

Sunnyvale

Independent School District

Cheerleading
Program Guidelines
2021-2022

Table of Contents

Introduction.....	2
Cheerleading Purpose.....	2
Cheerleading Goals.....	3
Membership Guidelines.....	3
Attendance.....	4
Commitment.....	4
Transportation.....	4
Uniforms and Appearance.....	5
Camps.....	6
Fundraising.....	6
Financial Responsibilities.....	6
Head Cheerleaders.....	7
Mascot.....	8
Eligibility Requirements.....	9
Tryout Guidelines.....	10
Application.....	10
Judging.....	11
Performance.....	11
Academics.....	12
Citizenship.....	12
Final Determination.....	13
Squad Size.....	13
Conduct Guidelines.....	14
Student Code of Conduct.....	14
Drug Testing Policy.....	14
Cheerleader Rules and Regulations.....	15
Rules for campus and School Related Activities.....	15
Practices.....	16
Excused Absences.....	16
Injuries.....	17
Performance.....	17
Stunting.....	17
School Discipline.....	18
Demerits/Merits.....	19
Attendance and Tardies.....	19
Uniforms.....	20
Practice and Games.....	20
Other.....	21
Permanent Dismissal.....	21

INTRODUCTION

Thank you for your interest in the Sunnyvale Independent School District Cheerleading program. The SISD High School Cheerleading Program Guidelines were created to provide information and answer questions in order for students to have a successful experience with the cheerleading program. The SISD High School Cheerleading Guidelines are set up in order for the candidates to understand responsibilities and commitments prior to tryouts.

CHEERLEADING PROGRAM PURPOSE

The purpose of the Sunnyvale High School Cheerleading Program is to promote school spirit and to provide students an opportunity to develop and increase leadership skills, high ethical standards, rhythm and coordination skills, team cooperation, individual self-esteem, and self-confidence. Being a cheerleader is an honor and special privilege. Cheerleaders exist to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit and are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules stated in the SISD Student Code of Conduct. Members of this group have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals. Because of these responsibilities, members of the cheerleading team will be expected to maintain a higher standard of behavior, both on and off campus, and academic achievement than that of their peers. Cheerleaders are expected to be mentally and physically fit and athletically skilled in the field of cheerleading.

CHEERLEADING PROGRAM GOALS

- * To guide and develop leadership characteristics
- * To promote the importance of good sportsmanship
- * To provide an atmosphere essential in learning how to be a part of a team
- * To demonstrate appropriate behaviors for public appearances
- * To provide the opportunity for students to serve the school and the community
- * To allow the students to take an active role in the creation of school spirit and pride
- * To become physically and mentally skilled in learning and remembering cheers
- * To be able to publicly demonstrate the skills necessary for group performances
- * To participate in school events and to support athletic teams at Sunnyvale High School
- * To develop and increase skills in rhythm and coordination
- * To enhance each individual member's skills and development, resulting in a highly skilled performance group

MEMBERSHIP GUIDELINES

Cheerleaders are representatives of Sunnyvale ISD and should adhere to the following standards:

- * Follow the cheerleading rules and guidelines
- * Follow the Sunnyvale ISD Student Code of Conduct
- * Maintain desirable attitudes and spirit
- * Cooperate with sponsors, head cheerleaders and other members of the team

Cheerleaders are expected to conduct themselves in a manner that is becoming of the individual and the organization. Cheerleaders are representatives of the cheerleading program and their school, in or out of uniform and are held to a higher standard of conduct.

ATTENDANCE

- * Cheerleaders/mascots are expected to attend all practices as designated by the sponsor.
- * Cheerleaders/mascots are expected to attend all sports activities designated by the sponsor or administrator. Sports activities include, but are not limited to:
 - o Football - All home games, away and playoff games as determined by the sponsor
 - o Basketball - All home games, away and playoff games as determined by the sponsor
 - o Volleyball – Home games and playoff games as determined by the sponsor
 - o UIL Spirit Championship
 - o Clinics/Camps – Cheerleading camp is held in June, July or August. Camp instruction is an important part of the safety of the program, therefore attendance is mandatory.
- * Regular school attendance in all classes is mandatory. The sponsor and administration shall evaluate absences in excess of nine days per semester.
- * Cheerleaders/mascots may not leave any practice or performance unless approved by the sponsor.
- * Any cheerleading event or practice absence shall have approval of the sponsor.

COMMITMENT

- * Cheerleaders/Mascots selected to be a member of the Sunnyvale High School Cheerleading Program are expected to make a commitment for the full year. All Varsity Cheerleaders are expected to participate in our UIL competition for the academic year. Any cheerleader/mascot who voluntarily quits the team before the end of the school year without the approval of the principal and sponsor will not be allowed to tryout for the next school year. Any cheerleader/mascot whose intention is to leave the school district, quit the team, or are removed from the team will be required to write a waiver of position and return all cheerleading/school property. This process is final and irreversible once the cheerleader has signed the guidelines. Conflicts between cheerleading and other school related activities should be worked out in advance with the sponsors, directors, coaches and administrators of other sports and school related activities.

TRANSPORTATION

Cheerleaders/mascot shall ride school provided transportation to and from away games when buses can be arranged. A request, written or electronic from the parent/guardian is required for the student to be released to the parent or to another adult designated by the parent. The penalty for missing school provided transportation is suspension from that night's game.

UNIFORMS AND APPEARANCE

All uniform and practice attire must be approved by the sponsor and principal. The uniform fitting date shall be scheduled by the sponsor and provided at the mandatory tryout orientation meeting. If a cheerleader quits or is removed from the team, money that has already been spent for the individual will not be refunded. Once cheerleading items have been ordered the student is responsible for the entire fee. If a student quits or is removed from the cheerleading team before the end of the year, the student may not wear any of the items of clothing that were designated for cheer wear for the current school year. The sponsor must approve the fit of the uniform; therefore any alterations must be approved before they can be done. If alterations are made without prior approval, it may be necessary for the cheerleader to sit out of performances until a replacement item can be received. Any replacements, whether do to loss or negligence of the uniform, is at the cost of the cheerleader.

While performing each member shall:

- * Wear the designated attire as directed
 - o The uniform is to be worn to official functions only. A member may only perform if he/she is in the complete required uniform. If the cheerleader/mascot is not in proper uniform he/she will be responsible for contacting a family member to bring the necessary uniform. The cheerleader will sit out until dressed in the appropriate attire. Proper uniform includes, but is not limited to, secured hairstyle, ribbons, and cold weather attire.
- * Cheerleaders/mascots are expected to keep uniforms clean, pressed and mended at all times.
- * Cheerleaders/mascots are to meet grooming standards as directed by the sponsor, including but not limited to: makeup that is natural and wholesome looking; nails that are short and well groomed, acrylic nails are strongly discouraged for safety reasons; hair should be of a natural color; no visible jewelry, including body piercings; no visible tattoos or spacers; hair should be neatly secured away from the face with ribbons.
- * Uniforms and equipment not returned will result in the student's file being flagged and their diploma and final transcripts will be held until property is returned and monies are paid.

CAMPS

High school teams will participate in one summer cheerleading camp. Cheerleading camps will be held in June, July or August. Participation is mandatory. Failure to meet this requirement may result in an inability to participate in the first 6 cheerleading events for the school year; the cheerleader must demonstrate that she has learned all material presented at camp. The sponsor is responsible for providing the camp dates prior to tryouts.

FUNDRAISING

- * Each cheerleader will participate in fundraising activities as designated by the sponsor.
- * Fundraising will be coordinated by the sponsor and approved by the principal.

FINANCIAL RESPONSIBILITIES

Sunnyvale ISD will provide the basic uniform and equipment for each team member. These basic uniforms and equipment will be the property of the school district and shall be returned at the end of the cheerleading season. Equipment includes megaphones and poms for Varsity and Poms for JV. Additional uniforms, camp wear, clothing items, bags, sweaters/sweatshirts, jogging suits and practice attire are to be purchased by the parent/guardian and approved by the sponsor and principal prior to purchase. Cheerleaders/mascots are expected to attend summer camp and are responsible for all fees associated with summer camp.

To be eligible to tryout, current cheerleader's outstanding balances must be paid in full, prior to the first day of tryout clinic; all school issued uniforms and equipment for the current school year must be returned prior to tryouts.

Payments for camp, camp wear, and other items are the responsibility of the parent and will be paid as directed by the sponsor.

HEAD CHEERLEADER

Being named Head Cheerleader or Co-Head Cheerleader is a special privilege as well as a responsibility. These individuals should be an example for the rest of the team. There can/will be two head cheerleaders for each team at the high school level. The head cheerleaders serve as leaders and liaisons between the cheerleader team/mascot and the sponsor. Head cheerleaders will serve as spokespersons for the program in public meetings and in front of the student body. This position does require a time commitment outside of the "normal" cheerleader obligations.

Majority vote and tryout scores will be taken into consideration when sponsor selects head cheerleader/s.

The Head Cheerleader's responsibilities are as follows:

- * To support in word and action **all** the guidelines set forth in this document as well as the rules of SISD.
- * To communicate to team members about information regarding upcoming activities, such as uniform requirements and practice schedules
- * Facilitate the teaching of cheers and routines for camp and games
- * Start or designate a team member to start all cheers and routines
- * Assist the sponsor in planning pep rallies
- * Carry out all other duties as assigned by the sponsor

The head cheerleader may be removed from his/her position for conduct that occurs on/off campus or at school sponsored events that is detrimental to the school or team as determined by the sponsor or principal. This position is not guaranteed and may change at any time.

MASCOT

The Varsity and JV mascot shall be an important part of the cheerleading program at the school. His/her main responsibilities are to provide interaction with the crowd at all functions by participating in cheers and skits, and to work closely with all organizations to enhance the spirit of the school. The mascot will follow all cheerleading guidelines as set forth in this document.

Other responsibilities include, but are not limited to:

- * Work closely with the athletic department and cheerleader sponsors to promote school spirit
- * Be familiar with game rules in order to make appropriate responses with the crowd at sporting events
- * Create skits with appropriate themes to promote school spirit and work alongside the cheerleaders
- * Dress in creative attire, when appropriate, with sponsor approval
- * Each mascot will honor the responsibilities of their squad. If needed, the JV mascot will fill in for the Varsity mascot.

To be eligible to tryout for the Junior Varsity mascot you must be an incoming freshman, sophomore or junior who meets all other eligibility requirements as outlined in the Sunnyvale Cheerleading Program Guidelines. To be eligible to tryout for the Varsity mascot, a candidate must be an incoming sophomore, junior, or senior who meets the eligibility requirements. Incoming freshman will not be allowed to tryout for the Varsity Mascot.

ELIGIBILITY REQUIREMENTS

The Cheerleading Program will follow the eligibility requirements as outlined by the Texas Education Agency and the University Interscholastic League.

- * Cheerleaders/mascot must maintain a passing grade in each of their subjects for each grading period in order to be eligible to participate in cheerleading events. A student shall be suspended from participation in any activities during the grade reporting period following the grade period in which the student receives a grade lower than 70 (except for state approved honors courses.)
- * Once a cheerleader has been declared ineligible the student may not wear his/her uniform during the probation period. The student will be required to attend all scheduled practices with the team, but will not be allowed to participate in games or other cheerleading activities. Academic ineligibility during any two grading periods will result in removal from the team for the remainder of the school year.

TRYOUT GUIDELINES

Cheerleading tryouts are required beginning in the 7th grade in Sunnyvale ISD. Tryouts for cheerleaders are open to anyone interested in becoming a cheerleader who meets the eligibility requirements. Candidates must be eligible according to UIL guidelines at the time of tryouts. Candidates for SHS Cheerleader or Mascot must be enrolled in Sunnyvale High School (incoming 9th grade students must be enrolled in Sunnyvale Middle School), be registered to attend Sunnyvale High School for the next school year, or have proof of moving into the district by means of a lease or purchase agreement.

APPLICATION

A candidate for cheerleader/mascot and a parent/guardian must:

- * Attend the tryout orientation as scheduled by the sponsor, if unable to attend he/she must make prior arrangements with the sponsor.
- * Return the following completed forms including appropriate signatures as directed by the sponsor:
 - Complete Sunnyvale High School Cheerleader/Mascot Application by 1st day of clinic
 - Signed Applicant and Parental Release document
 - Signed Sunnyvale High School Cheerleaders Guidelines
- * Sponsor will request a copy of each student's current and previous school year report card and any discipline records from the school office.
- * Have no outstanding balance for prior year financial obligations
- * Have turned in all uniforms and equipment from previous year
- * Must meet UIL eligibility criteria concerning participation in extracurricular activities at the time of tryouts

Candidates must attend the clinic prior to tryouts. This clinic is closed to the public. Only candidates for Sunnyvale High School Cheerleaders/Mascots will be admitted to the clinic. If a candidate has school related conflicts with the times of the clinic, these must be addressed with the sponsor prior to the clinic. If the sponsor gives the candidate approval to miss a clinic time, it is the candidate's responsibility to learn what he/she missed on their own.

JUDGING

Candidates will be evaluated in the areas of performance (70%), academics (10%), and citizenship (20%).

PERFORMANCE

The performance evaluation represents 70% of the cheerleader/mascot candidate's total score and will be made by a panel of 3 qualified professional judges or by approved number of judges by Admin. Candidates will receive numbers when they tryout and will not be referred to by name. Tryouts will only be open to participants, judges, sponsors and designated district administrator and school personnel.

Each cheerleader candidate shall perform a spirited entrance, one solo cheer, a jump series, a group dance, and the school fight song, all to be learned at the clinic prior to camp. Each mascot candidate shall perform one original performance using props. The dance and fight song will be scored in their own categories. All other category scores will be obtained from the candidate's individual performance.

Candidates for cheerleader will be evaluated in the following areas:

- * Entrance/Spirit 5 points
- * Tumbling 10 points
- * Crowd Appeal 10 points
- * Voice Projection 5 points
- * Motions 15 points
- * Jumps 15 points
- * Dance 10 points

Candidates for mascot will be evaluated in the following areas:

- * Enthusiasm 25 points
- * Use of Props 10 points
- * Creativity 20 points
- * Character 15 points

The three judges scores will be averaged together to get the final score in this category. The maximum number of points in this area is 70 points.

ACADEMICS

The academic evaluation represents 10% of the candidate's final score. Each candidate's academic score will be calculated starting with a maximum of 10 points. There will be one point deducted for each failure in any class during any grading period. Grades are calculated from the current school year. For example, if a candidate receives a 65 in Science the first quarter, a 68 in History and a 69 in English the 2nd quarter they would have 7 points in the academic evaluation going into tryouts.

No score will be given to a student in the academic evaluation if a candidate has been previously removed from the program due to academic ineligibility.

- * Starting for the 2019-2020 cheer season and thereafter, report cards will be looked at for the current school year and 4th quarter of the previous year.

CITIZENSHIP

The citizenship evaluation represents 20% of the cheerleader/mascot candidate's final score. This evaluation area includes discipline action. A candidate will start with a maximum of 20 points in the citizenship evaluation.

- * **DISCIPLINE ACTION** – Discipline files will be looked at for the current school year. Candidates may receive a total of 20 points in this area if there are no discipline referrals documented by school administration prior to tryouts. A candidate will have 2.5 points deducted for discipline reports (Ex: disrespect, cutting class, disruptive behavior, insubordination, cheating, harassment, etc.). A candidate will have 5 points deducted from their citizenship evaluation score per Friday Night School (FNS) received. A candidate will have 10 points deducted from their citizenship evaluation score per ISS placement per day. Any candidate placed in Out of School Suspension will have 20 points deducted from their point total in this area. Any candidate who has been placed in Out of School Suspension on more than one occasion will be ineligible for tryouts.
- * Starting for the 2019-2020 cheer season and thereafter, discipline files will be looked at for the current school year and 4th quarter of the previous year.

FINAL DETERMINATION

The scores for each candidate will be added together to determine a composite score for each candidate. Calculation of these scores will be conducted by the sponsors and a designated administrator. The scores will be calculated to the nearest one-hundredth. There will be no provisions for the selection of alternate cheerleaders. In the event of a tie, the candidate with the higher performance score will be chosen. Candidates will receive notification of the results on the day of tryouts.

For disagreements in final determination individuals must follow grievance procedures found in local school board policy.

SQUAD SIZE

The Sunnyvale High School Cheerleading Program will consist of two teams of cheerleaders and two mascots. There will be a Junior Varsity team will consist of 14 members. The exact number of cheerleaders for the Varsity squad will consist of a minimum of 14 members with a maximum of 16 members and will be determined a break in score of 3 points. To be eligible to tryout for the Junior Varsity team you must be an incoming freshman, sophomore or junior who meets all other eligibility requirements as outlined in the Sunnyvale Cheerleading Program Guidelines. To be eligible to tryout for the Varsity Cheerleading team, a candidate must be an incoming sophomore, junior, or senior who meets the eligibility requirements. Incoming freshman will not be allowed to tryout for the Varsity Cheerleading team.

COMPETITION TEAM

The Sunnyvale High School competition team will consist of the Varsity Cheerleaders. JV selection to the UIL competition will be at sponsor's discretion. Several alternates will be chosen to practice with the UIL team. These girls will be expected to attend extra practices in preparation for the UIL state spirit competition, as well as any other competitions approved by the sponsors.

CONDUCT GUIDELINES

Upon the completion of tryouts, selected cheerleaders/mascots will be subject to all rules, expectations and discipline consequences associated with the new team. All discipline actions will affect the cheerleader's standing on the team after tryouts and throughout the remaining academic school year, as well as the following school year. Any member failing to abide by the rules and regulations set forth may be subject to the review of the sponsor and principal.

The guidelines for student discipline are outlined in the Sunnyvale ISD Student Code of Conduct. Additional standards of behavior for students involved in extra-curricular activities at or in Sunnyvale ISD include the following:

- * Sunnyvale High School Drug-Screening Program
- * Sunnyvale Cheerleading Rules and Regulations
- * TEA & UIL Side by Side
- * Concussion Management Protocol

STUDENT CODE OF CONDUCT

The Student Code of Conduct can be found in the Sunnyvale ISD Student Handbook which is given to students each year.

DRUG TESTING POLICY

The Drug Testing Policy can be seen in the Sunnyvale High School Drug Screening Program Guide.

CHEERLEADER RULES & REGULATIONS

Rules for on campus and school related activities

Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as the organization they represent. They should be aware that in or out of uniform they are representatives of the Sunnyvale High School Cheerleading Program and SISD, and should act accordingly.

- * Cheerleaders are expected to set a good example by conducting themselves in an orderly manner before classmates, school personnel and visitors, and to be of good moral character.
- * Cheerleaders should not display affection publicly.
- * There shall be no arguing amongst cheerleaders in public.
- * Cheerleaders should not chew gum during cheerleading activities.
- * A cheerleader must be present at school at least one half of the school day in order to participate in an activity.
- * Any absence from a required cheerleading event must have prior approval from the sponsor.
- * Cheerleaders are to stand at attention during the National Anthem and school songs.
- * Cheerleaders must be at assigned events at the time designated by the sponsor.
- * Conflicts between cheerleading and other school related activities should be worked out in advance with the sponsors, directors, coaches and administrators of other sports and school related activities.

Practices

- * Practices will be scheduled as necessary throughout the school year.
- * Practices are mandatory and absences should have prior approval from the sponsor.
- * Non-school related activities should not interfere with practices or events. Work, Driver's Education and other non-school related sports are not considered an excused absence.
- * Practice hours shall conform to TEA & UIL side by side guidelines.
- * If a cheerleader/mascot is going to be absent from practice, the parent must notify the sponsor by calling or e-mailing by 12:00 noon, the day of the absence. If the absence is for more than three days, a doctor's note must be given to the sponsor to resume participation.
- * Any absence from a practice designated for a particular performance may result in forfeiting participation in that performance.

Excused Absences

Absences are considered excused for the following reasons; all other absences are at the discretion of the sponsor.

- Personal illness or accident – must notify the sponsor by phone or email that day
- Funeral or death in the family
- Special school related activities with prior permission from the sponsor.
 - Notification in writing of a conflict with other school activities is required at least one week in advance. Sponsor and administrators will evaluate the situation and make a decision. Failure to notify the sponsor of such conflicts will result in demerits.
- Religious holidays
- Prior notice of all other absences in writing is required two weeks in advance.

Absences for reasons other than those mentioned above may result in demerits and/or other punishment at the sponsor's discretion. Cheerleaders who hold jobs are expected to arrange work schedules around cheerleading activities. Work is not an excused absence. Cheerleaders must be present at all practices, performances, and required events unless excused by the sponsor.

Injuries If a cheerleader has an injury that requires that he/she sit out of practice or a specific activity, such as jumping or stunting, for more than two days, a doctor's note or a conference with the school athletic trainer is necessary. A note from a doctor or the school athletic trainer will also be necessary for the cheerleader to resume practicing.

Performance All cheerleaders are expected to know the material and perform it with accuracy, including jumps, sharpness, and motion placement. Consistent mistakes in performance (accuracy, jumps, sharpness, motion placement), whether at practice or a game, may result in removal from all or part of the following event. For cheerleader safety, participation depends upon his/her knowledge of the material and ability to perform at an acceptable level. The cheerleading sponsor or other knowledgeable individual designated by the sponsor will be in attendance at all events and ride on the bus when transportation is provided.

CHEER STUNTING AND SAFETY

Cheerleaders are **NEVER** to stunt when the sponsor is not present or when they do not have permission from the sponsor to stunt. Cheerleaders stunting without permission will result in forfeit from a performance and demerits. Stunting is a privilege and should be taken **seriously**.

Training and Instruction Cheerleaders are to be instructed in proper techniques before any stunt is to be attempted.

Supervision While working on stunts, the sponsor must have visual contact with the stunting group at all times. This may limit the number of students that can be practicing at once, but to insure proper supervision this must be the procedure. Constant supervision will allow for cheer coaches to make sure that training and instruction techniques are being followed.

Report Procedures While the procedures above should help reduce accidents, the following should be used if / when accidents occur.

1. The supervising cheer coach should complete an incident report. This report should be submitted within 24 hours to the cheer director and the building principal.
2. The parents should be notified and given information concerning student accident insurance. This insurance is purchased by the school district for any student participating in an extra-curricular or co-curricular activity. The insurance is a secondary policy, covering expenses that the parent's primary insurance does not cover.
3. Parents should also be made aware that the school has access to athletic trainers. These trainers can do preliminary diagnosis and refer student athletes to doctors who deal with athletic injuries. The parents are in no way required to use these resources, but should be made aware that the resources do exist.

School Discipline

Any cheerleader assigned to in-school suspension or given out-of-school suspension will be temporarily suspended from the team. While on suspension, a cheerleader may not perform, practice, or wear their uniform, while assigned to ISS or OSS, plus one school calendar day. They will also be subject to the following punishment, in addition to the above mentioned punishment:

OSS placement:

1st offense: benched three events per day of OSS placement, conference with the sponsor, and placed on probation

2nd offense: removal from the team

ISS placement:

1st offense: benched one event per day of ISS placement, conference with the sponsor, and placed on probation

2nd offense: benched for two events per day of ISS placement, conference with the sponsor and placed on probation

3rd offense: removal from the team

Any member who is expelled from school will be removed from the cheerleading team for the remainder of the school year.

DEMERITS AND OTHER PENALTIES

Demerits are the means by which the sponsor determines if team members are not upholding their obligations as cheerleaders. Demerits are assigned by the sponsor. Demerits will be documented and signed by both the sponsor and the cheerleader. The third and each successive time a demerit is given for the same offense, the penalty will double. At the end of each grading period, previous demerits will be erased. Demerits obtained because of a situation out of the cheerleader's control may be partially worked off at the sponsor's discretion. This is the only case in which demerits may be worked off. Some violations may result in demerits as well as other penalties. Other penalties may include but are not limited to doing extra jumps or running. These are general rules and guidelines for all members of the Sunnyvale High School Cheerleading Program. Failure to comply with these rules may at times require judgment calls to be made. These decisions will be left up to the individual sponsors. At any time a cheerleader's actions may result in a review by the sponsor and principal, which may result in dismissal from the team or warrant demerits/other penalties. Demerits and other penalties are assigned as follows:

ATTENDANCE AND TARDIES:

OFFENSE	DEMERITS	OTHER PENALTIES
Late to practice, game or event by less than 5 minutes		10 jumps
Late to practice, game or event by more than 5 minutes	1 demerit (per 5 minutes late)	And 10 jumps
Late back to the field/court after halftime	1 demerit after 5 minutes (per 5 minutes)	10 jumps
Leaving or missing practice, game or event without permission	5 demerits	Benched next event
Leaving practice area or event area without permission	2 demerits	10 jumps
Unexcused absence from game, practice or event.	3 demerits 2 unexcused absences, benched from next event.	10 jumps
Unexcused leaving game, practice or event	1 demerit	10 jumps
In-school or out-of-school suspension	See school discipline section of this document	See school discipline section of this document
Office referrals	5 demerits	Subject to sponsor discretion

UNIFORMS

OFFENSE	DEMERITS	OTHER PENALTIES
Not wearing uniform when required	2 demerits	10 jumps at next event
Wearing wrong uniform at an event		Benched at event until proper uniform is attained/ 10 jumps
Wearing uniform without permission	3 demerits	20 jumps
Uniform and shoes not cleaned		Benched until cleaned
Wearing inappropriate jewelry		Remove jewelry/ 5 jumps
Not dressing appropriately at practice, this includes shoes		15 jumps
Hair not pulled back when required		10 jumps/ benched until hair is properly pulled back

PRACTICE & GAMES

OFFENSE	DEMERITS	OTHER PENALTIES
Consistent mistakes, not jumping or showing spirit, not being sharp		10 jumps/ benched until material is learned
Failure to check in with sponsor at events		10 jumps
Stunting without permission		20 jumps for entire team
Not staying in formation at games/events		10 jumps
Chewing gum		Disposal of gum and 10 jumps
Using cell phone or other electronic device		Must give device to sponsor to be returned to parent at the end of event and 10 jumps
Excessive talking or interruptions		10 jumps

OTHER

OFFENSE	DEMERITS	OTHER PENALTIES
Not stunting seriously		20 jumps entire team
Not following the instructions of sponsor or head cheerleader	5 demerits	And 10 jumps
Missing a deadline		10 jumps per day missed
Leaving trash or other items at practice or event	1 demerit	10 jumps
Public displays of affection	2 demerits	conference with sponsor
Showing disrespect to teammate, sponsor or other school personnel	5 demerits	Conference with sponsor

Once a cheerleader has 10 demerits, he/she will be benched for 2 quarters of the next game or ½ of the next event. If a cheerleader receives 15 demerits, they will be benched for the next game or event in its entirety. To be benched means to be present at the event, dressed in uniform and sitting in a place designated by the sponsor without the use of cell phone or other electronic devices. If a cheerleader does not follow the benching guidelines, he/she will be required to serve the benching at another event.

If a cheerleader accumulates 20 demerits they will be suspended from cheerleading activities for the length of 3 performances.

These guidelines are subject to revision by the sponsors as deemed necessary.

Merits: Merits are ways to work off demerits. To work off one demerit, the cheerleader/mascot can:

- Paint and hang 3 posters
- 15 jumps
- 4 laps around gym

Permanent Dismissal

Reasons for permanent dismissal from the cheerleading team include, but are not limited to:

- * Expulsion from school
- * Unexcused absence from more than 2 games or events over the course of the cheerleading year
- * Violations as outlined in the high school drug screening program

