

**Vineland Blitz Junior Football League  
Cheerleading Rules and Guidelines**

- It is the responsibility of the cheerleader to cheer during the action of the game. Arrive for the game on time and always be alert.
- SMILE!!! Your performance continues through the entire game. This is not the time to chat with friends, chew gum, eat, etc.
- Halftime snack time is over at the start of the third quarter.
- Always have all pieces of uniform ready...in your cheer bag. Be prepared for all sorts of weather.
- Hair must be pulled back prior to every cheerleading event. Cheerleaders should not be fixing their hair while cheering.
- No jewelry, nail polish or make-up is permitted during practices, games or competitions. The Squads may wear light make-up.....at the discretion of the head coach.
- If a cheerleader has an injury, she may sit and watch from the sidelines.....the parent is responsible for their child's welfare...not the coaches.
- A coach must be present when tumbling, stunting or mounting. NO EXCEPTIONS!!!
- Making fun, talking about or just being downright mean to other cheerleaders; VBJFL squads or opponent squads will not be tolerated. There will be a severe consequence for this kind of behavior.

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Head Coach

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Cheerleader