

West Sabine



Junior High

and

High School



2018-2019

Cheerleader and Mascot Constitution and Bylaws

Requirements and Other Information

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West Sabine ISD Cheerleading Tryout Application

My child, _____, has my permission to be cheerleader or mascot at West Sabine ISD. I have read the rules and regulations set forth by the sponsors and administration of West Sabine Schools. I understand that any violation of these rules will lead to temporary or permanent suspension from the squad. I understand, if chosen, my child will be required to attend summer camp, mandatory squad practices during the school week, and all games (football and basketball).

Tryouts:

Cheerleading and mascot tryouts will be held on April 7, 2018. **A deposit of \$150.00** cash or check made payable to WSISD is due on **Wednesday, March 28, 2018 by 10 a.m.** This money will be applied toward camp/equipment, etc. The deposit will be refunded the week after tryouts to students who do not make the squad. For other tryout requirements, please see the WSISD Constitution and Bylaws.

Expenses:

The approximate cost for summer camp, camp clothes, shoes, pom-poms, uniforms, etc. could range from \$800-\$1,000 per girl. This amount may be reduced if fundraisers are successful. You will need to make the payments on the following dates:

March 28, 2018	\$150.00	
April 17, 2018	\$150.00	
May 17, 2018	\$150.00	
June 17, 2018	\$150.00	
July 17, 2018	\$150.00	
August 17, 2018	\$150.00	Total Payments: \$900.00

At the end of July, any money raised during fundraising activities will be split between the girls to help cover cheerleading expenses, including supplies. You will be responsible for any amount not covered by fundraisers even if you quit the squad or are dismissed from the squad during the school year.

Risk:

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and sponsor are, or what landing surface is used, the risk cannot be eliminated. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold West Sabine ISD or any of its personnel responsible in the case of accident or injury at any time.

Parent/Guardian Acknowledgement:

I understand that all forms and fees MUST be turned in by Wed., March 28, 2018 no later than 10 a.m. or my child will be unable to tryout. I understand all costs involved as stated in the West Sabine Cheerleading and Mascot Constitution and Bylaws. I have read the West Sabine Cheerleading and Mascot Constitution and Bylaws and I am aware of all the expectations, rules, and regulations, and agree to abide by these.

Parent/Guardian Signature

Date

Student Acknowledgement:

I am interested in being a cheerleader or mascot at the West Sabine School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the West Sabine Cheerleading and Mascot Constitution and Bylaws. I promise to cooperate and follow the instructions of the cheerleading sponsors and administration.

Student Signature : _____ Date: _____ Grade Next Year: _____

Home address: _____ Phone: _____

Students will **NOT** receive a Tryout-DVD this year. Recording will be prohibited. The try-out practices will be closed. Both Junior High and Varsity will need to know the cheer and dance for tryouts.

Results:

Cheerleading results will be posted on the WISD Web Site by 8:00 p.m. on April 7, 2018.

1. Go to <http://www.westsabineisd.net>
2. Click on Extracurricular.
3. Look under Athletics then click on Cheerleaders.

West Sabine ISD Cheerleading and Mascot Constitution and Bylaws

This constitution and by-laws may change without notice due to rules and regulations governed by UIL.

Purpose:

It shall be the purpose of the Tiger Cheerleaders and Mascot to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to support good relations in the community and between teams and squads during events. The organizational goal is to work in harmony with the team management, administration, other athletic teams, and sporting organizations. Cheerleaders and the mascot are highly visible ambassadors of West Sabine School and are thus expected to conduct themselves in a manner that brings credit to WSISD at ALL times, and will be held to a higher standard, whether in uniform or out of uniform. Cheerleading at West Sabine ISD is a privilege, not a right.

Eligibility:

- A cheerleader candidate and mascot must support the Tigers above all other teams.
- A candidate must be neatly presented, medically fit, and provide parental permission.
- Acceptance of a candidate shall be on the basis of ability, the coach's agreement, acceptance of the squad rules, and without prejudice of race, creed, or color.
- A cheerleader candidate cannot have been previously dismissed from the squad or have quit the year prior.

Membership (Squads):

Varsity:

Varsity Squad will be chosen from the upcoming freshman, sophomore, junior, or senior classes. The varsity squad could range from eight to twelve depending on the number of the quality and skill of the applicants. The varsity will also choose a mascot to represent our school and help promote school spirit.

Junior Varsity Squad:

Junior Varsity Squad will be chose from the upcoming freshman, sophomore, or junior classes. Due to the limited number of junior varsity teams, junior varsity cheerleaders will be chosen if there is a need for this squad.

Junior High:

A Junior High Squad of eight-ten will be chosen from upcoming seventh and eighth grade classes. Junior High will not have a mascot due to the time of the games and the heat.

Tryouts:

- Tryouts will normally be held each year during the second semester for the upcoming year.
- The format of the tryouts will be decided by the coaches, and will be held in a fair and open manner conducive to allowing each candidate to show his/her best abilities and potential.

Tryout Requirements, Procedures, and Selection:

Requirements:

In order to be eligible for tryouts, you must submit the following to the sponsor by the set due date.

- **Tryout Fee- A deposit of \$150.00** cash or check made out to WSISD. The money will be applied toward camp. The deposit will be refunded to the student if he/she does not make the squad.
- **Teacher recommendation form** filled out by all current teachers of the candidate.
- **WSISD Cheerleading and Mascot Tryout Application/Guidelines Agreement-MUST** be signed by both parent and student.
- **Grades**-Each candidate must have at least a 70 average with no failing grades the previous six week reporting period. The 70 average, with no failing grades in a six week reporting period must be maintained to be an active cheerleader or mascot.
- **Enrollment**-Candidate must have been continuously enrolled at West Sabine ISD for 3 consecutive six weeks.

Procedures:

- Please wear appropriate clothing for tryouts. The contestants will wear black shorts with a white shirt for try-outs. Shirts must be tucked in with shorts at an appropriate length. Contestants need to wear tennis shoes with white socks. Hair must be pulled back. Contestants cannot wear outfits from prior cheer camps nor any jewelry or clothing with cheerleading logos on them. This is so each participant will be judged fairly.
- Instruction periods are closed. No videos allowed.
- Family and friends are NOT allowed in the gym or cafeteria during tryouts/clinics. Absolutely no one other than the coaches, judges, and students trying out will be allowed in the gym with the candidates during the actual tryouts. This also applies to the locker room/cafeteria as the contestants are getting ready/dressed.
- Please remember that being a cheerleader or mascot last year in no way guarantees placement on the squad the following year. Each student must go through the same selection process each spring semester.
- **Physical Examination**-If elected, the candidate must have a physical examination and be cleared for physical activities involved in cheerleading. The examination must be complete before cheerleading camp that summer.
- **Cheerleading Summer Camp**-Each cheerleader and mascot MUST ATTEND the summer cheerleading camp.

- **Insurance**-Each cheerleader and mascot must carry school insurance or sign a waiver form. A copy must be given to the sponsor before the summer cheerleading camp/session begins.

Selection:

- A panel of randomly selected and impartial judges (selected by the sponsor) will evaluate each candidate on the basis of individual performance in a no audience audition.
- The format of the tryout will be broken down into two parts:
 - A) For Varsity:
 - ~Attendance, scholastic, and teacher evaluations (40 points)
 - ~Judges evaluation of cheer, dance, and chant learned day of try-outs (60 points)
 - B) For Junior High & Junior Varsity:
 - ~Attendance, scholastic, and teacher evaluations (45 points)
 - ~Judges evaluation of cheer and dance (55 points)

Process:

- (1) During the first segment of the try-out, cheer candidates will begin by spiriting to the middle of the gym floor where they will perform the cheer taught during the instructional period and will need to show their 2 best jumps for the judges. After showing their jumps and cheer, cheer candidates may spirit or tumble out. This portion will count for a total of 25 points. The following categories will be given a score of 1-5: Spirit, Voice, Jumps, Motions, Gymnastics.
- (2) During the second portion of the try-out, cheer candidates will have to perform the dance learned during instruction in groups of 4-5 people. This portion will count for a total of 20 points. The following categories will be judged for the dance section and points for candidates will be awarded on a scale of 1-5: Motions, Dance, Projection, and Crowd Appeal.
- (3) During the third and final section of the try-out, cheer candidates will have to perform the chant learned the day of try-outs. They will perform the chant in groups of 4-5 people. This portion will count for a total of 10 points. The following category will be given a score of 1-5: Spirit, Voice, Motions, Crowd Involvement.

Financial Responsibilities:

Annual Camp:

- The cheerleader is responsible for the cost of attending. Fundraising may be applicable.
- Students must purchase their own summer camp outfits, including cheerleading shoes as well as uniforms. These outfits will be used as pep rally outfits and performance gear the next school year.

Expenses:

- The approximate cost for summer camp, camp clothes, shoes, pom-poms, uniforms, etc. could range from \$800-\$1000 per girl. Below is a payment plan for 2018-2019 cheerleaders to pay for uniforms and camp clothes.
- March 28, 2018 \$150.00
- April 17, 2018 \$150.00
- May 17, 2018 \$150.00
- June 17, 2018 \$150.00
- July 17, 2018 \$150.00
- August 17, 2018 \$150.00 Total Payments: \$900.00

Fundraising Activities:

- The payments listed are required for each cheerleader. There will be few, if any, sponsor-generated fundraisers this year and those that are conducted will help pay for camp, supplies, and much needed equipment. Each cheerleader/parent must actively participate in all cheerleader and mascot fundraising activities. If you do not participate in all fundraisers, then you personally responsible for your share of the fundraising profits. This will be determined by dividing the total amount raised by the number of cheerleaders and mascot who participates in fundraiser.
- Should you fail to participate in the fundraisers and refuse to pay your share of monthly payments, your child will be suspended from the squad until you have paid your balance in full.
- All monies owed MUST be paid in full BEFORE your child is allowed to try out for the next year's squad.
- Any monies raised in fundraisers will be used to fund cheerleading projects such as pep rallies, run through signs, hall decorations, parades, equipment, camp, etc.
- All school-sponsored fundraising activities must be approved by school administration.

Attendance Requirements:

- Cheerleaders and mascot will attend ALL practices, competitions or events, unless pre-approved by the coach.
- The coach **MUST BE NOTIFIED by the student** if he/she will not be a practice or events. Do not send word by another student. A note from a parent or guardian must be received

within 3 days of the absence. Doctors/dentists notes, death or illness of immediate family will be automatically excused.

- Excused absences include but are not limited to: personal illness with a note from parent or doctor, death or illness of immediate family, funeral, mandated court appearance, school sponsored trips, and religious holidays.
- Unexcused absences include but are not limited to: a friend's birthday, work, vacation, shopping, and non UIL sports activities: unless pre-approved by the coach.
- Two excused absences during a one month period will result in a benched game.
- See attached demerit system for unexcused absence consequences.
- More than one absence (excused or unexcused) during the week will result in a benched game.
- Practices are still mandated even if you are benched or suspended. If you are benched or suspended from a game, you are required to dress out in performance attire and sit with the cheerleaders during the game. This is not free time for you.
- **Summer Camp**: all cheerleaders, managers, mascot and coaches are required to attend summer camp as a squad. Failure to attend camp will result in suspension of cheerleading.
- **Competitions**: The squad, as a group, may enter competitions throughout the year. All cheerleaders and mascot are required to participate.
- **Social Activities**: All members are encouraged, but not required to attend.
- **Conflicts in participation**: Conflicting school activity participation will be resolved in advance of the conflict. Such conflicts will be resolved in open discussion with the sponsors involved and the principal.

Away Games:

- Cheerleaders and mascot must travel to and from away games by school vehicle. At the sponsor's discretion, she may assign girls a specific week(s) that they must ride in the school vehicle back to the school to help store cheer materials and clean the vehicle. Other cheerleaders/mascot, at sponsors discretion, may be signed out and ride home with their parent/guardian when traveling home from a game.
- Cheerleaders and mascot must be present and ready to go no later than 15 minutes prior to departure time for all games. All cheerleaders and mascot will arrive on time in correct uniform at the designated meeting area.
- If a cheerleader or mascot misses the bus, he/she will not be allowed to cheer at the game.

Practices:

- All cheerleaders and mascot are required to attend all practice sessions. (See attendance requirements).
- Cheerleaders and mascot may practice two to three days a week during the months of June and July and are absolutely required to participate in ALL practices beginning in August.

The practices will usually last 2-4 hours. Additional practice may be called at the sponsor's discretion.

- Junior high cheerleader summer practice will be called by sponsor.
- All cheerleaders and mascot shall warm up and stretch muscles prior to practice. This is a must!
- Everyone must wear appropriate attire for practice. Dresses, jeans, and sandals are not appropriate for practice.
- **For security issues, all cheerleading practices are closed.** Only cheerleaders, sponsors, and administrators are allowed at the practices.

Cheerleader Officers, Squad, and Mascot Duties:

Head cheerleaders/Captains/Co-Captains will only be chosen if the sponsor so desires. Captain selection will be based on experience, cheerleading abilities, strong leadership, and self-discipline.

Officer Duties:

- Assists in selecting cheers and chants to be used at games/pep rallies and events.
- Checks to see that each girl has the proper uniform and to co-ordinate the painting and displaying of signs.
- Be responsible for welcoming visiting squads and setting a good example of friendliness.
- Keeps the crowd cheering and your cheerleaders in proper formation during the games.
- Acts as a peacemaker in case of disagreements; show no partiality with the squad.
- Arrives at practice early and begins practice on time.
- At no time will the Captain or Co-Captain assume the role of the sponsor. It is not your place to give demerits or tell a cheerleader when he/she may or may not leave practices or events.

Squad Duties:

- Varsity cheerleaders and mascot will cheer/perform at any Varsity football games, basketball games (District/Playoffs), pep rallies, or other event as determined by the sponsor.
- Junior High and JV cheerleaders will cheer at all football games (home and away) and will only cheer at home basketball games at the discretion of the sponsor.
- All cheerleaders and mascot shall be ready to cheer at all times.
- Attend summer, fall, and spring scheduled practices.
- Cheerleaders and mascot will have half time off, if they are not performing.
- The third quarter of all football games will be used to introduce the visiting squad at the discretion of the sponsor. Cheerleaders must be back at the home side and cheering at the beginning of fourth quarter.
- All cheerleaders and mascot must assume responsibility for equipment (poles, megaphones, cooler, signs, etc.)

Mascot Duties

A mascot is a person or thing that is supposed to bring good luck or that is used to symbolize a particular event or organization.

The WSHS Mascot is the symbol of ALL Tiger teams; therefore, the mascot is required to promote pride, spirit, and good sportsmanship at ALL events.

The WSHS Mascot should be ready and willing to perform at a moment's notice to promote this pride, spirit, and sportsmanship.

The mascot shall abide by ALL rules and regulations as stated in the cheerleader and mascot constitution and by-laws and be subject to all demerits as stated within said constitution.

The mascot shall:

- Learn all chants that will be performed.
- Rehearse and perform at least one new skit each week. This skit must be fully ready to go by Wednesday no later than 5:00 p.m. for approval for the next week's game/pep rally.
- Have a complete list of props and supplies needed for approval and availability for the next week's performance NO LATER than Wednesday afternoon. The props should be kept simple and should not be expensive. The mascot is ultimately responsible for having the props ready to go for the performances but will receive assistance from the sponsor or other squad members upon timely request-the approval for the props will depend on financial availability-the mascot is in no way financially responsible for props.
- Compile ALL music needed for performances.
- Must perform a short (1-2 minute) skit at every pep rally.
- The mascot should be actively involved during the game.
- The mascot should have any props and music needed on hand and a generic dance ready for band songs at all events/games, etc.
- NO FEMALE CLOTHING and ACCESSORIES will be on the tiger suit at any male sporting event.
- Mascot will fully assist ALL sign creations, hall decorating, etc. as well as any other activities or requests made by the coach.

Third Quarter Activities:

When the cheerleaders go to the visitor's side the mascot will use this time as activity time with children from the stands on the sideline.

Examples: hoola hoop contests, wagon rides, 3 man football, weight lifting contests, etc.

Practice Schedule

The mascot's practice schedule will be conducted in the following way:

1. Stretch and work out with cheerleaders.
2. Practice chants with cheerleaders.
3. Rest of practice-
 - a. Compile Music

- b. Research and prepare skit material
- c. Work on props for upcoming skits/activities
- d. Create an activity list for third quarter game time or halftime during basketball season
- e. Complete list for props or materials needed

Remember-completed pep rally and game material must be submitted to coaches by 5:00 p.m. each Wednesday BEFORE the next week's performance. The skits must be performed for approval by Wednesday.

Uniforms and Appearance:

Uniforms:

- Varsity and Junior High uniforms will be purchased via self-pay by the regular members. The West Sabine School will not purchase or provide cheerleading uniforms.
- Uniforms and shoes are to be kept in excellent condition at all times.
- Should any uniform item or practice wear item be lost, damaged, or destroyed, the cheerleader or mascot responsible for the item MUST replace the item at his/her cost. The cheerleader or mascot will be benched until item is replaced if proof of the purchase (invoice, bill, etc.) is not submitted within one week after the item has been damaged.
- Uniforms and shoes are to be worn ONLY for games, pep rallies or other occasions approved by the sponsor.
- Only official squad jackets may be worn with the uniform. Uniforms will only be worn for events as designated by the coaches.
- Cheerleaders will be expected to appear unified at all times. This includes matching from head to toe while performing at pep rallies, games, or any community event. Dress is to be determined by the sponsor.
- The mascot will wear the complete tiger suit with no embellishments, etc. Should a special occasion arise, sponsor approval MUST be given before additional attire can be worn (jerseys, helmets, shorts, skirts, tops, etc.)
- While in uniform or any item of identification, a cheerleader and mascot must always conduct themselves in a manner becoming a West Sabine Tiger Cheerleader/Mascot.

Appearance:

- For safety reasons no jewelry or watches are to be worn at games or practices except for one pair of small, flat earrings.
- Earrings/piercings can be worn in the earlobe only.
- Uniforms must be kept spotless at all times.
- Make-up should be worn natural and not excessive.
- Hairstyles must be neat and secured up out of the face, not needing attention while performing.
- Cheerleaders should look their best at all times, especially when in uniform.

- No primping during cheerleading events.
- No cell phone use during cheerleading events.
- Only ribbons that match the uniform are to be worn.
- When riding the suburban, bus, etc. to out of town games, no perfumes, hairsprays, deodorant, or nail polish is to be used.

Awards:

- Cheerleader and mascot awards include "Football Sweetheart" and Miss School Spirit
- Varsity: A letter jacket will be presented in the junior year upon the successful completion and participation of two years of a lettering activity.

Conduct, Discipline, and Suspension/Dismissal:

Conduct:

- Squad members are required to maintain and uphold the reputation of the tiger cheerleaders and mascot through their own conduct and squad spirit.
- Cheerleaders and mascot will display good sportsmanship at all times. No improper motions shall be made, nor shall obscene or profane language be used.
- Members are required to be courteous, polite, friendly, and try to have a smile for everyone.
- All cheers and chants shall be of a positive and sportsmanlike manner.
- Members will make every attempt to ignore or dissuade negative responses.
- **Conduct in the classroom should always be excellent-set a good example-lead by example.**
- Bullying and fighting will NOT be allowed.
- Cheerleaders/mascot(s) should not receive office referrals.
- Cheerleaders and the mascot will demonstrate no disrespect to game officials at any time.
- **All cheerleaders and the mascot are to cooperate to the fullest extent with the captain and the sponsor.**
- Be aware of your appearance at all times. Use good grooming habits. Remember; even out of uniform you still represent the squad. Do not break school dress code.
- Arguments and disrespect among squad members are to be avoided. If there is a problem that cannot be resolved, **SEE THE SPONSOR**. Do not let the problem get out of hand before bringing it to the sponsor's attention.
- There is to be no smoking, consumption of alcoholic beverages, and illegal use of drugs, nor improper language while serving in a cheerleading/mascot capacity.
- **Cheerleaders and mascot are not to break formation to greet friends nor be involved in a public display of affection while in or out of uniform.**
- All cheerleaders and mascot will be back on the field/court ready to cheer at the sponsor's discretion.

- A cheerleader and mascot candidate must support the Tigers above all other teams. A cheerleader and mascot shall not wear apparel supporting opposing teams at any time throughout the year.
- **Inappropriate FACEBOOK or ANY OTHER social networking conversation, pictures, or symbols of a negative nature that impacts ANY tiger activity both academic and extracurricular, or impacts the school reputation negatively are prohibited. Principal and sponsor review of the action may result in dismissal from the squad.**

Disciplinary Action:

Cheerleaders and mascot are to follow the West Sabine Cheerleader and Mascot Constitution and By-laws. Demerits will be given for violation of rules. Each week a campus administrator will review and sign demerits issued to cheerleaders/mascot. Both the cheerleader and sponsor will also sign the demerit paperwork. A cheerleader and mascot will be benched/suspended from games/events for the following reasons:

<u>Action</u>	<u>Consequence</u>
Two excused absences per month (see attached demerits) from cheer event	1 benched game
One unexcused absence from a game	1 benched game/event and 15 demerits
One unexcused absence from a practice	10 demerits
More than one absence during the week (excused or unexcused)	1 benched games
Tardy (late for practice or games 3 times)	1 benched game and 3 demerits for each tardy
Failing Grades	Suspended for the 6 Weeks (practices are still Mandated-follows no pass, no play)
Failure to cooperate with the sponsor (arguing or disrespectful)	1 benched game and 10 demerits
Failure to follow and abide by squad rules and regulations	1 benched game and 10 demerits
Office disciplinary referral	1 benched game and 15 demerits

Suspension/Dismissal:

- Each office disciplinary referral will result in suspension for one game and 15 demerits. (EX: detention, Saturday school, ISS). Two such referrals will result in dismissal from the squad.
- Disciplinary action will be considered by sponsor and administration should a squad member be defending him/herself in a fight.
- Misconduct which reflects upon the school will result in suspension and 10 demerits.
- If the scholastic average of the cheerleader and mascot drops below the requirements at the six weeks reporting period, the cheerleader and mascot will be suspended for three weeks. Two (2) consecutive ineligible six weeks periods will result in dismissal.
- UIL guidelines for "NO PASS" will be followed for all cheerleaders and mascots. Practices are still mandated when suspended from performing.
- Any incidents involving proven gross misconduct, a criminal act, sexual behavior, alcohol, tobacco, or any illegal substances in or out of school will automatically result in dismissal.

- Any behavior that involves law enforcement officials will result in automatic dismissal.
- Fighting will not be tolerated! Involvement in fighting on or off campus will result in dismissal from the squad pending the investigation of your involvement in the fight. Disciplinary action will be considered by sponsor and administration should a squad member be defending him/herself in a fight.
- Accumulation of three benching's will result in removal from the squad.
- Inappropriate FACEBOOK or ANY OTHER social networking conversations, pictures, or symbols of a negative nature that impacts ANY Tiger activity, both academic and extracurricular, are prohibited. Principal and sponsor review of the action may result in dismissal from the squad.
- Public Display of Affection will be reviewed by principal and sponsor to determine appropriate disciplinary action.
- Dismissal from the squad will also result in loss of eligibility to try-out the following year.

West Sabine Cheerleader and Mascot Bylaws and Demerit System

Demerits:

Cheerleaders and mascots must maintain unity and fairness as a group. A demerit system is our means to ensure this fairness. The sponsor upon his or her judgment shall issue demerits when a squad member has violated a rule or regulation. **A cheerleader's/mascot's year begins after tryouts.** Cheerleaders and mascots are required to attend all practices and functions in assigned uniform/attire. If you must miss a practice, do not send work by another squad member. Notify the sponsor yourself and bring a note from your parent/guardian stating the reason for your absence.

Demerit points are given for the following:

Attendance and Tardies

Actions	Demerits
3 Excused absences (other than doctors apt. or death in the family)	1 benched game
Unexcused absence from a game	1 benched game and 15 demerits
Unexcused absence from a practice	10 demerits
Tardy to games, practices, events, etc.	3 demerits (3 tardies= 1 benched game)
Tardy from breaks	3 demerits

Uniforms, Practice, Grooming, and Attire

Actions	Demerits
Not wearing uniforms when required	10 demerits and benched game
Not having all the required items of uniform for game/event	5 demerits
Not wearing suitable clothing or shoes to practice/event	3 demerits
Wearing jewelry to cheering events or practice	2 demerits
Any violation of the nail rule (colored polish or nails too long)	1 demerit
Hair not all the way up for practice, games, events	2 demerits
Not wearing plain white socks	2 demerits
Lending out uniforms, jackets, warm-ups to students who are not Cheerleaders	2 demerits

Conduct

Actions	Demerits
Inappropriate social media (unless dismissed or suspended)	10 demerits and benched game
Public Display of Affection	10 demerits and benched game
Un-sportsmanlike/unbecoming conduct	5 demerits
Talking or being disruptive during practice	2 demerits
Unacceptable behavior while traveling	5 demerits
Griping and complaining	5 demerits

Failure to cooperate or show respect to sponsor	1 benched game and 10 demerits
Failure to abide by squad rules and regulations	1 benched game and 10 demerits
Attracting undesirable attention	5 demerits
Obscene language	5 demerits
Public display of affection	5 demerits
Leaving a practice or performance area messy (trash, hangers, food, etc.)	3 demerits
Office disciplinary referral	1 benched game and 15 demerits

Performance/Sideline Behavior

Actions	Demerits
Excessive talking among cheerleaders/mascots	2 demerits
Talking to people in the crowd/greeting friends, family	2 demerits
Talking to the football players	2 demerits
Not paying attention to the game/pep rally	2 demerits
Not standing in correct formation	2 demerits
Not cheering, showing spirit, jumping at game or pep rally	3 demerits
More than one person out of formation at a time for drinks/restroom	2 demerits
Not showing respect during the National Anthems and both school songs	2 demerits
Not staying to clean up after each game/pep rally	2 demerits
Not knowing the cheers or routines	5 demerits (benched)
Chewing gum during practice or while cheering	2 demerits
Talking or horse playing on the sidelines-not cheering	5 demerits
Acting in an unsafe manner as determined by sponsor	5 demerits

**Cheerleaders and mascot will be informed of demerits given. The guidelines for accumulation of demerits will be as follows:

- 15 demerits = 1 benched game
- 25 demerits = dismissal from the team

These are general rules and guidelines for all WSISD cheerleaders and the mascot. Failure to comply may at times require judgment calls to be made. Administration and sponsors reserve the right to upgrade any penalty (immediate benching, office referral, suspension, or dismissal) depending on the severity of the situation. Principal and sponsor review of actions may result in dismissal from the squad.