



RULES AND REGULATIONS

I hereby understand that each time “TopGun” is mentioned throughout this contract it is meant to be all inclusive of TopGun All Stars, Arizona Cheer Booster Club, and all officers, shareholders, agents, and employees.

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, drinks, or gum are permitted in the practice area.
6. All trash must be disposed in the appropriate trash receptacles.
7. Cell phones must be put on silent mode or left outside of the practice area.
8. Top Gun is not responsible for any personal items lost or stolen.
9. All athletes and parents must register with Top Gun 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.
10. All completed forms or information needed by Top Gun must be filled out and turned in to the TopGun office as requested.
11. **The TopGun name and logos are trademarked. Any privately created or monogrammed items bearing the Top Gun 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 Top Gun and shall not be shown or discussed with others. NO VIDEOS of routines/choreography should be uploaded to any online site or social media platform!

TEAMS

Top Gun 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 attendance, conduct, skills, finances, parent conflicts, etc.

Athletes that elect to participate on more than one Top Gun 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 Top Gun priority over any other extracurricular activities.
2. Attend and be prepared to participate in all Top Gun activities including those unexpectedly added throughout the season regardless of illness or injury unless otherwise recommended by a doctor through a valid written documentation.
3. Notify Top Gun immediately when an injury occurs so changes to routine choreography can be made prior to practice.
4. Arrive at least **15 minutes** early to all Top Gun activities.
5. Schedule all vacations so as not to interfere with any Top Gun activities.
6. Notify Top Gun in writing of all excused expected absences.
7. Athletes are allowed up to 4 absences during the months of August 2022-May 2023.
8. All Athletes must be at practices two weeks prior to competitions or may be replaced.

SICK POLICY

You must attend practice even when you feel sick. Unless you are sick with a fever higher than 100.4, vomiting, diarrhea, or any other contagious illness. Or if you have a Doctor's note with detailed information regarding the illness, treatment and length of recovery. If you do not have any of the above symptoms or a Doctor's note you will be required to attend practice.

DRESS CODE

When training, competing, or representing Top Gun, all athletes must:

1. Maintain a well-groomed appearance and good personal hygiene.
2. Wear their designated practice attire and shoes
3. Keep hair out of the face (if possible, in a high ponytail) and wear a bow/scrunchy or otherwise instructed.
4. Keep nails shorter than fingertips
5. Remove all jewelry
6. May not wear inappropriately dyed or cut hairstyles.
7. Wear closed-toe shoes (sandals, flip flops, and other open-toed shoes are not allowed).
8. Immediately repurchase all lost or damaged articles and wear a matching substitute until the item is replaced.
9. No Gum chewing in practice wear.

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. Have hair and makeup completed as per coach's request by each team's scheduled meet 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
5. Remove and put away all non-uniform items such as sunglasses, cell phones, headphones, and iPods.
6. No PJ Bottoms to be worn in uniform.
7. No Blankets walking around in uniform.
8. No gum chewing in uniform.
9. Please keep fingernails short to prevent harm to yourself and teammates
10. Put on and supply braces or tape needed to perform prior to going to the warm-up area.
11. Be in full competition uniform and may not wear backpacks, warm-ups, or have any other items during any award ceremonies.

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, reposting, or sharing anything that is negative, includes foul or defamatory language, is inappropriate for a young audience,
8. Athletes must refrain from posting anything to do with tobacco, smoking, vaping, juuling, drinking alcohol or prescription/illegal drugs.
9. Be cautious of what behavior and/or language may be going on directly or indirectly (in the background) while being photo'd/filmed.

HEALTH/INJURIES

All athletes must:

1. Provide Top Gun with current health insurance and emergency contact information.
2. Inform Top Gun of all medical conditions that may limit or prevent their ability to participate in any Top Gun activities.
3. Notify Top Gun of any injuries sustained as a result of their participation in any sanctioned Top Gun 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 Top Gun activities.
5. Provide Top gun 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.

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 dates that are given.
3. All Competitions that are stay and play must be booked with the Stay and Play links, failure to do so may include your athlete not competing.
4. Arrive to competition by the designated time and will check-in with the team contacts accordingly.
5. Do not use travel competitions as family vacations, adhere to the designated schedules, abide by all rules set forth by Top Gun.
6. Minor Athletes will not travel with any staff member and/or adult athlete that is not their parent to competitions.