

GENERAL GUIDELINES FOR SPIRIT SQUADS TO FOLLOW

WHEN TO CHEER:

- As your team comes on the floor or field
- When your team or a player makes an exceptional play
- When a substitution is made on your team. When appropriate, cheer outgoing or incoming player
- As encouragement and tribute to an injured player when that player leaves the game
- When an opponent, who has played spectacularly, leaves the game
- As encouragement to one's own team in its drive for a score
- As encouragement to one's own team in defense of its goal

WHEN NOT TO CHEER

- When a player is attempting a free throw, the quarterback is calling signals at the line of scrimmage, a server is about to serve in volleyball, a diver is ready to perform, etc.
- When an opposing player makes a mistake or the opposing team is being penalized
- When an opposing player is injured
- As important announcements are being made over the public-address system
- When an unsportsmanlike act has occurred or is occurring

SPORTSMANSHIP RESPONSIBILITIES

When hosting an athletic contest the **SPIRIT COACHES** should:

- Make contact with visiting team's spirit coach. Show them where they are to cheer during the contest, where they might change and their warm up area.
- Discuss a plan between pep bands and home and visiting spirit squads regarding performance order during non-injury time outs and half-time.
- Encourage their spirit teams to welcome visiting teams.
- Be prepared with halftime music, announcements, and any other equipment needed for performance.
- Share warm-up area(s) with visiting teams.

When hosting an athletic contest the **MASCOT(S)** should:

- Make contact with visiting team's mascot.
- Share dress area with visiting mascot.
- Be prepared with props, music and any other equipment needed.

During an athletic contest, the **SPIRIT COACHES** should ensure that spiritleaders:

- Allow only positive cheers that boost their own team / spirit without antagonizing the opponents or the officials. Initiating response cheers between home and opposing spirit teams or fans is strongly discouraged.
- Keep the crowd focused during intense situations.
- Know the rules and strategies of the contest in order to cheer or play at the proper times.
- Cheer when team comes to the floor, makes exceptional plays, or has substitutions.
- Are aware of correct times to perform. Appropriate situations for routines include pre-game, full 60-second time outs, between quarters, at half-time, and post-game. All spirit squads must remain outside the playing area during a 30-second time out in a basketball contest.

- Encourage team to drive for a score or defend their goal.
- Avoid cheering, tumbling, stunting, etc. towards opposing teams and crowds.
- Avoid cheering when important announcements are being made over the public-address system.
- Avoid cheering when a player has the ball attempting a free throw, the quarterback is calling signals at the line of scrimmage, a server is about to serve in volleyball.
- Are monitored in regards to performing unsafe or illegal stunts.