

East Chambers Jr. High Cheerleader Constitution

(Revised 1/18/2012)

I. Purpose

The purpose of the cheerleading program at East Chambers Jr. High School is to promote school spirit, encourage good sportsmanship, and support the athletic teams.

II. Requirements for Cheerleader Tryouts

A. The following completed forms must be turned in by the deadlines set by the sponsor:

1. Permission from parents indicating agreement to and understanding of possible financial obligations of being a cheerleader and the guidelines in this constitution.

2. Medical Release Information

B. The above forms must give evidence of agreement with, understanding of, and willingness to abide by all the responsibilities reflected in this constitution.

C. Candidates must participate in all practice sessions previous to tryouts.

D. Candidates will be required to wear an E.C. T-shirt (school colors - gold/green/white), P. E. length shorts (school colors), and tennis shoes.

III. Procedure of Tryouts before Judges

A. Practice Sessions

1. Scheduled practices will be required for all candidates.

2. One cheer and one dance will be taught by experienced cheerleaders or DVD.

a. The dance will be designated as the group performance.

Candidates will draw numbers to determine the small groups.

b. The cheer must be learned by all cheerleader candidates.

c. Jumps will be taught as they will be required to incorporate a toe touch into the individual cheers and perform their 2 best jumps before the judges.

d. Entrances will be taught that may or may not incorporate tumbling.

B. Judging Categories

1. Individual Cheer

a. Entrance

b. Jumps

c. Individual cheer (movements, knowledge, etc.)

d. General appeal

e. Enthusiasm (school spirit)

f. Voice projection

2. Dance

a. Knowledge of the dance.

b. Presentation (enthusiasm, confidence, attitude, expression.)

c. Form

3. Jumps
 - a. Form
 - b. Presentation
 4. Scoring and Final Decisions
 - a. Candidates will be scored by a panel of judges according to cheerleading skill and school spirit.
 - b. Judges scores averaged together will carry a weight of 100%.
 - c. The 12 candidates with the highest scores will be cheerleaders.
 5. Spectators
 - a. No spectators will be allowed in the gym during the performances in front of the judges.
- C. Consequences of Cheating
1. Any candidate receiving help outside of the scheduled tryout practice sessions from any cheerleader or individual who is teaching or helping present the tryout clinic will be disqualified from trying out that year.
 2. Any eighth grade cheerleader teaching or helping in the tryout clinic who helps any candidate outside of the scheduled tryout practice sessions will be considered cheating and will not be allowed to tryout for high school cheerleader that year.
- IV. Candidates are under this constitution from the day of their election.
- V. Required Activities for Elected Cheerleaders
- A. All football games as scheduled and assigned.
 - B. Assigned duty for gathering and returning supplies.
 - C. Participation in all fundraising activities
 - D. All pre-camp practices.
 - E. Attend summer camp as assigned.
 - F. All scheduled practices prior to the beginning of school and during the school year.
 - G. Performing at Drill Team Follies if schedule allows.
 - H. Rice Festival Parade(s) as approved by the sponsor.
 - I. Cheerleader tryouts for following year.
 - J. Other miscellaneous activities occurring during the year as approved by the sponsor.
 - K. Exceptions must be approved by the sponsor.
- VI. Excused Absences from Assigned Activities
- A. Written evidence from parents indicating personal illness, death in the family, or doctor's appointments.
 - B. Parent should contact sponsor PRIOR to absence from an assigned activity.
 - C. A special consideration by sponsors will be required after three (3) excused absences.

- D. If a cheerleader is attending school regularly after an illness, she/he should be fulfilling cheerleading obligations as well. If a cheerleader cannot physically perform but is not confined to home, then she/he is expected to attend the event in full uniform and stand/sit in an area designated by the sponsor.
- E. A cheerleader may be excused from cheering at games if a cheerleader is participating in another school sponsored/sanctioned activity with sponsor and/or principal approval.
- F. Exceptions must be approved by the sponsor.

VII. Expected Attitude to Maintain

- A. Cheerleaders will set a good example because they are representing East Chambers ISD, ECJHS student body, and the Winnie-Stowell community.
- B. Cheerleaders will cooperate fully with the squad, captains, and the sponsor.
- C. Cheerleaders will demonstrate and encourage good sportsmanship.
- D. Cheerleaders will cooperate and work at all activities including fund raising activities.
- E. Cheerleaders will participate in competitions as approved by the sponsor and principal.

VIII. General Rules and Regulations

- A. Attendance at all activities at assigned time.
- B. No gum, food, or drink except at halftime. All gum, food, or drink must be disposed of before the 3rd quarter begins.
- C. Restroom breaks are restricted to half-time (except emergencies).
- D. All cheerleaders must ride the transportation provided to and from the away game or other assigned activity. Cheerleaders may ride home with parents if the parents talk directly to the sponsor and the sponsor approves. For cheerleaders to ride home with persons other than their parents, a note which identifies the person(s) that the cheerleader will be riding with must be signed by the principal and given to the sponsor prior to the cheerleader's departure from the school. Cheerleaders are required to meet back at the gym for all games to put up all equipment.
- E. During home games all cheerleaders will stay and put away supplies and will be dismissed as a group from the Jr. High campus.
- F. During fundraisers, cheerleaders are responsible for turning in either product or money by the set deadline.
- G. Medical and Travel Release forms must be kept on file and current. The sponsor should be notified of any changes in information.
- H. All school rules and regulations must be followed.
- I. Do not go behind the bleachers at half-time or between games.
- J. Uniform Regulations:
 - 1. Proper dress at all activities as assigned.
 - 2. Hair must be in a ponytail unless otherwise instructed by sponsor. (If hair is too short, it must be secured back away from the face.)
 - 3. Undergarments should be worn that are suitable and NOT SEEN while in uniform.

4. NO artificial nails will be allowed during cheerleading activities including games, practice sessions, tryouts or summer camp due to the risk of injury. Natural nails must be kept to a reasonable length as determined by the sponsor.
5. No fingernail polish will be allowed while in uniform.
6. Absolutely no jewelry.
7. No public display of affection while in uniform or while representing East Chambers I.S.D.
8. Uniform pieces, including practice clothes, game uniform, and windsuit, are to be worn only by the cheerleader.

K. Merit /Demerit System

1. Begins the first day of election
2. All merits/demerits will be signed by the cheerleader in manner provided. (charts, notebooks, etc.) A copy will be sent to inform parents of cheerleaders' demerit/merit status.
3. Five (5) demerits results in probation.
4. Ten (10) demerits results in dismissal.
5. Demerits will be issued as follows:

INFRACTION

DEMERITS

Failure to contact sponsor prior to an excused absence	1*
Tardiness (anytime)	1*
Improper uniform (anytime)	1*
Jewelry	1*
Improper hair (practice or game)	1*
Failure to provide parent letter with principal's signature for travel	1*
Being uncooperative	1*
Talking while captain or sponsors are talking	1*
Failure to stand with squad while performing	1*
Failure to meet deadlines	1*
Chewing gum	1*
Public display of affection	1*
Lunch detentions (accumulation of 3)	1
After school detention (1/1)	1
"U" in conduct (1/1)	1
ISS Assignment (2/1)	2
Leaving before dismissed (without sponsor approval)	2
Disrespect toward students, teachers, administrators or other cheerleaders	2
Grade probation-any grade below 70	2
Unexcused absence	3
Fighting, smoking, drinking and anything that sets a poor example as a representative of our school or is considered behavior inappropriate for a cheerleader (Discretion of the sponsor/administrator)	5-10
Suspension from school	5-10

Encounters with the law or involvement in unlawful activities that are considered behavior not appropriate for a cheerleader or representative of our school. (Discretion of sponsor and/or administrator)	5-10
Expulsion or AEP placement	10

*Items may be worked off by extra duty assignments (limit 2). Refer to merit section.

- L. Probation: five or more demerits
 1. Probation will be for one full week from Monday through Friday. If probation occurs during the summer, the cheerleader will not be able to participate during the first week of school.
 2. Cheerleader cannot wear any part of his/her uniform.
 3. Cheerleader cannot participate at pep rallies or games.
 4. Cheerleader must continue to attend practice sessions unless it is a “grade” probation resulting in being ineligible.
 5. Cheerleader will sit in area designated by the sponsor during pep rallies, game, etc.
- M. Conditions Resulting in Probation
 1. Five demerits = one full week probation
 2. UIL regulation grade probation(grade average below 70) = three weeks probation or until grades are re-averaged
- N. Dismissal from Squad
 1. Ten demerits will mean dismissal from the squad and the cheerleader may not try out again
 2. Any action which results in out-of-school suspension or expulsion from school will mean dismissal from the squad.
 3. Blatant violations of school rules or policies resulting in disciplinary action through the principal’s office could result in dismissal from the squad. This will require special consideration of the principal and the sponsor.
 4. Excessive absences due to illness or other “excused absences” could result in a voluntary resignation requirement. Status for trying out again will require special consideration from the principal and the sponsor. (A doctor’s statement concerning the cheerleader’s ability to perform fully would be necessary.)
- O. Merits
 1. A cheerleader may make up 2 demerits per semester which are related only to cheerleading responsibilities. *See list of demerits.
 2. Must earn merit within one week of demerit.
 3. Cheerleaders may earn merits in the following ways:
 - a. Paint extra signs on their own time.
 - b. Assist the squad in a special way. (Subject to sponsor approval.)
 - c. Various other activities approved by the principal and/or sponsor.

- IX. Resignation of Members
- A. After resigning, members may stay in good standing with the East Chambers Jr. High Cheerleading squad and be allowed reinstatement for the following reasons:
 - 1. Illness (physician's report must be submitted at the time of resignation)
 - 2. Moving out of the district.
 - B. If a member resigns for any reason other than the ones listed in IX-A, the member must have sponsor and administrator approval to try out for cheerleader again.
 - C. Following resignation, uniform items must be returned promptly to the cheerleader sponsor.
 - D. Member must submit resignation letter including parent signature to the cheerleader sponsor.
- X. The coaches/sponsors are directly responsible to the principal for the welfare of the cheerleading organization; therefore, they shall have the authority to make any decisions necessary for the welfare of the organization. Any action that needs to be taken concerning a situation not addressed by this constitution, or extreme cases of opposition to stated policies, will be the responsibility of the coaches/sponsors with the consultation of the administration.
- XI. East Chambers Jr. High does not discriminate against any student on the basis of sex, race, creed, or financial status.