



Unity Allstars Leeds Code of Conduct, Rules & Regulations 2024 – 2025 Season

At Unity Allstars Leeds, we are committed to the positive representation of our sport in all aspects and also the safety and wellbeing both physically and mentally of our athletes and wider Aviators family.

Please read this thoroughly. Accepting your offer of a placement at Unity Allstars Leeds is agreeing with the below terms and conditions.

I hereby understand that each time “Unity Allstars Leeds” is mentioned throughout this contract it is meant to be all inclusive of Cheer Coaching UK CIC, all officers, shareholders, agents, and employees. The policies and guidelines stated in this contract serve as the official set of rules from which Unity Allstars Leeds will operate for the 2024 - 25 season. These rules will be strictly adhered to for the benefit of the program. The coaches and staff members of Unity Allstars Leeds reserve the right to change these guidelines as deemed necessary for the betterment of the program during the season. Our goal is to make this the experience of a lifetime, while helping the individual exceed his or her highest personal and athletic potential. Members will be provided the best training and we strive to teach self-discipline, self-esteem, teamwork, and how to be high achievers. We hope not only to develop the best squads possible, but to also instill these qualities for the future.

As a parent/athlete you may or may not agree with every decision made for each TEAM. At times, you may feel you know a better method or system by which to get something accomplished. The key thing to remember is the coaches and staff members of Unity Allstars Leeds will always make decisions to benefit the entire program. Program 1st, Team 2nd, Individual 3rd. You, as a parent/athlete must be willing to trust in the program. However, we do value your suggestions and encourage participation. We realize that no program is perfect, but as an organization, we will continue to strive to make each year an enjoyable and rewarding experience for everyone. Please do not allow any situation to become too unpleasant for you or your child. In the event that a situation occurs within the program that cannot be resolved affirmatively, please notify a staff member and please do not take action into your own hands. Team dynamics must be a first priority in order to gain the full benefits of your membership.

1. GENERAL

1.1 ONLY registered athletes are allowed on the practice area.

1.2 All spectators must remain in the seating area and keep the noise level down at all times.

1.3 Any person that walks into the gym and disrupts a practice will be asked to leave the gym immediately.

1.4 Unity Allstars Leeds is not responsible for any personal items lost or stolen.

1.5 Members must be registered on Coacha and check the Facebook page, Facebook team group and emails daily for any and all updates. There is no excuse for being uninformed.

1.6 All completed forms or information needed by Unity Allstars Leeds must be turned in to the office as requested.

1.7 Please make sure your athlete arrives to training on time.

1.8 The parent viewing area is a privilege that has been provided to allow parents and friends to safely observe practices or classes. At the discretion of the coaches parents may be asked to leave the viewing area.

1.9 Unity Allstars Leeds respectfully request that discussions and comments involving children other than your own be avoided at all costs. Please remember that all parents and friends need to feel comfortable in this environment. Remember the rules of common courtesy.

1.10 During team practice times is not the appropriate time to discuss issues/concerns with Unity Allstars Leeds coaches. Coaches are available before or after team practices.



1.11 Please refrain from engaging in any sort of negative behaviour or speech about Unity Allstars Leeds or its athletes or any other cheerleading program/athletes. Any slanderous behaviour of any sort may result in expulsion from the programme.

1.12 Unity Allstars Leeds staff reserves the right to suspend parent viewing room privileges when necessary.

1.13 Athletes/Parents are not allowed in staff areas.

1.14 Members need to sign in at the front desk and pay for classes, open gyms, private and clinics before the class starts if required. Non-payment will result not being able to participate.

1.15 Any negative behaviour towards an Unity Allstars Leeds member, gym, staff, via any medium (face to face, email, Facebook, texting, etc.), could result in dismissal from the gym/program.

1.16 Please respectfully refrain from questioning coaches' decisions about the routine or practices. Decisions are always made in the best interests of the TEAM.

1.17 The program owner's and staff reserve the right to search the property or person suspected of stealing or taking items that do not belong to them.

1.18 All choreography including dances, stunts, transitions, tumbling, music selections, editing, etc. are the exclusive property of Unity Allstars Leeds and shall not be shown or discussed with others. NO VIDEOS of routines/choreography should be uploaded to any online site such as Facebook, YouTube, Twitter and any social networking site unless given permission from the owner's.

1.19 There is to be no interaction between parent and athlete during practices, unless during a designated break.

1.20 If any of an athletes personal/contact information changes during the season, you must inform Unity Allstars Leeds immediately, so we can keep our athlete records up to date.

1.21 Athletes/parents MUST NOT contact coaches or staff of Unity Allstars Leeds via personal social media or by personal methods of communication eg personal mobile phone for any reason unless in emergencies. Repeated attempts to contact staff via these means will be classes as harassment and may result in you or your child being removed from the programme.

2 ATHLETE CONDUCT

2.1 Team members and parents must, at all times, be a positive reflection of his/her teammates or peers and a strong, positive representative of the Unity Allstars Leeds program. Any form of negative behaviour IN or OUT of uniform will NOT be tolerated. Moral standards are of the utmost importance to this organization and are regarded as high priority throughout the program. Members will be held accountable for their conduct on any social networking sites, as behaviour is a direct reflection on the coaches, team, and program as a whole.

2.2 Athletes are not to jump, stunt, tumble without a coach present.

2.3 Athletes must wear appropriate training attire during their sessions.

2.4 Members are expected to help keep the gym clean and should dispose of their rubbish properly.

2.5 Each member and parent must be aware of the responsibilities required and the commitment he/she is making to the team. Members will strive to achieve personal, squad goals, work hard, take direction and strive for excellence.

2.6 Members are not permitted to train with or be part of any teams other than Unity Allstars Leeds without prior written approval. Training for another team without prior knowledge may be grounds for immediate dismissal.



2.7 Athletes must place their belongings in the designated area. Please note that this storage area is not secure and Unity Allstars Leeds is not responsible for lost or stolen articles. Please leave valuables at home or in the car. This also applies at competitions and events.

3 PARENT CONDUCT

3.1 Withholding a child from practice or a competition should never be used as a form of punishment.

3.2 Parents or other spectators with Unity Allstars Leeds are not allowed in or around the warm up areas at competitions.

3.3 Parents, or other spectators with Unity Allstars Leeds, must display good sportsmanship and follow the spectator rules/guidelines events.

3.4 When organised by Unity Allstars Leeds, Parents or other spectators are not to contact hotels, airline, buses, etc. involving arrangements made for the teams, parents or coaches unless given permission from program owners.

3.5 Parents are not to distribute written personal information to members without prior approval from the owner's.

3.6 Parents or other spectators with Unity Allstars Leeds are not allowed to contact the competition company or speak to a competition official about issues at competitions/events without prior approval from the owner's.

4 PRACTICES/TEAM TRAINING

4.1 Teams will be trained in all aspects in competitive cheer, dance and tumbling. The training is extremely disciplined, intense, and highly productive it's designed to greatly enhance the skills of the individual as well as the team. Training will also include physical activities that are designed to achieve and maintain a sound physique, which is necessary to stay healthy and compete at this level. With this training comes a set of key values that must be followed in order to maintain control of this process: consistent attendance, practicing, attitude, and conduct. Jeopardizing the safety of oneself or any other member is grounds for disciplinary action or dismissal. Unity Allstars Leeds retains the right to:

4.1.1 Place its athletes on the team(s) it feels will best suit the athletes and the program and decide if an athlete may participate on more than one team.

4.1.2 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.).

4.1.3 Request that an athlete/team take additional classes or camps to improve their skills.

4.1.4 Request that an athlete/team practice longer than their regularly scheduled time or add additional practices, camps, or competitions if deemed necessary.

4.1.5 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: attendance, conduct, skills, finances, parent conflicts, etc.

5 GYM CANCELLATION POLICY

5.1 Closures due to unforeseen circumstances will be determined at least 2 hours prior to practice times. Closings will be posted via email and on social media pages on Facebook.

6 ATTENDANCE

6.1 Unity Allstars Leeds has in place an attendance policy that will encourage time management skills and dedication to their team. If an athlete is unable to attend their session you must send an email to hello@unityallstarsleeds.com. In an emergency you may contact a coach/director directly.



6.2 Athletes will be granted a MAXIMUM of 3 unauthorised absences. Any additional could result in suspension from the team.

6.3 Failure to adhere to the attendance policy fully could result in athlete's being pulled from teams or even the program. No expectations!

6.4 A list of want constitutes authorised and unauthorised absences can be found in the Athlete Pack.

7 SICKNESSES - I NEED TO STAY HOME IF...

7.1 If your athlete has a contagious/bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has giving permission for your child to return to the gym. We encourage you to seek medical attention when your child is sick and to follow heath care provider's recommendations about returning to the gym.

7.2 If an athlete has an illness that is not contagious and can be treated with over the counter medication it is important to still be at all practices, competitions and events to learn any changes to routines and to be a positive influence on his /her teammates. If attendance is not possible we ask that you bring a doctor's note to the next practice.

7.3 If an athlete is sick and/or cannot participate in the last 3 practices in the lead up to a competition, it will be the coaches and program owner's decision whether or not to allow that athlete to participate. Please remember that being allowed to return to activity by a physician is fundamentally different than being able to perform at a competition level.

8 INJURIES

8.1 Injuries while at practice, competition, or performance must be reported to the team coach immediately.

8.2 Injuries occurring out of practice, competitions, performances, must be reported to the team coach within 24 hours.

8.3 If an athlete is injured and cannot participate in the last 3 practices before a competition, it will be the coaches and program owner's decision whether or not to allow that child to participate in the competition.

8.4 If an athlete should sustain an injury that keeps them from practicing for a series of 3 practices then the athlete will need to be seen by a physician and a doctor's note will be required describing the nature and restrictions of the injury.

8.5 If an athlete has presented a doctor's note describing the nature and restrictions of an injury, and the note has excused the athlete for a period of time, the athlete will not participate in stretching, cardio, stunting, tumbling, jumping, dancing, walking through and any aspects of the routine UNTIL the said athlete is cleared. A doctor's note will need to be presented clearing and releasing the athlete to physical activity.

8.6 Please remember that being allowed to return to activity by a physician is fundamentally different than being able to perform at a competition level. The coaching staff, athlete, and parents will need to determine a timetable for all injury recovery and rehabilitation.

8.7 It is important to still be at all practices and competitions to learn any changes to routines and to be a positive influence to his /her teammates. Once ready to return back to the team.

9 SUSPENSIONS

9.1 In the event of suspension if the athlete wishes to keep his /her place in the routine they will need to be at all practices and competitions as well as keep current with all fees.

10 DRESS CODE

10.1 When training, competing, or representing Unity Allstars Leeds, all athletes must maintain a well-groomed appearance and good personal hygiene.



10.1.1 All jewellery must be removed before practice begins. Taping or placing a Band-Aid over piercings is unacceptable. (Except approved medical ID tags).

10.1.2 Keep hair out of the face (if possible in a high ponytail) and bow at all times unless otherwise instructed.

10.1.3 Keep nails shorter than fingertips—this includes acrylic nails.

10.1.4 Wear cheer shoes (sandals, flip flops, and other open-toed shoes are not allowed).

10.1.5 Immediately repurchase all lost or noticeably damaged program attire and wear a matching substitute until the item is replaced.

10.2 COMPETITION DRESS CODE

10.2.1 Athletes must be dressed as specified in the competitions 'Mission Brief' by each team's scheduled meeting time unless otherwise instructed by staff member.

10.2.2 Have hair and makeup completed as per staff request by each team's scheduled meeting time.

10.2.3 Senior athletes wear a cover up at all times unless heading to and from team warm-up, performance, or awards.

10.2.4 Remove and put away all non-uniform items such as sunglasses, cell phones, headphones, and iPods.

10.2.5 Put on any braces or tape needed to perform prior to going to the warm-up area.

10.2.6 Be in full competition hair, makeup and uniform for warm-ups, performances and award ceremonies.

10.3 UNIFORMS/MERCHANDISE

10.3.1 Our sport stresses uniformity and coaches' decisions regarding dress and appearance, especially at Unity Allstars Leeds practices, events, traveling and competitions, are final.

10.3.2 Athletes should NOT wear their Unity Allstars Leeds uniform at other events without permission from program owners.

10.3.3 All merchandise including, but not limited to: uniforms, practice wear, trainers, bows, sweatshirts, bags must be purchased through Unity Allstars Leeds. Any queries regarding merchandise must be brought to Unity Allstars Leeds and not direct to the suppliers.

10.3.4 There is to be no reproduction of Unity Allstars Leeds name or logo on these items unless authorised/approved by Unity Allstars Leeds. Unauthorized use may result in legal action

10.3.5 There are no returns or exchange on custom-made items: Uniform, warm-ups, rhinestone items, personalized sweatshirts, bags, or opened/used briefs or Sneakers, as well as worn items.

11 COMPETITIONS/PERFORMANCES/EVENTS

11.1 The coaches of Unity Allstars Leeds reserve the right to choose whomever they wish to represent Unity Allstars Leeds at competitions. Members are required to attend ALL competitions

11.2 The highest standard of sportsmanship is expected from athletes and parents, regardless of the outcome of the competition.

11.3 The purpose of our competitive sport is for teams to perform at the highest level possible. This cannot be done without full participation. The success of this program depends on everyone attending practices and events, to have to replace a teammate for a competition due to absence is unfair to the members of the team, therefore, if you cannot attend a competition for any reason, you must inform your coach as soon as you are aware. This will result in the athlete



being removed/side-lined from the team for that competition or potentially removed from the program. Any decisions regarding this will be made solely by the coaches/directors and their decision is final.

11.4 Athletes are under the direction of the coaches until they are dismissed to their parents.

11.5 PDA (Public displays of affection)- Athletes must refrain from public displays of affection during practices. This is your only and FINAL warning.

11.6 At competitions please make sure to adhere to the timetable/schedule laid out in your competition 'Mission Brief' which will be sent out to athletes ahead of the competition day.

11.7 All athletes are required to be present to cheer on other Unity Allstars Leeds teams as determined by program owners.

11.8 Some of our competitions may require team members to miss a day of school. It is the cheerleader/dancers responsibility to maintain their academic schedule and standards.

11.9 Competition fees will be processed automatically on the dates outlined in the Athlete Pack. Any competition fees that are not processed on that date will be subject to a £5 late fee and must be paid as soon as possible.

12 TRANSPORTATION/TRAVEL EXPENSES

12.1 Members are responsible for their own transportation to and from practices, competitions, etc. unless other team arrangements have been made. All competition travel expenses that may occur are to be paid by the athlete or their guardian. Unity Allstars Leeds does not cover travel expenses.

13 FEES & CHARGES

13.1 All responsible parties understand that they assume full responsibility for all costs incurred as a member of Unity Allstars Leeds regardless of any circumstances that may arise such as dismissal from the team, or disbandment of the team.

13.2 Fee payments are expected on the 1st of each month. Any outstanding balance/missed payments will have a £5 late fee to pay in addition. Failure to keep up to date with fees may result in athletes sitting out of practice until the fees are brought up to date. The first person to email the code 'tats100' will receive 50% off all domestic competition entry for that season.

13.3 Unity Allstars Leeds reserves the right to withhold items, deny participation, and remove an athlete from their team for failure to keep up with financial obligations

13.4 If your credit card information changes, you must inform Unity Allstars Leeds staff immediately.

13.5 Unity Allstars Leeds reserves the right to turn over all delinquent accounts to a collections agency and the member will be responsible for all additional costs incurred.

13.6 There is no prorating of fees.

13.7 PLEASE REMEMBER Your monthly tuition pays for training only. It does not pay for the right of your child to perform. Each athlete earns that right through his /her responsibility and preparedness as a team member. Should a team member fall short of his /her preparations that team member will be moved, replaced, suspended, or dismissed from the team.

13.8 Accounts must be current in order to take private lessons, classes, and clinics at Unity Allstars Leeds.

13.9 If you choose to leave the program prior to the end of the season, you will be subject to a 1 month cancellation fee. If you are dismissed from the team or quit, any deposits, fees paid, payments for travel or comps, ordered supplies such



as uniform, warm-ups, sneakers, etc., are forfeited and are completely non-refundable. At Unity Allstars Leeds our competitive teams are a YEAR long commitment. Please consider this before registering. Our cancellation fee is there to PROTECT other families and their investment in our program. If a decision is made for you to leave, an exit contract must be signed in person at the location the athlete primarily participates at. This will ensure that all business conducted from both signed responsible parties have officially been closed and documented in the Unity Allstars Leeds offices.

13.10 Uniform and merchandise payments are non refundable. In the case of a faulty item we will endeavour to replace the item from the manufacturer but cannot guarantee a no cost replacement. Once sized and ordered, all uniforms are non refundable and full payment if an athlete decides to leave before they have been manufactured or delivered.

13.11 Unity Allstars Leeds has worked very hard to come up with a fair and transparent financial policy... Our prices, payment policy, financial obligations, and late fees are non-negotiable and therefore not open for discussion.

14 ONLINE/SOCIAL MEDIA

14.1 Athletes and parents are expected to maintain the highest standards of moral and ethical conduct inside and outside of the gym. This is also expected of them online

14.2 Zero tolerance policy to online bullying or harassment. If athletes or parents are found to be engaging in online bullying, harassment or activities which could be considered as hate speech, derogatory or hurtful they may be asked to leave the program.

14.3 Examples of sexualisation of adults or minors or illicit behaviour will not be tolerated. Creating and distribution of materials found to be sexual or sexualising in nature may result in the removal of you/your child from the team and/or reporting to the appropriate authorities

14.4 Athletes/parents must not contact or attempt to contact coaches via their social media platforms or personal mobile phones except in emergency

14.5 Athletes are not permitted to engage with merchandise companies for sponsorship or 'modelling' opportunities without prior written permission and vetting by Unity Allstars Leeds

14.6 We expect parents to regularly monitor their child's social media accounts. Ignorance is not an excuse!

In any event, situation, incident, or problem that may arise that is not specifically stated or covered within this set of rules and guidelines, will be acted upon at the discretion of the owners, and coaching staff of the organization.



Athlete Agreement

You MUST read and fully understand this form before attending your first training session. Accepting your spot and clicking 'accept on your Coacha registration means you agree to the following

This agreement is made by the athlete and/or parent (I, me, my) and Unity Allstars Leeds (Cheer Coaching UK, we, us)

By accepting my spot on the program, I agree to the following statements listed above; I have read the rules, regulations and information outlined in the supplied athlete pack/code of conduct and I fully understand them. I have read and agree to all the following points and conditions in this athlete agreement and code of conduct. I understand that my child and I must abide by these rules or they will be disciplined which may include being dismissed from the program at the sole desecration of the program owners. I understand that my actions as a parent may also be grounds for dismissal from the program. I also agree to notify Unity Allstars Leeds in writing when there is a change in custody, personal financial responsibility for the child, change in medical history, change of address or other contact information, and change in emergency contact information.

I agree the named adult cheerleader or parent/guardian claims financial responsibility for the participation in Unity Allstars Leeds. I also give permission to Unity Allstars Leeds to add a £5 late fee per payment to any outstanding fees or financial commitments.

Unity Allstars Leeds, its coaches, agents, employees and volunteers are under no obligation or liability whatsoever in respect to personal injury, loss or damage caused by or suffered by participants.

Cheerleading is inherently a dangerous sport which includes difficult acrobatic movements often working from height. Whilst every precaution is taken by Unity Allstars Leeds to provide the safest possible training environment and coaching methods I understand and agree that I am ultimately responsible for my own safety and if myself or my fellow athletes are doing something which I feel is dangerous or beyond my ability level I should stop immediately and inform a coach or member of staff.

Regulations made for the safety and comfort of all participants are to be observed at all times. If it is considered that any participant's behaviour is incompatible with the safe enjoyment of any activity the organisers/instructors reserve the right to exclude/remove the participants responsible. Under these conditions no refunds will be given.

Photographs and video, for promotional purposes only, may be taken of participants whilst taking part in activities. Furthermore, I release all rights and privileges associated with such images and video materials (If for any reason you do not wish photographs to be taken please inform the activity organisers/leaders personally, additionally if there are any changes of circumstance you must make our coaches aware)

I give permission for emergency medical treatment to be administered in the event of an emergency

I agree to be contacted digitally about future/ongoing sessions and promotions related to Unity Allstars Leeds

By accepting your spot on the program and signing up for classes, you agree to all of the above terms and conditions.