

# Crestwood High School

## Cheerleading Constitution: Rules and Guidelines

This Cheerleading Constitution is intended to set forth the rules and regulations by which the cheerleading team will be governed. These rules were derived from the South Carolina High School League rulebook for cheerleaders and the National Federation Cheerleading rulebook. Please read this constitution carefully and be sure you are willing to make the commitment necessary to ensure that all cheerleaders are fulfilling their responsibilities.

### I. Purpose

- The cheerleaders shall promote and uphold school spirit.
- They shall develop a good sense of sportsmanship among students and adults.
- They shall promote unification of the crowd's involvement during athletic events.
- They shall strive to build better relationships between the schools.
- They shall strive to uphold the highest personal, as well as cheerleading, standards.

### II. Duties and Responsibilities

- Cheerleaders will be responsible for the following: games, practices, events, meetings, pep rallies, signs, crowd involvement, leading cheers, and fund-raisers for the benefit of the team.
- Cheerleaders must be present at school the entire school day in order to cheer at an event.
- Cheerleaders must be present at school the entire school day following an event.
- Cheerleaders must behave appropriately and maintain proper attire.
- Cheerleaders must be in good standing financially in order to participate.
- Cheerleaders must attend the practice before a game or event to participate unless excused by the coach, Athletic Director, or one of the Principals.

### Scholastic Requirements

- Each cheerleader is a representative of the school and should strive for high academic standards.
- Academic eligibility will be based on the South Carolina High School League rules.

### IV. Athletic Participation Requirements

- Athletes may only participate in one sport per season.
- Notification must be given in writing prior to tryouts if you plan to only cheer one season.
- The cheerleader must attend camp and all summer functions unless excused by the coach.
- The cheerleader may not begin another sport until the season they are currently participating in is completed.
- Any cheerleader who quits for any reason at any time will not be able to participate in any sport until that season is completed.

### V. Team Requirements

- The Varsity cheerleading team may consist of rising seniors, juniors, sophomores and freshmen.
- The Junior Varsity cheerleading team may consist of sophomores and freshmen.
- Exceptions for the team requirements will only be made at the coaches' discretion.

### VI. Lettering Requirements

- All Varsity cheerleaders are eligible to letter.
- Junior Varsity cheerleaders who are part of the competition team are eligible to letter.
- Eligibility for a letter or a pin requires that a cheerleader finish the season in good standing.
- Good standing means attending all games, practices, post season games, and scheduled events such as mini clinics, parades, etc. All fees and fundraisers must be paid prior to the end of the season and all equipment must be returned within 1 week of the end of the season. Attitudes, academics, and discipline will also be considered.
- A Varsity cheerleader who is eligible will receive a megaphone the 1<sup>st</sup> season and a bar for each additional season.
- A Competition cheerleader who is eligible will receive a cheerleader pin the 1<sup>st</sup> season and a bar for each additional season.
- Exceptions for lettering will only be made at the coaches' discretion.

## VII. Stunts and Gymnastics Requirements

- Stunts and gymnastics will be performed.
- All cheerleaders are encouraged to attend gymnastic class during the summer and the school year. All stunts and gymnastics must meet the High School League rules and requirements.
- The coach must be present for all stunts performed at all times. The coach must approve any stunt prior to a cheerleader attempting the stunt and any stunt being performed off the mats. With this in mind, we still realize that accidents occasionally occur. It is essential that you follow all guidelines given at all times to avoid these accidents.

## VIII. Summer Requirements

### A. Practice

- Practices over the summer are necessary.
- A schedule for the months of June and July will be provided to all cheerleaders by the end of school. Please try to plan vacations accordingly. Regular practice will begin in August.
- Material missed during the summer due to academic reasons must be made up on an individual basis.
- Exceptions for these requirements will only be made at the coach's discretion.

### B. Camp

- Attendance at camp is required. Any absence must be cleared in advance by the head coach.
- Tentative camp dates: TBA
- If a cheerleader is unable to attend team camp because of academic reasons, the cheerleader must attend an individual camp and provide written proof of attendance.

## IX. Proper Attire Requirements

### A. Uniforms

- The shell, skirt, windsuits and pomp oms are the property of Crestwood High School athletic department. The cheerleader is responsible for maintaining these items in a clean and neat manner. If any damage occurs to any item issued, the cheerleader will be responsible for replacement costs. These items should only be worn on game days unless otherwise specified by the coach. At the end of the season, these items must be cleaned and returned to the coach within 1 week of the end of the season.
- Absolutely NO alterations are to be done without prior consent of the coach.
- Each cheerleader will be responsible for paying for shoes, socks, campwear, bag, bloomers, sports bra, one wind suit, ribbons/bows, body suit, pom poms and rain jacket. The cheerleader is responsible for maintaining these items in a clean and neat manner. If any damage occurs to any item purchased, the cheerleader will be responsible for replacement costs.

### B. Practice Wear

- Campwear will serve as practice wear.
- Practice wear and cheerleading shoes are mandatory at all practices.
- T-shirts are required to be tucked-in at all practices.

### C. Accessories – The following rules apply at school, practices, games, events, and any time in uniform.

- No metal hair accessories. (Only bows, ribbons, etc. issued may be worn.)
- No loud/bright hair colors that distinguish you from the team.
- Hair must be pulled back, off the face and off the shoulders.
- No jewelry. (This includes watches, earrings of all types, and body piercing.)
- No false nails.
- Nails must be fingertip in length with only clear nail polish.
- No stickers, writings or glitter may be worn on the face or uniform.
- Tattoos must be covered.

### D. Cheer Notebook

- All cheerleaders are responsible for purchasing a ½ inch white binder with 5 dividers to use during the year.
- All cheerleaders are responsible for bringing their notebooks to every practice.

## X. Transportation Requirements

- Athletes traveling to out-of-town games on school transportation must return on the same school transportation unless written notification is given to head coach prior to leaving school for the game.
- The coach will consider extenuating circumstances.
- Acceptance of a ride with anyone else other than a parent is grounds for immediate dismissal without prior notification.
- All cheerleaders must leave the school grounds within 15 minutes of being dismissed by the coach.

## XI. Attendance Requirements

- By High School League policy, a student must be in school one-half day unless excused by the principal to be eligible to participate at practice or a game.
- Crestwood policy states that the student must be in school all day to participate at practice or a game unless excused by the athletic director and principal.
- If a cheerleader can not participate due to an unexcused absence the day of a game or event, then the absence from that game or event will also be considered unexcused and therefore the cheerleader will be dismissed according to the discipline requirements.

## XII. Demerits

### ATTENDANCE:

Absent without prior notice to coaches	2 Demerits
Absent from scheduled event (Un-excused)	1 Demerit
Absent from Practice (Un-excused)	1/2 Demerit

### PERFORMANCE/GAMES/PRACTICE

All cheerleaders are expected to be at all practices, performances, games. The following demerits will be issued for infractions listed below. Demerits can be worked off at the coach's discretion.

Failure to bring all uniform pieces to game (included shoes, poms, hair up and bow)	1
Failure to pay attention during practice, performance or game	1
Failure to be ready for practice/game at designated time	1
Failure to have designated practice/game attire	1
Chewing gum or eating candy during performance, practice, game	1
Eating during practice, performance or game (w/o permission)	1
Unauthorized use of cell phone during practice, performance, game	1
Failure to have notebook at practice	1
Failure to pick up your trash at game	1
Failure to sign in and sign out at games and/or practices	1
Failure to bring note from study hall	1
Failure to be on time (5-15 minutes)	1
Failure to be on time (15+ minutes)	2
Late rides more than 15 minutes	2
PDA in uniform	2
Out in uniform without parent/guardian	2
Failure to cooperate with teammates and/or coaches	2
Leaving without coach's permission	2

### ATTITUDE

All cheerleaders are expected to act in a certain way that benefits the CHS cheerleading squad. The following demerits will be issued for the infractions listed below.

Missing a given deadline	1/2
Talking while stunting	2
Allowing any non-cheerleader to wear cheer items	1
Any referral	1
ISS days assigned (per day)	1
Negative teacher comments	1

## IMMEDIATE DISMISSAL

The following are grounds for immediate dismissal from the squad:

Out of School Suspension (for any reason)  
Smoking and Drinking  
Cutting School  
Conviction of a misdemeanor or felony  
Unapproved transportation  
Disrespectful to a Coach  
Letter grade of "F" in any subject at report card time

- Excused absences are a doctor's excuse for sickness or injury (not appointments), a death in the family, or a school-related function where a grade is involved (not homework).
- Further absences are deemed excused or unexcused at the coach's discretion.
- Discipline carries over from football season to basketball season.
- A suspension is defined as being benched from a game. The cheerleader will be responsible for attending the game; however, she will not be allowed to participate.
- A total of 4 demerits may be worked off in one year. Once that is surpassed then the demerits stand as they are given.
- If a cheerleader accumulates 6 demerits, they will be benched from all performances and games. They must still attend the event but sit out.
- If a cheerleader accumulates 8 demerits they will be removed from the squad.
- All demerits are at the discretion of the coaches. In some cases, depending on severity, these numbers may be altered, and can lead to immediate dismissal from the team.

## XIII. Competition Requirements

- This constitution also applies to the competition team.
- Team Requirements: The competition team will consist of any cheerleader in good standing on the Junior Varsity Team and/or Varsity Team.
- Only the coaches determine the selection of the competition team and the alternates.
- Lettering: The competition team members and alternates who are eligible to letter will receive a cheerleader pin the 1<sup>st</sup> season and a bar for each additional season.
- Competition Camp: Attendance at competition camp is mandatory for competition team members and alternate team members. Dates for the competition camp will be provided at a later date.
- If a competition cheerleader can not attend camp, the competition cheerleader will be replaced with an alternate competition cheerleader.
- Competition practices over the summer are necessary and attendance at summer competition practices is required. A schedule for the months of May, June, and July will be provided to all competition cheerleaders and alternates by May. Please try to plan vacations accordingly.
- For the Competition Team, suspension is defined as being benched from the Competition Team. A competition alternate will replace the Competition cheerleader. The Competition cheerleader would then become an alternate on the Competition Team.

## XIV. Fundraising Requirements

- Each member of the team is required to participate in each and every fund-raiser. If a cheerleader does not participate, she will be charged for her fair share of the fund-raiser. Fund-raisers are used to purchase new Cheerleading and Competition Equipment.

## XI. Additional Tryouts and Transfer Students

- Additional tryouts will be held at the discretion of the cheer coaches.
- Transfer students will be allowed to tryout for the cheerleading squad provided the students meets all of the requirements stated in the above sections.
- Transfer cheerleaders will be allowed to transfer to the CHS squad provided the squad has an open position, the cheerleader has a recommendation from her prior coach, and the cheerleader meets all of the requirements stated in the above sections.
- Exceptions will only be made at the coach's discretion.

**XII. Tryout Requirements**

- Tryouts for Females will include one cheer, one chant, one dance, tumbling, and stunting.
- Tryouts for Males will include one cheer, one chant, tumbling and stunting.
- Tryouts for Mascots will include one cheer and one chant.
- Grades, discipline points, attendance records, teacher recommendations, and fee reports will be included in the tryout process.
- Points will be subtracted from the tryout score for turning in paperwork late and leaving tryouts late.
- Students who do not leave practice on time will be dismissed from tryouts.

**XIII. Tryout Judges**

- Possible judges for tryouts may include Coach M. Jackson, Coach S. Hornsby, Coach C. Leggett, Coach B. Hornsby, college cheerleaders, teachers, former cheerleaders, and/or other high school cheer coaches.

**XIV. Captains**

- Captains for the upcoming year are based on prior cheer experience at CHS, grades, discipline, attendance, and ability to lead. While numbers of seasons cheered is important, it is not the only factor in deciding captains for the upcoming year.

## DEMERIT SYSTEM

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*I HAVE READ AND UNDERSTAND EACH OF THESE DEMERIT SECTIONS. I WILL ABIDE BY THESE DEMERITS AS THEY ARE WRITTEN.*

(PARENT) \_\_\_\_\_ DATE \_\_\_\_\_

(CHEERLEADER) \_\_\_\_\_ DATE \_\_\_\_\_