you represent your school.
- The use of tobacco, alcohol and other drugs are prohibited.
- Using profanity is prohibited.

C. To The Team

- If your team is behind, give more cheers to encourage them.
- Be loyal to the entire team.
- Promote school spirit with your cheers.

D. To The Spectators

- Help maintain a friendly atmosphere.
- Keep quiet when the opposing team is penalized.
- Keep quiet when you are tempted to be sarcastic.
- Be familiar with the game so you know when to cheer.
- Have a cheer ready at all times.
- Work to eliminate “booing.” (Keep crowd positively engaged)
- Try to keep the spectators quiet during foul shots.
- Help keep spectators off the court.
- Be respectful toward officials and make every effort to see that the crowd behaves as such.

**CHEERLEADING SPECIFICS**

While games are in progress, sideline cheers are permissible as long as cheerleaders do not enter the playing area.

Only one team does a floor cheer during a time-out or between quarters. Rotate turns, visitors first. Teams should leave the floor immediately when the buzzer sounds.

Pom-Pom/Dance routines to be done by the home teams, visitors only if invited to do so.

Signs should show good taste and sportsmanship. Get permission from the host school to put up any signs. Remove them after the game.

Cheerleaders shall remain outside the playing area during a 30-second time-out in a basketball game.

No stunting or tumbling is allowed at Gilbertsville-Mount Upton School. This includes, but is not limited to basket tosses, gymnastic stunts and all forms of tumbling. With the exception of cartwheels and cheer jumps.

Pyramids are allowed no higher than a body length and ½ with spotting required. The top person in a pyramid may not be in an inverted position (head below waist).

**ALL CHEERLEADERS AND THEIR ADVISORS ARE SUBJECT TO ANY AND ALL RULES AND REGULATIONS IN THESE GUIDELINES.**