



2023-2024 CJHS Cheerleading Discipline Addendum

Coppinville Junior High cheerleaders will set the standard for an exemplary student, in behavior, academics, attendance, and performance on the field and in practice.

I. Guidelines

- A. The coach and principal have the option of issuing discipline and/or removing a cheerleader from a game, pep rally, or both.
- B. Points and/or conditioning will be used as a disciplinary tool.
- C. Points and/or conditioning will be given by the coach. Coach reserves the right to adjust type of conditioning (i.e., v-ups instead of laps).
- D. Ten points will result in being benched for one week.
 - i. "Benching" means not performing in any team function for at least 1 performance/game.
- E. Twenty-five points will result in dismissal from the squad.

II. Causes and Consequences for Discipline

- A. Causes for Discipline and Consequences
 - i. Any cheerleader displaying defiant behavior toward the coach or other faculty member will be dealt with by the coach and/or principal. Discipline can range from points to dismissal from the squad.
Any cheerleader displaying behavior not consistent with CJHS Cheerleader expectations will be dealt with by the coach and/or principal. Discipline can range from points, benching, alternative consequences determined by the coach and/or principal, to dismissal from the squad.
 - ii. A cheerleader may not have more than 2 office referrals because of discipline. Office referrals are not limited to paper referrals; any instance of administrative counseling may be considered an office referral. Each discipline referral will result in 3 points and/or 10 laps. The 3rd referral will result in dismissal from the squad, regardless of points, and will be determined by the coach and/or principal.
 - iii. A cheerleader will not use his/her cell phone during a ballgame. If he/she must use their phone, they must gain permission from the coach and then go to a place designated by the coach to make the call. If a cheerleader violates this rule, the phone will be taken up until the end of the game and then given back at the coach's discretion. Also, this offense will result in 1 point.
 - iv. Any cheerleader not displaying good sportsmanship will be issued 6 points.
 - v. Any cheerleader eating during football or basketball games at any time other than the time designated by the coach will be issued 1 point.
 - vi. Any cheerleader not dressed correctly (uniform, bow, shoes, etc.) for any activity will be issued 2 points.. They will also not be allowed to participate until they are dressed correctly.
 - vii. Any cheerleader whose personal appearance is not

appropriate (fingernails, nail polish, jewelry, chewing gum, etc) will receive 2 points.. They will also not be allowed to participate until this is corrected.

III. Absences

- A. Excused absences require a doctor's note or equivalent. Parent may only excuse a maximum of TWO (2) absences from a practice.
 - i. An unexcused absence from practice will receive 5 points.
 - ii. An unexcused tardy or departure from practice will result in 1 points.
 - iii. An unexcused absence from a pep rally will receive 2 points.
 - iv. Any cheerleader with an unexcused tardy to a ballgame will receive 2 points. A tardy of 15 minutes or more will result in sitting out the 1st quarter of the game **and** 2 points.
 - v. Any cheerleader with an unexcused absence from a game will receive 5 points. (If a cheerleader is not allowed to cheer at a ballgame due to not attending class all day, their absence from the game will be considered unexcused unless accompanied by a dr. note).
 - xi. Any cheerleader absent the day following the game will need a doctor's note, or will receive 2 points, unless otherwise excused by the coach or administration.
- C. Any absence (excused or unexcused) from the practice before a game/pep rally/ performance will also result in sitting out for that performance.

IV. Miscellaneous

- A. Behavioral expectations will be determined by the coach and/or administration.
- B. Cheerleaders are expected to use good judgment, on or off the field, when making decisions regarding their behavior.
- C. Negative consequences typically follow that of the classroom expectation: warning, student/coach conference, THEN parent notification, unless otherwise required at the discretion of the coach.
- D. Miscellaneous types of improper conduct can constitute anywhere from 1-20 points and/or conditioning, or dismissal from the team. Extended conduct can include, and is not limited to:
 - i. Not knowing material.
 - ii. Poor attitude or refusal to cheer during a game.
 - iii. Receiving reports from teachers/administrators regarding behavior/grades.
 - iv. Reports of inappropriate postings or behavior on social media.
- E. The coach and/or administration reserves the right to make any and all decisions regarding discipline. Parental contact will be made one time before dismissal. A decision to dismiss is final once it has been made.
- F. Once a cheerleader has been dismissed, all gear and uniforms will be turned in immediately. In addition, no refunds will be given for cheer expenses.

A. Demerits

Penalty for demerits- For every demerit earned, the cheerleader/mascot must run 2 laps during the practice at which it was earned, or at the next practice, if it was earned at a game or other mandatory event.

3 points- $\frac{1}{2}$ game benched

6 points- 1 whole week benched (games included)

9 points- 2 whole weeks benched (games included)

25 points- removal from the squad

Demerits:

Infraction Number	Infraction	Punishment/ # of demerits
1	Unexcused Tardy for game, practice, or mandatory event **15 Minutes or later will result in sitting out the first quarter of the game.	1
2	Missing practice (unexcused), meeting, or mandatory event	3
3	Improper practice attire (includes wearing jewelry, hair not pulled back) or forgetting cheer items	1 and benched until fixed
4	Improper or Incomplete uniform at events (shoes, socks, ribbon, poms, etc)	2 and benched until fixed
5	Improper personal appearance (fingernails, jewelry, chewing gum, etc.)	2 and benched until fixed
6	Gossiping	First time a warning- any time after that will result in 3
7	Attitude (Rolling eyes, talking back, arguing, etc)	First time a warning- any time after that will result in 3
8	Cell phone-if seen at a practice, game, or other mandatory event	1
9	Leaving pieces of uniform/equipment at practice or event	1 per item
10	Acts of Unsportsmanlike conduct during the season- this includes but not limited to profanity or distastefulness (including social media), obscene gestures (including on social media), fighting/arguing, cheating on a test	6
11	Office Referral (Behavior unbecoming of a DJHS cheerleader will result in dismissal)	6
12	Insufficient knowledge of	2

	routines and stunts	
13	Allowing a top person in a stunt or pyramid to fall to the ground the entire team will receive punishment.	2
14	Disrespect or insubordination to coaches, administration, and teachers. This will be determined by the coach/administrators	6
15	Talking to fans or other cheerleaders excessively during practice or games	First time a warning- each reminder after that will result in 1
16	Not being courtside, game ready, two minutes before the game starts or after half-time	1
17	Eating or Drinking during games or practices	1
18	“D” on progress report/report card	Each “D” on progress report- 3 Each “D” on report Card- 6
19	“F” on progress report/ report card	Each “F” on progress report-6 “F” on report card- dismissal
20	Fees not paid by specified due date	Benched until fees are paid
21	Failure to learn/know material (cheers, chants, dances)	2 (possible benching)
22	Unexcused Absence from Practice, Game, or Mandatory Event	5
23	Absent the day following a game (football or basketball)	2

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Coppinville Junior High cheerleaders will set the standard for an exemplary student, in behavior, academics, attendance, and performance on the field and in practice.

I have read and understand the CJHS Cheerleading Discipline Addendum. I understand the expectations of being a CJHS Cheerleader.

By signing this form, I agree to follow all expectations listed in this addendum. If not, I understand the consequences that may follow.

Cheerleader Printed Name

Cheerleader Signature

Date

Parent Signature

Date

Please return by Monday, March 14, 2023.