

PLAYER ELIGIBILITY

- Players must be age 4 - 6th grade for the 2024-2025 school year.
- At any time during the season, Hereford Sports & Wellness may request proof of eligibility.

EQUIPMENT

- Hereford Sports & Wellness will furnish the following equipment for teams:
 - a. 1 set of pom-poms per cheerleader
- Players must wear their assigned Hereford Sports & Wellness t-shirt.
- Jewelry is not permitted.
- Hard or plaster casts are not permitted.

BEFORE THE GAME

- Please make sure the team is lined up on the correct sideline for the team you are cheering for and is not impeding the view of fans and spectators.
- Remain a safe distance from the action of the game.

DURING THE GAME

- Keep cheers and chants positive and upbeat.
- Utilize motions, jumps, and kicks within cheers.
- Incorporate any established stunts or tumbling skills (cartwheels, roundoffs, etc.) within cheers.

MOTION EXAMPLES

- Clasp motion: Hands together in a clasp below the chin with elbows shoulder width apart.
- T motion: Arms straight out to the side with hands in tight fists. Thumbs should be facing towards the front and pinkies facing towards the back.
- High V motion: Arms straight and angled up and out from the shoulder to create a "V" above the head. Hands in tight fists with thumbs facing towards the front and pinkies facing towards the back.
- Low V motion: Arms straight and angled down and out from the shoulder to create a "V" in front of the body. Hands in tight fists with thumbs facing towards the front and pinkies facing towards the back.
- Touchdown motion: Arms straight up on either side of the head. Hands in tight fists with thumbs facing towards the back and pinkies facing towards the front.
- Punch motion: One arm in touchdown motion with the opposite hand on hip.

JUMP EXAMPLES

- Pencil: Body completely straight with arms in a T motion.
- Tuck: Legs tucked into the body bringing knees into chest with arms in a T motion.
- Toe touch: Legs are straight and parallel to the ground with knees pointing up and arms in a T motion.
- Herkie: One leg in toe touch position (parallel to the ground with knee facing up) and opposite leg is bent behind with arms in a t motion.

COACHES

- The head coach is responsible for:
 - a. The physical and mental well-being of all children while entrusted to their care.
 - b. Maintaining an adequate level of discipline on his or her team.
 - c. The conduct and control of their team's fans and spectators.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Hereford Sports & Wellness playing rules or directives, they may be subject to disciplinary actions.

CODE OF CONDUCT

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Hereford Sports & Wellness event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Hereford Sports & Wellness event.
- No firearms or weapons will be permitted at any Hereford Sports & Wellness event.

AT ANY TIME, AT THE SOLE DISCRETION OF HEREFORD SPORTS & WELLNESS, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.