



2025-2026 Rules and Regulations

This contract is to be signed by each athlete and their parent. This contract is valid from June 1, 2025 - May 1, 2026. Please read thoroughly with your athlete and sign the bottom of this form.

***GENERAL**

1. **VIDEOS OR PHOTOS** on social media profiles must be free from promiscuity, drugs, alcohol, profanity, and any other language or actions deminer.
2. Only registered athletes are allowed in the practice area.
3. Siblings, family members, friends, etc. are not allowed in the practice area, unless permitted by a coach.
4. Any person that disrupts a practice will be asked to leave the gym immediately.
5. **No food, drinks, or gum is permitted in the practice area.**
6. All trash must be disposed of in the appropriate trash receptacles when practice is done.
7. All jewelry and watches must be removed (earrings, nose rings, watches, bracelets, ect.).
8. **Cell phones and bags must be left outside of the practice area. Cell phones can be used with coach's permission.**
9. Royal Dynasty Athletics is not responsible for any personal items lost or stolen.
10. All athletes and parents must register on the Royal Dynasty BAND site for all updates.
11. There is no excuse for being uninformed or irresponsible when the information has been provided.
12. **The Royal Dynasty name and logos are trademarked. Any privately created or monogrammed items bearing the Royal Dynasty name cannot be worn or sold without approval.**
13. All choreography including cheers, dances, stunts, transitions, tumbling, music selections, editing, etc. are the exclusive property of Royal Dynasty / Robin Dawn Dance Academy and shall not be shown or discussed with others.
14. **NO VIDEOS** of routines/choreography should be uploaded to any Online/Social media site unless approved by the Program Director.
15. Negative comments/reviews that criticize the studio, cheer program, coaches, athletes or competition results that can be tied back to an athlete or their family/friends will be met with disciplinary action and possible dismissal.
16. Uniforms may only be worn by Royal Dynasty Athletes for whom they were intended at functions where uniforms are required. Unless permitted to do otherwise by Royal Dynasty or Robin Dawn Dance Academy staff.
17. Refrain from gossiping or "talking trash" about any participant, parent, staff, etc., or other programs, as I understand that it can lead to personal conflicts and is therefore not conducive to the success of this program. Such talk may lead to dismissal from the program.



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*TEAMS

Royal Dynasty Administration 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. I realize that this contract is active between June 1, 2025 - May 1, 2026
7. 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 (**see attendance policy**)
 - Conduct
 - Skills
 - Finances
 - Parent conflicts, etc.
8. Athletes that elect to participate on more than one Royal Dynasty team must:
 - Be in good financial standing
 - Be willing and able to fulfill all the responsibilities required by each team
 - Be responsible for any additional entry fees they incur beyond their first team

*VIEWING AREA & LOBBY ETIQUETTE

This is for the safety of everyone involved, and for liability reasons. “Lobby Coaching: or “Parent Coaching” is not allowed or tolerated at our program. All parents, siblings, and/or friends who choose to stay during practices are required to remain in the viewing area during all practices, classes and lessons. Parents’ jobs are to support, encourage, and motivate your athlete! We want to work with you to give the athlete the best chance of success.

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*ATTENDANCE/INJURY

Policy

1. All planned absence **MUST** be sent in writing to royaldynastycheer@yahoo.com at least 2 weeks prior absence.
2. **Must let coaches know of sickness/injury within 24 hours. If they will miss more than one practice, a doctor's note is required. If you miss practice the week before a competition due to illness, your spot may be replaced. This is done at the discretion of the coach. If your spot is replaced, you still must attend competition in uniform.**
3. Missing a competition is grounds for removal from the program.
4. The allotted number of absences are listed below:
 - 3 allowed missed practices from August 11th - December 20, 2025
 - 2 allowed missed practices from January 5th - April 31st, 2026
 - 0 allowed missed practices the week of competition (child will not compete at event)
5. Any athlete that breaks this attendance policy will be required to set up a meeting with the director & coaches. Further absences will result in athletes' removal from the program.
6. **Make Royal Dynasty a priority over any other extracurricular activities.**
7. Attend and be prepared to participate in all Royal Dynasty activities including those unexpectedly added throughout the season regardless of illness or injury unless otherwise recommended by a doctor through valid written documentation.
8. Notify RDA immediately if an injury occurs so changes can be made prior to practice.
9. Arrive at least 15 minutes early to all Royal Dynasty activities.
10. **Schedule all vacations so as not to interfere with any Royal Dynasty activities.**

*DRESS CODE

When training, competing, or representing Royal Dynasty Athletics, all athletes must:

1. Maintain a well-groomed appearance and good personal hygiene
2. Wear the designated attire including footwear, hairstyle, and makeup
3. Hair must be kept out of the face (high ponytail if possible)
4. Nails must be kept shorter than fingertips
5. REMOVE ALL JEWELRY (other than approved medical ID tags)
6. Cover tattoos and may not wear inappropriately dyed or cut hairstyles
7. Sandals/open toe shoes are not allowed when wearing a Royal Dynasty practice/warm-up/competition uniform
8. All lost or noticeably damaged uniform item must be repurchased immediately, and matching substitute worn until the item is replaced.

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***COMPETITION DRESS CODE**

By each team's scheduled meeting time:

1. Athletes must be dressed as specified in their competition itinerary
2. Competition shoes MUST be worn with uniform or warmups at ALL TIMES
3. Hair & make up should be done to Royal Dynasty Athletics expectations by meeting time.
4. Nails should be fingertip length and a natural color.
5. All non-uniform items such as sunglasses, cell phones, and iPads must be put away unless instructed by a coach.

During awards ceremonies, athletes must be in competition uniform.

1. All athletes are expected to attend any/all awards.
2. No backpacks, cell phones, warmups or any other items during award ceremonies

***SPORTSMANSHIP/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 (including social media) or any form of verbal or physical confrontation.
5. Set a positive example for others to follow.
6. Be respectful and courteous to everyone.
7. Accept team placements and awards with dignity and class.

***HEALTH**

All Athletes Must:

1. Provide Royal Dynasty with emergency contact information.
2. Inform Royal Dynasty of all medical conditions that may limit or prevent their ability to participate in any RDA activities.
3. Notify Royal Dynasty of any injuries sustained as a result of their participation in any sanctioned RDA 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 Royal Dynasty activities.
5. Provide Royal Dynasty 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.
7. Participate in any drug or health-related testing, counseling, or rehabilitation if asked to do so.

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***TRAVEL / COMPETITIONS**

All Athletes and their families must:

1. Read all emails and BAND concerning competition dates, venues, and itineraries.
2. Have all travel arrangements arranged for the competition dates.
3. Arrive to competition by the designated time and will check-in with the coaches/staff/ gym owners accordingly.
4. Not use competitions as family vacations, adhere to the designated schedules, and abide by all rules set forth by Royal Dynasty Athletics.
5. I understand that if a team receives a bid to USASF Worlds, Varsity Summit, The ONE or other Post Season Competitions, that all athletes from that team MUST ATTEND.

***COACH COMMUNICATION**

If I have an issue, I will do the following steps:

1. Wait 24 hours
2. Text, call or email team coaches during hours of 9 am - 9 pm
3. If it is repeating issue, contact the Program Director
4. Emergencies, please contact Jason Metevia immediately

Failure to follow appropriate communication can result in athlete removal from the program.

***FINANCIAL OBLIGATIONS**

All athletes and parents understand that:

1. They assume full responsibility for all costs incurred as a member of RDA including but not limited to: gym registration, monthly tuition, apparel costs, competition and travel expenses, or any other item(s), or services purchased or rendered and the payment in full of those items regardless of any circumstances that may arise such as dismissal from the team, or disbandment of the team.
2. The deposit is due at the beginning of the season and is non refundable
3. Monthly payments will be made via electronic debit automatically on the 10th of every month.
4. Monthly payment for normal tuition rate is due from July through April of the participating season.
5. Tuition does not fluctuate based on the number or duration of practices in any month.
6. Tuition pays for training. It does not pay for the right to perform.
7. Quitting a team will be subjected to a \$500 fee. It will be applied to your account and jeopardize any potential future placement on a team.
8. A \$25.00 late fee will be assessed in the event that a payment is past due.
9. Athlete must be registered on the Jackrabbit site. This site allows for payment and auto payment of the athlete.
10. Royal Dynasty Athletics reserves the right to turn over all delinquent accounts to a collection agency and the parent/athlete will be responsible for all additional costs incurred.
11. Monthly payments will start in July and go through April (10 monthly payments)

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I have read the Royal Dynasty Rules and Regulations Contract, pages 1-5, in its entirety and understand its contents. I understand the responsibility my child is undertaking by becoming an RDA member. I agree to fully support my child and will encourage them to fulfill their commitment. I also understand that by signing this contract I am bound to not use my child's participation in this program as a form of punishment as I realize that it also punishes their team and the entire Royal Dynasty program. Furthermore, I understand that being an RDA member is a commitment on the part of the parent as well. I realize that when representing Royal Dynasty, I must always conduct myself with class and responsibility. I understand that any athlete or parent that does not abide by the rules and regulations contained in this contract, which is consistently negative, or acts in a manner that jeopardizes the name and reputation of the Royal Dynasty program will be subject to removal with no refund.

Athlete Name (Print)

Athlete Signature

Parent or Guardian Signature

Date:

SIGN AND EMAIL CONTRACT TO ROYALDYNASTYCHEER@YAHOO.COM