

## Ferris Cheerleaders

### Girls Performance Guidelines & Checklist

#### Hair

- Ponytail (unless noted otherwise on uniform calendar)
- Hair cannot be hanging in your face. Braid bangs in or use hairspray.
- Assigned Ribbons

#### Makeup

- Makeup, Red Lipstick
- No colored fingernail polishes

#### Uniform

- Clean Uniform
- Bodysuit (if on the uniform sheet)
- Red or White Sports Bra – No Straps showing.
- Correct Ribbons
- Correct Briefs
- Poms
- WHITE** Crew Socks – No Logos or Colors!
- Varsity Cheer Shoes
- School Uniform – if jeans, you may wear your choice of shoe. When it is a Skirt/Top or Warmups, cheer shoes **MUST** be worn.



*If any piece of the uniform is missing for an appearance, the cheerleader will sit out until the issue is resolved.*

#### No

- Metal – Jewelry (all piercings),** Hair Clips & Headbands
- New Piercings
- Gum – no choking! ☹️
- Bra Straps Showing
- Eating while cheering (short snack break between games is fine)
- Long fingernails (need to be “sport length”)**

*If piercings cannot be removed, bra straps are showing or fingernails are longer than sport length, the cheerleader will sit out until the issue is resolved.*

#### Do Bring

- Water bottle
- Chapstick
- Contact Solution
- Snack
- Emergency kit