J.H.S. CHEERLEADER DEMERIT SYSTEM

1. Failure to attend a game…………………………………….………………..**5 demerits**

\*\*Each cheerleader is required to cheer at **all** home and away football, selected volleyball, home and selected away basketball games. If the cheerleader is sick and unable to attend a game, the sponsor must be contacted by the parent **before** the game. A doctor’s excuse must be provided if a cheerleader misses a game, otherwise the absence results in 5 demerits.

1. Failure to be properly attired or groomed………………………...…………..**2 demerits**

\*\*Hair must be in a ponytail and out of the cheerleader’s face for

practices and games, unless instructed otherwise by the coach.

3. Smoking, drinking, or use of drugs ……...…………...**15 demerits (dismissal from team)**

4. Use of profanity ………………...……………………………...……………….**3 demerits**

5. Failure to participate in cheers, chants, etc., while on the field or in stands.……**5 demerits**

(Cheerleaders must show enthusiasm and spirit at all times).

6. Leaving the field or stand without permission or before the game has ended…..**3 demerits**

7. Failure to attend practices sessions, this includes any unexcused absence from cheer practice …..…………………………………………………..…………………….**5 demerits**

8. Failure to dress out for practice in designated practice uniforms……………….**1 demerit**

9. Failure to complete work-outs/running………………………………………...**2 demerits**

10. Late for practice without notice………………………………………………...**3 demerits**

11. Late for a game………………..………………………….…**2 demerits first late arrival,**

**3 demerits thereafter**

12. Failure to cooperate or show proper respect for coach, teacher, principal, etc……………………………………………………………………………..…….**3 demerits**

13. In school suspension- (including ISS for tardiness) ………………………….**2 demerits**

14. Improper conduct at school **or** while in uniform………………**2 demerits first detention**

**3 demerits thereafter**

15. Failure to make game signs before school starts………………………. …...….**1 demerit**

16. Failure to follow cheerleader paint room rules…...……………………………**1 demerit**

17. Failure to participate in squad wide activities, such as making goodie bags for players……………………………………………………………………………....**1 demerit**

18. Failure to complete 10hrs of community service ………………………………**3 demerits**

19. Failure to show up to Diamond Doll duties during Baseball Season (each girl/parent will have to work 5 games) ……………………………………………………………..**3 demerits**

20. **Parent’s Responsibility**- At least one parent must sign up to work the concession

stand during the football season…………………………..………………..….**2 demerits**

(Failure to do so will result in demerits for your child).

21. Failure to adhere to the transportation policy…………………….**5 demerits first offense**

**10 demerits thereafter**

\*Cheerleaders must be transported to away games by their parents or another parent-approved adult. They **cannot drive themselves or ride with friends or boyfriends without a parent approved adult present with them**. The sponsor must be notified by a parent signed permission slip beforehand if the cheerleader is to ride with another sponsor or approved adult. It is not the sponsor’s responsibility to ensure that every cheerleader has a ride to events.

A cheerleader receiving **10 demerits** within one school year will be benched for two games. Two games include: a game or any activity that involves cheering.

A cheerleader receiving **15 demerits** within a school year will be dropped from the squad, and is not allowed to cheer any following years.

**Head or Co-head** will be benched for two games with **10 demerits** and dismissed with **15 demerits.**

A cheerleader who has been benched will wear their uniform and sit with the cheer coach and cheer along with the team.

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**\*Cheerleading is a yearlong commitment. The demerit system begins the day after tryouts.**

\****CHEERLEADER CAMP IS SCHEDULED FOR JULY 20-23 AT THE UNIVERSITY OF ALABAMA\****