

CHEYENNE HIGH SCHOOL  
CHEERLEADING CONSTITUTION



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## **Purpose**

The purpose of the cheerleader is to create, promote and uphold school spirit and a positive school environment by participating at athletic events and extracurricular activities as deemed appropriate by the campus administration and sponsor. Participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. *This constitution is a guide to follow, but the cheer coach and the CHS principal reserve the authority to use their professional judgment in all matters.*

## **Membership**

Squad members will exist during the cheer season which is defined as **tryout date to tryout date**. Membership on any squad is for a period of no more than one school year. Each student wishing to be considered for membership on a cheer squad must complete the tryout process annually regardless of previous squad membership. A cheerleader that is transferring from another school will be admitted to the appropriate squad. A high school may have two squads; Varsity and Junior Varsity.

- Tryouts for Junior Varsity are open to currently enrolled 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> graders
  - JV squad is determined by natural break
- Tryouts for Varsity are open to currently enrolled 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> graders
  - Varsity squad is determined by natural break
- Applications for Cheer managers are open to 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> graders
  - Cheer managers must be able to attend Varsity games for the entirety of the game
- Every member of the Varsity cheer team will be on the competition team unless the coach uses discretion to not have the cheerleader compete. If a cheerleader chooses to not compete, then he/she is forfeiting their spot on the cheerleading squad.
- Competition tryouts will be held for students who were not currently on cheer and for JV members if JV doesn't compete individually.
- Tryouts for Captain/Co-Captain position
  - Leadership positions will be chosen after tryouts.
  - Applicants must have previous school or all-star cheer experience.
  - All requirements for participation on the cheerleading squad must be met or surpassed
  - All applicants must complete the application
  - All applicants must be interviewed by a coach and/or administrator
  - All applicants must have NO disciplinary infractions during the preceding school year
  - All students must have at least 90% attendance (in all classes) during the preceding school year (school activities do not count towards this amount)
- The Cheer coach reserves the right to remove any cheerleader, manager, mascot, or captain from the team at any point during the year, regardless of demerits
- The Cheer coach reserves the right to remove any cheerleader from leadership positions at his/her discretion

## **Expectations**

Cheerleaders must enjoy learning and performing cheers, stunts, tumbling, chants, and dances. Cheerleaders must promote and maintain relationships with the faculty, administration, and student body. In addition, they must work cooperatively with the dance team, band, athletic teams, and all school organizations.

### School Leadership

- Cheerleaders will abide by rules and follow directions given by school authorities
- Cheerleaders will demonstrate determination, hard work, strength, dedication, and self-discipline
- Cheerleaders will strive to cooperate and be a part of a cohesive unit
- Cheerleaders will strive to improve themselves and others through positive interaction and accountability
- Cheerleaders will exhibit loyalty to the squad and demonstrate leadership, honor, and integrity
- Cheerleaders will demonstrate good sportsmanship and promote school spirit which will be defined by a generosity and genuine concern for others

### Physical Functions

- Cheerleaders must attend all scheduled before, during and after school practices and performances
- Cheerleaders absent from a practice or performance will be subject to discipline, unless extenuating circumstances exist. Extenuating circumstances may require that medical, legal, or other formal documentation be presented to the coach
- Cheerleaders are expected to attend all summer practices
- Cheerleaders may be prohibited from activity and may be allowed an excused absence with a doctor's restriction in a written statement submitted to the Head Coach

### Multiple Sports

- Cheerleaders that are also members of other school athletics programs must attend all cheer practices. The coach at their discretion may be flexible with scheduling
- Cheerleaders must turn in a schedule weekly that will designate practices and games he/she will be attending every two weeks
- Any changes to the schedule must be made in writing and be signed off by both coaches
- Missing more than three scheduled practices (without prior approval) will result in the cheerleader being cut from the team
- When in off-season for other school athletic programs, student must attend all scheduled cheerleading practices
- All cheerleaders must attend summer camp
- Sharing cheerleading time and other athletics during an athletic period will be negotiated between the sponsors/coaches.
- The coach has the right to restrict cheerleader for performance and events if cheerleading has not been to practice or is not ready to execute.

### Competition

- Cheerleaders on both Varsity and Junior Varsity will compete as one team at competitions
  - Unless JV competes as separate team.
- Participation in cheerleading competitions is required of all members
- A squad may also attend nationals if they receive an invitation

### Academics

- Any cheerleader that receives a GPA/grade below CCSD or NIAA standards may not participate in any extracurricular activities for the allotted time (following district policy in regards to AP courses)
- Any cheerleader that becomes ineligible will not be allowed to perform, travel with the squad, or wear his/her uniform for any reason for the term of ineligibility
- Any cheerleader that has been ineligible for more than two consecutive nine-weeks grading periods during the current school year, or a total of 3 six-weeks grading periods throughout the current year, may be dismissed from the squad for the remainder of the year

### Qualifications

Each candidate must be enrolled in and attend school at the Cheyenne High School campus to be eligible for tryout unless approved via administration or CCSD/NIAA.

### Parent Meeting

All candidates and their parents are required to attend the pre-tryout parent meeting and the cheerleader orientation meeting as well as all other scheduled parent meetings throughout the year. If for any reason the candidate or his/her parents are unable to attend, the parent must contact the cheer coach prior to the meeting.

### Candidate Approval

Additional approval will be required for any cheer candidate who meets the following criteria:

- Candidates who have been academically ineligible for two or more nine-weeks grading periods during the current school year are subject for approval by the cheer review board
- Any current cheerleader who has resigned or been removed from the squad could be ineligible for tryouts for the following year
- Any cheerleader who has had placement at an alternative campus could be ineligible for tryouts

### Tryouts

The High School will coordinate, administer, and interpret all aspects of the cheerleading tryouts for each school. Dates will be announced in March for the parent meeting, clinic, and tryouts.

### Required Forms

All candidates must fill out and submit the required items to the Head Cheer Coach BEFORE the designated deadline. Middle School coaches/sponsors and/or designated staff is responsible for getting these items together and submitting them to the high school by the designated date. Required items are as follows:

1. Tryout Application
2. Parent/Guardian Permission Form & Insurance Acknowledgement
3. Cheerleader Candidate Responsibilities Form
4. Parent/Guardian Responsibilities Form

5. Constitution/Code of Conduct and Financial Obligation Acknowledgements
6. English Teacher Evaluation Form
7. Copy of Report Card
8. \$5 Clinic Fee - Cash Only

- In addition to these forms, the packet will include the tryout standards.
- All students must be cleared by the NIAA via the RegisterMyAthlete.com site with all elements completed.
- All candidates must have a \$0 balance from the previous year before the first day of tryout clinic to be eligible for tryouts. Any candidate who still owes a balance from the previous year as of the first day of tryout clinic will not be eligible to try out.

### Clinic

- A campus tryout clinic will be conducted during the week of cheerleader tryouts.
- Attendance at the campus clinic is mandatory for each candidate for the preparation of tryouts
- The tryout clinic will include routines and skills that will be evaluated by judges during the selection process
- If a candidate must miss a day of the clinic due to an emergency, the parent or guardian of the candidate must contact the coach for approval
- Spectators are not permitted to watch or videotape clinic practice or tryouts, nor be in the building for any part of the tryout process

### Guidelines

- All candidates must be physically present before the judges and able to compete in order to be eligible
- Random numbers will be used to identify candidates during tryouts and to declare squad selections
- Electronic recordings will not be permitted for tryout purposes without prior approval from coaches
- The cheer coach will review and certify each candidate's tryout scores
- Cheer candidates will be prohibited from using any type of communication device (cell phones) during the designated campus tryout hours. If it's an emergency, the student may use their phone or a parent can feel free to contact the coach.
- The clinics & tryout will be closed to the public. **Parents/Guardians will not be allowed in the building during any phase of the tryouts**

### Procedures

#### Jurisdiction

- Cheerleader issues and decisions will be determined by a final resolution made by the coach and/or campus principal
- Cheerleader performances shall be in accordance with the National Federation HS Spirit Handbook
- Any conflict between two or more school activities or school events will be resolved between the coaches, and a final resolution will be determined by the appropriate campus administrator if need

### Consequences for Misconduct

- Cheerleaders are not permitted to use hazing with initiation activities related to any cheerleader function
- Squad membership may be terminated for unacceptable standards of conduct as outlined in the code of conduct
- Squad member will be removed from cheerleading if he/she accumulates 20 demerits within the cheer season.
- Squad member will be removed from cheerleading if he/she accumulates 10 RED demerits within the cheer season
- Squad member will be placed on probation from cheerleading if he/she accumulates 10 demerits (red or white) within the cheer season
- Suspension or probation will remove the cheerleader from participation in performances and special events for a determined length of time
- Dismissal or removal will eliminate membership, and he/she will forfeit all privileges of the program
- Resignation will be a choice made by the individual member that he/she no longer desires to participate for the duration of the school year and requires parental notification
- Any member dismissed, removed, or resigned of his/her position in the cheerleader program must complete all financial obligations for non-returnable/non-refundable merchandise, and turn in all school-owned merchandise. Additionally, if a cheerleader is dismissed, removed, or resigns from his/her position, then he/she will be ineligible to tryout the following year. If a cheerleader resigns from the team after September 1<sup>st</sup>, school discipline may be administered
- Any student that is removed from the cheerleading squad must also be removed from the cheerleading class

### Responsibilities of Cheerleaders/Mascots

Being a member of the Cheyenne High School cheer program is an honor, a responsibility, and a privilege. Due to the level of the visibility of the campus cheerleaders, it is imperative that squad members set a good example for peers.

### Performance Uniforms

- Uniforms will be worn only when instructed by the Head Coach
- Uniforms will be worn by squad members only
- Cheerleaders will be responsible for any missing or damaged uniform pieces, and he/she will be expected to pay reimbursement or replacement costs to anything checked out
- Cheerleaders must ensure the uniform is clean and in good condition before each performance
- Uniforms may **NOT** be altered without prior authorization from Cheer Coach and Cheer Administrator

### Personal Presentation

- Cheerleaders will wear hair and fingernails as designated by the Head Cheer Coach
- Cheerleaders will not chew gum or eat during practice, at pep rallies, games, or performances without Coach approval
- Cheerleaders may not wear jewelry while in uniform, practicing, or performing
- Cheerleaders may not wear navel rings, tongue jewelry, facial piercings, nose piercings, or any other type of body piercing
- Cheerleaders may not have visible tattoos. Visible tattoos are grounds for removal from the squad

### Cheer Manager

- Cheer managers will be appointed and/or approved by the Head Coach.
- Cheer managers must meet grade eligibility.
- Cheer managers must not have any major disciplinary infractions within the past year
- Cheer managers will be responsible for assisting with loading and unloading cheerleader materials for games and events.
- Cheer managers are may be removed for unacceptable standards of conduct as outlined in the code of conduct.

### Leadership Roles

A campus may or may not choose to select leadership positions. If squad leader(s) or captain(s) are chosen, they will work closely with the Coaches and Sponsors for the duration of their membership.

- A squad captain will be required to commit time for additional responsibilities of the cheerleading program and they will be expected to be a positive role model, serving as a community ambassador of the program.
- A squad captain will demonstrate her/his leadership by setting an appropriate example for peer groups and other squad members, assist the coaches with preparations for performances, and assist with communication between cheerleading squad members and communicate with coaches.
- Traits of a Good Cheerleading Captain and Co-Captain
- Good communication skills
- Responsibility and maturity
- Fair and impartial
- Helpful and friendly
- Approachable
- Able to delegate

### Leadership Selection

When a captain or leader is chosen, the leadership role will be determined by the following process:

- Any leadership position will be based on the sole discretion of the cheer coach and can be changed at any time.

### Duties of the Captain(s)/Co-captain(s):

The duties and responsibilities of the Captain and Co-Captains include, but are not limited to:

- Meet with the Coach weekly to discuss the development and progress of the team
- Maintain a good working relationship with the Coach and other Captain(s)/Co-captain(s)
- Work with the Coach to decide on performances



- Assist with leading practice, which includes planning warm-ups, teaching cheers and routines to the squad, and planning conditioning
- Set an example for other team members by maintaining a positive and cooperative attitude, promoting school spirit and squad unity, and by remaining calm and flexible in times of crisis
- Represent the organization in any function of the school or community
- May be responsible for keeping a notebook containing telephone numbers, schedules, rules, etc.
- Must maintain a passing grade for every 9-week grading period (following district policy in regards to AP courses). Failure to maintain a passing grade at grading period will result in removal from the Captain/Co-captain position
- Keep notebook with complete list of ALL cheers and chants
- Lead the squad with the help of other captains and the coach at public performances
- Be prepared to make on-the spot decisions at practices, games and times when the coaches are not available
- Start on time and remain on task
- Be early to practice and events
- Stay after each practice and event until dismissed by coaches
- Hold inspections (squad clothing, jewelry, hair, behavior, attitude)
- Check attendance/tardiness
- Lead practices under the supervision of the coaches
- Polish and perfect cheers, chants, stunts, and jumps
- Know all cheers/chants perfectly
- Be constructive with your criticism to your teammates NOT destructive
- Warm-up the team
- Maintain discipline and seeing that your squad is in order at all times.
- Foster, encourage, and uphold the team's attitude and morale
- Provide individual help to all team members
- Be available to call your squad members
- Responsible for all team items to and from any game event
- Support each other and your teammates
- Support the coaches even when you disagree with a decision
- Inform coaches of situations that they need to know about
- Bring suggestions to coaches on behalf of the team
- ALWAYS have a positive attitude

## **Supplemental Information**

Parents or guardians must purchase or rent parts of the necessary uniform and provide money for all other costs involved in being a member.

### **Financial Expectations**

Expenses information will be distributed at the parent meeting prior to tryouts.

- Each candidate is responsible for purchasing their uniforms, practice clothes, shoes, etc. Payments will be made directly to Varsity Spirit by the set deadline in the tryout packet, otherwise the candidate will forfeit his/her spot.
- Each candidate is responsible for paying for summer camp. Payments will be made to the school or to Varsity by the set deadline in the tryout packet, otherwise the candidate will forfeit his/her spot.
- All cheerleaders will be required to participate in fundraising activities to benefit the squad.
- Students must owe no money from previous year(s) at the beginning of the first day of tryout clinic or they will not be eligible to tryout.

## **Projected Costs**

Uniform and Practice/Camp Wear includes uniform top, skirt, sleeves, spandex, shoes, socks, bows, four outfits, jacket, pants, slides, and a backpack. Returning cheerleaders may not need every item, so please keep in mind that the costs below reflect that all required items are ordered. Cost may vary, but these are estimates.

<b>Varsity (EXAMPLE)</b>	
Camp	\$400.00
Uniform and Practice/Camp Wear	Up to \$1,000
Home Coming Game Day Shirt	\$25.00
Comp Choreography	\$75
Total	Up to \$1,500
<b>Junior Varsity</b>	
Camp	\$400.00
Uniform and Practice/Camp Wear	Up to \$1,000
Game Day Shirt	\$55.00
Choreography	\$75
Total	Up to \$1,500
<b>Male Cheerleaders</b>	
Camp	\$400.00
Uniform and Practice/Camp Wear	Up to \$800
Game Day Shirt	\$25.00
Choreography	\$75
Total	Up to \$1,300

### Summer Camps

Summer camps are required for all squad members and payment is due on or before the designated due date. All cheerleaders are required to attend summer camp. The only accepted excuses are death in family, family emergency, or sudden personal illness as verified by a medical excuse. Any other excuses will receive consequences as noted in the demerit system.

### Transportation

- Travel not on campus will be provided by the district
- Cheerleaders must travel with the team and ride in the school-provided vehicle to and from away games/events
- Cheerleaders will abide by all school transportation rules, procedures, and safety guidelines

### Awards

Cheerleaders are eligible for lettering as a varsity squad member if they have cheered on the Varsity Squad for one year. Measurements will be made in the spring following tryouts.

### **Parent, School, and Coach Communication**

Parents have the right to know and understand the expectations placed on them and their children. Coaches have the right to know if parents have a concern. A parent should discuss concerns with the coach at the appropriate time and place. All comments and or concerns must be validated with at contact name and number. The Coach will communicate information regarding practices, performances, games, and squad requirements of fees, uniforms, squad rules, and travel arrangements.

### Chain of Command

There are situations that may require a conference to promote resolution to the issue. If a parent has a concern to discuss the coach, the following procedure should be followed:

1. Email/text the coach to set up an appointment
2. Outline and define the objectives for a meeting and stick to discussing facts only
3. Do not confront before, during, or after a practice or performance. Meetings of this nature do not promote resolution of the situation, but often escalate it
4. Do not attempt to enter the cheerleader athletic class without prior written permission from administration, a Principal or his/her designee. Parents and guardians must comply with CCSD policies regarding campus visits
5. If the meeting with the coach did not provide a satisfactory resolution, then a parent or guardian should call the Vice Principle or Activities Director to set a meeting
6. If the meeting with the Athletic Director did not provide a satisfactory resolution, then a parent or guardian should contact the school Principle

## **Cheering Activities**

### **Football**

Varsity Cheerleaders

- Will cheer at all Varsity games (home and away)

Junior Varsity

- Will cheer at all home Freshmen and/or Junior Varsity games
- Playoff Games

Varsity and JV squads will cheer at all varsity playoff games at the coach's discretion.

### **Basketball**

- All squads will cheer at a total of 10 home basketball games, both boys' and girls'
- Varsity will cheer at Varsity games
- Junior Varsity will cheer at Freshmen and/or Junior Varsity games (determined by the coaches)
- Cheerleaders will cheer at District games, no out of town games Monday through Thursday, and not at tournaments. This will vary and will be communicated by the coach if an exception is made.
- Both teams may cheer at playoff games, which are an exception to the above guidelines (attendance will be determined by the coaches)

\*Please note that being a part of the CHS Spirit Team is a full year commitment and you can be asked to cheer at any sporting event for the school or CCSD.

### **Competition**

Cheerleaders (both Varsity and Junior Varsity) will compete in competitions (UCA and non-UCA). JV is up to the coach's discretion.

## **Tryout Procedures**

All cheerleaders will tryout as both an individual and as a group. The cheerleader candidates will be randomly assigned numbers and grouped according to grade level. Judges and or coach will score the candidates for each of the following areas. The format for tryouts is as follows:

### **Independent**

- Tumbling
- Jumps
- Chants/Cheer

### **Group (of no more than 4)**

- Dance
- Cheer

### **Scoring for Tryouts**

- "CHS Cheer Tryout Score Sheet" should be used (see tryout packet)
- All cheerleader candidates must try out before judges and/or the coach for technical ranking
- The ranking will be based on the cumulative scores given by the judges. Areas to be judged for

cheerleading include:

- Entrance (spiriting), Running Tumbling, Jumps, Cheer, Standing Tumbling, Overall Spirit/Enthusiasm, Performance, grades, discipline, attendance and classroom behavior. (See tryout packet for cheerleader judging form.)
- The ranking will be based on the cumulative scores given by the judges. Areas to be judged for mascots include:
  - Enthusiasm/Crowd Appeal, Character/Antics, Use of Props, Creativity, and Appropriateness of Skit (see tryout packet for mascot judging form)
- The Coach/Judges may erase or change and then initial a score during the tryout process
- After adding all the scores, the total raw scores will be used to assign rank, i.e., first, second, third, etc.
- A separate person not judging will recalculate the scores/ranks, and sign off on the judge's sheet
- In the event there is a tie for the last position on the cheerleading squad there may be a call back before the judges
- Parents may review individual scores of their student by contacting the coach
- Requests to view scores must be made within 10 school days from the day of tryouts. Individual scores of other students may not be viewed

#### Varsity/ Junior Varsity:

Each cheer candidate will fill out the tryout application. On the tryout application, the candidate selects an option to be considered for Varsity, Junior Varsity, or either squad. The candidate will only be considered for the teams selected. If the candidate selects to be considered for Varsity only, but does not receive a high enough score to make Varsity, then they will not make either team.

#### Leadership Positions:

If selected, the Captain and Co-Captains are expected to commit to and serve in the position for the remainder of the cheerleading season. They are also expected to attend the tryout clinic the following year to assist the coaches as needed. Cheyenne High School cheerleaders are held to a higher standard than the rest of the school and the Captain and Co-Captains are held to an even higher standard.

The coach reserves the right to remove from leadership position (or cheer team) at any time.

Captain(s)/Co-captain(s) must have leadership skills, maintain good organizational skills, demonstrate a strong sense of responsibility, and be willing to set a good example at ALL times.

- Captain(s)/Co-captain(s) will be selected after tryouts based upon a combination of interviews, tasks, and tryouts. Final selection of Captain(s)/Co-captain(s) will be determined by the Head Coach.
- The Captain(s)/Co-captain(s) will be decided and announced by the coach when deemed necessary. A squad may not have Captain(s)/Co-captain(s) if the Head Coach deems it appropriate.
- The coach may remove a Captain/Co-captain from the position if he/she does not uphold the responsibilities of the position. The head coach may remove any cheerleader of their leadership position at any point. The head coach may, but is not obligated to, replace a Captain/Co-captain if he/she fails to meet the requirements during the course of the year.

#### Captain and Co-Captain Tryout Procedures

Leadership positions will be determined based on the following criteria:

1. Tryout scores
2. Notebook
3. Leadership Interview (with coaches)
4. GPA
5. Written Administrator/Teacher Evaluations
6. Constitution Quiz
7. Peer feedback

- Specific notebook guidelines will be given before tryouts starts.
- Interviews will be conducted on campus before tryouts, on a date designated by coaches.
- Notebooks are due by the designated date. Notebooks will not be accepted after the due date.
- Final selections for Captain and Co-Captain will be announced at a time designated by coaches.

### **Recommendations and Guidelines for Cheerleading Safety (High School Level)**

- Base-** A person who is in direct contact with the performing surface and is supporting another person's weight.
- Basket toss-** A stunt in which a top person is tossed by bases whose hands are interlocked.
- Bracer-** A top person that is supporting another person in a pyramid.
- Cradle-** A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, piked position before being placed on the performance area or remounting into another stunt, pyramid or loading position.
- Cupie/Awesome-** A stunt in which both feet of the top person are in one hand of a base.
- Dive Roll-** A forward roll where the feet leave ground before the hands reach the ground.
- Double Based Suspended Roll-** Dismount or transition with a foot-over-head rotation.
- Elevator/Sponge Toss-** A stunt in which the top person loads into an elevator/sponge loading position and is then tossed into the air.
- Extended Stunt-** a stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks and straddle lifts are examples of stunts while the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.
- Hanging Pyramid-** A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands, a "whirlybird" stunt where one person's weight is being supported by the legs of a top person in a shoulder sit, and a "diamond head" where two persons are suspended from one shoulder stand.
- Helicopter Toss-** A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as helicopter blade.
- Inverted-** A body position where the shoulders are below the waist.
- Knee Drop-** Dropping to the knees without first bearing the majority of the weight on the hands or feet.
- Loading Position-** A position in which the top person is off the ground in continuous movement that puts the bases and top in a position to end the movement in a stunt.
- Post-** A person on the performing area surface who may assist a top person during a stunt or transition.
- Prop-** Any object which can be manipulated or used as a base (ex; poms, signs, flags, megaphones, etc...)
- Quick Toss-** A toss technique where the top person begins the toss with both feet on the ground. The bases can apply an upward force on any part of the body other than under the feet.
- Released Pyramid Transition-** A pyramid in which the top person in a braced stunt is released from their bases and is in a descending mode before being caught in a cradle, stunt or loading position prior to being transitioned to another stunt.
- Spotter-** A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming off of a stunt or pyramid.
- Stunt-** One or more bases supporting one or more top persons off of the ground.
- Tension Drop-** A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.
- Top-** A person who is either being supported by another while off of the performing surface or who has been tossed into the air by another person.
- Two Persons High-** A stunt or pyramid in which the base has at least one foot in weight bearing contact with the performing surface.



## *Code of Conduct for the Cheyenne High School Cheerleaders and Mascots*

The purpose of cheerleading is to create, promote and uphold school spirit and a positive school environment by participating at athletic events and extracurricular activities as deemed appropriate by the campus administrator and coach. Participation in the regular curriculum is a right afforded to each student while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. It is important for all of our participants to understand the code and conform to the rules established in it, and that the cheer coach or administrator may have the right to remove these privileges.

### *General Conduct Rules*

Cheerleaders are expected to behave in a manner that is becoming of the individual, as well as to the organization that they represent. They should be aware that in or out of uniform they are representatives of the cheerleading squad and high school and should act accordingly.

### *On the Field or Court*

A cheerleader's behavior during a game should be unquestionable. Cheerleaders are on display. They not only represent themselves, but their community, school, coach, team, and family. Inappropriate displays of anger, disrespect, or insubordination will not be tolerated. The cheerleader must learn to deal with situations where things fail to go as they might hope. If the cheerleader engages in inappropriate behavior at a game, they will be removed from the game. Depending on the severity, the cheerleader could also be suspended in the next scheduled event and incur demerits.

The cheerleader must not use profanity or show poor sportsmanship. It is important to understand that both winning and losing are part of the game and you have to be a good loser as well as a gracious winner. Any behavior contrary to that or other acts not conducive to good sportsmanship may result in removal from the event and a possible suspension for the next scheduled event as well as issuing of demerits.

### *Practice, Game, and Event Regulations*

A coach must be consulted or notified at least 24 hours ahead of time if any cheerleader must miss a practice, game, or event. Missing a practice, game, or event without permission may result in demerits, benching, and possible suspension or removal from the squad. Incompliance with the following regulations may result in warnings and possible suspension, or removal, from the squad:

- Obey all rules set up by the coach
- Profanity will not be tolerated
- Poor effort is not acceptable
- Disrespect by a squad member to a fellow squad member or coach will not be tolerated
- Missing practices, games, or events due to conflicts with a work schedule or non-school related function are not excused absences. Non-school sponsored cheerleading functions and private lessons will not be considered excused, regardless of prior notice. Consequences for unexcused absences are outlined in the demerit system.
- Excused absences include death in immediate family, family emergency, illness with a doctor's note, and scheduled school-sponsored activities

### Academic Progress

Academic progress is a priority. To support this belief, coaches and sponsors will monitor the academic progress of their cheerleaders. In the event that a cheerleader encounters chronic academic problems, the coach, along with administration will consider if continuation in the program is in the best interest of the cheerleader.

### Attendance

In order to achieve academic success, the student must be in attendance. Cheerleaders with persistent attendance issues will be called to meet with the coach to discuss if it is in the best interest of the student to remain on the cheerleading squad. Additionally, attendance will be one component of the tryout application. Injuries: if any injury occurs that keeps the student out of two practices, a note from the student's parent or doctor stating the reason will be required which should state the nature of the injury, length of time of restriction, the specific task the student cannot perform and any special instructions. Lack of participation will be categorized as missing practice if there is no note after two missed practices.

### Classroom Behavior

In addition to maintaining good grades, squad members will be expected to give attention to classroom activities and show respect for student and faculty members at all times. They are to follow all campus rules and avoid any disciplinary behavior. A good attendance record is important for cheerleaders. If a student does not attend school on a particular day, they cannot participate in practices, games, pep rallies or any other scheduled type of event for that day. Consistently engaging in poor classroom behavior or excessive absences may result in suspension or removal from the squad, depending on the nature and consistency of the problem.

### Suspension from School

If a cheerleader is suspended from school, he/she will be ineligible during the period of suspension and could be removed from the squad and ineligible for tryouts the subsequent year.

### Criminal Activities

If a cheerleader is arrested and charged with a felony crime, he/she will automatically be suspended from the cheer activities until guilt or innocence is determined. If the student is found guilty, they will be removed from the squad for the remainder of the year and could be ineligible for tryouts the subsequent year. A misdemeanor offense will be dealt with on a case by case basis by the coach and may result in removal from the team.

### Gang and Gang-Related Activities

The presence of or involvement in gangs or gang-related activities, including the display of gang symbols, paraphernalia, or apparel, is strictly prohibited. Any type of gang involvement will result in immediate removal from the squad.

### Fighting

Cheerleaders are expected to exercise self-control. Fighting will not be tolerated. Any incident will be investigated and based on those findings; the cheerleader may be removed from the squad at the coach's discretion.

### Other Behavior

- No use of tobacco of any kind. This includes vape products and paraphernalia.
- No use or possession of alcoholic beverages
- No use, distribution, or possession of abusive drugs. This includes edibles and any paraphernalia.
- Theft: taking things from other players, students, school, etc. will not be tolerated
- The internet is a worldwide, publicly accessible form of communication. Any communications or photo sharing is public domain, even if it is marked private. Cheerleaders will not use the internet (Facebook, Twitter, Instagram, Snapchat, TikTok, etc.) to post personal profiles depicting any activities violating CCSD policies. Cheerleaders will refrain from posting disparaging comments regarding school, teammates, other students, coaches, and school personnel. The areas of appropriateness will include, but are not limited to, language (abbreviated or alluding to) pictures, suggestive poses, clothing, and references to alcohol, drugs, and tobacco. Any question of appropriateness will be decided by the cheer coach and the administrator over cheerleading. If a cheerleader has any social media account, they should “friend” or “follow” the Cheer Team’s school media page. If the cheerleader has an account and does not follow the above directive, additional consequences will be assigned by the cheer coach.
- Cheerleaders and parents/guardians are responsible for securing their personal social media profiles.
- Proper manners should be used at all times to address adults. Mutual respect and politeness toward members within the squad are basic elements that contribute to the success of the squad.
- Any cyber bullying of any kind will not be tolerated and could result in dismissal from the team.

### Injury Guidelines

All injuries must be reported to your coach as soon as they occur or are noticed.

In the event a cheerleader is injured during practices, games, or events, he or she will be evaluated by a trainer, who will then do the appropriate assessments and contact the parents as well as notify coaches of their findings.

### Injuries need to be reported so that:

- They can be properly cared for
- All parties involved can be notified. This may include but not be limited to: Parent(s), Guardian(s), Coach, Administrator(s)

### Documentation must be provided to the coach if a cheerleader visits a physician. This documentation is to include the following:

- Diagnosis
- Status: Not only what you can’t do, but also what you can do

This documentation is necessary to ensure that the cheerleader is medically able and cleared to participate. The guidelines outlined in the documentation will be the ones followed until another notice is received from the cheerleader’s physician. If a coach discovers that a cheerleader was examined by a physician without providing documentations, they will not be allowed to participate until the proper documentation is received. Certain types of visits to a physician’s office do not require you to provide a note. Examples include:

- Lab work, dependent upon the nature of the tests performed
- Allergy shots

We only want what is best for the cheerleader, so it is important to keep the lines of communication open. This is to ensure the cheerleader is able to participate immediately upon release by the physician.

## Demerit System

### General

#	Behavior/Offense	Consequence
1	Failure to maintain hair that is not a natural color	Benched until returned to a natural color
2	Having fake nails without approval from the coach	1 WHITE demerit <b>per day</b>
3	Having visible tattoos	Benched until no longer visible
4	Leaving food, trash, or mess in dressing room, practice area, hallways, performance area, or any buses used for transportation	2 WHITE demerits
5	Participating in a public display of affection during school, at school activities, or while wearing the cheerleader uniform *PDA as defined by the Cheyenne High School Handbook	3 WHITE demerits
6	Failure to follow all school rules and CCSD policies, including dress code	3 WHITE demerits
7	Failure to follow the cheerleading coach's instructions/directions at all times	5 WHITE demerits
8	Failure to respect/respond appropriately to all cheer coaches at all times. Rudeness/insubordination will not be tolerated	1 <sup>st</sup> offense: 5 RED demerits 2 <sup>nd</sup> offense: 5 RED demerits and benched for 2 weeks 3 <sup>rd</sup> offense: dismissed from squad
9	Receiving a discipline referral for any reason	3 RED demerits and benched from next event
10	Receiving a 3-hour detention for any reason	3 RED demerits and benched from next event
11	Receiving ISS for any reason	5 RED demerits and benched for next 3 events
12	Receiving OSS for any reason	Dismissed from squad
13	Receiving an N in conduct from any teacher	1 RED demerit
14	Coach receiving word from a teacher regarding poor behavior in class	1 RED demerit
15	Receiving a failing grade for any class at the 9-week report card	UIL Eligibility Rules apply

<b>16</b>	Posting, liking, sharing, tweeting, or re-tweeting any disparaging or inappropriate photos or comments on any form of social media or through texting mediums towards, alluding to, or about, any schools, other student students, teammates, coaches, faculty, or school personnel (inappropriate as defined by the Constitution)	1 <sup>st</sup> offense: 5 RED demerits 2 <sup>nd</sup> offense: 5 RED demerits and three weeks probation 3 <sup>rd</sup> offense: dismissed from squad
<b>17</b>	Being disrespectful towards a teammate or gossiping about a teammate (witnessed by an adult)	1 WHITE demerit
<b>18</b>	Displaying negative attitude while cheering or at practice (showing bad mood, anger, etc.) or being uncooperative during practice or game	1 <sup>st</sup> offense: 5 WHITE demerits 2 <sup>nd</sup> offense: dismissed from practice/performance 3 <sup>rd</sup> offense: dismissed from squad
<b>19</b>	Cell phone usage during performances/games without coaches' prior approval	1 WHITE demerit
<b>20</b>	Academic dishonesty	5 WHITE demerits

Class/Practice

<b>#</b>	<b>Behavior/Offense</b>	<b>Consequence</b>
<b>21</b>	Not wearing the appropriate workout clothing and/or hair when class/practice begins	1 WHITE demerit
<b>22</b>	Jewelry during class/practice (includes belly button rings and cartilage piercings)	1 WHITE demerit
<b>23</b>	Chewing gum	1 WHITE demerit
<b>24</b>	Cursing	1 WHITE demerit
<b>25</b>	Arguing with anyone	1 RED demerit
<b>26</b>	Not having all required items	1 WHITE demerit
<b>27</b>	Being late to class	Tardy pass required
<b>28</b>	Being late to practice floor/not dressed and on the floor/out of the bathroom by specified time	1 WHITE demerit
<b>29</b>	Leaving practice or class area without permission	1 WHITE demerit
<b>30</b>	Absence from class/after-school practice without notifying the coach; any absence must be cleared by the cheer coach prior to practice and must have a legitimate excuse.	2 WHITE demerits

<b>31</b>	Being on any electronic device during practice	1 WHITE demerit
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Games/Pep-Rallies/Events

<b>#</b>	<b>Behavior/Offense</b>	<b>Consequence</b>
<b>32</b>	Failure to be in correct/complete uniform at school on game/pep-rally days (Only letter jackets/designated sweats/sweaters may be worn with uniform or in spirit attire)	1 WHITE demerit
<b>33</b>	Not having hair up and secure per coach's directions at the time designated by the coach	1 WHITE demerit
<b>34</b>	Jewelry during performances, games, pep-rallies, or events (includes belly button rings and cartilage piercings)	1 RED demerit
<b>35</b>	Chewing gum during performances, games, pep-rallies, or events	1 WHITE demerit
<b>36</b>	Cursing or arguing with anyone	3 RED demerits
<b>37</b>	Wearing inappropriate nail polish (ONLY school colors, neutrals, or clear)	1 WHITE demerit <b>per day</b>
<b>38</b>	Failure to have ALL required items upon arrival	1 RED demerit
<b>39</b>	Failure to maintain proper sideline behavior at all times: <ul style="list-style-type: none"> <li>• No excessive talking among cheerleaders</li> <li>• Not standing at attention when not cheering</li> <li>• No talking to people in the crowd</li> <li>• Pay attention to the game/pep-rally</li> <li>• Stand in correct formation</li> <li>• Cheer/spirit, jump, stunt, and tumble the entire game or pep-rally</li> <li>• No taunting the other team</li> <li>• Cheerleader will show respect during the National Anthem and both school songs</li> </ul>	2 WHITE demerits (each offense)
<b>40</b>	Leaving prior to being dismissed by the coach	3 WHITE demerits
<b>41</b>	Failure to arrive on time in correct uniform at the designated meeting area	3 WHITE demerits
<b>42</b>	Failure to be back on the field/court ready to cheer 3 minutes before half-time ends for football and 1 minute before half-time ends for basketball	2 WHITE demerits

43	Failure to stay on field/court for the entire duration of the game/pep-rally	2 WHITE demerits
44	Failure to attend all in/out of school games, pep-rallies, meetings, functions, and activities. The only acceptable absences include death in immediate family, family emergency, illness with a doctor's note, or school-sponsored events. Other excuses will be noted, but demerits will still be applied.	1 <sup>st</sup> absence: 1 WHITE demerit and benched from next event 2 <sup>nd</sup> absence: 2 WHITE demerits and benched from next event 3 <sup>rd</sup> absence: 3 WHITE demerits and benched from next event 4 <sup>th</sup> absence: dismissed from team
45	Cheerleader acting in an unsafe manner (as determined by the coach) (this includes jumping/climbing the rails at games)	1 <sup>st</sup> offense: 5 WHITE demerits 2 <sup>nd</sup> offense: benched one game 3 <sup>rd</sup> offense: benched 2 games
46	Using electronic devices during event without prior approval from the cheer coach	1 RED demerit
47	Public displays of affection in uniform	2 RED demerits

Summer Camp

#	Behavior/Offense	Consequence
48	Failure to attend summer camp	5 RED demerits and benched 3 games
49	Failure to be on time to all camp activities	2 WHITE demerits
50	Leaving the campus with anyone at any time unless approved by the cheer coach	Sent home and dismissed from squad
51	Failure to follow the class/practice rules as stated above	1 WHITE demerit for each offense
52	Public displays of affection	2 WHITE demerits
53	Disrespect to coaches or camp staff	5 WHITE demerits
54	Failure to follow all NCA/UCA/ACA or other professional cheerleading association and university camp rules and respect all staff members	5 WHITE demerits
55	Not being in and staying in assigned room by coach's set curfew	Benched from first game
56	Being disrespectful to other team members (i.e. taunting/arguing, or cursing)	5 RED demerits

<b>57</b>	Smoking, vaping, drinking, possession of illegal substances, or engaging in any other illegal activities	Sent home, reported to principal, and dismissed from squad
<b>58</b>	Failure to adhere to all CCSD rules concerning school activities	5 RED demerits and possible dismissal at coach's discretion.

Other School Functions

#	Behavior/Offense	Consequence
<b>59</b>	Failure to participate in any parade that is scheduled by the cheer coach (Note: Unless it is an excused absence and approved by coach prior to event)	Benched from next event
<b>60</b>	Failure to participate in the cheerleader fund-raising opportunities which goes to support cheerleading functions/costs	Those not participating will pay their portion from their own funds.

Uniform Guidelines

#	Behavior/Offense	Consequence
<b>61</b>	Wearing uniform to non-Cheerleading function <ul style="list-style-type: none"> <li>Eating after a game may be approved by the sponsor as an exception to this guideline</li> <li>Inform the coaches about any professional photography sessions</li> </ul>	5 RED demerits
<b>62</b>	Lending out uniforms or sweats to others who are not cheerleaders	5 RED demerits
<b>63</b>	Altering uniform without prior approval by the coach (pictures of proposed alterations must be submitted prior to altering)	5 RED demerits and cheerleader must pay for replacement uniform
<b>64</b>	Failure to turn in any school owned cheer items by the scheduled due date (items must be clean)	2 RED demerits
<b>65</b>	Damage to or loss of any part of a uniform	Cheerleader must pay for replacement of uniform or cost of repair



### Consequences

- An accumulation of 20 demerits within the cheer season will result in removal from the squad and ineligibility to try out
- An accumulation of 10 red demerits within the cheer season will result in removal from the squad and ineligibility to try out
- An accumulation of 10 demerits (red, white, or a combination of both) will result in the cheerleader being placed on probation for three weeks, and the cheerleader must earn enough merits to erase white demerits
- When games/events are not scheduled during three weeks' probation, cheer coaches will assign alternate activities which may include, but are not limited to physical activities (i.e. running laps, pull-ups, push-ups, squats, burpees, etc.).
- When benched from an event, the cheerleader is required to dress out and sit with the coaches at the event/game (unless if being benched for academic ineligibility, then the cheerleader cannot be dressed in uniform.
- Accumulation of 3 benchings will result removal from the squad.
- Repeated/excessive offenses may result in removal from the squad. Repeated/excessive is defined as repetition of the same offense three or more times during the duration of the cheer season.
- Violation of the same rule or guideline three or more times in a season will result in the cheerleader being placed on probation for a length of time determined by the cheer coach. Violation of the probation by further misconduct could result in dismissal from the squad.

### Injuries

If any injury occurs that keeps the student out of two practices, a note from the student's parent or doctor stating the reason will be required which should state the nature of the injury, length of time of restriction, the specific task the student cannot perform and any special instructions. Lack of participation will be categorized as missing practice if there is no doctor's note. If the student, they should attend and observe practices.

***The Cheer Coach and Activities Administration and the authority to use their professional judgment in all matters.*** Guidelines are general rules and guidelines for all CHS cheerleaders. Failure to comply may, at times, require judgment to be made. These decisions will be left up to the cheer coach. **Cheer coaches reserve the right to upgrade any penalty (immediate benching, office referral) or dismissal from the team depending on the severity of the situation regardless of the accumulation of demerits that the cheerleader has obtained.**

## **Merit Opportunities**

<b>#</b>	<b>Merit Opportunity</b>	<b>Merits</b>
1	Exemplary cheerleader of the game	3
2	Cheerleader of the week	1
3	Jumper of the week	1
4	Tumbler of the week	1
5	15 toe touches (clean)	1
6	15 tucks	1
7	15 back handsprings	1
8	Vacuum mats	1
9	Windex mirrors and sweep floors	1
10	Cleaning cheer room/closet/dressing room outside of duty	1
11	Attending any non-mandatory school event in spirit shirt	1
12	Paint an extra sign to hang in the school/on fence at game (must have approval)	1
13	Assist mascots with routines/skits outside of cheer class/practice	1 PH
14	Tutor another cheerleader during allotted cheer time	1 PH
15	Helping a teacher, counselor, principal, or other staff member	1 PH
16	Approved community service with letter	1 PH
17	Perfect class attendance for a semester	10
18	Perfect performance attendance for a semester	10

## Merits

- These activities can only be completed during the last 30 minutes of a Monday practice.
- A merit activity form must be submitted for approval before completing the activity.
- Proof of completion must be shown before merits are awarded.

Merit opportunities will be available throughout the year for cheerleaders. Merits can cancel out WHITE demerits only. Coaches will maintain a list of merit opportunities posted in the cheer room. These opportunities can change depending on the time of year, season, etc. There will always be at least ONE merit opportunity that is a physical activity. (i.e. students will always have the option to “work” off WHITE demerits by performing a coach designated and approved physical conditioning activity) Merit activities **must be approved by the cheer coach prior to the activity**. Merit forms must be **completed and turned in within 2 weeks of receiving the demerit(s)**. Merits will not cancel out RED demerits.

Your signature below indicates you have received, read and understand the CHS Cheer Program Constitution and are willing to commit to the responsibilities, time and financial obligations as stated in this document.

Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_