

Mt. Olive Jr. Cheerleading Association
Rules and Regulations

Article I: Name

The name of the organization is the Mt. Olive Jr. Marauders Cheerleading Association.

Article II: Mission Statement

The purposes and objectives of this association is to provide the youth of Mount Olive Township with a supervised cheerleading program, whereby our youth can develop a sense of teamwork, team spirit, pride, sportsmanship, and discipline. This will assist in the building of healthier and stronger minds and bodies of our young people.

Article III: Officers

- Board

- Coordinator - Oversees general workings of organization.
- Advisor Liason - Oversees and recruits Advisors-
- Coach Liason - Oversees and Recruits Coaches -
- Football Liason - works with Football Association to coordinate activites and facilitate timely information and schedule updates.

Article IV: Cheerleaders

A. Eligibility

- Must reside in Mount Olive Township.
- Must register before the designated deadline date.
- Must not have any outstanding debts to MOJMCA. All financial obligations from the previous season must be resolved in order for registration to be accepted for the coming year.
- Girls must not go over the allowed misses during practices and games.

B. Registration

- Dates available and updated on the web site
- Parent/Guardian must sign registration/emergency/code of conduct form.
- Mandatory Parent Meetings will be held in May dates available on web site. Necessary equipment is purchased at this time as well as sizing for uniforms.
- No refunds will be given after first day of sumer practice
- **Any returned checks will be charged a \$30 return check fee.**

C: Purchases Required by MOJMCA for Cheerleaders

Practice and Game gear which consists of,

- fleece head band
- briefs
- pom-poms
- sneakers

In Addition:

Flag, Pre-Clinic, Clinic, and SPW :

- white mock turtle neck
- red leggings
- red and white socks with megaphone
- red and yellow hair ribbon

PW, JV and Varsity :

- black warm up pants
- socks with black strip
- black turtleneck
- black and gold bow

***Cheerleading Bags and jackets are optional.

Note: A 50% deposit to MOJMCA is required. Checks can be made out to MOJMCA. The remainder of the deposit is due by end of June and can be mailed to PO Box 497, Flanders 07836..

D. Uniforms

- Cheerleaders and parents/guardians are responsible for the upkeep of the uniform
- At the close of the football season, uniforms MUST be returned in GOOD, CLEAN CONDITION WITH NO RIPS, TEARS, OR SPOTS. PLEASE DO NOT DRY CLEAN OR PUT UNIFORMS IN THE DRYER or CUT OFF THE TAGS.
- If necessary, replacement (\$185) and/or cleaning costs (\$10) will be billed to the parents/guardians.
- Uniform turn in will be in November, location (usually at the shed). Please wash and check all uniforms for spots before handing in. Also no wet uniforms. If you cannot attend, make arrangements with someone else to return the uniform on the date. MOJMCA is not responsible for tracking down uniforms that have not been returned. If your uniform is not returned by December 1st of the season, a replacement cost of \$185 will be administered.

E. Dress Code

1. Proper attire must be:

- Neat and clean
- Shirt tucked into brief
- Make must be minimal and is of the discretion of the Advisor to disallow.
- Hair ribbon or bow. Hair must be neatly pulled back from face in a high ponytail and pinned if necessary. No hair hanging in face for both practices and games.
- No jewelry to be worn on any part of the body. (this includes ear posts and any kind of body piercing i.e. belly rings)
- No nail polish, nail tips, or acrylics. Nails are to be kept short to prevent injuries.
- Clean sneakers and laces. Kaepa red and gold inserts (front to back), black and red for pw, jv, and varsity.

- Sneakers should **only** be worn at games during the season.
- All girls should look uniform. Any girl who doesn't follow rules will be asked to sit the bench.
- If you use an inhaler, it must be brought to every practice and game otherwise the cheerleader cannot participate.

F. Cheerleaders Schedule and Attendance

Practices will be 5:45- 8:00 pm Location will be posted on Web Site and Emailed to registrants

No more than 4 misses from Summer practices are permitted. No carry over into the season.

No more than 2 misses during the Season. Practices are 1 hour prior to game start time each week from September through November, 1/2 hour for any games that start at 8:30 and Flag Squad games only. **This includes the Trophy Game.**

G. Half Time and Breaks

- Fall Games: Cheerleaders must stay with the squad during the half-time break and cannot visit the snack stand.
- Summer practice weeks: We will be practicing outside. During the 2-hour session, a 15-minute break will be given after the 1st hour. Cheerleaders may bring a snack and water. Advisors are to accompany the girls at all times. Make sure to bring home your garbage at the end of each night. All girls are to wear the Mount Olive Cheerleader yellow T-shirt, along with the MO Cheer black shorts. Sneakers with backs and white socks are to be worn. Do not wear the Kaepa Sneakers.

H. Conduct

- A cheerleader in uniform is a representative of the Mount Olive Cheerleading Association and the Township and will be held to the standards of the Codes of Conducts they all must sign.
- Cheers must be done with coordination and enthusiasm. Between cheers, stand erect in your lines, hands on your hips or behind your back. NO TALKING OR GUM CHEWING.
- Cheerleaders are to remain with their squad and advisor during all practices and games.
- Cheerleaders must demonstrate good sportsmanship at all times.
- Improper language and conduct will not be tolerated. Girls will be benched for the game for any unkind remarks to their teammates or any offending remarks about the other team.
- Any disciplinary problems will be brought to the board's attention.

- **Dismissal**

- **Any girl who misses more than two games will be dismissed from the squad.**
- **Any girl who misses more than four practices will be dismissed from the squad.**
- **Excused absences will be handled on an individual basis.**
- **Habitual conduct and language problems could be cause for dismissal.**

Article V: Role of Parents/Guardians

- All parents will be held accountable to adhere to the Parents Code of Conduct they must sign.
- All parent need to arrive on time to pick up their children if they did not stay. No child will be dismissed from practice by an advisor until a parent picks them up from said group.
- Parents are responsible for transporting their children to and from all practices and games regardless of location. No child will be permitted to walk home. If someone other than a parent is providing transportation, please notify the advisor and provide a signed note. Parents should call 1 hour before practice or the night before games if the child will not be in attendance.

- No parent is permitted to leave a child during practice or a game before their advisor is in attendance.
- Every parent is asked to donate time to the organization.
- Parents are accountable for the replacement costs of damaged uniforms (\$185).
- If there are any parents who have a concern with practice or games, please bring it to the attention of the Advisor first. If your issue or question is not resolved please contact one of the Board members for assistance.
- It is the parent's responsibility to obtain all correspondence given to their child.
- Parents are asked to adhere to rule of no eating in uniform.

10. Please make sure your child brings their inhalers to every practice and game, they cannot participate without it.

Article VI: Advisors

The advisor's primary role is to supervise the squad at all practices and games. They are to ensure that all safety guidelines are being adhered to and provide open communication with the cheerleader's parents. Be sure to hold discussions with the squad and coaches on sportsmanship, when to cheer, when not to cheer, and the proper cheer at the appropriate game play time.

Article VII: Coaches

The primary role of the coach is to guide and teach the girls, the basic role of a cheerleader. They are to set a good example for the cheerleaders and provide themselves as a mentor and show good leadership. They are to practice SAFETY at all times.

Article VIII: Fund Raisers

- Parents/Guardians have the option to sell candy to help defer the cost of their banquet.
- There will be Bake Sales scheduled to also help with the Banquet fees. This is not mandatory, but each cheerleader is encouraged to volunteer for 1 hour and they need an adult present as a chaperone. If you have 2 children you either need 2 parents present or you must commit to 2 hours. The proceeds will be used to reduce the cost of each participant for the end of year Banquet. Sign-up sheets will be available at the August practice.
- You may also be asked to participate in fundraising events throughout the season. More information will follow regarding this.

Article IX: Insurance

- Your personal health insurance will cover all injuries.
- Any injury sustained during a practice or game MUST be reported to the advisor before the child leaves the field. Advisors are to fill out an Incident Report and hand in to a board member.
- No Practices are allowed to be held on private property for insurance purposes.
- Amounts not covered by insurance should be submitted to the township. There is a \$500.00 deductible.
- If there are any injuries that require medical attention we will need a doctor's note stating the child is fit to resume activities.

Article X: Information and Contact Numbers

- Mailing Address: MOJMCA; PO Box 497; Flanders, NJ 07836
- Recreation Department: (973) 691-0900
- E-mail: mtolivecheer@yahoo.com
- Web site – www.mojmca.com

