



## **MCCA Gym Rules 2025**

### **Safety & Practice Rules, Cheerleader Must Have's**

#### **GYM RULES**

Absolutely NO FOOD, GUM, CANDY, OR DRINKS are allowed in the gym at any time.

The only drink allowed in the gym is WATER.

All practices are closed sessions.

Only athletes and coaches are allowed on the gym floor.

Athletes are not allowed on the mats until their specific squad is called.

Athletes MUST keep their personal belongings in their cubby at all times.

There is no jewelry allowed to be worn or brought into the gym. Leave it at home.

Athletes must not hang on the walls of the gym or tape anything on the walls.

Cheer shoes are ONLY to be worn on the cheer floor. NO OUTSIDE STREET SHOES. This also includes Coaches, Junior Coaches, Volunteers, or Team Helpers.

Bathrooms need to be kept clean at all times. Trash goes in the garbage cans, not on the floors.

Athletes are not allowed in any of the rooms outside of the gym as they are considered private and belong to the daycare during the day.

**Athletes, families, and siblings are not allowed to use the outdoor playground. This is considered private property.**

Excessive talking, playing, back talk, tardiness, or refusal to follow gym rules or coaches rules will result in extra conditioning, write ups, or probation.

Cell phones should be kept in cubbies and are not to be used during practices.

Athletes are NOT allowed to wait outside for a ride or to be picked up. They must wait inside the gym for their parents or guardians.

Bullying is not allowed and will not be tolerated. Instant write-ups and probation will happen if an athlete is caught bullying.

All athletes and parents promise to NOT post any type of Photography or Videos of competitions on social media from any ICA competitions. MCCA will be fined if there are any pictures or videos posted of MCCA athletes from competitions.

### **SAFETY RULES WHILE IN THE GYM**

Athletes performing any type of stunt in the gym must always consist of 2 bases, 1 backspot, 1 frontspot, and 1 flyer. If any stunt group is caught stunting without their proper group then they'll risk getting a write-up. Coaches need to approve smaller stunt groups.

Athletes should not perform any type of tumbling that they have not done before without the help of a coach.

### **CHEERLEADER MUST HAVE'S FOR PRACTICES**

**All athletes need to come to practice on FULL BELLIES!** Please make sure to feed your athlete dinner prior to practices. MCCA does not supply snacks at practices. Coming to practice on an empty stomach will only result in picking your athlete up early that day. It's so important to make sure your athlete eats a balanced meal prior to practices especially if practices are 2-3 hours long.

All athletes need to come to cheer with hair up in a ponytail (if possible).

Fingernails need to be kept short (No fake nails/tips allowed during the cheer season).

All athletes should wear their MCCA practice attire (t-shirt, shorts) to practice. If practice attire wasn't given to your athlete then shorts & tank top/crop top is fine. Sports bras are a MUST (if your athlete is 9 years old or older).

If your athlete is a tween or teenager please make sure they use proper hygiene. Deodorant is essential especially if they're coming straight from school or aftercare. Athletes ages 9 and over should use deodorant prior to practice.

Each Athlete in Competitive Cheer Must Have the Following in their Cubby at all times. Cubby's will be checked monthly by coaches to make sure athletes have all essentials for cheer throughout the season.

Each athlete will need to bring the following on the first day of cheer practice. These items will stay with the athletes in their cubbies for the remainder of the season.

1. 2 clear gallon bags with the athletes full name on it
2. 1 package of elastic hair ties (30 pack)
3. 1 box of bandaids
4. 1 small travel size deodorant (9 years old and older)
5. 1 refillable water bottle\* (will go home at the end of each week to be cleaned)
6. 1 pair of shorts
7. 1 tank top/ croptop / or tshirt
8. 1 pair of socks
9. 1 pair of non cheer gym shoes or old cheer gym shoes.
  - a. This is in case athletes forget their new cheer shoes at home; we want to make sure we have a backup. This happens far too often than you think!
  - b. No crocs, no slide ons, no slippers as the backup pair
  - c. Backup gym shoes should be clean, not dirty.
10. 3 rolls of athletic sports tape
  - a. Example: Amazon: DE Rainbow Pack of Athletic Tape for Sports, Wrist, Ankle Self Adherent Cohesive Wrap 12 count for \$8.49
  - b. Example: Amazon: Athletic Tape, White Sports Tape, Very Strong No Sticky Residue Wrist Ankle- 5 pack for \$6.99

• Athletes, Coaches, and Junior Coaches are not to partake in any derogatory or distasteful music videos, TikTok, Instagram shorts, Facebook posts, or any type of social media post that disqualify or threaten the integrity of the MCCA Program.

- All younger children or siblings waiting in the lobby must be properly watched and controlled by a parent or guardian.

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**Athlete Printed Name:** \_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_

**Parent Printed Name:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Today's Date:** \_\_\_\_\_