13 stringent rules many NFL cheerleaders have to live by

NFL cheerleaders must follow strict rules to keep their jobs, according to a report from The New York Times.



- [ ] The New York Times reported that some NFL cheerleaders must buy their own uniforms. Others, like the cheerleaders for the Seattle Sea Hawks, are given uniforms but must pay for any maintenance or mending.
- [ ] Carolina Panthers cheerleaders must show up for work five hours before kickoff.
- [ ] Cincinnati Bengals cheerleaders reportedly must be "within three pounds of their 'ideal weight'" in recent years, according to The Times.
- [ ] Baltimore Ravens cheerleaders also must go through regular weigh-ins. A former Baltimore Ravens cheerleader told Deadspin that "failure to comply with body weight and/or appearance guidelines could result in suspension from the team or game day suspensions.
- [ ] Carolina Panthers cheerleaders can't take water breaks unless the team is on offense, The Times reports.
- [ ] Carolina Panthers cheerleaders also can't change into their street clothes until they leave the stadium, The Times reports.
- [ ] Oakland Raiders cheerleaders are slapped with fines if they show up with the wrong pompoms, fail to polish their boots, or forget part of their uniform on game day, according to The Times.
- [ ] According to The Times, cheerleaders for the Baltimore Ravens can't pose nude or semi-nude, work as exotic dancers, or be in any "tasteless films, photos, or bikini/swimwear contest."
- [ ] Carolina Panthers cheerleaders must cover up visible tattoos or body piercings, The Times reports.
- [ ] San Francisco 49ers cheerleaders reportedly cannot tell people that they are affiliated with the team.
- [ ] The Times reports that, according to several NFL cheerleader handbooks, "wearing sweatpants in public is forbidden" on some teams.
- [ ] Cheerleaders are also banned from posting "pictures of themselves in uniform," The Times reports

- [ ] NFL cheerleaders are barred from associating with the football players themselves — that means no autographs or social media follows, according to The Times.

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