



# Rules and Regulations

## **GENERAL**

1. Only registered athletes are allowed in the practice area.
2. Siblings, family members, friends, etc., are not allowed in the practice area.
3. All spectators must remain in the designated area and keep the noise level down at all times.
4. Any person that disrupts a practice will be asked to leave the gym immediately.
5. No food, gum, or drinks are permitted in the practice area.
6. All trash must be placed in the appropriate trash receptacles.
7. Cell phones must be put on silent mode or left outside of the practice area.
8. Crown Athletics is not responsible for any personal items lost or stolen.
9. All athletes and parents must register on the Crown Athletics website and check emails daily for any and all updates. There is no excuse for being uninformed or irresponsible when the information has been provided. Parents must register on their team's BAND app. This is our preferred method of communication.
10. All completed forms or information needed by Crown Athletics must be downloaded and turned in to the Crown Athletics office as requested.
11. The Crown Athletics name and logos are trademarked. Any privately created or monogrammed items bearing the Crown Athletics name cannot be worn or sold without approval.
12. All choreography including cheers, dances, stunts, transitions, tumbling, music selections, editing, etc., are the exclusive property of Crown Athletics and shall not be shown or discussed with others.
13. NO VIDEOS of routines/choreography should be uploaded to any online site or social media platform!

## **TEAMS**

Crown Athletics retains the right to:

1. Place its athletes on the team(s) it feels will best suit the athletes and the program.
2. Decide if an athlete may participate on more than one team.
3. Decide the roles and/or positions an athlete will have/play on their team(s). (e.g., base, flyer, back spot, tumbler, dancer, alternate, etc.).
4. Request that an athlete/team take additional classes or camps to improve their skills.
5. Request that an athlete/team practice longer than their regularly scheduled time or add additional practices, camps, or competitions, if deemed necessary.
6. Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including, but not limited to the following: attendance, conduct, skills, finances, parent conflicts, etc.

Athletes that elect to participate on more than one Crown Athletics team must:

1. Be in good financial standing.
2. Be willing and able to fulfill all the responsibilities required by each team.
3. Be responsible for any additional entry fees they incur beyond their first team.

## **ATTENDANCE**

All athletes must:

1. Make Crown Athletics priority over other extracurricular activities. The only exception will be contagious illness or school activities for a grade.

*Contagious illness: Fever greater than 100.4 or uncontrolled vomiting.*

2. Attend and be prepared to participate in all Crown Athletics activities including those unexpectedly added throughout the season regardless of illness or injury unless otherwise recommended by a doctor through valid written documentation.

3. Notify Crown Athletics immediately when an injury occurs so changes to routine and choreography can be made prior to practice.

4. Arrive on time for practice.

*Tardiness more than 15 min. will be considered an absence. Conditioning will be assigned after practice for tardiness.*

5. Schedule all vacations so as not to interfere with any Crown Athletics activities.

6. Notify Crown Athletics in writing immediately of all expected tardiness or absences.

*After third absence, a parent/coach meeting will be held.*

*After fifth absence, athlete may be removed from team.*

7. Notify Crown Athletics by phone immediately of any unexpected tardiness or absences.
8. Fill out a substitution form (2 weeks in advance) and provide a comparable substitution for all absences.
9. Attend summer practices. (Summer practices will be only once per week.)
10. Summer skill camps will be mandatory and will take the place of the second week of August practice.

Most teams will have stunt camp on Saturday, August 13. (dates will be confirmed after team placements.)

*\$100 fee will be charged per day for missing camp and/or choreography.*

11. Choreography camp will be held at the end of summer. It is MANDATORY. Most teams will have choreography during September 7 -16. (Dates will be confirmed ASAP.)

12. ALL COMPETITIONS ARE MANDATORY.

*\$150 fee will be charged for missing any competition.*

13. Athletes are required to attend ALL practices the week prior at any competition. Failure to attend practices the week prior to competition will result in the athlete being removed from that competition.

14. Scheduled gym closures:

July 4<sup>th</sup> Holiday – (July 2<sup>nd</sup> thru July 8<sup>th</sup>)

Thanksgiving Holiday – (November 19<sup>th</sup> thru November 25<sup>th</sup>)

Christmas Break – (December 24<sup>th</sup> thru January 6<sup>th</sup>)

Mardi Gras Break – (February 11<sup>th</sup> thru February 17<sup>th</sup>)

Spring Break – (March 30<sup>th</sup> thru April 5<sup>th</sup>)

## **DRESS CODE**

When training, competing, or representing Crown Athletics, all athletes must:

1. Maintain a well-groomed appearance and good personal hygiene.
2. Wear their designated attire, socks, bow, and cheer shoes.
  - *Conditioning will be assigned after practice for inappropriate attire.*
3. Keep hair out of the face (if possible, in a high ponytail) and wear a bow at all times unless otherwise instructed.
4. Keep nails shorter than fingertips.
5. Remove all jewelry (except approved medical ID tags).
6. Cover tattoos.
7. Students may not wear inappropriately dyed or cut hairstyles.

8. Wear closed-toe shoes. (Sandals, flip flops, and other open-toed shoes are not allowed.)
9. Immediately repurchase all lost or noticeably damaged articles and wear a matching substitute until the item is replaced.

## **COMPETITION DRESS CODE**

### **Athletes must:**

1. Be dressed in their designated outfit by each team's scheduled meeting time unless otherwise instructed by their coach.
2. Remove all rollers and have hair and makeup completed as per coach's request by each team's scheduled meeting time.
3. Wear a cover up at all times unless heading to/from or at a team warm-up, performance, or awards.
4. Remove all jewelry (except approved medical ID tags) and colored nail polish.
5. Remove and put away all non-uniform items such as sunglasses, cell phones, headphones, and speakers.
6. Put on and supply braces or tape needed to perform **prior** to going to the warm-up area.
7. Be in full competition uniform. Athletes may not wear backpacks, warm-ups, or any other items during any award ceremonies.
8. Athletes should wear no-show white socks.
9. Bra straps should not be visible while in uniform.
10. Athletes must be in complete competition uniform for awards.
11. Athletes must attend awards unless given specific permission to be absent.

## **SPORTSMANSHIP & SOCIAL MEDIA CONDUCT**

### **All athletes AND parents must always:**

1. Set a positive example for others to follow.
2. Be respectful and courteous to everyone.
3. Schedule an appointment to speak with a coach or staff member to discuss any issues that may arise.
4. Refrain from gossiping or any form of verbal or physical confrontation.
5. Refrain from celebrating the misfortune or defeat of another person, team, or program.
6. Accept team placements and awards with dignity and class.
7. Refrain from posting, re-posting, or sharing anything that is negative, includes foul or defamatory language, is inappropriate for a young audience, or has anything to do with tobacco, smoking, vaping, juuling, drinking alcohol or prescription/illegal drugs.

8. Be cautious of what behavior and/or language may be going on directly or indirectly (in the background) while being photographed/filmed.

9. Cheerleaders, parents, relatives and friends are not allowed to contact competition companies or their officials for any reason via email or phone. Cheer Competition websites are available for general information. If you have questions or comments beyond the general, please contact Crown Athletics.

10. "Bullying" is not allowed. Physical or verbal threats will not be tolerated. If a member is observed in the "bullying" of others, they will be given one warning. If a member is witnessed "bullying" on an additional occurrence, a parent meeting will be set up. Further instances can result in the member being removed from the program.

## **HEALTH / INJURIES**

All athletes must:

1. Provide Crown Athletics with current health insurance and emergency contact information.
2. Inform Crown Athletics of all medical conditions that may limit or prevent their ability to participate in any Crown Athletics activities.
3. Notify Crown Athletics of any injuries sustained as a result of their participation in any sanctioned Crown Athletics activities.
4. Provide valid written documentation from a doctor explaining the reason(s) and the duration for which they may be limited or unable to participate in any Crown Athletics activities.
5. Provide Crown Athletics with a list of any medications that they are currently taking.
6. Refrain from the illegal use of drugs, alcohol, tobacco or any other substances.
7. Provide an appropriate fill-in for practices that the athlete has doctor's note to refrain from practice.

## **TRAVEL / COMPETITIONS**

All athletes and their families must:

1. Read all emails concerning competition dates, venues, and itineraries. (Information will be released as soon as we have it available.)
2. Have all travel arrangements booked by the travel block blackout dates.
3. Arrive to competition by the designated time and check-in with the coaches/staff/gym owners accordingly.
4. Not use competitions as family vacations, adhere to the designated schedules, and abide by all rules set forth by Crown Athletics.
5. Attend all assigned competitions.
6. ALL COMPETITIONS ARE MANDATORY!

## **FINANCIAL OBLIGATIONS**

All athletes and parents understand that:

1. They assume full responsibility for all costs incurred as a member of Crown Athletics, including, but not limited to, gym registration, monthly tuition, apparel costs, competition and travel expenses, or any other item(s) or services purchased or rendered. The payment in full of those items will be made, regardless of any circumstances that may arise such as dismissal from the team or disbandment of the team.
2. Monthly payments will be made via electronic debit on the 1st of every month.
3. Monthly payment for normal tuition rate is due from June through April of the participating season.
4. Tuition does not fluctuate based on the number or duration of practices in any month.
5. Tuition pays for training. It does not pay for the right to perform.
6. Vacations or time off will not be prorated. Please make note that all Crown Athletics vacations have already been prorated into the monthly fee.
7. All payment due dates must be met.
8. A \$20.00 late fee will be assessed in the event that a payment is past due.
9. The Crown Athletics Auto Debit Authorization form must be completed at the time of registration.
10. Any payment attempts resulting in a NSF (non-sufficient funds), declined credit card, expired credit card, returned check, electronic debits, etc., will incur a \$25.00 service charge. It is your responsibility to update your information with us if your information changes (e.g., bank account number, card number, expiration date, etc.).
11. An athlete's account must be current and in good standing to participate in practices, competitions, or special events.
12. Crown Athletics reserves the rights to withhold items, deny participation, and remove an athlete from their team for failure to keep up with financial obligations.
13. Any monies received from an athlete/parent will be applied first to any overdue tuition/fees.
14. All tuition/fees must be current before an athlete may collect any clothing/uniform or other retail items.
15. If an athlete chooses to leave or is asked to leave Crown Athletics for any reason before the season is over, any and all funds are completely non-refundable.
16. Crown Athletics reserves the right to turn over all delinquent accounts to a collections agency. The parent/ athlete will be responsible for all additional costs incurred.
17. If an athlete leaves the program prior to April 30, 2024, she/he is subject to a \$250 buyout fee. This fee will be billed to the card on file at the time of her/his departure from the program.

I have read and understood the above rules/policies.

\_\_\_\_\_

Date: \_\_\_\_\_

Parent's Signature

\_\_\_\_\_

Date: \_\_\_\_\_

Athlete's Signature