

# GMS CHEERLEADING RULES

## Section 1: Behavior

1. **Purpose:** Promote and uphold school spirit
2. Set an example of good behavior at all times (whether or not in school uniform)
3. Behavior, attitude, responsibility, and commitment have to be without reproach. Cheerleading is perhaps one of the most visible teams and many people can form an opinion of a school based on their cheerleaders
4. Cheerleaders **must not** use foul language in school, at practice, at games, at camp, or on social media
5. No extended socializing with friends during practices or while cheering at games
6. Excessive public displays of affection are **NEVER** considered appropriate, especially in uniform
7. There is no talking to spectators while you are cheering
8. No gum chewing during practice or at games
9. Absolutely no food during practice or while cheering at games. All eating and drinking must take place at half time or after the game.
10. There is absolutely no crying at games. Leave all the issues at the door.

## Section 2: Appearance

1. Proper appearance is required at all times with clothing and hair appropriate to the occasion.
2. No nail polish can be worn at games; unless specified by coach.
3. Jewelry cannot be worn at practices, games, or during competition. Jewelry can cause injuries.
4. Lotion should not be applied before games, practice, or competitions. Lotion can cause serious injuries while stunting or tumbling.
5. Hair must be pulled back off the shoulders and face. Everything must be slicked back into a tight hold with a bow.
6. Complete uniform is required during school and at the games. If you are missing a piece of the uniform, or are not wearing the correct uniform, you will not be able to cheer. This includes ribbons, jackets, pants, shoes etc. Any girl not arriving to the game in complete uniform will be **benched** for the entire game.
7. Uniforms and bodyliners are provided by the school and therefore belong to the school. These items do not become the property of the cheerleader.
8. Uniforms are to be kept clean, neat, and in good repair at all times. Uniforms that are ruined, lost, or stolen will be replaced by the cheerleader at her own expense. Alterations must be pre-approved by the coach and are to be done at the cheerleaders own expense. Cheerleaders will be **benched** for an unkempt uniform.
9. All uniforms must be turned in to the coaches before tryouts. All uniforms should be clean and accounted for in a bag labeled with the individual's name. Failure to return uniform will result in the inability to try-out for the next season and their report card or diploma will be withheld.
10. There is no guarantee you will get the same uniforms if you are selected for the same squad the following year.
11. **NO NEW PIERCINGS WILL BE ALLOWED. THEY WILL NOT BE ACCOMADATED FOR.**

## Section 3: Regulations

1. Cheerleaders are responsible for knowing and adhering to all the rules stated in the school handbook, the athletic handbook, and all the rules stated here.

2. Grades must be maintained throughout the school year to maintain eligibility to participate. A grade point average (GPA) of 2.0 must be maintained with no more than 2 Ds on any given grade check. If a cheerleader has less than a 2.0 GPA or more than 2 Ds, the cheerleader will be **suspended** from the team for **2 weeks**. A second grade check will be performed after 2 weeks' time to conclude the suspension. If at this time, the cheerleader's grades have remained constant/declined further, the cheerleader will be **dismissed** from the team for that season.
3. Smoking/vaping, drug, and alcohol abuse are prohibited at all times. This is to include any social media photos/videos/posts of cheerleaders with said substances. Any activity of drug/alcohol abuse will be reported to the Athletic Director and Dean of Students. Also, the cheerleader will be **dismissed** from the team for the remainder of that given season.
4. No forms of hazing will be tolerated and there will be automatic **dismissal** from the team for any cheerleader participating in hazing. Any cheerleader that does not report hazing will be suspended from the squad for **2 weeks**.
5. Sports Physicals must be turned in before June 1<sup>st</sup>. Any cheerleader that does not turn in a sport physical to the Athletic Office will not be able to cheer until a physical is turned in.
6. Coaches reserve the right to bench a cheerleader for partial or whole games for not following directions, or being rude/disrespectful to the coaches or fellow cheerleaders.
7. If you are involved in other clubs/sports within the Griffith school system, it is your responsibility to make the coach aware so that scheduling conflicts can be resolved. With regards to other commitments outside of those pertaining to Griffith High School; cheerleading is your first priority and accommodations must be made for other obligations.

#### **Section 4: Finances**

1. Cheerleaders are financially responsible for all personal items such as socks, shoes, warm ups, jackets, camp clothes, camp, hair accessories, body liners, spankies, and sweatshirts.
2. Attendance at camp is recommended unless extenuating circumstances arise. Fees are the responsibility of each cheerleader. Camp costs between \$150 and \$300.
3. Account Balance sheets will be created that allows each cheerleader to see her expenses and how much she owes. A payment of **\$150.00** must be made by **September 5<sup>th</sup>**.
4. The account needs to be paid off in full by **November 14<sup>th</sup>** unless a payment plan has already been arranged.
5. If an account is not paid in full before the next year's tryout, the cheerleader's outstanding balance will be turned over to the school. The school has the authority to prevent the athlete from participating in other sports, may revoke prom privileges, and any other consequences the school sees fit.
6. If a cheerleader wishes to compete throughout the year, additional fees may be added to your account balance. Competition is not mandatory.

#### **Section 5: Fundraisers**

1. Fundraisers are done throughout the school year. All members are expected to take part.
2. Participation in all areas of planning, promoting, decorating, and clean-up are the responsibilities of all cheerleaders and cheer parents.
3. If any cheerleader does not participate in fundraisers, it will be factored in during the following year tryout. A fee may be added to the cheerleaders account if she chooses not to participate.
4. Parent meetings will be held regarding the information for all of the fundraisers. All parents and cheerleaders must attend the meetings.

## **Section 6: Practices**

1. Cheerleaders must attend all practices. Coaches have the right to take away or add practices as they may find necessary due to event changes.
2. The only **excused** misses are illnesses (with a doctor's note) for required school events or other prearranged absences with your coach.
3. Missing all or part of practice for a test or other academic reason will carry to penalty. Unless, individual receives prior approval and comes prepared to next practice or performance.
4. Doctor, dental, other personal appointments, or family commitments should not conflict with practices, games, or other cheerleading events; unless it is an emergency.
5. No one should leave practice early; unless prior approval was given (except in case of family emergency).
6. All cheerleaders must attend the practice before the game. If you do not attend, you will not be included in quarter cheers, starting five, time outs, etc.
7. Any absence from practice if in school that day must be reported to coaches ahead of time. **DO NOT** tell another cheerleader to tell the coaches for you. Make sure you/your parent notify the coach to get it personally approved.
8. For a scheduled absence, inform the coach at least 24 hours ahead of time. Failure to contact the coach prior to missing a scheduled practice is considered unexcused and will result in consequences.
9. Missing an add-on practice at which major changes are made may result in not performing for that event if it is too close to the performance date.
10. Cheerleaders are responsible for learning all that was missed and must come to the next practice prepared.
11. All cheerleaders are expected to work on motions, jumps, tumbling, stretching, and strengthening throughout the year on their own time.

## **Section 7: Games**

1. Attendance to all scheduled games is **mandatory** and will result in consequences if absent without prior approval.
2. If you are at school and miss a game that same day without prior approval is considered unexcused and will result in being **benched** for the next full game.
3. For home games, all cheerleaders must arrive at the field or gym at the specified time. Any lateness will result in being **benched** for half the game.
4. All cheerleaders are responsible for their own transportation to and from home games. Lack of transportation is not an excuse for being late or absent. If you are running late, you must contact the coach immediately.
5. All cheerleaders are expected to ride the bus to and from events with coaches. No cheerleader will be allowed to ride home with parents in any circumstance.
6. If a middle school cheerleader attends a high school football/basketball game, they are not allowed to wear their uniform; you can only attend the game as a fan.
7. If any cheerleader is caught using their phone during a football or basketball game, you will be **benched** for the game including timeouts and quarter cheers.

## **Section 8: Tryouts**

1. Tryouts will be held in May. Every cheerleader must go through the same selection process each spring. Participation on any cheerleading squad in no way guarantees placement on a squad for the following year.

2. Details of the selection process will be distributed at a call-out meeting several weeks before try-out week.
3. Attendance is mandatory for all cheer clinics leading up to the try-out date unless prior approval is granted.
4. Besides skill level, each girl's cooperation, effort, attitude, willingness to help, attendance, and ability to get along with other squad members from the previous year will be taken into consideration.
5. All decisions of the judges are **FINAL**.

#### **Section 9: Responsibilities of Middle School Squad**

1. Middle school cheerleaders will dress at school for middle school home and away football and basketball games.
2. Middle school cheerleaders will attend the first home Varsity and JV football games.
3. Middle school cheerleaders will not be responsible for cheering at away football or basketball games.
4. If the coach sees fit, middle school may compete at the local or regional level. Competing is a privilege not a right. Competing will be determined based on the skill level of the team, the expense of competing, and the level of time commitment required.

#### **Section 10: Consequences**

1. Missing a practice before a game results in being **benched for the entire game** unless prior approval has been given.
2. If you are at school and miss a game that same day without prior approval is considered unexcused and will result in being **benched for the next full game**.
3. If a cheerleader is late to any practice, game, or bus, the cheerleader will be **benched for half the game**.
4. Missing all or part of practice for a test or other academic reason without prior notice will **result in being benched a full game**.
5. Missing any practice or game for any other Griffith High School sport/club/team without contacting their clubs advisor to make other arrangements, will **result in being benched a full game**.
6. Not being appropriately dressed during school, practice, or game, the cheerleader will be **benched for the entire game**.
7. Missing an add-on practice at which major changes are made **will not carry any penalty** but will result in not performing for that event if it is too close to the performance.
8. Missing any practice, game, or competition to participate on another cheer team will result in **dismissal from the squad**.
9. If payment in full is not received by November 14<sup>th</sup> and no prior payment plans have been arranged, you will be **benched for all games until the full amount is paid**.

#### **Section 11: Results from Consequences**

1. If a cheerleader is benched 3 times, for any reason, the cheerleader will be **suspended from the cheer squad for 1 week**. The cheerleader will not be able to wear their uniform to school and will not be able to attend any practices, competitions, or games.
2. Once a cheerleader returns from suspension, if the cheerleader is benched again, in any case, **this will result in dismissal from squad from the current season. If Varsity member, the individual will not letter for that particular sport season.**

I, \_\_\_\_\_, hereby acknowledge receiving the Griffith Middle School Cheerleading Rules for the 2018-2019 season. I confirm that I have read, and understand the rules, and consequences to those rules. I understand that it is my continuing responsibility to read and know its contents. I am aware that noncompliance with the rules outlined above may result in consequences including benching, suspension, or dismissal from the Griffith High School cheerleading team.

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Cheerleader's Signature

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Date

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Parent (Legal Guardian) Signature

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Date