

ADMINISTRATIVE RULES AND REGULATIONS
(VARSITY, JUNIOR VARSITY, 7TH/8TH CHEERLEADERS & MASCOTS)

GENERAL PURPOSE:

The primary function of these organizations is to be the spirit and lead the spirit of Schulenburg Secondary School. The sponsors may dismiss anyone who does not enthusiastically carry out the basic function for one term.

ATTENDANCE:

Every member of the organization is expected to attend every appearance and rehearsal made by the organization. Illness will be accepted as an excuse from the student's parent if all other criteria for an excused absence for that particular organization have been met. Unexcused absences could result in dismissal from the organization.

All excuses from performances and rehearsals (absent or tardy) should be addressed to the sponsor from the parent. These will be filed and become part of the student's record.

A student must be in attendance for four periods of the school day of the performance.

GENERAL STANDARDS OF CONDUCT:

The following behavior by a member of these organizations is considered unacceptable and could result in dismissal from the organization for one term:

1. Violation of the standards and regulations of the school
2. Any attribute that harms the reputation of the school
3. Unsportsmanlike behavior.
4. Failure to perform duties.
5. Failure to attend or be on time for scheduled practices or events.
6. Abusive language.
7. Uncooperative attitude.
8. Any student while pregnant, and for sixty (60) days immediately following the pregnancy,
Will be suspended from all physically demanding extracurricular activities. Following the suspension, the student will be reinstated only after having a doctor's medical release.

TRANSPORTATION REQUIREMENTS:

1. All students must ride the buses to designated school activities and ride the bus back to the school for dismissal. If a student wishes to return with his/her parent, his/her parent must submit a written request to the sponsor, and the parent must come to pick up the student in the presence of the sponsor at the bus. The student will be released only after all responsibilities have been completed. The Head Cheerleader will be required to ride the bus home each week.
2. Upon arrival, the student will remain seated until dismissed by the sponsor or officer in charge of the bus.
3. A student will not extend any part of her/his body outside the bus or throw any object out of the bus when it is in motion. She/he should avoid littering in any way.
4. Loudness and misbehavior will not be tolerated on the bus.
5. A student is expected to be punctual. The bus will not wait for latecomers. This will be considered an unexcused absence.
6. All members are to travel to all games with their organization unless special permission is granted by the sponsor. Buses will be provided.
7. Do not spray hairspray/perfume/or any other substance on the bus. Do it before leaving or after arriving at our destination.
8. Officers will always travel to and from all events with the team. The sponsor must approve exceptional circumstances.
9. Proper procedure to return from any team function other than transportation provided by the school is as follows:
 - a. Write a note explaining the circumstances on why a student cannot travel with the team.
 - b. The note **MUST** be signed and dated by the parents.
 - c. This note must be submitted to the director prior to trip or at the bus (in an unexpected situation) prior to departure

of an event. It is the member's responsibility to submit the note to the sponsor.

- d. The student will be released to the parents in the presence of the sponsor. The student must be picked up at the bus (and will be released once she/he has completed her/his responsibilities).

CONDUCT AT GAMES:

1. Cheerleaders are to remain actively leading the SPIRIT of the fans.
2. Water or Gatorade is permitted to stay hydrated during the game. Eating is limited to the fifteen-minute break during halftime and to athletes who need to eat after their game and prior to cheering.
3. No guests or friends will be allowed to sit in the section with the Cheerleaders. No visitors will be permitted to visit with cheerleaders while games are in progress.
4. Treat visiting cheerleaders and other guest courteously. Be complimentary – it will spread good sportsmanship and good will.
5. Participate enthusiastically since this is the main purpose of this organization.
6. Each 9th-12th grade participant will be awarded a symbolic award as a cheerleader or mascot member each year during the sports banquet.
Freshman may only serve on the JV Squad as cheerleaders. Cheerleaders/Mascots with 2 years of cheerleading experience will be awarded a letterman jacket. (ex.: a student is a JV cheerleader her/his Freshman year, and selected to Varsity Cheer Squad as a Sophomore – will be allowed to order a letterman jacket the Spring of her Sophomore year). The head cheerleader will also receive a jacket. Cheerleaders/Mascots who are also athletes only receive one Letterman Jacket and may choose which area to pick the jacket from.

CHEERLEADING COMPETITION:

Varsity cheerleaders will be the competition squad for Schulenburg Secondary School. There will be a mandatory meeting with the new school year cheerleaders to discuss and vote if the squad wants to compete that

year. If the majority of the cheerleaders vote yes, then the whole squad will attend the competition and put forth 100% commitment to the squad.

If at any point a varsity cheerleader chooses not to compete, after the squad has voted she/he will be required to resign from the cheerleading squad.

Competitions may include camp routines, Regional or National competitions and any other competitions that the sponsors determine to be appropriate for our squad and choose to attend.

If there is an injury on the squad that prevents a cheerleader from practicing for competition or from competing, a substitute may be chosen from the JV squad. Tryouts and a vote of the 9 varsity cheerleaders and sponsors would select the substitute.

ADMINISTRATIVE REQUIREMENTS FOR CHEERLEADERS AND MASCOTS

MEMBERSHIP REQUIREMENTS:

Nine (9) varsity cheerleaders, Six (6) J.V. cheerleaders, Nine (9) 7th & 8th grade cheerleaders and no more than two (2) mascots – who will be selected each year, will represent the school. In the event of tie or not a complete break of scoring by judges – squads may be increased. The senior with the highest number of points and at least one year of experience as a varsity cheerleader will become the head cheerleader. In the case where a senior, with the highest number of points, does not have at least one year of experience, the head cheerleader will be the next senior in line followed by a junior. All must have at least one year of varsity experience before becoming the Head Cheerleader. All candidates for Cheerleader must fulfill the following requirements:

Teacher evaluations:	25%
Judges evaluations:	75%

The judges will interview the candidates for head cheerleader on an individual basis. They will be asked questions and be evaluated on their ability to answer these questions.

The selection of cheerleaders will be made during the spring semester of the school year. 1 cheerleader will represent the sophomore, junior and senior classes. The remaining (6) six cheerleaders to be chosen will be done so according to the highest number of points and can come from the 10th, 11th or 12th grades.

JV cheerleaders will be incoming Freshman, Sophomores, Junior ~ (a tryout candidate vying for Varsity squad can also sign-up to add her scores in for JV cheer squad). After all cheerleaders have been selected, the student with the next highest number of points will be the alternate. The alternate will be expected to uphold the standards of conduct. The JV will take the highest ranked candidate as head cheerleader.

The selection of the 7th & 8th Grade Cheer Squad will be 1 - 8th grader, 1 - 7th grader and the remaining 7 squad members can come from either grade. The 8th grade student receiving the highest ranking will be considered the head cheerleader of the group. The student with the next highest number of points after the squad has been determined will become the alternate. The alternate will be expected to uphold the standards of conduct.

Mascots will be elected to serve for the pep rallies and Friday night games. They will be selected the same way as the cheerleaders. All rules will apply to the mascot that apply to the cheerleaders.

In the event of a medical injury that causes restriction for tryouts one of the following may occur:

- a. Previous year's score may be pulled and used for category
- b. Percent calculation for category
- c. Video or pictures
- d. Sponsor/Coach criteria scoring

This is only used with a medical need and with a physicians note and orders.

In addition to the tryout requirements, a cheerleader or mascot must agree and adhere to the rules below. If he/she is guilty of not following these rules, he/she is subject to immediate dismissal from the group.

RULES:

1. Must agree to meet during the summer months with other cheerleaders to work out yells, routines, and skits and to make signs for the coming year. Employment must be considered **secondary** to cheerleading responsibilities. The sponsor must approve all sessions.
2. Must agree to attend and perform at all school functions where the cheerleaders are assigned to participate, including all sports (football, volleyball, basketball, softball, baseball) where cheerleading is appropriate. These activities shall be attended in full cheerleading uniform or attire approved by sponsor. Schedules will be handed out as available.
3. Must remain Academically Eligible.
4. **Must exemplify high standards in the classroom as well as at extracurricular activities.** If a person selected as cheerleader receives 2 N's or 2 U's on his/her report card or receives disciplinary action from the office, (cheating, disruptive conduct, talking back to teachers, truancy, tardies, etc.) he/she will be placed on probation. The next occurrence would call for immediate dismissal. This is per six-weeks.

1. 1st Detention – Warning
2. 2nd Detention – Sitting out of Pep Rally
3. 3rd Detention – Sitting out of Pep Rally and Game
4. 4th Detention – Sitting out of 2 Pep Rallies and 2 Games

ISS/DAEP –INFRACTIONS:

1st Referral -Sitting out of Pep Rally and Game

2nd Referral – Sitting out of 2 Pep Rallies and 2 Games

3rd Referral – Possible dismissal from Squad

Cheerleaders are LEADERS of the School and should portray a HIGH Standard both on and off the field.

5. Must agree to be responsible for and participate actively in fund raising activities for the squad.

6. Must agree to attend and pay for summer camp with the other cheerleaders.
7. Must agree to attend all practice sessions called by the sponsor. This deals with all practices, work sessions and actual performances. The first unexcused absence will result in the cheerleader being cut from the pep rally. The second unexcused absence will result in the student being cut from the pep rally and performance at the game that week. The third unexcused absence will result in immediate dismissal from the group. Any absence must be cleared **WITH THE SPONSOR** in advance or it will be considered unexcused.
8. Should the cheerleaders disagree on some decisions, it is the responsibility of the head cheerleader, along with the sponsor to reach some type of compromise and implement it.
9. Must agree to purchase all necessary uniforms, camp wear, shoes, poms, etc. as needed to perform as a team as chosen by the squad and sponsors.

10. Each cheerleader candidate must submit a form, signed by their parents, showing that he/she and the parents have read and agreed to the rules and regulations of the organization as well as the rules and special requirements applying only to the cheerleaders.
11. A member is expected to exhibit a good attitude at all times. A member should never take part in or encourage complaining, griping or “bad mouthing” the squad, sponsor or other organizations, school personnel or visiting teams. This includes back talking to the sponsors. Failure to meet attitude requirements shall result in the following:
 - a. The member will have a conference with the sponsor.
 - b. The member may not be allowed to perform for one week.
12. Cheerleaders must have matching uniforms, hair bows, socks and shoes to every activity attended as a squad.
13. Amendments may be added to this constitution with the approval of the sponsor and principal.

ALCOHOL/DRUG USE AND OR ABUSE:

For any Cheerleader to reach their full potential, the member must adhere to a healthy lifestyle. This of course means eating a balanced

diet and NOT using alcohol or drugs. This includes any MIP's/MIPT's issued to a member.

PENALTIES:

- First offense: run 5 miles sit out 1 pep rally & 1 game
- Second offense: run 10 miles sit out 2 pep rallies & 2 games
- Third offense: run 15 miles sit out 3 pep rallies & 3 games
- Fourth offense: expelled from the squad

If a third offense, student may not tryout for head cheerleader.

Any member who is charged with a felony, misdemeanor, or possession of a controlled substance will be removed from the squad. This is in affect 12 months a year.

Any head cheerleader who receives the third MIP / MIPT will be terminated from their position and returned to the squad.

CONDUCT WHILE IN UNIFORM

When attending a public appearance in uniform a student represents her/himself, her/his family and the school to the general public. A cheerleader should always conduct him/herself in such a way that she/he will reflect only credit to her/himself and the organization. SHE/HE SHOULD REMEMBER THAT ONE INDIVIDUAL COULD BRING DISCREDIT TO AN ENTIRE ORGANIZATION.

The following behavior is considered unacceptable in uniform and could result in permanent dismissal from the organization.

1. Gum chewing during a performance
2. Distracting make-up
3. Hair style in poor taste or that does not meet the dress code
4. Brightly colored nail polish
5. Jewelry – (The only allowed jewelry will be **SMALL** stud earrings in a **single hole** on each ear) **absolutely no belly rings, top earrings, tongue rings, nose rings – etc.**
6. Untidy uniform – Uniforms should be kept **CLEAN** at all times. When uniforms are returned – they should be washed and folded.
7. Uniform worn outside of designated school functions

8. Having hickeys will result in the student being benched during performance.
9. Insufficient knowledge of cheers, routines, or duties at a game, pep rally or other event.
10. Abusive language
11. Leaving specified area during school activity
12. Use of tobacco, drug or alcoholic consumption in uniform (CAUSE FOR IMMEDIATE DISMISSAL)
13. Improper or immoral conduct

INSPECTION OF UNIFORM:

Inspection of uniform, make-up, hair-do and shoes will be held before each performance. The head cheerleader will be responsible for this. **All uniforms, hair bows, socks and shoes must be matching.**

VARSIITY & JV COMBINATION and Jr. High Cheerleaders

The JV squad will be used in combination with the Varsity squad as needed. The JV cheerleaders will be asked to participate at pep rallies to help lead the spirit for the district and any other material that the Varsity Cheerleaders/sponsors decide on. This will be done on a weekly basis and with approval from the Varsity sponsor. The 7th & 8th grade squad will be asked to CHEER loudly with the Varsity and JV squads, to help with the spirit of the school.

All 3 Squads and Mascot will work together on many fund-raisers – this is to allow for needs of each squad.

Each year the VARSITY, JV, and Jr. High Sponsors will visit with the SQUAD's about participation during Varsity sports. A decision will be made on TRAVEL and USE of JV/Jr High cheerleaders for Varsity sports. (example: JV cheerleaders cheering during 3rd QTR while Varsity cheerleaders go to the visiting team sideline – also if any sport enters into Playoffs – with VARSITY level cheerleaders being involved in sports – we may need JV and even Jr High cheerleaders to help engage the fans with Spirit).

PLAYOFF SEASONS:

When the JV or Jr High squads are asked to help with the playoff season this will be a privilege to the JV or Jr High Cheerleaders. The JV or Jr High Cheerleaders must attend practices if scheduled by the varsity squad – which is usually Wednesday afternoons or Sunday afternoons. At this time, all cheerleaders will help paint and roll the signs and put them away. The cheerleaders will then practice cheers, chants and stunts.

JV or Jr High Cheerleaders will perform the duties assigned to them by the sponsors. All Squads must work together to make the SPIRIT of the school the best it can be.

STUNTING / TUMBLING

No stunting will be allowed unless practiced and pre-approved by the varsity sponsor(s). Tumbling will be allowed for cheerleaders who have had proper training outside the squad.

The cheer squads must maintain a high level of SAFETY at all times during any practice and game. When Stunting during practice or games – the cheerleaders must remain focused. When stunting there is no room for being SILLY. The squads will practice PREPS continuously until mastered before the actual STUNT will be allowed.

Cheerleaders will perform in the function assigned to the BEST of their ability. We will rotate to allow for everyone to have a great year and a lot of fun.

FAILURE TO FOLLOW THESE RULES WILL RESULT IN DISMISSAL AS A CHEERLEADER. THE SPONSORS AND PRINCIPAL WILL HANDLE ANY RULE NOT COVERED, as it is impossible to cover everything in the constitution.

All School Rules will be enforced especially the Student Code of Conduct.

I, _____ (print name of candidate/
cheerleader)

We/I,
_____ (print name of parent(s) have
read the rules and guidelines and will abide by these rules.

_____ Candidate / Cheerleader Signature

_____ Parent Signature

_____ Date

This form must be returned with signatures prior to participation at tryouts for the cheer squads.

Return form by : _____,

_____ **Name of Candidate for tryouts**

_____ **Cell Phone for contact**

_____ **Print Parent Name for Contact**

_____ **Cell Phone for Parent Contact**

