UCA Rules
2018-2019

Ultimate Cheer All-Stars ASBL – Avenue du Yorkshire 9, Boite 6, 1200 Woluwe-Saint-Lambert
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Rules for Ultimate Cheer All-Stars ASBL , a cheerleading program.

The present rules have been written in line with the statuses and adopted by the general assembly held on the 1st of July 2018. A copy is given to all members, and the present rules apply to all. A copy of this document is annexed to the statuses.

A- UCA members

To become an affiliate member of UCA, each applicant needs to fill out and sign the registration form and the rules.

The applicant also needs to pay the yearly registration fees. The amount is decided every year by the board. The fee is non refundable after the end of October, and partially refundable, upon written request, if athletes decide to leave UCA before the end of October.

Members commit to taking part in all activities organised by Ultimate Cheer and to fully comply with UCA's statuses and with the present rules.

B- Practices

Presence at practice is mandatory. Cheerleading is a team sport; therefore the absence of even one athlete has negative consequences for the whole team.

Athletes commit to arriving on time at practice.

In case of an absence or of lateness, athletes are required to tell their coach as soon as possible, so that they can modify practice accordingly, and in any case at least 24h in advance.

For athletes who are part of the competition team, no absence will be authorised in the two weeks leading to a competition.

Coaches can add extra practices during the weeks prior to a competition.

Excessive unexcused absences can be sanctioned.

Excused Absences:	Unexcused Absences:
★ sickness	★ Too much homework
★ Family emergency	★ Traffic Jams
★ School exams	★ Tiredness
★ Holidays (planned by UCA)	★ Holidays (outside of those planned by UCA)

All athletes must wear appropriate attire. A practice outfit is given by UCA at the beginning of the year; it should be worn at all practices. Until athletes receive it, authorised attire is: Sports bra/T-shirt + short/leggings and cheer shoes. Long hair has to be tied up in a ponytail.

In case of injury, athletes will provide a medical certificate stating the duration of the injury and estimated date of resumption. If the injury allows, athletes are still required to attend (but not participate in) practices, so as to not fall behind compared to their teammates and make an easier transition back.

Parents/friends of athletes are not allowed to stay and watch practice, unless it has been previously cleared with the athlete's coach.

It is forbidden to:

- Eat chewing-gum
- Wear any type of jewellery
- Use a cell phone
- Eat or drink (water bottles are allowed)
- Smoke

These rules apply during all practices, competitions and events, and more generally, every time athletes are wearing UCA practice gear or uniforms or whenever they represent UCA.

C- Behaviour

Athletes commit to complying with the rules and regulations of our practice facility, regarding access to and use of equipment.

Athletes are required to behave respectfully towards their coaches, teammates and opponent teams at all times (including on social network platforms)

Athletes commit to respecting their coaches' decisions.

D- Competitions et Events

Each UCA teams will take part in two/three competitions, including the Belgian Championship.

If an athlete is selected to be part of the competition teams, his participation is mandatory. Ultimate Cheer will communicate the dates of events and competitions as early as possible so families can plan accordingly.

If an athlete already knows they will not be able to attend a competition because of conflicting schedule, they are required to let the coaches know as soon as possible, so as to not be included in the competition team.

Competition travel fees are to be paid for by athletes. Once travel fees have been paid, Ultimate Cheer will not offer refunds, even for athletes who withdraw from competitng, whaterver the reason.

E- Confidentiality

Ultimate cheer has subscribed to a contract with private insurance company Ethias for the coverage of all athletes and staff during practices, competitions and events. The provisions of our contract can be sent to members who wish to consult them.

Ultimate Cheer will not communicate members' personal information to any third person or company. In the same way, members of Ultimate Cheer will not communicate personal information about other members to anyone.

Members of the association will not communicate to anyone other members' personal information acquired through their Ultimate Cheer membership.

Non compliance to the rules stated above could lead to sanctions:

★ 1st infraction : Meeting with the athlete.
★ 2nd infraction : Meeting with the athlete + their parents (for minors).
★ 3rd infraction : Athlete could be removed from team or program.

Athlete's Signature (Parents of underage athletes also need to sign) :

I the undersigned,

(Last name)……(First name)…… have read and understood the rules laid out in the present document.

Parent : (Last name)…….(First name)……..

Date : Signature(s) :

Document to be signed by the athlete and their parents (for minors) at given back to Ultimate Cheer to finialise registration.

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