**DEMERIT SYSTEM**

**A. PRACTICES/GAMES**. All practices are mandatory. Cheerleading is a team commitment and cheerleaders are expected to be at every practice and game. Practice time is when new cheers, chants, dance routines; hand motions, jumps, stunts and friendships are formed. Information is also passed out during practices. If you must miss a practice please give your coach a call. Remember, birthday parties, going to the mall, movies, sleep overs, or other extra-curricular activities that conflict with cheerleading practices and games is not an excused absence. Excused absences include illness, death in family and church or school function. Coaches need to be notified prior to practice or a game in order to be excused.

**B. TARDINESS**: More than ten minutes late arriving for practices and games. Cheerleaders should arrive 30 minutes before the Game in order to practice. If a cheerleader misses the pre-game practice before the game, she may not be able to participate in the half-time routine. This not only affects you but also your stunt group.

**C. DRESS CODE**: Appropriate attire is required from cheerleaders. Practice attire (this includes pom poms) should be suitable for the weather and also practicing activities. Full uniforms is MANDATORY at all games, this includes shell, shirt, bloomers, cheerleading socks (NO SHOW & WHITE), cheerleading shoes, and hair bow. Hair MUST be pulled up in a high pony during all practices and games. NO JEWELRY OF ANY TYPE MAY BE WORN DURING PRACTICES OR GAMES.

D. **CHEER DUTIES/PARTICIPATION:** Cheerleaders are responsible for promoting school spirit and will have responsibilities such as locker decorations and posters. You are expected to complete these tasks with neatness and pride---no exceptions! These must be completed and turned in as instructed. There will also be times it will be necessary to attend fundraisers and extra activities. Excused & unexcused absences will follow the same policy as practices and games.

**D. CONDUCT/ATTITUDE**: Cheerleaders are expected to exercise good sportsmanship at ALL times.

We will be respectful to ALL coaches, cheerleading squad members and opposing football team and cheerleaders. Profanity will not be tolerated. Use of tobacco, alcohol, or drugs will result in immediate dismissal from the squad with NO refunds. No excessive talking with friends, members of squad, or members of the crowd during the game. Cheerleaders are expected to have appropriate behavior at all times including staying away from the football players practice area. Eating, drinking (except water bottle), or chewing gum is not allowed at practices or during games.

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| **Infraction** | **Demerit** |
| Unexcused Absence from practice | 2 |
| Unexcused absence from game | 4 |
| Late for practice more than 10 minutes | 2 |
| Not in complete uniform (bow included) | 2 |
| Talking back, being disrespectful to team members and/or coach | 4 |
| Not completing duties for cheer (posters, locker decorations etc) | 1 |
| Profanity, inappropriate behavior | 4 |
| Fundraiser Participation | 3 |

Accumulation of demerits will result in a cheerleader being suspended from participation during a game is as follows: When a cheerleader has to sit out due to demerits they have to sit with a coach or team mom fully dressed out in their uniform and be supportive of their team. No drinking or eating during the game.

**3 Demerits – 1 Quarter 6 Demerits – 2 Quarters 9 Demerits – 3 Quarters**

**12 Demerits – Entire game 20 Demerits – Suspension from season**