



Archbishop Hoban High School Cheerleading Constitution Rules and Regulations Effective Tryouts, 2021

As an Archbishop Hoban High School cheerleader, representing the church, school and community, you are required to adhere to all of the rules set forth in the Archbishop Hoban High School Student Code of Conduct, the Athletic Code of Conduct and all of the following:

Article I: Purpose

The purpose of this team shall be to promote and uphold school spirit, to withstand good sportsmanship amongst students and opposing schools, and to develop a strong, committed and respected competitive team.

Article II: Membership

Section 1: The Varsity team shall consist of up to 16 positions. The head coach has the authority to limit the team to less than 16, or no more than 16 if she/he sees fit. (Basketball season is limited to 10 total cheerleaders, 8 during tournaments.) These athletes may be from the freshmen, sophomore, junior, or senior classes. These athletes will have the option of cheering football, basketball or both athletic seasons. The varsity team cheers at all home and away football and basketball games.

Section 2: The Junior Varsity team shall consist of up to 16 positions. The head coach has the authority to limit the team to less than 16, or no more than 16 as she/he sees fit. (Basketball season is limited to 10 total cheerleaders on the court at any given time.) These athletes will be from the freshmen, sophomore, or junior classes. These athletes will have the option of cheering football, basketball or both athletic seasons. The JV team cheers at all JV home and away football and basketball games, and MAY

be invited for special events at the Varsity home football or basketball games, at the head cheerleading coach's discretion.

Section 3: The Freshmen team shall consist of a maximum of 12 positions. These athletes will be from the Freshmen class. These athletes will have the option of cheering football, basketball or both athletic seasons. The Freshmen team cheers at all Freshmen home and away football and basketball games.

***There will be a minimum benchmark score in order to make each of the AHHS cheerleading teams.**

Section 4: The Competition team shall consist of up to 20 positions. The head coach has the authority to limit the squad to less than 20 as she/he sees fit. These athletes will be from the freshmen, sophomore, junior, and senior classes. Competition season begins in October and ends in February/early March. Due to conflicting schedules with other sports, the head coach can limit the competition team to only those cheering both athletic seasons, if necessary. For those interested in the Competition team, cheerleading must remain your number one commitment and there will be no exceptions for missing practices or competitions for another sport or activity.

Section 5: If you are chosen to be an Archbishop Hoban High School cheerleader for any of the teams, YOU are required to comply with all schedules set by the head coach or any member of the coaching staff. When in season, cheerleading shall be your number one priority amongst all other sports/activities. **No Exceptions.**

Section 6: If you resign your position, for reasons other than medical, you are off the team for the remainder of the year. The head coach then has the right to move another cheerleader from another team to fill the vacant position, and you may be disqualified from trying out for the following year, per the head cheerleading coach and the athletic director's discretion.

Article III: Tryout Rules and Regulations

Section 1: To be eligible to tryout, each candidate must meet the athletic and academic eligibility standards as set forth by the OHSAA and Archbishop Hoban High School.

Section 2: Football and basketball cheerleaders will be selected from the results of tryouts based on the judges' final selection. Tryout scores will be ranked in order based on each girl's ability to cheer, jump, dance and tumble (standing tumbling only). A coach evaluation based from the three cheer clinic dates will also be included in each final score.

Section 3: There will be NO makeup dates for girls who are unable to tryout.

- If a cheerleader is unable to attend tryouts, they must submit a video with all of the tryout material to be viewed by the judges at tryouts. If clinics are missed, no coach evaluation will be added to the tryout score. Extreme circumstances will be looked at by the athletic department.

Section 4: Tryout rules and guidelines:

- Hair must be pulled back completely from your face (ponytails preferred) Plain Navy or white bows are acceptable. No previous Hoban cheer bows.
- You must wear dark (navy or black) colored shorts and a plain white t-shirt. Clean white shoes and socks.
- The tryout area is only open to participating cheerleaders. No relatives or friends inside the school building at any time during clinics or tryouts.
- You may repeat if you make a mistake (2 times only) before score deductions are made.
- All of the required forms must be signed through Final Forms before clinics/tryouts, or you will not be allowed to tryout.
- **All decisions are FINAL.**

Section 5: Rating system based on years of high school cheerleading experience:

- 1 year of HS experience = 3 pts.
- 2 years of HS experience = 5 pts.
- 3 years of HS experience = 8 pts.

Article IV: Practice

Section 1: Practices can be at least twice per week during football and basketball seasons and up to three practices during competition season. All cheerleaders are required to report to the designated areas at the designated times set forth by the coach.

Section 2: The coach reserves the right to call, reschedule or cancel practices if necessary. A 24-hour notice will be given if possible.

Section 3: Illness, death in the family and family emergencies are the **ONLY** excuses for missing any cheerleading function. Work, vacations outside of the summer months and/or babysitting **are NOT excuses for missing any cheerleading function. ONE week excused during the Summer months (June-Early August) per cheerleader for family vacation time.**

Section 4: The coach must be notified in advance with a phone call or text from either the cheerleader or their legal guardian if a cheerleader will be missing a practice. The coach will then determine if the excuse is acceptable.

Section 5: If a cheerleader is absent from school and the school excuses it, then she is excused from practice. A phone call or text still needs to be made to the coach.

Section 6: If a cheerleader misses more than two practices in one week, excused or unexcused, they will not cheer at the next event.

Section 7: Cheerleaders are not permitted to leave practice early unless the coach had been notified before the beginning of practice time.

Section 8: Cheerleaders are not permitted to use their cell phones during any portion of practice unless approved by the coach.

Article V: Games

Section 1: Cheerleaders must ride the designated transportation to and from all athletic contests, unless the coach and the athletic director have approved family transportation ahead of time.

Section 2: Cheerleaders must be at school no later than 10 minutes before the bus leaves. The bus will NOT wait for a cheerleader. Consequences are listed under Article VIII in the constitution.

Section 3: All cheerleaders must be at home football games 45 minutes prior to the start of the games, unless told otherwise by the coach.

Section 4: During football and basketball seasons, cheerleaders will be in sideline formation two minutes before the start of the game and two minutes before the start of the second half.

Section 5: During football and basketball seasons, cheerleaders are required to attend all team dinners, Chapel, etc. as assigned by the head coach.

Section 6: During HOME basketball games, JV and Freshmen cheerleaders must arrive no later than 45 minutes prior to the game. Varsity cheerleaders must arrive no later than 6:30 p.m. or at the designated time given by the coach, and be seated in front of the JV team during the second and third quarters of the game.

Section 7: All games are mandatory. For excused absences see Article IV Section 3.

Section 8: A cheerleader must be present at least a half day of school on game days to participate. If you are absent from school on a game day, you may not attend or participate.

Section 9: If a cheerleader is late coming back from a quarter or half time, she will sit the next quarter. If a cheerleader is late to the game, she will sit half of the game.

Section 10: Cheerleaders will not socialize with friends or each other while in sideline formation.

Section 11: Cheerleaders must leave cell phones in their bags turned off during all football and basketball games.

Section 12: Cheerleaders can and will be benched from a game if they do not follow all of the rules set forth in this constitution. They do not necessarily have to have a certain amount of demerits for this to happen. The coach may, at any time, bench a cheerleader for all or part of a game for failure to comply with any of the rules.

Article VI: Summer Camp

Section 1: Summer cheerleading practices and camps are HIGHLY ENCOURAGED to all Varsity, JV and Freshmen cheerleaders. Student Code of Conduct, the Athletic Code of Conduct and Constitution rules do apply while at summer practices and camps. (Exception: ONE summer vacation week is excused per cheerleader.)

Section 2: Summer vacations are excused if an e-mail is submitted to the head coach by June 1st or by tryout week, whichever comes later. Please try to plan summer vacations around the cheerleading schedule and before the month of August!

Article VII: Responsibilities

Section 1: The school provides uniforms and other cheerleading equipment. The uniform is not to be altered in any way, unless approved by the coach. Each cheerleader is responsible for her uniform and other assigned equipment and will pay for any damages or unreturned uniforms or equipment at current price. Shoes, socks, bows, etc., must be purchased by the cheerleader.

Section 2: NO part of the uniform is to be worn anywhere except for games, school on game days and cheerleading functions. No Exceptions!!!

Section 3: All uniforms must be cleaned for all games (do not put in dryer). All uniforms and equipment must be returned CLEAN.

Section 4: Appearance:

- Head coach has the final say on how hair will be worn for all games and competitions.
- Mandatory hair bow must be worn at ALL games.
- No bright colored nail polish for games. French manicures or pastel pink nails are the only exception.
- Make sure shoes, socks and uniforms are clean before all games.
- No jewelry is to be worn for games! Exception: one stud earring only per ear.

Section 5: Cheerleaders will conduct themselves properly at all times as they are representatives of Archbishop Hoban High School. This includes ALL SOCIAL MEDIA! Any conduct or social media post unbecoming of AHHS and the cheerleading program will not be taken lightly and disciplinary action will be enforced per the code of conduct and demerit system. This includes but is not limited to insubordination and disrespect towards fellow cheerleaders, adults, students, and/or coaches.

Section 6: A cheerleader will not display negative behaviors, including but not limiting to drinking, drugs, smoking or fighting as followed in the Student Code of Conduct and the Athletic Code of Conduct. Any negative behaviors will result in punishment by school administration, the athletic department and/or the head cheerleading coach.

Section 7: Cheerleaders are not to exhibit affection of any kind to their significant other at any school activity while in uniform or representing the school.

Section 8: All cheerleaders are responsible to assist in any fundraising activities. Funds that are raised by the cheerleaders are non-refundable.

Section 9: All OHSAA and league rules must be followed.

Section 10: An athlete that does not follow the rules and responsibilities as an Archbishop Hoban High School cheerleader will result in demerits, benching from games and/or removal from the team at any time.

Section 11: Cheerleaders may not participate in any other sports functions unless the schedules do not conflict at all with one another. This is not the coach's responsibility to work around other team functions. YOU WILL NOT BE EXCUSED FROM ANY CHEERLEADING EVENT FOR ANOTHER SPORTING EVENT DURING CHEERLEADING SEASON!

Article VIII: Demerit System

Section 1: A demerit is a result of not complying with rules and regulations of this constitution. All demerit decisions are made by the coach and are final. Any coach on the cheerleading staff has full authority to issue a demerit.

Section 2: If 35 demerits are accumulated, the cheerleader will be removed from the squad.

Section 3: Demerits do NOT carry over from football to basketball seasons.

Section 4: A cheerleader can ask the coach at any time for an updated demerit list.

Section 5: If 15 demerits accumulate, a cheerleader will be suspended from the next cheering event. If 25 demerits accumulate, a cheerleader will be suspended for the next two cheering events.

Demerits are assigned for the following reasons:

1 demerit will be assigned for:

- Nail polish violation, Hair violation, Jewelry violation
- Forget poms, hair bows, shoes to practice or games
- Wearing wrong apparel to school on designated school days
- 5 minutes or less late to practice or game
- Socializing with friends while in sideline formation
- Social media during the school day

5 demerits will be assigned for:

- 5 minutes or more late to practice or game
- Late for bus departure
- Not properly dressed for game (plus sit that game)
- Not in formation at the start of game (including half-time and quarter changes)
- Public displays of affection
- Cell phone usage at practice or game (unexcused by the coach)

10 demerits will be assigned for:

- Nonparticipation due to stubbornness
- Disrespect and/or insubordination to any coach
- Arguing/fighting amongst fellow teammates
- Leaving a game or practice without permission

Inappropriate behavior on social media (coaches discretion)

15 demerits will be assigned for:

Unexcused absence from practice or game

Unexcused missing of the bus

Any infraction of the Athletic Code of Conduct

Any infraction of the Student Code of Conduct

Any conduct coach sees unbecoming to a cheerleader

IX: Suspensions: (Removal from Team)

Section 1: While under suspension, the cheerleader is required to attend game in warm up and sit with the coach or in a designated area. While under suspension, the cheerleader is still required to practice with the team.

Section 2: If the cheerleader does not attend the game they are suspended from, they will then be suspended for the following two events.

Section 3: A cheerleader can be permanently dismissed from the team for any infraction of the Student Code of Conduct, Athletic Code of Conduct or the Constitution that is deemed completely unacceptable by the coach, Athletic Director, or school administrator.

Section 4: If a cheerleader is permanently dismissed from the team, they will not be allowed to tryout the following school year unless approved by the coach and athletic director. If a cheerleader is removed from a team due to becoming ineligible, they will be able to try out for next season if they are eligible at the time of tryouts.