In order to keep discipline actions consistent for everyone we have the following demerit system. Demerits will be distributed - accordingly for any behavior that the coaches’ feel is unacceptable. Please note that we may add or remove penalties throughout the year as necessary, but written notice will be given if a change is made. All merits and/or demerits will be recorded and dated in a notebook. Demerits do not re-start at the end the semester. The following is a list of conduct unbecoming a cheerleader and the penalty assessed for each violation. **KEEP THIS PAGE FOR YOUR RECORDS**

# CONDUCT AND APPEARANCE

CA1. Wearing jewelry at games or practice

CA2. Inappropriate dress (ex... stomach showing in uniform)

CA3. Chewing gum/eating while cheering

### CA4. Incorrect uniform for a game

CA5. Unclean Uniform

CA6. Insufficient apparel for practice (ex. forgetting shoes or shorts)

CA7. Wearing uniform in improper places/letting non-cheerleaders wear uniform   
CAB. Display of physical affection in public (PDA)

CA9. Unsportsmanlike conduct

CA10. Talking to friends during practice/games without approval   
CA11. Talking on cell phone once activity has started without approval   
CA12. Inappropriate material posted on social media

CA13. Being assigned ISS or OSS  
CA14. Having fingernails longer that active length. Wrong color nail polish.

CA15. Fighting with a team member (Causing/involved in drama)

(In the event that two or more cheerleaders have a dispute that interrupts the productivity and cohesiveness of the team and the problem cannot be resolved, both team members **will** be removed from the squad)

# PRACTICE AND PARTICIPATION

PPL Late/unsatisfactory fulfillment of duties

PP2. Unexcused tardiness for a game/practice/other cheer event ("on time" to practice requires that the cheerleader is dressed and ready to stretch at the designated practice time. Not texting or talking on a phone, dressed, not in the hallway, not putting on lotion, not putting on shoes, not talking to friends, not eating/drinking)

PP3.Failure to participate fully at a game/practice/or other cheer event   
PP4. Excessive talking while cheering

PPS. Being late after half time

PPG. Not cooperating with coaches/captains/squad

PP7. Unexcused absence from a game/practice/or other event   
PPB. Not fulfilling duties as captain

# DEMERITS ISSUED

1

1

## 1

1

1

1

### 2

2

### 2

2

2

5 (or removal depending on content)

### 10

5 and/or removal

3

2

2

2

2

2 and/or benched

### 2

3

10 and benched the next game

Removal as captain

# GRADES AND CLASS ATTENDANCE

GA1. Acquiring inappropriate grades for any grading period report card (Non-1B students must maintain a 70 average in each class.

IB students must maintain an 80 average in each class as outlined in the IB guidelines)

GA2. Using cheering as an excuse for tardiness\absence in school/class   
GA3. Not attending school on practice/game day

### 3

2

Benched

CONSEQUENCES FOR DEMERITS (given at the end of practice)   
1 DEMERIT- WARNING!

5 DEMERITS - Your parents or guardian will be notified,

10 DEMERITS- You will come to the next game in full uniform, sit with the coach and NOT cheer. If you fail to attend this game

without a good excuse, your demerits will immediately go to 25

15 DEMERITS- Probation Letter and meeting with parents. Cheerleader will sit out the next game in uniform with coach.

20 DEMERITS - Removal from squad for ROY and must receive approval from coach in order to try out the year.

**We expect that everyone will finish the season with 0demerits!**

MERITS\*\*\*

If an individual reaches 10 demerits, he/she may make the demerits up by earning MERITS. Only 5 merits can be earned per school year. MERITS can be earned by doing any of the following:

-locker signs for ALL of your squad

**-**volunteer to assist with a home sporting event that you are not cheering for

-make extra signs to be used by the squad when cheering at games

-work with a cheer coach or in the athletic department helping out

\*\*\*In order to get credit for the MERITS, the coach (es) need verification that you completed the task prior the next event you would cheer. If it is not a task the coach (es) are involved in, a note is needed from the person in charge to explain that you completed the task,

# Please read and initial each of the following:

## I have read and understand the RMS Cheer Demerit system as they are written.

I understand that if my child makes the squad, he/she **will** be held to this high standard.

I understand that if my child reaches a total of 20 demerits, they will immediately be removed from the squad and their ability to try out for future years **will** be in jeopardy.

I understand that in the event my child is removed from the RMS squad, they forfeit all funds paid, and any future involvement in squad gatherings.

Name of Cheer Candidate (PRINT): \_

Signature of Cheerleader: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Parent Signature: \_ Date: \_\_\_\_\_\_\_\_\_\_\_

TURN IN