Carroll High School and Carroll Senior High School

CHEERLEADING CONSTITUTION
2023-2024

This constitution is designed to serve as a set of general guidelines for administrators, sponsors, parents/guardians, and student cheerleaders. The purpose of the constitution is to communicate these guidelines in order to help the members of the Carroll ISD Cheer Program be the best possible representatives for their school. Good judgment and common sense will be used when events are not covered in the constitution. The interpretation of all articles in this constitution is the responsibility of the sponsor and administrator(s). Any changes in this constitution will be communicated in writing to all cheerleaders and their parent/guardian prior to going into effect.

ARTICLE I - PURPOSE

The purpose of the CHS Junior Varsity and CSHS Varsity Cheer Program is to create, promote, and uphold school spirit in accordance with The Student Code of Conduct. Cheerleaders should plan and initiate activities that will promote student body and community support for athletic events and school activities.

Note: For the purposes of this document, the CHS Junior Varsity Mascot is considered part of the Junior Varsity Cheerleading Team and is subject to all rules and regulations of the team. For the CSHS Varsity Team, the mascot is part of the CREW and is not considered part of the cheerleading team.

ARTICLE II – MEMBERSHIP & COMMITMENT

Prior to seeking membership on a cheerleading team, students must understand that self-discipline, self-confidence and dedication are necessary on and off the field. Cheerleaders will be expected to participate in every cheerleading activity. Employment, discretionary tutorials, and serving detention or other forms of student discipline are not acceptable excuses for missing a cheerleading activity. Students who are members of the CHS/CSHS cheerleading team as well as a club team must attend assigned Carroll ISD events if there is a scheduling conflict with club activities.

Cheerleaders are required to participate in any and all activities. As referred to in this document, activities include:

- games
- performances
- fundraisers
- camps
- practices
- social events
- decorating
- sign-making events
- playoffs
- other organized events
- minimum of two community sponsor events through the booster club

These activities will include events on school nights.

All members of a cheerleading team must be enrolled in the required cheerleading class effective post tryouts. Those new to cheer would need to drop an elective to enroll in the class which may cause a rearrangement of schedule. To remain as an active member of a cheerleading team, a cheerleader must maintain a passing grade in each class (as defined by no-pass/no-play guidelines outlined for UIL participation), maintain level of cheerleading performance (specifically the ability exhibited at tryouts), and follow all guidelines established in the constitution and cheer code of conduct as well as any verbal directives given by the sponsor. Members must exhibit and maintain a satisfactory conduct grade at all times during the school year.

If a cheerleader chooses to quit the team, he/she will be required to drop the cheerleading class immediately. Once a cheerleader chooses to quit the team, he/she will not be granted membership again for the current team year. A team year is defined as the time period from 'tryout to tryout.'

ARTICLE III - GENERAL OPERATING PHILOSOPHY

A cheerleading team is only as good as its members and organization. Cheerleaders will set a good example for their peers and community. Cheerleaders will display the following characteristics on and off the field:

- Work (and practice) diligently
- Be honest, truthful, and kind
- Be excellent role models
- Positive school spirit
- Good sportsmanship
- Positive attitudes toward one another and the Carroll ISD Cheer Program

ARTICLE IV - PARENT COMMITMENT

Parent/guardian commitment and involvement are vital to the success of each cheerleader and the cheerleading team. It will be a parent(s)/guardian(s) responsibility to help in various activities when deemed necessary. This includes involvement and participation in any and all activities.

Prior to tryouts, each cheerleading team member must submit the following documents requiring his/her parent/guardian to permit him/her to participate in all cheerleading activities:

- Agreement of Compliance
- A signed medical release form
- A signed Standards for CISD Extracurricular Activities Discipline Policy Statement

All dates for tryout clinics and tryouts will be communicated to the entire student body with sufficient notice to fulfill these requirements.

In addition, parents must be willing to make the monetary commitment necessary to fulfill obligations related to the duties and responsibilities associated with being a member of the cheerleading team. Payment plans may be set up or certain fees may be waived if a student qualifies for free or reduced lunch.

ARTICLE V - MORAL AND ETHICAL EXPECTATIONS

Certain standards and expectations are necessary for the integrity and reputation of the cheerleaders in the CISD. Cheerleaders should be leaders within their school and set a good example at all times. Cheerleaders are expected to have and maintain a character above reproach and to exhibit personal appearance and habits that will reflect a positive image. Cheerleaders are constantly representing the school before the public; they are to abide by the cheer code of conduct.

These expectations apply at all times, not only when present at school functions. All infractions shall be subject to disciplinary action as outlined in the Standards for CISD Extracurricular Activities and in the Student Code of Conduct. Cheerleaders must never put themselves in a compromising position. If others around the cheerleader are not acknowledging the proper social or moral standards and values outlined in these expectations, the cheerleader will be expected to remove herself/himself from the situation immediately.

ARTICLE VI - TRYOUT PROCEDURES

Candidates must meet all UIL and CISD Board policies and the following requirements:

- Each cheerleader and mascot candidate must be enrolled in a Carroll ISD school at the time of tryouts.
- At least one parent or guardian must attend a pre-tryout meeting.
- All candidates must have a signed Agreement of Compliance, medical release, and Standards for CISD Extracurricular Activities Discipline Policy Statement on file prior to the tryout clinic to be eligible to try out for the Carroll ISD Cheer Program.
- Each candidate must be in good financial standing with the Carroll ISD Cheer Program.

There will not be a set maximum for how many members are on each team. Team members will be chosen according to a minimum score. All candidates whose total score (average of judges' scores plus conduct) meets the minimum for their division will be on the team. Minimum score requirements and scoring details will be provided to parents and candidates at a designated meeting prior to tryouts. Varsity candidates who do not make the Varsity team may elect to be on the JV team if they meet the JV minimum score.

Current Varsity Cheerleaders have the opportunity to be exempt from the tryout procedures. If they meet the following requirements, they are not required to attend tryout clinic, participate in mock tryouts, or the official tryout process. Requirements include:

1. The candidate has not received more than 10 total demerits during the current cheerleading term (tryout to tryout).
2. The candidate has not failed a class for a grading period, semester, or year during the current cheerleading term.
3. The candidate is in good financial standing with the Carroll Cheerleading Program.

FORMULATION OF TEAMS

- The Varsity team will be made up of juniors and seniors, only.
- The JV team will be made up of students in grades 9-12.
- The mascot representing CHS can be a freshman or sophomore. There will be one mascot representing Carroll High School.

Competition

- There will be 30 cheerleaders from a combination of JV and Varsity performing on the mat at competitions.
- Remaining cheerleaders will be alternates for the competitions.
- Competition team members must attend all competition practices and events to remain eligible for the mat.

Competition demerits will be separate from demerits received in non-competition practices and events. If a cheerleader exceeds five competition demerits, they will not be able to be on the mat or travel with the team to competitions.

TRYOUT PRACTICE AND TRYOUTS

Cheer tryouts will consist of 1 day each of practice, mock tryouts, and tryouts. Tryout material will be emailed the week prior to tryouts. In the event of inclement weather causing a school closure, date changes will be communicated to candidates and parent via email. Attendance during the entire tryout process is mandatory. If a candidate misses any part of the tryout process, they will be disqualified and will be unable to complete tryouts.

SELECTION PROCEDURES

- At tryouts, cheerleader candidates will perform a required individual cheer, a running tumbling pass, standing tumbling skill, a dance, spirit, and three consecutive jumps before qualified judges. Any deviation from the cheer or dance could result in deduction from the total score. Average of judges' scores will count 85.7% of the total score.

- A conduct/attendance check of the current school year will be used to determine 9.5% of the total score for each cheerleader and mascot candidate. For this portion of the selection process all candidates will start with a score of 10.

    - 10 points will be deducted for any discipline offense that results in DAEP placement.
    - 9 points will be deducted for each discipline offense that results in an out of school suspension (OSS).
    - 2 points will be deducted for each discipline referral not resulting in OSS or DAEP placement.

  If a conduct/attendance calculation score results in a negative number, a zero will be entered in this portion of the selection score. Conduct scores will be provided to the candidates prior to the day of tryouts.

- A n average of the teacher evaluations for each candidate will be used to determine 4.8% of the score. Candidates must send an evaluation to all their current teachers.

- A candidate **who does not make the team** may elect to privately view his/her own individual judges' tryout score sheets. The score sheets may be reviewed in an administrator's office by appointment and may not be removed from the school. The statute of limitations concerning viewing scores is 10 school days following the tryout.

- In case of injury or serious illness during the time of tryouts, a video will be allowed in the place of an in person tryout if all of the requirements below are followed:
    - The video must be received by the appropriate sponsor and approved by campus administration at least 1 week prior to tryouts via email, jump drive, or DVD unless the injury or illness occurs during the tryout process.
    - The video will only be allowed if accompanied by the treating physician's documentation (doctor's note) proving that the skill (dance, jumps, cheer, standing tumbling, and/or running tumbling) is unable to be performed at this time.
    - The video needs to show the skill that is currently unable to be performed at this time can be performed when healthy.
    - The video must clearly show the candidate performing the skill(s) on a non-spring surface.
    - The video must have been recorded within the past 12 months.

JV mascot candidates will contact JV cheer sponsor for tryout details.

ARTICLE VII - CHEERLEADING CLASS

Cheerleading is a full-year course, and the cheerleader is expected to commit to activities and practices during both the fall and spring semesters. A cheerleader will receive 1 credit of physical education. Following one year of physical education credit, he/she will earn 1 fine arts credit for each full year, per TEA Guidelines. Each cheerleader will receive a numerical grade average on all grade reports. The numerical grade will be based on overall participation at all required activities.

ARTICLE VIII - ACTIVITY PROCEDURES

All cheerleaders will attend every required activity whether performing or not. Transportation will be provided to most activities except home games for all sports. Everyone will ride to and from the activity with his/her team as required by the district. Only the principal or sponsor can make exceptions to the transportation requirement and written documentation must be provided by the parent. A travel release form must be turned in to sponsor and pre-approved by administration at least 1 week prior to the activity.

Cheerleaders must never leave the group without permission when cheering at the activity. Cheerleaders must be ready for the game when they get off the bus. Cheerleaders must not eat on the field/court or use a cell phone on the field/court. Cheerleaders must wait until halftime to eat or make a necessary phone call. Cheerleaders must never cheer when any player is injured. Cheerleaders must always exhibit appropriate behavior.

Varsity will attend playoff games for all sports. The JV team will attend all football playoff games.

Each cheerleader is responsible for knowing the departure schedule for each activity. Missing the

bus is considered an unexcused absence and will result in sitting out at the next game with the sponsor.

When using a bus for transportation, certain rules should be followed:

- Be courteous to the bus driver.
- Headphones must be used with electronic devices.
- State law prohibits standing up on the bus.
- State law prohibits placing anything in the aisle of the bus.
- Do not hang out the windows, yell or communicate in any way with other motorists or pedestrians.
- Do not throw anything out of the bus.
- Do not eat on the bus unless permission has been given by the sponsor.
- Roll up the windows before leaving the bus.
- Clean up after yourself before leaving the bus.
- Do not leave the bus before permission has been given by the sponsor.

ARTICLE IX - ATTENDANCE AND TARDY POLICY

1. All activities are mandatory, and attendance is required. Any absence, from any activity if considered unexcused, will result in ten demerits and result in sitting out the next performance.
2. A cheerleader who is absent (excused) for all or part of a performance day will perform at the discretion of the sponsor/coach. Cheerleaders are required to notify their sponsor of any absence via email *prior to an absence(s).*
3. Spring and summer practices and camp are mandatory.
4. Failure to attend practice may result in removal from a performance.
5. Consequences of any absence from a cheerleading activity resulting from participation in another school or school-related activity will be given at the discretion of the sponsor and administration.
6. A person who skips cheerleading or any other class, for any reason, is subject to disciplinary action as outlined in the CISD Student Code of Conduct as well as cheerleading demerits.
7. Work will not be an excusable reason for missing, being late, or leaving early from any cheerleading activity.
8. Junior or senior cheerleaders may take up to two days for a college visit as long as permission is given in advance by the sponsor and the visit is in accordance with school policy. College visits cannot be taken during any scheduled cheerleading activity. The cheerleader must obtain the college visitation form from the attendance office and show the completed form to the sponsor the following day.
9. Any person who is one to fifteen minutes late to any cheerleading activity will be considered tardy. Tardiness will result in demerits.
10. Physician's documentation will be required for a cheerleader who is unable to perform due to an injury. Where possible, the cheerleader should attend the event in uniform and sit with the sponsor.

ARTICLE X - CHEERLEADER OF THE WEEK

A cheerleader from each team will be chosen each home game during the football season for this honor. The sponsor determines how the cheerleader will be chosen. Selection is based on attitude, showmanship, work ethic, and enthusiasm.

ARTICLE XI - LOCKER ROOM AND DRESSING OUT

Cheerleaders must dress out every day according to the uniform schedule provided by the sponsor.

Cheerleaders must lock all belongings in an athletic locker or bring belongings to class during practice. Cheerleaders must not assume that personal property will be safe in the dressing room. Cheerleaders must keep the dressing room neat and clean.

ARTICLE XII - SAFETY

Any members who are injured will receive medical attention immediately. If a parent cannot be reached, an ambulance will be called if necessary. A medical release form must be signed by the parent *prior to the tryout clinic* and taken to all cheerleading activities by the sponsor.

Camp is mandatory because safety instruction is an integral part of the camp day. Failure to attend summer camp may result in demerits. Safety guidelines will be enforced. Once a skill is mastered on safety mats, it may be performed on the gym floor, field or track.

ARTICLE XIII - DEMERIT and MERIT SYSTEM

The demerit system is designed to provide a management system for the sponsor/coach. Only the sponsor/coach may issue demerits. The system provides demerits and penalties for rule violations. Demerits begin as soon as the team is announced and continue until the completion of the next cheerleading tryouts. Sponsors will issue demerits within 5 class periods of the infraction. Cheerleaders are required to sign the demerit book, acknowledging that they are aware when they have received a demerit.

When a cheerleader accumulates 20 demerits, he/she will be placed on probation. When sitting out a performance, a cheerleader must still attend the event in uniform and will sit in a place designated by the sponsor. When a cheerleader accumulates 30 demerits, he/she may be permanently dismissed from the team.

Demerit assignments include, but are not limited to, the following:

1 Demerit

- Any item left behind at an activity
- Hair not pulled up in uniform or at practice
- Wearing jewelry at practice or games
- Not having poms/megaphone
- A visible tattoo at practice or games
- Wearing incorrect practice shirt or shorts
- Tardy (1 – 5 minutes)
- Not wearing shoes during practice
- Not having hair ribbon or incorrect hair ribbon
- Chewing gum/eating during practice and/or games
- Not fulfilling responsibilities with a positive attitude

2 Demerits

- Not following bus rules
- Failure to return to positions on time after halftime or between games
- Not returning items by due date (demerits given each day the item is late)
- Incorrect/incomplete uniform
- Inappropriate talking at practice or games
- Tardy (6 – 10 minutes)

3 Demerits

- Poor sportsmanship, including but not limited to, opposing school, all those involved.
- Not riding the bus to or from an event without proper documentation. 3 demerits each way.
- Unexcused absence from any playoff spirit event
- Tardy (11 – 15 minutes)

5 Demerits

- Unexcused absence from practice
- Uncooperative, disrespectful, or defiant behavior
- Improper or excessive use of cell phones at practice or games
- Improper behavior on field/bus/court
- Not cleaning up after painting or decorating activity, or after game

10 Demerits

- Unexcused absence from a performance
- Unexcused absence from the fundraiser cheer clinic (per day)

20 Demerits (also constitutes automatic probation)

- Inappropriate behavior anytime, anywhere as outlined in Article XIV & XVI
- "U" in conduct in any class
- Insubordination
- Violation of safety rules
- First violation of the Student Code of Conduct and Standards for Extracurricular Activities, unless otherwise dismissed

***Administration and/or sponsor reserve the right to remove a cheerleader from any activity if deemed necessary.** (Example: Cheerleader refuses to follow directions during a game, sponsor will enforce a specific "sit out" time period, during said game. The cheerleader will remain seated for the specific time period with the sponsor.)

MERITS:

Merits can be used to offset demerits. Merits can be earned by performing community service or can be given by the sponsor. A merit form must be turned in to receive merits that are earned at a community service event.

- 1 community service hour = 1 merit
- Only 5 merits can be in a cheerleader's bank at any given time
- 3 merits for straight A's on report card – grades must be submitted to sponsor within one week of report cards
- Merits earned must be submitted within 5 school days of the community service activity

ARTICLE XIV - PROBATION

Any member who accumulates 20 demerits will be placed on probation for 15 school days. During this probationary period, the member will not perform, but will attend all activities in uniform and sit with the sponsor. Both the cheerleader and the parent/guardian will be informed when he/she has received 15 demerits placing him/her in the "danger zone."

Grounds for probation will include, but not be limited to, the following:

- Accumulation of 20 demerits
- An occurrence when 20 demerits are given. This may include, but not be limited to, the following:
- Using profane or obscene language or gestures
- Public display of affection
- Bullying: FFI LOCAL, Student Welfare Freedom from Bullying,
- Harassment
- An offense where suspension is rendered
- Cheating for which an administrator has received documentation
- Truancy
- Vandalism
- Insubordination to any school personnel
- Violation of safety rules
- Failure of a course. (UIL/TEA guidelines will be followed in the event of a failed academic course. A cheerleader who is ineligible due to failure of an academic course(s) will not be permitted to attend any cheerleader event.)

ARTICLE XV - PERMANENT DISMISSAL

Permanent dismissal from the team will be determined by the sponsor and the principal. **Once a cheerleader has been dismissed from the team, he/she will be required to immediately have a schedule change out of the cheerleading class.** Reasons for dismissal will include, but not be limited to, the following:

- Receiving 30 demerits during the cheerleading term
- Failing two UIL grading periods during the cheerleading term, which consists of the time period from tryout to tryout
- A second probation level offense where probation has already been given
- Assignment to DAEP
- Second violation of the Student Code of Conduct and Standards for Extracurricular Activities, unless already dismissed

ARTICLE XVI - STANDARDS FOR SCHOOL-SPONSORED EXTRACURRICULAR OR CO-CURRICULAR ACTIVITIES, CLUBS, AND ORGANIZATIONS

All students are expected to adhere to the Code of Conduct as it applies to school-related or school- sponsored activities. Students involved in extracurricular and/or co-curricular activities are expected to exhibit the highest standards of ethics and conduct. A student's participation in extracurricular and/or co-curricular activities is a privilege, not a right. Therefore, the teachers, sponsors, coaches, and directors of these activities may develop and enforce codes of conduct for the individual activities that will take into consideration both school-related and nonschool-related misconduct, regardless of time or location. This would include any misconduct that would reflect negatively upon Carroll ISD. Additionally, the District has outlined the following uniform consequences for misconduct by students involved in extracurricular and/or co-curricular activities. In the event there is a conflict between the Student Handbook and Code of Conduct and an individual extracurricular or co-curricular activity's code of conduct, the Student Handbook and Code of Conduct shall control. Suspensions from extracurricular and/or co-curricular activities are not subject to appeal or review.

Consequences for Out-of-School Suspension (OSS) Students who are suspended from school will be suspended from participation in all extracurricular and co- curricular games, contests, performances, banquets, and team transportation for the following lengths of time: 1st OSS: Suspension from the specified activities for a period of 10 school days from the date of OSS. 2nd OSS: Suspension from the specified activities for a period of 30 school days from the date of OSS. 3rd OSS: Suspension from the specified activities for a period of 90 school days from the date of OSS.

Note: a student's suspension from activities includes the specified number of school days, as well as any non-school days included within the suspension timeframe. For example, if a student receives a 10-day suspension and the student's suspension begins on a Monday, the student will be suspended from activities for Monday through Friday (school days 1-5), the immediately following Saturday and Sunday, and the next Monday through Friday (school days 6-10). Likewise, if a school holiday falls within the suspension timeframe and a student's suspension begins on a Monday, the student will be suspended from activities for Monday through Friday (school days 1-5), Saturday and Sunday, the Monday holiday, Tuesday through Friday (school days 6-9), Saturday and Sunday, and Monday (school day 10).

Consequences for DAEP Placement Students who are placed in DAEP will be suspended from participation in all extracurricular and co-curricular activities, including, but not limited to, practices, team meetings, games, contests, performances, banquets, and team transportation for the following lengths of time: 1st DAEP placement: Suspension for a period of 45 school days from the date of DAEP placement. 2nd DAEP placement: Suspension for a period of 90 school days from the date of DAEP placement. 3rd and subsequent DAEP placements: Suspension for one calendar year from the date of DAEP placement. **Consequences for Expulsion** Students who are expelled are suspended from participating in all extra-curricular and co-curricular activities, including, but not limited to, practices, team meetings, games, contests, performances, banquets, and team transportation for the period of time they are expelled.

Consequences for Non-School-Related Offenses Students who commit non-school-related offenses may be suspended from participation in extracurricular and/or co-curricular activities by the campus behavior coordinator. Before an extracurricular or co-curricular activity sanction will be imposed pursuant to this Student Handbook and Code of Conduct, the campus behavior coordinator shall thoroughly investigate the matter to gather all relevant information, including information from a law enforcement agency. When evidence of a non-school-related infraction is presented to the campus behavior coordinator, the student and parent/guardian will be notified of the offense. The student and/or parent/guardian will be afforded the opportunity to have a meeting with the campus behavior coordinator to discuss the offense and the penalties that have been assessed. A student who commits a non-school-related offense will be suspended from participation in extracurricular and co-curricular games, contests, performances, banquets, and team transportation for the following lengths of time: 1st Offense: Suspension from specified activities for thirty (30) school days. 2nd Offense: Suspension from specified activities for sixty (60) school days. 3rd Offense: Suspension from specified activities for ninety (90) school days.

Note: a student's suspension from activities includes the specified number of school days, as well as any non-school days included within the suspension timeframe. See note above for examples.

Completion of Suspension from Activities All listed extracurricular and co-curricular suspensions, regardless of whether they are school-related or non- school-related, are for "school days" and may continue into the next school year. For example, if a student is suspended from activities for thirty (30) school days with only ten (10) school days remaining in the school year, he or she will serve the remaining twenty (20) days at the beginning of the following school year. If a student is suspended from activities based on a DAEP placement or expulsion and the suspension continues into the following school year, the student will be suspended from all activities that may occur during the summer between the current and following school year.

Note: for a student's first career drug or alcohol offense, whether school-related or non-school-related, the student may participate in an optional counseling program to reduce the suspension by fifteen (15) school days, if the suspension is for 45 or more school days. The program will involve six (6) hours of counseling and may include parent participation. The cost of the program will be $180.00, which will be paid by the student. This program is an option only on the first career drug or alcohol offense.

Suspension Penalties are Cumulative

Suspension penalties are cumulative throughout the student's middle school career (7 th and 8th grades), high school career (9th and 10th grades), and senior high school career (11th and 12th grades). A student's accumulation of suspension penalties starts over and begins accumulating again each time the student moves up to the next level campus.

Participation in Tryout, Election, or Selection Process during Suspension from Activities

While under suspension from extracurricular and/or co-curricular activities, a student may participate in any tryout, election, or selection process that would allow him or her to participate in an activity that begins after his or her suspension is completed. A student elected to or selected for an organization or team while suspended from extracurricular and/or co-curricular activities may participate in games, contests, performances, and team transportation only after his or her days of suspension from extracurricular and/or co-curricular activities have been completed. Notwithstanding the foregoing, a student will not be allowed to participate in any tryout, election, or other selection process that takes place while he or she is serving out-of-school suspension, a DAEP placement, or an expulsion.

Note: a student's disciplinary consequence and suspension from extracurricular and/or co-curricular activities run concurrently. This means the student will not be allowed to participate in any tryout, election, or selection process during the student's suspension from activities while the student is concurrently serving his or her disciplinary consequence. However, once the disciplinary consequence has been completed and while the suspension from activities continues, the student may participate in a tryout, election, or selection process. For example, if the student receives a disciplinary consequence of three days of out-of-school suspension (OSS) with a resulting 10- day suspension from activities, the student will not be allowed to participate in any tryout, election, or selection process while the student is serving the three days of OSS, along with the first three days of the suspension from activities. However, once the OSS has been completed and while the student completes the remaining seven days of his or her suspension from activities, the student may participate in a tryout, election, or selection process.