

SIERRA BLANCA CHEERLEADING CONSTITUTION

I.PURPOSE AND VALUE OF CHEERLEADING

- A. To promote and uphold spirit, good sportsmanship, and crowd involvement.
- B. To strive to uphold personal, as well as cheerleading standards, that include: Leadership, physical fitness, courtesy, tolerance, self-control, patience, responsibility, respect, character, citizenship, and moral development.

II.CHEERLEADING CONDUCT AND RESPONSIBILITIES

- A. Will promote school spirit through cooperation with administrators, sponsors, officials, other squad members, teachers, and students.
- B. Will display good sportsmanship at **ALL TIMES**.
- C. Will follow instructions of the sponsor including the planning of pep rallies, creating of signs, assisting with homecoming activities/ duties, and any other duties assigned.
- D. Will not eat or chew gum while on the field or court.
- E. Will not sit in the stands or leave the squad until given permission.
- F. Will not hold meetings without a sponsor present or perform stunts that have not been practiced that week.
- G. Will assist with fund-raisers as directed.
- H. Will clean up after each event.
- I. Will attend all practices, games, and events.
- J. Behavior which reflects poorly on the rest of the squad or student body will not be tolerated. Behavior is expected both IN and OUT of school. (Example: smoking, vaping, drinking of alcoholic beverages, use of drugs, public display of affection, name calling, profanity by person or electronics, sexting in any media format, etc.).

III.ELIGIBILITY

- A. Signed Cheerleader Constitution.
- B. Cheerleaders fall under the UIL guidelines of “ No Pass No Play”. Make sure to keep your grades up.
- C. If any cheerleader becomes ineligible during the year due to grades, they will still be required to attend all scheduled practices.

IV.PRACTICES

- A. All cheerleaders must attend scheduled practice sessions.
 - *Cheerleaders must be on time for all practices. If running late, the sponsor must be contacted by phone. Not knowing is not an excuse and if unsure contact the sponsor.
 - *When being checked out due to feeling ill or other reasons make sure to contact the sponsor that you may not be attending practice. **This is your responsibility to notify the sponsor.**
- B. There will be scheduled practices each week of the football season with additional practices scheduled as needed. The cheer sponsor will post practices on SportsYou in advance.
- C. Cheerleaders have a **MANDATORY** summer camp scheduled by the sponsor. Cheerleaders must attend both scheduled days to maintain team membership. dates will be provided months in advance.
NO EXCUSES.

V. PRACTICES CONTINUED

D. Cell phones will not be allowed during practice time. They need to be left in your bag and placed either on silent or vibrate.

F. Cheerleading is considered an athletic sport. Therefore, any cheerleader that has an injury preventing them from participating in athletics will also extend into cheerleading activities.

*The cheerleader must still attend all practices and events but will not be allowed to perform until released from the doctor or trainer. This is for safety reasons.

VI. ABSENCES

A. Excused absences must be approved **IN ADVANCE** by the sponsor. This includes illness of the cheerleader, other school sponsored activities, family emergencies or other reasons approved by the sponsor.

B. **ANY** absence not reported in advance shall be unexcused.

C. If any cheerleader receives an unexcused absence at school the day of a game, pep rally, or event, they must attend, but will not be allowed to wear their uniform or participate. If you have a doctor's appointment, you must still be in school for at least ½ the day in order to cheer. Unless you have already notified the sponsor of your absence due to doctor appointment and a note is given to the sponsor when arriving to the campus.

D. Being tardy to 3 practices will be equivalent to an absence.

E. Any absence immediately following game day will result in sitting out for the next scheduled game unless a doctor's excuse is provided.

VII. UNIFORMS

A. Each cheerleader will be responsible for the care of their uniforms. ***All alterations must be approved by the cheer sponsor.**

1. The cost of uniforms, camp clothes, shoes, briefs, socks and other accessories (Not covered by fundraising) will be the responsibility of the cheerleader.

2. Required attire will need to be paid **in full by date set by sponsor** or you will forfeit your position on the squad.

3. Any extra items that the squad and parents agree upon must be paid up front before the item will be ordered such as; costumes, t-shirts, socks, backpack, custom uniform etc. The cheerleader shall keep all items purchased with their own money.

4. Cheerleaders will travel in a designated travel outfit with matching attire. If she/he does not wear the designated travel outfit on game day, they will not be allowed to cheer at the game that night.

B. Hair/Makeup:

1. Hair will be off the face and put up at all games unless directed otherwise.

2. Nothing out of the ordinary for make-up. Look sharp and represent SBISD with class. (Unless approved by sponsor for a pep-rally theme or Homecoming)

C. Jewelry:

1. **NO** chains, necklaces, HOOP/ DANGLING earrings (studs are permitted), or watches, including smart watches are to be worn during practice or games (this is a safety issue, and will be strictly enforced.)

2. Piercings (nose piercing) will need to be changed out to small studs and all others will need to be taken out. Belly rings will need to be taped or taken out so they will not get caught on uniforms or other items when doing lifts or tumbling. This is more of a safety issue than anything else.

VIII.GAMES

- A. Cheerleaders will attend all home and away games (High school both/ JH home only).
- B. For football games, cheerleaders will arrive on the football field 45 minutes before the game starts and be set up for the games. (Run through, flags, poms)
- C. Cheerleaders who are 10 minutes or more late to the game will not cheer but will be expected to sit with the sponsor in uniform. This action will result in a deduction. (See deduction list)
- D. Cheerleaders who are late from half-time will not be able to cheer for 1 quarter. Above time restrictions may be changed according to sponsor instructions.

IX. PEP RALLIES

- A. Cheerleaders will be assigned pep rally groups and are required to help plan themes, decorations, and games for their assigned pep rally.
- B. Cheerleaders must attend and participate in all pep rallies.
- C. Cheerleaders will all dress according to that week's pep rally. Uniforms will be worn unless stated by sponsor. **NO EXCEPTIONS**

X.TRANSPORTATION

- A. Cheerleaders are required to ride in transportation provided by the school to the events (Unless prior approval is granted by sponsor).
- B. Cheerleaders will only be allowed to leave an out of town event with their parent/guardian that is on school records (Parent/Guardian will have to sign the student out with the sponsor). Under special circumstances, a student may ride home with an alternate adult if a letter of consent has been approved by a school **ADMINISTRATOR** prior to leaving for the event.
- C. All cheerleaders will remain with the squad until the event or game is over and the sponsor has given the cheerleader permission to leave.

XI. FUNDRAISING

- A. **ALL** Cheerleaders must participate in group fundraising.
- C. Fundraisers include but are not limited to: Concessions, Bake Sales, and Various Spirit Items etc. Other fundraisers may be required by the cheer sponsor.

XII. MAKE-UP PROJECTS

- A. A squad member may perform any of the following duties to make-up for any missed excused activity. Projects include but are not limited to:
 - Roll T-shirts, Make signs beyond those assigned, Any other duties approved by the sponsor or cheer squad leader.

XIII.DISCIPLINARY POINT DEDUCTION SYSTEM

A. Disciplinary Actions

- 5pt. Deduction: Benched for 1 pep rally and 1 game.
- 10pt. Deduction: Benched for 2 pep rallies and 2 games.
- 15pt. Deduction: Benched for 3 pep rallies and 3 games.
- 20pt. Deduction: Dismissal from squad.

B. Points Deductions

- 10 – ISS/AEP placement or equivalent disciplinary action
- 10 – Suspension from school
- 5 – Failure to complete/participate in a group fundraiser as assigned/determined by the sponsor.
- 5 – Any behavior not listed that reflects negatively toward the squad.
- 5 – Each unexcused absence from a game, practice, and/or meeting.
- 5 – Leaving a squad or event without sponsor's permission.
- 5 – Disrespectful to administrators, sponsors, and/or teachers.
- 4 – Cursing and using foul language at a game and on social media such as Twitter, Instagram, TikTok, Snapchat, Facebook, etc.
- 3 – Texting or talking on cell phone during any activities.
- 3 – Negative comments or inappropriate gestures made against any cheerleader, school team, sponsor, or individual.
- 3 – Failure to participate in fundraisers and/or turning material in on time.
- 3 – Failure to complete appointed duties and/or turn in assigned paperwork on time.
- 3 – Failure to clean gym after pep rally, side-line after football game, or bus upon return from an event.
- 2 – Arguing with sponsor or squad member.
- 2 – Failure to pay attention, cooperate, work, or yell at any activities.
- 2 – Public display of affection while in uniform.
- 2 – Failure to be on time to practice or games; 15 minutes = an absence.
- 2 – Wearing jewelry of any kind.
- 2 – Failure to have complete uniform for travel and/or cheering (correct uniform, shoes, socks, tights, hair accessory, pompons, no bra straps showing, or colored bra.)
- 2 – Failure to return from halftime no later than 1 minute before the 2nd half of game.

As a cheerleader accumulates deductions, the following will occur:

- 3 Deductions - Written warning from cheer sponsor.
- 5 Deductions - Parent notification.
- 10 Deductions - Parent meeting with sponsor.
- 15 Deductions - Parent meeting with sponsor and administration
- 20 Deductions - Parent meeting with sponsor and administration, removal from the cheer squad

Notice:

This document is intended to set out basic rules and regulations for this organization. It must be understood that any situation not specifically covered by this document will come under the authority of the organizational sponsor and/or campus administrator. This document shall not supersede the Sierra Blanca ISD Student Code of Conduct. Students who are on a school sponsored activity, or are representing Sierra Blanca ISD in any manner are subject to these policies.

This document and all of its rules and regulations will become effective once the cheerleader has been elected and will remain in effect until the following year's sign ups/tryouts.

**SB Cheer Parental Permission
Consent Form**

I have read and fully understand the rules and regulations that will govern my daughter/son as cheerleader representing Sierra Blanca High/ Jr. High School during the 2026-2027 school year. I agree to abide by the Sierra Blanca School Cheerleader Constitution. I also understand that any rules or regulations that are broken will be handled accordingly by the sponsor or SBISD administration. I further understand that this is an extra-curricular activity and that attendance to all practices (including summer practices), games, special functions, and fundraising activities is a requirement of the elected cheerleaders.

I understand that we will be responsible for all cheerleading expenses.

I give my consent for my daughter/son, _____, to be a cheerleader for Sierra Blanca School during the 2026-2027 school year.

Parent's Signature

Date

I, _____, understand and accept the responsibilities of being a cheerleader for Sierra Blanca High/ Jr. High School. I agree to abide by the rules and regulations set forth in the Sierra Blanca High/Jr. High School Cheerleader Constitution. I understand that there are consequences that could result in my removal from the squad. I also understand the financial commitment required to participate in cheerleading.

Cheerleader Signature

Date