

# East End (Bigelow) Schools Cheerleading Constitution

(Updated: February 2017)

**Cheerleaders are chosen representatives of the student body that have a significant responsibility for promoting good sportsmanship and community spirit. By setting a *good* example, cheerleaders can influence and help control the reaction of student and adult spectators. They are often seen as the representatives not only of a school, but of a community as well. Cheerleaders should embody not only athletic ability, but enthusiasm, spirit, leadership, ethics, integrity, sportsmanship, and friendliness. Take this responsibility seriously.**

## **Duties and Responsibilities of Cheerleaders**

- **Maintain a team spirit between squad members and oneself**
- **Lead cheers and chants at games and performances**
- **Maintain an attitude, behavior and spirit becoming of a leader of the school**
- **Be a team player. Each member of the squad must be willing to contribute to the success of the squad. A cheerleader who is unwilling or unable to perform the physical task necessary to a squad's success will be removed or assigned other duties.**
- **Follow all standards and guidelines in the Bigelow Cheerleading Constitution, Bigelow Athletic Handbook, and the Bigelow Student Handbook.**

## 1. Dress

- A. Jewelry is NOT permitted at practices or games. Hair must be worn up in a ponytail at practices and games. Hair color must be a color that occurs naturally in humans (e.g. no pink or purple hair). Make-up should be appropriate.—Wearing hair incorrectly and/or wearing jewelry to games will result in **1 (one) demerit point** per incident.
- B. Uniforms are to be kept neat and clean. The full uniform designated by the cheerleading coach must be worn to every game (including hair bows, socks, shoes, etc.). Not having the complete uniform, shoes, poms, socks, and hair bow for games will result in **1 (one) demerit points** per incident.
- C. Uniforms should not be worn at any other times besides game day, unless previously approved by the advisor. If an athlete discontinues participation on the squad for any reason, or is removed from the squad for disciplinary reasons, the uniform may not be worn to any remaining school functions.

## 2. Transportation

- A. *Please refer to the Bigelow Athletic Handbook.*

### 3. Practice

- A. Every cheerleader must be dressed and stretched by the start of every practice. Practice attire includes gym shoes, socks, and athletic clothing. Hair must be worn up and away from the face. Failure to wear proper practice attire will result in **1 (one) demerit point**.
- B. Regular practices will be established by the cheerleading coach, and a schedule will be given out regularly. EVERY PRACTICE IS REQUIRED. If a student chooses to schedule a non-emergency doctor appointment (like a dental appointment) during a practice, 1 (one) demerit point will be given for each practice missed if the cheerleader informs the cheer coach of the absence ahead of time. If the cheerleader does not give the coach notice ahead of time it will result in **2 (two) demerit points** per incident.
- C. Repeated tardiness will result in **1 (one) demerit point** per tardiness incident.

### 4. Attendance

- A. *Please refer to the Bigelow Athletic Handbook.*
- B. Absence from any game or performance without prior permission/notification of the coach or unexcused absence from any game or performance will result in **5 (five) demerit points**.
- C. Excused absence from a game or performance will result in **2 (two) demerit points**.  
\*Exception: If a student has a doctor's note to miss a game (i.e. the student was sick and NOT at school for the day and HAS A DOCTOR'S NOTE) the student will not receive demerits of any kind; additionally, if a student was absent for the day to attend a funeral then the student will not receive demerits.

### 5. Conduct

- A. School regulations are to be followed at all times. See the Student Handbook for specific regulations regarding school rules.
- B. Conduct that is unbecoming of a "Panther Cheerleader" will result in demerits. Insubordinate behavior or blatant disrespect towards any individual will result in **3 (three) demerit points**.
- C. INTERNET CONDUCT: Appropriate behaviors must be practiced at all times under any circumstance. Inappropriate conduct displayed on the Internet will result in **3 (three) to 5 (five) demerits** at the discretion of the coach. Information posted on Facebook, Instagram, Twitter, Snapchat and any other website must be professional and appropriate; this includes but is not limited to: pictures, statuses, messages, and posts. NOTE: All Bigelow Cheerleader Internet profiles will be checked by the coach and/or school personnel on a regular basis.

- D. Every cheerleader must practice good sportsmanship and manners at all times. Unsportsmanlike conduct at practices and at games will result in **3 (three) demerit points**.
- E. Cheerleaders are expected to work together as a squad and with other squads.
- F. Each cheerleader must be enthusiastic and spirited at every event. BEING A CHEERLEADER IS A PRIVILEGE AND AN HONOR --- PROVE YOU ARE WORTHY OF THIS PRIVILEGE. Repeated non-enthusiastic actions such as not smiling, not yelling, etc. during a game or event will result in **1 (one) demerit point** per incident.
- G. Cheerleaders are not allowed to leave the cheering area except in an emergency, unless excused by the cheerleading coach.
- H. Cheerleaders must not chew gum, eat, or use a cell phone at games or at practices, except at halftime of games. Displaying one of these actions will result in a **1 (one) demerit point**.
- I. During halftime of each game, all cheerleaders **MUST** be on the floor or sidelines by the beginning of the second half. Failure to be in assigned positions at this time will result in **1 (one) demerit point**.
- J. Every cheerleader must know and have memorized the required cheers, chants, dances, and routines. Every cheerleader must be aware of the game at all times. Repeated mistakes and unawareness will result in **1 (one) demerit point**.
- K. Cheerleaders must conduct themselves as a representative of Bigelow Schools **AT ALL TIMES**.

## 6. Behavior

- A. A suspension from school will result in a denial of participation from cheerleading for the same number of days. Suspension from school may result in suspension from the cheerleading squad. Out of school suspension will result in 5 (five) to 12 (twelve) demerits and in school suspension will result in 3 (three) to 7 (seven) demerits at the discretion of the coach. If the suspension occurs on a game day, the cheerleader will be suspended for the game automatically. Additional game suspensions may occur based on accumulation of demerits.
- B. Any action that reflects negatively on your squad or school, wherever it occurs, may result in disciplinary measures and demerit deductions.

## 7. Discipline

- A. The cheerleading coach has the right to counsel, warn, and discipline members of the squad.

- B. Every cheerleader must follow regulations in this constitution AND the Bigelow Athletic Handbook.
  - C. The cheerleading coach will use the *Bigelow Schools Cheerleading Demerit System* to monitor the behavior of squad members. Along with the demerits mentioned in this constitution, a specific list of inappropriate actions (attached) will be used to evaluate behavior. The following discipline actions will be taken with accumulation of demerit points:
    - >An accumulation of **5 (five) demerits** will result in one game suspension.
    - >An accumulation of **10 (ten) demerits** will result in two game suspensions.
    - >An accumulation of **12 (twelve) or more demerits** will result in immediate dismissal from the cheerleading squad and ineligibility for tryouts for the following school year.
- NOTE: Cheerleaders who are suspended from a game MUST attend that game and sit with the coach on the sidelines or bleachers.
- D. Cheerleaders will be allowed to “work off” *specific* demerit points through physical activity and spirit promotion with prior approval of the coach. However, actions that earn 3 (three) or more demerit points WILL NOT be included in deletion process. Please see the attached list for specific actions towards working off demerits.

**East End (Bigelow) Schools Cheerleading Demerit System**

**A demerit is defined as “a mark against a person for misconduct or deficiency”. Demerit points are given to cheerleaders when regulations and guidelines, as stated in the *Bigelow Schools Cheerleading Constitution*, are not followed. The following actions apply to both practices and games, unless noted otherwise:**

<u>ACTION</u>	<u>DEMERIT POINTS</u>
Wearing hair incorrectly.....	1
Wearing jewelry.....	1
Failure to wear practice attire.....	1
Failure to be ready and stretched when practice begins.....	1
Incorrect hair bow (game/event).....	1
Incorrect socks (game/event).....	1
Incorrect shoes (game/event).....	1
Repeated tardiness.....	1

Chewing gum.....	1
Eating (excluding halftime).....	1
Use of a cell phone.....	1
Failure to be on sideline or floor when second half.....	1
Repeated mistakes/memorization problems.....	1
Repeated unawareness of game.....	1
Repeated non-enthusiastic actions.....	1
Unsportsmanlike conduct.....	3
Insubordinate conduct towards an individual.....	3
Inappropriate Internet conduct.....	3-5
In-School Suspension.....	3-7
Out-of-School Suspension.....	5-12

➤ **ACCUMULATION OF DEMERIT POINTS:**

The following disciplinary actions will be taken with accumulation of demerit points:

- An accumulation of **5 (five) demerits** will result in **one game suspension**.
- An accumulation of **10 (ten) demerits** will result in **two game suspensions**.
- An accumulation of **12 (twelve) or more demerits** will result in immediate dismissal from the cheerleading squad and ineligibility for tryouts for the following school year.

**NOTE: Cheerleaders who are suspended from a game MUST attend that game and sit with the coach on the sidelines or bleachers.**

➤ **DELETION OF CERTAIN DEMERITS:**

Cheerleaders will be allowed to “work off” *specific* demerit points through physical activity and spirit promotion with prior approval of the coach. The time and place of the physical activity will be up to the choice of the coach.

**IMPORTANT: Behavior actions that have a value of 3 (three) or more demerit points WILL NOT be included in the deletion process.**

❖ To “work off” 1 (one) demerit, a cheerleader must complete TWO of the following:

1. *Run a mile*
2. *50 jumps (toe touches, herkies, and/or hurdlers)*
3. *100 crunches or sit-ups*
4. *50 push-ups*
5. *Make team locker signs to promote “Panther Spirit” and place signs on all lockers*
6. *Make 10 poster-size signs to promote “Panther Spirit” and place in school hallways*

# **BIGELOW CHEERLEADING CONSTITUTION CONSENT FORM**

Name of Cheerleader: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Grade: \_\_\_\_\_

**I. CHEERLEADER AGREEMENT:**

I have read the constitution guidelines and the *East End (Bigelow) Schools Cheerleading Demerit System* and agree to abide by them.

By signing below, I understand my responsibilities and behaviors as a Bigelow Cheerleader. I understand that failure to follow these guidelines will result in the noted disciplinary actions.

**II. PARENT/GUARDIAN AGREEMENT:**

I have read the constitution guidelines and the *East End (Bigelow) Schools Cheerleading Demerit System* with my child and agree to abide by them.

By signing below, I pledge that I have helped my child understand their responsibilities and behaviors as a Bigelow Cheerleader. I will encourage my child to follow specific behaviors outlined in the constitution. I will support the disciplinary actions stated in the constitution.

**III. SIGNATURES:**

Cheerleader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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