

ROSENBERG PANTHERS CHEER DEMERIT SYSTEM

1. **PRACTICES/EVENTS/GAMES:** All practices are mandatory. Cheerleading is a team commitment and cheerleaders are expected to be at every practice, event or game. Practice time is when motions, jumps, chants, cheers, dance routines and stunts are learned, and friendships are formed. Remember birthdays, going to the mall, movies and sleep-overs are NOT excused absences. Other sports conflicts will be dealt with on a case by case basis. Excused absences include illness, death in family, and church/school functions that are approved and requested if possible ahead of time. One family vacation per season is excused. Coaches need to be notified PRIOR to a missed practice or game to be excused.

UNEXCUSED ABSENCE FROM PRACTICE - 3 DEMERITS

UNEXCUSED ABSENCE FROM OTHER SQUAD EVENT - 3 DEMERITS

UNEXCUSED ABSENCE FROM GAME - 3 DEMERITS

ABSENCE FROM CHOREOGRAPHY CAMP- IMMEDIATE REMOVAL OF TEAM

ABSENCE FROM COMPETITION- IMMEDIATE REMOVAL OF TEAM

2. **TARDINESS:** Being early is being on time. Practice starts at the start time. Please be there early and ready to begin at the start time. For games, cheerleaders should be on the field, ready to stretch, and begin 30 minutes before the game starts. If a cheerleader misses the pre-game practice 30 minutes before the game, they won't be able to participate in the half time routine. This not only affects your child, but the entire squad. Please be courteous and have them there early.

1-5 MINUTES LATE - RUN 2 EXTRA LAPS

6-10 MINUTES LATE - 1 DEMERIT

MORE THAN 10 MINUTES LATE - 2 DEMERITS

3. **PARTICIPATION:** It is important that all cheerleaders fully participate in all aspects of the cheer squad. We expect all cheerleaders to practice hard and try their best. Laziness will not be tolerated. Our goal is to look as one and be the best that we can be. We also need cooperation from all to turn in all required information on time.

FAILURE TO PUT FORTH EFFORT DURING PRACTICE/GAME - 1 DEMERIT

LEAVING EARLY FROM PRACTICE/GAME - 2 DEMERIT

4. **DRESS CODE:** Appropriate attire is required from cheerleaders. Assigned Practice attire should be worn to every practice. Cheer shoes are REQUIRED. Full uniforms are MANDATORY at all games/COMPETITIONS. Hair must be pulled up in a pony tail at all practices. GAMEDAY/COMPETITION hairstyles will be chosen by coaches and they are MANDATORY. No jewelry of any type may be worn during practices or games. Newly pierced ears must be covered with band-aids or medical tape. NO make-up or NO nail polish. Cheerleaders will wear the same uniform

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pieces at each game to look the same. Failure to follow this policy can be grounds for removal of squad.

HAIR DOWN AT PRACTICE OR GAMES - 1 DEMERIT

NAIL POLISH - 1 DEMERIT

JEWELRY (after 1 warning) - 1 DEMERIT

INAPPROPRIATE ATTIRE TO PRACTICE - 2 DEMERIT

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5. CONDUCT/ATTITUDE: Cheerleaders are expected to exercise good sportsmanship at ALL times. Cheerleaders will be respectful to ALL coaches, cheerleading squad members and opposing football team and cheerleaders. Cheerleaders are expected to have appropriate behavior at all times. Negative attitudes will not be tolerated. No talking with friends, members of squad, or members of the crowd during practices or games. Eating, drinking (except water bottle), or gum chewing is NOT allowed at practices or games (unless otherwise specified). during practices or games. Eating, drinking (except water bottle), or gum chewing is NOT allowed at practices or games (unless otherwise specified).

NEGATIVE ATTITUDE - 1 DEMERIT

UNSAFE HORSEPLAY - 1 DEMERIT

CHEWING GUM - 1 DEMERIT

NOT PAYING ATTENTION DURING PRACTICE/GAME - 1 DEMERIT

USING CELL PHONE DURING PRACTICE/GAME - 2 DEMERITS

TALKING BACK/BEING DISRESPECTFUL TO COACH - 4 DEMERITS

BEING DISRESPECTFUL TO TEAM MEMBERS - 4 DEMERITS

PROFANITY - 4 DEMERITS

INAPPROPRIATE BEHAVIOR - 4 DEMERITS

Accumulation of demerits will result in the following:

3 DEMERITS – warning from cheer coach to parents and cheerleader

5 DEMERITS – Parent notification and sit out next game (must still attend game on sideline)

REPETITIVE WEEKLY DEMERITS – Parent meeting and removal from cheer squad

*If a cheerleader is suspended from participation during a game, they will have to sit with their coach fully dressed in uniform and be supportive of the team.

- Regardless of the number of demerits, if a cheerleader is not prepared for the performance, she will NOT cheer. This includes knowing chants, cheers, dances or having the proper uniform.

- At any time, the cheerleader may be removed from an activity for safety reasons or negative attitude.

- **Bullying is grounds for immediate dismissal from the squad.**

***Being a cheerleader is an honor and a privilege. With that honor, comes many responsibilities, this demerit system was created as a guide for the expectations of the Rosenberg panthers cheer squad. It is not intended as a tool to use against anyone but instead to protect those who wish to do all they can to keep cheerleading the honorable position it should be.

Parent Signature

X

Cheerleader Signature

X