

## BHS Cheer Demerit System

In order to keep disciplinary actions consistent for everyone we have the following demerit system. Demerits will be distributed accordingly for **any** behavior that the coaches feel is unacceptable. Please note that we may add or remove penalties throughout the year as necessary, but written notice will be given if a change is made. All merits and/or demerits will be recorded and dated in a notebook. The following is a list of conduct unbecoming a cheerleader and the penalty assessed for each violation.

<u>CONDUCT AND APPEARANCE</u>	<u>DEMERITS ISSUED</u>
*Wearing jewelry at games or practice	1
*Inappropriate dress (ex... dirty shoes, colored socks)	1
*Having fingernails not-conducive to athletic participation	1
*Chewing gum or eating at undesignated times	1
*Incorrect uniform for a game	1
*Insufficient apparel for practice/class (ex. forgetting shoes or shorts)	1
*Wearing uniform in improper places/letting non-cheerleaders wear uniform	2
*Display of physical affection in uniform (PDA)	2
*Unsportsmanlike conduct	2
*Talking to friends during practice or games without a coaches' approval	2
*Using cell phone at practice/during activity without a coaches' approval	2
<b>*Using inappropriate language during games</b>	<b>3</b>
<b>*Showing disrespect to coach or squad member</b>	<b>3</b>
<b>*Inappropriate material posted on Social Media depending on content)</b>	<b>3 (or suspension)</b>
<b>*Being assigned ISS or Saturday school.</b>	<b>3</b>
<b>*Fighting with a team member</b>	
<b>(in the event that two or more cheerleaders have a dispute that interrupts the productivity and cohesiveness of the team and the problem cannot be resolved, both team members will be removed from the squad)</b>	<b>5 and/or removal</b>
<b>*Possession or use of tobacco and/or a vaping device</b>	<b>10</b>
<b>*In-school infraction causing AEP</b>	<b>15</b>
<b>*Illegal substance</b>	<b>15</b>
<u>PRACTICE AND PARTICIPATION</u>	
*Not dressing up for Homecoming/Spirit Days	1
*Late/unsatisfactory fulfillment of duties	2
*Failure to participate fully at a game/practice/or other cheer event	2
*Excessive talking while cheering	2
*Not standing to attention during National Anthem	2
*Being late after half time	2
<b>*Not cooperating with coaches/captains/squad</b>	<b>3</b>
*Not following AACCA Guidelines	3
*Not fulfilling duties as captain	Removal as captain

### **Attendance**

**Note:** Excused absences include illness (must be absent for the entire school day) and attending another school-sponsored event (field trips, participation in other athletic contests, etc.). The cheerleader must

produce a note from a parent, doctor, or school activity sponsor the following school day for the absence to be counted as excused. Injury or illness that will require a cheerleader to miss 2 or more consecutive events requires a doctor's excuse. Lack of participation in 2 or more consecutive events without a doctor's excuse will be considered an unexcused absence.

An excuse for a prolonged event (ex: injury requiring no participation for 1 week or leaving town for a family emergency) will be treated as 1 event rather than demerits accumulating for each event missed during that time. For example, if a cheerleader has an injury keeping her from 2 games and multiple practices, her demerits will be recoded as 1 point (excused w/ doctor's note). If she must travel out of town for a family event causing her to miss a game and a practice, the demerits would be recorded as 2 points (excused with parent note).

*Unexcused absence from practice or a game	5
*Excused absence from a game with a parent note	1
*Excused absence from a game with a doctor's note	1
*Late to a home game or late for away departure time	2
*Late to practice	1
*Leaving early from a game without permission or not staying to clean up	2

#### GRADES AND CLASS ATTENDANCE

*Failing at Progress Reports	1
* <b>Failing for a Grading Period</b>	5 (Suspended per UIL Guidelines)
*Using cheering as an excuse for tardiness/absence	2
* <b>Truancy</b>	2
*Not attending school on game day	Benched

#### **Consequences**

- Accumulation of 3 demerits will result in a call to the cheerleader's guardian as a warning.
- Accumulation of 5 demerits will result in the cheerleader being suspended for one game. The cheerleader may still dress in uniform and will be required to attend all home and away functions and sit with the coach during her game suspension.
- Accumulation of 10 demerits will result in the cheerleader being suspended for two games. During her suspension the cheerleader may not dress in uniform, participate in any in-school cheerleader related activities (pep assemblies, parades, etc.), or travel to away contests with the squad.
- Accumulation of 15 demerits will result in automatic removal from the squad.

#### MERITS

Cheerleaders, may make up demerits up by earning MERITS. Only 5 merits can be earned per semester. *MERITS can be earned by doing any of the following:*

- attending another practice (not required) to help another squad or coaches
- attending a complete middle school practice to teach new material and help out
- make additional locker signs for high school OR for the middle school cheerleaders
- volunteer to assist with a home sporting event that you are not cheering for

- work with a cheer coach or in the athletic department helping out
- other activities as given by cheer coach

In order to get credit for the MERITS, the coach (es) need verification that you completed the task prior the next event you would cheer. If it is not a task the coach (es) are involved in, a note is needed from the person in charge to explain that you completed the task. Merits may not be used for the demerits in bold.

I, the undersigned parent/guardian agree and hereby consent to my child's participation on Bullard's Varsity or Junior Varsity cheerleading. I understand that my child will have to assume some risk of physical injury or harm to participate on the squad, but we are willing to assume that risk. I understand there are financial obligations involved. I have read the Bullard High School Cheerleading Constitution and Demerit System and accept these guidelines. I understand that failure to follow the cheerleading constitution can mean dismissal from the team.

Parent/Guardian signature \_\_\_\_\_

Date \_\_\_\_\_

I have read and understand the rules and regulations governing a Bullard cheerleader. I will abide by the constitution to the best of my ability. I understand that I may be removed from the squad if I do not maintain the high standards expected of a squad member. I understand that cheerleading is a major personal commitment of my non-academic time and cannot be placed secondary to other non-academic activities.

Student name (print) \_\_\_\_\_

Student signature \_\_\_\_\_

Date \_\_\_\_\_