

Garland Independent School District



High School Cheerleader Constitution And Procedures

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

TABLE OF CONTENTS

PHILOSOPHY/PURPOSE	2
OBJECTIVES	2
DEFINITION	3
ELIGIBILITY – TRYOUT	3
ACADEMIC GRADES	3
COMMITMENT	3
SELECTION	3
TRYOUT GUIDELINES	4
SQUAD MAKEUP	4
JUDGING CRITERIA FOR HIGH SCHOOL CHEERLEADERS	5
JUDGES	5
PANEL TRYOUTS	5
TABULATION OF SCORES	5
EXCEPTIONS	6
VIDEO FILM GUIDELINE USAGE	6
NOTIFICATION	6
ACCEPTABLE NOTIFICATION OPTIONS.....	6
PARENT REQUEST FOR SCORES	7
REPLACEMENTS	7
ELIGIBILITY--MAINTENANCE	7
GENERAL CONDUCT RULES	8
SPECIFIC GUIDELINES/RULES	9
DEDUCTION SYSTEM	9
NOTES	12
RECOMMENDATIONS AND GUIDELINES FOR CHEERLEADING SAFETY	13

CHEERING ACTIVITIES	15
COMPETITION SQUADS	16
INCLEMENT WEATHER	16
TRANSPORTATION	16
BOOSTER CLUBS	16
MONIES COLLECTED BY SPONSORS	16
COSTS COVERED BY THE GISD	17

APPENDIX

Centralized Cheerleader Tryouts

PHILOSOPHY/PURPOSE

Being a cheerleader is an honor and special privilege. Cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit and are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the GISD Student Code of Conduct. Members of these groups have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus and academic achievement than that of their peers.

OBJECTIVES

Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers. They are also expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. Off the field, they are to enthusiastically support all athletic teams through advertisement, personal attitude, and attendance at events chosen by the sponsor and approved by the principal.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

DEFINITION

Cheerleading year: The rules and procedures outlined in this constitution are in effect from the time the student is selected to the cheerleading squad until the next tryout date. This does not include the academic guidelines. Because of TEA rules, the academic policies are in effect for a school year.

ELIGIBILITY – TRYOUT

A student is eligible to try out for cheerleader if either of the two conditions is met:

- At the time of the tryout, the student is enrolled in the Garland Independent School District and is trying out at the school where the student is registered to attend for the next school year.

or

- If the student is not currently enrolled in the GISD, but is registered to attend a GISD campus for the next school year, the student may try out at that campus.

A student may try out at only one GISD school.

Academic Grades

- To be eligible for tryouts, students must have passed all subjects the preceding six-week grading period in order to participate in all of the out-of-school workshops and judging.

or

- If a student failed one or more course(s), he/she may try out for cheerleader. The tryout for a student who has failed a course is limited to one-day participation before the judges.

If a student is academically ineligible for any two six week grading periods prior to cheerleading tryouts, that student is not eligible for cheerleading tryouts without approval from the principal and sponsor. Areas to be reviewed will include but not be limited to a review of the reason(s) for removal and student records since removal (academic grades, discipline records, attitude, etc.)

Any student who has an excessive number of disciplinary referrals, has been placed in in-building

suspension, suspended from school, or has been placed in an Alternative Education Center by any GISD campus administrator will not be eligible to participate in tryouts without approval from the principal and sponsor. Areas to be reviewed will include but not be limited to the reasons for the referrals, academic grades, other discipline records, student attitude, and any other factors deemed relevant by the principal and sponsor.

COMMITMENT

Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year. Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the approval of the principal and sponsor will not be allowed to tryout for the next year.

SELECTION

The procedures for selection are based on the Board Policies of the Garland Independent School District and from the guidelines in this handbook.

The Garland Independent School District will hold a centralized tryout for the selection of the high school cheerleading squads. The goal of the centralized tryout will be to provide a consistent, equitable and monitored tryout process for all high school cheerleader candidates across the district. The tryouts will be held on a Saturday in April to be determined by the principals and Director of Fine Arts. The date will not be during the week of the TAKS testing.

The principal of the school hosting the tryouts will chair a committee composed of the Director of Fine Arts, the host school varsity cheerleader sponsor, and the following year varsity sponsor. The committee will be responsible for facilitating the tryouts. The host sponsor and Director of Fine Arts or his designee will be present during the entire process. Building principals will be present during the tryout for their school. Parents will not be allowed in the building during any phase of the tryouts.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

TRYOUT GUIDELINES

Each sponsor will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, times, attire, and procedures. The building principal and the Director of Fine Arts must approve this information prior to distribution. Cheerleading packets from all secondary campuses will be posted on the GISD cheerleader website. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the students is allowed to participate in the tryout process.

The following procedures are to be followed to the letter. Any deviations require Superintendent or Director of Fine Arts' approval prior to the deviation.

Tryouts cannot take place prior to the date stated in the Operational Information for the Campus Implementation of the GISD Desegregation Plan handbook published by the Division of Administration.

High school cheerleaders shall be selected by a scoring method that assigns a weight of 100% to the ratings assigned by a panel of judges.

Students wishing to try out for the cheerleading squad must file an application and parent permission form with the team sponsor by the first day of the clinic **before** the clinic begins. Schools may elect to set an earlier date for turn in (ex. at the parent meeting), but no student will be penalized as long as the information is turned in by the clinic date **before** the clinic begins.

There will be no application fees or tryout fees for students trying out for cheerleader at the high school level.

Cheerleader candidates wanting to participate in an optional cheerleader workshop may be charged a small fee, not to exceed \$10.00, if the school chooses to host a pre-tryout workshop.

Cheerleader candidates are required to submit the Pre-participation Medical Evaluation-Medical History form prior to tryouts. The form outlines in detail the questions which, if answered yes, require the candidate to show proof of a physical exam.

If a candidate is academically ineligible or does not attend the clinic for any reason, it is the responsibility of that candidate to make arrangements with the sponsor or principal to receive a tryout number.

Each campus sponsor and principal will establish a uniform tryout outfit. Every item of clothing should be carefully considered to insure equity, affordability, and safety for the students during the tryout procedure. This uniform should be limited to plain white polo-style shirt with no visible logo, a solid colored short (style to be determined by the sponsor), and any type of white athletic shoe.

Mats will be available in all tryout gyms. It is each candidate's choice to use or not use the mats. Judges will be instructed to score each candidate on the difficulty and execution of the candidate's tumbling skills.

SQUAD MAKEUP

The varsity squad will be made up of 12 cheerleaders. They will be the top scoring three seniors, the top scoring three juniors, and the six highest scoring candidates of the remaining juniors and seniors.

The junior varsity squad will have 10 cheerleaders. It will be open to sophomores only.

The freshmen squad will consist of 10 in-coming freshmen members.

All candidates must meet the minimum scoring requirements in order to be placed on a squad. In the event that there are not enough candidates who earn the minimum score, the squad makeup may be smaller than indicated above.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

JUDGING CRITERIA FOR HIGH SCHOOL CHEERLEADERS

Entrance

Presence/Poise (5)
Tumbling during run-in (10)
Spirit/Enthusiasm (5)

Jumps

Toe Touch (10)
Right Herkie (5)
Left Herkie (5)
Double Toe
(Whip approach = 5 max; with prep = 4 max)

Cheer

Motion Technique (10)
Voice/Projection (5)
Incorporation
(Jumps/Standing Tumble) (5)

Chant

Motion Technique (10)
Timing (5)

Dance

Motion Technique (10)
Projection (5)
Memory (5)

Each candidate must score a minimum percentage of points in order to be placed on a cheerleading squad.

7th grade – 30%

8th grade – 35%

Freshmen – 40%

Junior Varsity – 45%

Varsity – 50%

JUDGES

There will be five judges on each panel. Every attempt should be made and documented to secure a minority judge on each panel.

Judges will be selected from NCA, UCA, ACA other professional cheerleading associations, universities, and/or out of district sponsors. Judges should not be hired to judge tryouts if they have tutored or taught the cheerleader candidates during the current school year. Every attempt should be made to hire judges who have not worked with students in the Garland area. However, with

the hundreds of camps in the state of Texas, attended by thousands of cheerleaders and taught by hundreds of instructors, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out.

Professional judges with outstanding credential and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.

GISD Cheerleader/Drill Team sponsors may not serve as a judge for cheerleader tryouts.

PANEL TRYOUTS

Panel tryouts will be closed to everyone except judges, principals, and principals' designees. There will be no students, parents, or existing cheerleaders in the tryout room/area, nor will they be involved in the collection or tabulation of scores.

Any deviation by the candidates from the tryout requirements may result in the disqualification of the candidate.

TABULATION OF SCORES

Each of the five judges will enter each candidates' scores into an Excel spreadsheet. At the conclusion of the tryouts, a technical assistant will download all of the judges' individual score sheets into a master database. It will be the responsibility of the building principal or his/her designee to bring the student names and numbers to the tryout site. Candidates will then be ranked from high to low and the appropriate number selected for each squad. The District-wide formula for tabulating final scores should be as follows:

- Each judge may award up to 100 points total per candidate. The high and low judges' scores will be dropped and the remaining three scores will be averaged together to get the judges' average score. This number will count 100%.

Scores will be calculated to two decimal points.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

Each candidate must score the minimum percentage of points for their squad (see judging criteria) in order to be placed on a cheerleading squad.

Scores will be left in the office of the principal until winners and non-winners are notified. Original scoring sheets will be retained for 30 days following the tryout date.

Scores given to a student by an individual judge will not be changed by a sponsor, principal, or the Director of Fine Arts. Complaints about any aspect of the tryout process are subject to the requirements of GISD Board Policy FNG (LOCAL). Copies of such policy may be obtained from the school principal.

In the case of a tie, see EXCEPTIONS.

EXCEPTIONS

In the case of a tie, both students shall be selected. The Director of Fine Arts must be notified prior to the announcement of winners when a tie is involved.

In the case of physical injury prior to the tryout, the Director of Fine Arts must be notified for permission to have any deviations in the tryout procedure.

A video can only be used after notification of the Director of Fine Arts, and only in the case of recent surgery or broken bones that impair a student from participating in a "specific skill" of the tryout. If video film is used, only a small segment of the film that shows the "specific skill" done by the student prior to the tryout may be judged.

A video may not be used showing the individual performing in a competition setting, All-Stars, Nationals, etc.

A medical doctor's note indicating the specific skill the student is incapable of performing will be required prior to video use.

VIDEO FILM GUIDELINE USAGE

(Sponsors will make these guidelines available to judges if a video is used for tryout.)

The judges shall be instructed to consider "absence of pressure," lack of physical/respiratory exertion, vocal ability, and note if a cheerleader is using a hard or spring floor when performing specific skills" on video.

The candidate must perform each individual "specific skill" required in the tryout to receive credit/points.

No score reduction or credit shall be exercised due to the claimed surgery/injury. However, in light of the above considerations, a perfect score for any "specific skill" or category should be rare.

NOTIFICATION

After all tryout scores for a school are tabulated and confirmed by the principal and sponsor, each candidate will be given an envelope with instructions to candidates on how to find out the results of the tryouts. No results will be distributed at the tryout site.

Acceptable notification options

- Candidates will be given an envelope with a telephone number to call to receive a recorded message listed the cheerleading squad. For those schools with a telephone system that allows parent to call in and access information, it is recommended that this system be used. By withholding the box number until the day of tryouts, this will prevent other students from jamming the lines trying to call in.
- Those schools with an outcall system may choose to use this. Each candidate will be given a card at the conclusion for tryouts giving the times that the outcall will be made.
- Final results for each school will be published on the GISD Internet Website. Candidates will be given the website address at the conclusion of the tryouts.
- At 2:00 p.m. on the next Sunday afternoon, the principal (or designee) will post a list of the

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

cheerleaders on the campus. This list will be in alphabetical order with no indication of ranking.

PARENT REQUEST FOR SCORES

Any candidates wishing to receive their scores quickly should provide a stamped, self-addressed envelope to the sponsor prior to the tryouts. Individual score sheets will be mailed no later than the Monday following tryouts. Other requests for scores can be made through the school principal.

Parents may request to see their own child's score (no rank scores) from the principal or his/her designee. By law, all other student scores are protected and cannot be shared with anyone except the sponsor, principal, or principal designee.

Principals/Sponsors may release the composite scores/tally sheet of all students to any parent under the following conditions:

- No names or identifying numbers that would indicate the tryout order or results of individual students.
- No judge's names or identifying numbers that would indicate which judge gave which score.
- You may give the cut off number.
- You may give a copy of the final tally sheet as long as they cannot identify individual students or tryout order.
- The original judge's score sheets will not be released to parents or students.

REPLACEMENTS

If a member of the cheerleading squad moves (or there is an opening for any reason), the principal and sponsor may fill the opening based on the tryout rank scores. Any replacement will take place on or before the first day of the first school term and is at the principal's and sponsor's discretion.

ELIGIBILITY--MAINTENANCE

To be eligible at the beginning of the school year students must have earned the accumulated number of credits in state approved courses indicated below:

- Beginning of the 10th grade year--at least five units toward graduation.
- Beginning of the 11th grade year--at least 10 units toward graduation or a total of 5 units which count toward graduation that have been earned during the 12 months preceding the first day of the current school year.
- Beginning of the 12th grade year--at least 15 units toward graduation or a total of 5 units which count toward graduation that have been earned during the 12 months preceding the first day of the current school year.

A student who lacks the prescribed number of units shall remain ineligible for the first six weeks of the fall term. If, at that time, the student has passed all classes for the six-week period, the student becomes eligible.

In order to be eligible for any six-week period following the initial six-week period of a school year, a student shall not have a recorded grade average lower than 70 on a scale of 0-100 in any course for the preceding six-week period. To be eligible to participate in the six-week periods following the initial six-week period of a school year, a student must not have a recorded grade average lower than a 70 in any course for that preceding six-week period.

A student whose recorded six-week grade average in any course is lower than a 70 at the end of a six-week period shall be suspended from competition or performance. A suspension continues for at least three weeks and is not removed during the school year until the student is passing all subjects taken. This suspension shall become effective seven calendar days after the last day of the six-week period during which the grade lower than 70 was earned.

Refer to Local FM policy for list of courses that are exempt from this policy.

A student who regains eligibility at the end of a six-week or three-week grading period shall not become eligible until the end of the school day seven calendar days later.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

Students on academic probation must continue to attend classes and all practices, must sit out of all performances, and may not sit with or ride with the team to appearances or performances. Ineligible students are not allowed to wear the cheerleading uniform. This state policy does not apply to social activities.

If an average of below 70 exists for two (2) six weeks in the same course or in different courses during the school year, the student will be removed from the cheerleading squad for the balance of the school year. This will not include the courses designated in board policy as exempt from the ineligibility rule.

GENERAL CONDUCT RULES

Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. They should be aware that in or out of uniform they are representatives of the cheerleading squad and the high school they attend and should act accordingly.

Maintaining a higher standard of conduct will also include ensuring that cheerleaders' websites are appropriate. The internet is a worldwide, publicly accessible form of communication. Any communication such as MySpace, Facebook, or photo sharing, etc. appearing on the internet is public domain even if it is marked private. Cheerleaders are responsible for their personal websites and postings as well as for postings on other students' websites. The area of appropriateness will include, but are not limited to, language (abbreviated or alluding to), pictures, suggestive poses, clothing, reference to alcohol, drugs, and tobacco. Any question of appropriateness will be decided by the principal and sponsor.

Any cheerleader removed from his/her squad for disciplinary reasons during the current cheerleading year on any GISD campus will not be eligible to participate in the next tryouts without approval from the principal and sponsor. Areas to be reviewed will include but not be limited to a review of the reason(s) for removal and student records since

removal (academic grades, discipline records, attitude, etc.)

Students who have been removed and those who voluntarily quit retain no rights to team awards, recognitions, etc., which are received after dismissal, although they may have accrued over the duration of the school term. They lose all privileges associated with cheerleading membership, including attending cheerleading only events, using cheerleading facilities, and wearing cheerleader attire.

Proper manners should be used at all times to address adults. Mutual respect and politeness toward members within the squad are basic elements that contribute to the total success of the squad. Anyone sent to the Reassignment Room or given out of school suspension for any reason will be subject to the following actions:

- First Offense – Benched for next event, Principal/Sponsor Review, placed on probation for duration of school year.
- Second Offense – Removal from squad.

Students assigned to the Reassignment Room or given out of school suspension may not perform, wear the cheerleader uniform, or practice with the squad while in the Reassignment Room or while suspended plus one calendar school day.

Any member failing to abide by published school rules relating to conduct, possession and/or use of drugs, alcoholic beverages, or other illegal activities will be subject to review by the sponsor and principal. Dismissal from the group may result from that review.

Any member who is expelled from school will be removed from the cheerleading squad for the remainder of the school year.

Any member placed in the Alternative Education Program will be removed from the cheerleading squad for the remainder of the school year.

The possession and/or use of alcohol, tobacco, and illegal drugs are expressly forbidden and will not be tolerated. Any infraction, on or off campus, will result in a principal/director/parent/student review.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

Dismissal from the team may result from this review. A second infraction will result in the immediate dismissal from the cheerleading squad.

Any student removed from the cheerleading squad must also be removed from the class.

SPECIFIC GUIDELINES/RULES

UIL, GISD Regulations and Policies

- No balloons at any athletic or UIL event will be allowed.
- Students may not purchase food items or other “goodies” for other students.
- Students shall not be required to purchase gifts for other students or gifts for teachers.
- Students shall not be required to pay "dues" to a booster club or be required to purchase a membership.

DEDUCTION SYSTEM

A. PRACTICE	CONSEQUENCE
1. Cheerleaders (CL) must wear appropriate workout clothing when practice begins.	2 pt. deduction
2. Hair must be up and secure.	2 pt. deduction
3. No jewelry during practices.	2 pt. deduction
4. No chewing gum.	2 pt. deduction
5. No cursing/arguing with anyone.	5 pt. deduction
6. CL will have required items (forms, signs, etc.) at the beginning of practice.	2 pt. deduction
7. CL must be on time to cheerleading class (No one in hallways after tardy bell.)	School policy
8. CL must be on time to all in/out of school practice.	2 pt. deduction
9. CL will not leave practice or the practice area without permission.	2 pt. deduction
10. CL will attend all in/out of school practices. Any absence must be cleared by the sponsor prior to the practice. <u>Excused:</u> personal illness, death in family, illness in family that requires out-of-town travel, funeral, mandatory court appearance, and religious holidays. <u>Unexcused:</u> Work/vacation, appointments, non-UIL involvement (All-Stars, etc.)	Excused w/o prior notice will be benched ½ game. Exception: death in the family. Unexcused: Benched 1 game
11. CL cannot miss the last practice before a game.	Benched 1 game
12. CL will attend all summer practices.	Benched ½ game per miss
13. CL will follow practice rules # 1-10 for summer practice.	5 pt. deduction

1) GAMES/PEP-RALLIES/ALL CHEERLEADER ACTIVITIES	CONSEQUENCE
1. CL must be in correct/complete uniform at school on game/pep-rally days. Only letter jackets/designated sweats/sweater may be worn with uniform or spirit attire.	3 pt. deduction
2. CL will be in correct/complete uniform 30 minutes prior to game or pep-rally.	3 pt. deduction
3. Hair will be up and secure as per sponsor.	2 pt. deduction
4. No jewelry during performances games or pep-rallies.	2 pt. deduction
5. No chewing gum.	2 pt. deduction
6. No cursing/arguing.	5 pt. deduction

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

7. No colored nail polish. (clear only)	3 pt. deduction
8. CL will have required items upon arrival.	2 pt. deduction
9. CL will maintain proper sideline behavior at all times. <ul style="list-style-type: none"> • No excessive talking among CL. • No talking to people in the crowd. • Pay attention to the game/pep-rally. • Stand in correct formation/stance. • Cheer/spirit, jump and tumble the entire game or pep-rally. • Only one person out of formation at a time for drinks. • No taunting the other team. • CL will show respect during the National Anthem and both school songs. 	2 pt. deduction
10. All CL will stay to clean up after each game/pep-rally and will be dismissed by the sponsor.	2 pt. deduction.
11. CL will arrive on time in correct uniform at the designated meeting area and will remain for the duration of the game/pep-rally. <ul style="list-style-type: none"> • 30 minutes prior to game/pep-rally. • 15 minutes prior to bus departure. • If a CL misses the bus he/she will not be allowed cheer at the game. 	5 pt. deduction
12. CL will be back on the field/court ready to cheer 1 minute before half-time ends.	Benched 3 rd Qtr.
13. CL will stay on the field/court for the entire game/pep-rally.	3 pt. deduction
14. CL will attend all in/out of school games, pep rallies, meetings, functions and activities. Any absence must be cleared by the sponsor prior to practice. <u>Excused:</u> Illness/doctor permit, death in family. <u>Unexcused:</u> Work/vacation, appointments non-UIL involvement (All-Stars, etc.) Note: An absence from school does not excuse CL from the responsibility of calling the sponsor.	Excused w/o prior notice will be ½ game/pep-rally. Exception: Death in the family. Unexcused will be benched for 1 game
15. CL acting in an unsafe manner as determined by sponsor.	First offense: 5 pt. Deduction Second offense: Benched one game. Third offense: Benched 2 games and principal/sponsor review with possible dismissal from the squad.
16. Leaving a cheerleading event early will result in a benching equal to the time missed.	

2) SUMMER CAMP

CONSEQUENCE

1. All CL will attend summer camp.	Benched 3 games
2. CL will be on time to all camp activities.	5 pt. deduction
3. A CL may not leave the campus with anyone at any time unless approved by the sponsor	Sent home, and possible squad dismissal

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

4. CL may not talk to family/friends when engaged in a squad activity. Absolutely no public display of affection.	5 pt. deduction
5. CL will respond to all 3 sponsors' directions. No disrespect will be tolerated.	10 pt. deduction
6. CL will follow all NCA/UCA/ACA or other professional cheerleading association & university camp rules and respect all staff members.	10 pt. deduction
7. CL will respect each other and all other squad members. No taunting/arguments or cursing will be tolerated.	5 pt. deduction
8. Absolutely no smoking, drinking, or illegal substances will be tolerated.	Sent home, reported to the principal and possible dismissal from the squad.

3) OTHER SCHOOL FUNCTIONS

CONSEQUENCE

All CL will participate in the Labor Day Parade.	Benched 1 game
All CL are encouraged to participate or support the CL fund-raising activity which goes to support CL functions/costs.	Those not participating will pay for their portion from their own funds.

4) UNIFORM GUIDELINES

CONSEQUENCE

1. CL will not wear uniform to a non-CL function. (Eating after a game may be approved by the sponsor as an exception to this guideline.)	Benched 1 or more games or dismissed from the squad.
2. CL will not lend out uniforms, sweats, letter jacket, etc. to someone who is not a cheerleader.	5 pt. deduction
3. Uniforms may be altered, but no fabric may be cut without prior approval from sponsor.	Replacement of uniform
4. Uniforms will be turned in by the scheduled due date. Uniforms must be dry cleaned with dated receipt attached.	Loss of uniform deposit
5. CL are responsible for damage to or loss of any part of a uniform.	Replacement of uniform or repair cost

5) GENERAL

CONSEQUENCE

1. CL hair will be a natural color.	Benched until returned to a natural color.
2. No visible tattoos	Benched until no longer visible.
3. CL will not leave food, trash, or mess in the dressing room, practice area, halls, or any performance area.	2 pt deduction
4. CL will not participate in any public display of affection during school, at school activities or while wearing the CL uniform.	5 pt. deduction /office referral
5. CL will follow all school rules and GISD policy, including the dress code.	5 pt. deduction /office referral
6. CL will follow (not agree with) the head CL(s) instructions at all times at CL activities.	Benched one qtr.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

7.	CL will respect/respond to all 3 sponsors at all times. Rudeness/insubordination will not be tolerated.	Benched
8.	CL will respect all teacher/staff members at all times.	Benched
9.	CL will not receive an office referral for any reason.	Benched and sponsor & principal or principal designee review.
10.	CL placed in the Reassignment Room or given out of school suspension for any reason.	First Offense – Benched for next event, Principal/Sponsor Review, placed on probation for duration of school year. Second Offense – Removal from squad.
11.	CL receiving an N in conduct from any teacher.	Sponsor & principal review
12.	CL receiving a failing grade for any class.	3-6 wk. probation & sponsor/principal or principal designee review

NOTES

1. After a 15-point deduction, the cheerleader will be benched for one game. When games are not an option, sponsors will assign physical activities. (Laps, pull throughs, etc.) If he/she accumulates 25 points in different offenses, he/she will be benched for the remainder of the six weeks. After the individual is benched one game for accumulating 15 points, the points will continue to be deducted from the six weeks grade; to accumulate toward the 25 point total, and/or possible failure. Injuries: If an injury occurs that keeps the student out of two practices, a note from the student's parent or doctor stating the reason will be required. If the injury restricts the student from three or more practices, a doctor's note will be required. This note should state the nature of the injury, the length of time of the restriction, the specific task the student cannot perform, and any special instructions. Lack of participation will be categorized as missing practice if there is no note.
2. Accumulation of three or more benchings may result in a principal/sponsor review which could result in removal from the squad.
3. Repeated/excessive offenses may result in a sponsor/principal review. Repeated/excessive is defined as repetition of the same offense three or more times during the duration of a season. Seasons are:
 Football--beginning of school until December 1 or the last football game, whichever is later.
 Basketball—December 2 until March 1 or the last basketball game, whichever is later.
 Violation of the same rule or guideline three or more times in a season will result in the CL being placed on probation for the remainder of that season. Violation of the probation by further misconduct could result in dismissal from the squad.
4. Any sponsor and principal review of student's actions may result in dismissal from the squad.
5. Guidelines: these are general rules and guidelines for all GISD cheerleaders. Failure to comply may at times require judgment calls to be made. These decisions will be left up to the individual sponsors for each squad. Sponsors reserve the right to upgrade any penalty (immediate benching, office referral) depending on the severity of the situation.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

6.

RECOMMENDATIONS AND GUIDELINES FOR CHEERLEADING SAFETY

(High School Level)

GENERAL GUIDELINES

- A. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
- B. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e., use of appropriate mats, away from excessive noise and distractions, etc.).
- C. Advisors/coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
- D. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps).
- E. Professional training in proper spotting techniques should be mandatory for all squads.
- F. All cheerleading squads should adopt a comprehensive conditioning and strength building program.
- G. All jewelry is prohibited during participation.
- H. A structured stretching exercise and flexibility routine should precede and follow all practice sessions, game activities, pep rallies, etc.
- I. Tumbling, partner stunts, pyramids and jumps should be limited to appropriate surfaces.
- J. As a general rule, all programs should qualify cheerleaders accordingly to accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill.
- K. Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in a stunts, pyramids, tosses or tumbling.

L. Squad members must wear athletic shoes (no gymnastic slippers).

PARTNER STUNTS/PYRAMIDS/TOSSES

- A. All pyramids and partner stunts are limited to two persons high. "Two high" is defined as the base having at least one foot on the ground.
- B. The top person in a partner stunt, pyramid or transition may not be in an inverted (head below the waist) position and cannot transition to another stunt, the ground or a dismount in an inverted position. Exceptions to this rule are the following:
 - 1. Double based suspended forward rolls.
 - 2. The top person in a stunt may begin in an inverted position on the performing surface and be loaded into a non-inverted position shoulder height or below provided that they have constant contact with a base or spotter until they are in the non-inverted position. A base or additional spotter if necessary must be in a position to protect the head, neck and shoulder area of the top person.
- C. Suspended splits in a transition are allowed provided there are a total of four bases that support the top person; at least three of the bases must support under the legs of the top person, and the fourth base may support under the legs or make contact with the hands of the top person. Top person must have hand contact with bases during transition.
- D. Partner stunts and pyramids higher than shoulder stand level must have a continuous spotter for each person over shoulder stand level. Spotters are considered part of the squad with regard to the squad member maximum limitation. For single-based extended stunts, the spotter may hold at the ankle of the top person and / or the wrist of the base. If the spotter is supporting under the sole of the foot in any way, they are considered to be a base and would require an additional spotter.
- E. When one person is bracing another (including over lapping of arms), one of the individuals must be at shoulder height or below. Exceptions to this are the following:
 - 1. Extensions (double base or single base) may brace other extensions.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

2. Double Cupies (two cupies being held by the same base) are allowed. If the stunt is dismounted to cradles, there must be three people for each top person being cradled. This exception does not include variations such as Double Heel Stretches.
- F. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
- G. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double Based Elevator).
- H. Hanging pyramids (Example: Diamond Head) must have a continuous spotter for each shoulder stand involved in suspending another person.
- I. In pyramid transitions where the top person is released from their primary bases and assisted in an up and down transition the following rules apply:
1. At least 3 bases must be under top person throughout the transition.
 2. Person(s) bracing the top person in the transition must have a spotter in place during the transition movement.
 3. The top person must be in contact with the bracers during the up and down transition. The top person may not be supporting on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
 4. The top person must be continuous in motion and cannot be supported so that they pause at the top of the transition.
- J. Basket tosses, toe pitch tosses, elevator tosses or similar tosses are limited to no more than four tossers and must be dismounted to a cradle position by two of the original bases, plus an additional spotter at the head and shoulder area. These tosses may not be directed so that the bases must move to catch the top person.
- K. Participants may not pass over or under other participants from tosses. Exceptions to this rule are the following:
1. Single based tosses can go over another person.
- L. Free falling flips or swan dives from any type of toss, partner stunt or pyramid are prohibited.
- M. Partner stunts, pyramids and participants may not pass over, under or through other partner stunts or pyramids.
- N. Single based stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single Based Flatback, etc.)
- O. Multi-based tosses that land in stunts (i.e. basket to elevator, etc.) are allowed; however, they cannot significantly exceed the height of the intended stunt. Multi-based tosses cannot land in a loading position. Exception to this rule:
1. A single based toss (one base touching during the toss movement) is allowed into a loading position to that original base.
- P. Backward suspended rolls and single based suspended rolls are prohibited.
- Q. Cradle dismounts from partner stunts or pyramids shoulder height or above require one spotter in addition to the original base(s).
- R. Cradle dismounts from partner stunts (other than basket tosses, elevator tosses or similar tosses) to another set of bases must be caught by three bases. Any type of gymnastics movement (1/2 turn, twist, toe touch, etc) is prohibited.
- S. The total number of twists in a dismount from stunts or tosses cannot be greater than two rotations. Exception to this rule:
1. Side facing stunts and tosses (i.e. Arabesque, Scorpion, Kick Double Full Basket, etc.) may add a one-quarter twist in order to cradle to the front.
- T. A minimum of two catchers are required when the top person falls away from the bases to a horizontal, flat-body position.
- U. Tension drops are prohibited.
- W. Helicopter tosses are prohibited.
- X. Single based split catches are prohibited.
- Y. The use of mini-trampolines, springboards, or any other height-increasing apparatus is prohibited.
- Z. Basket tosses, elevator tosses and similar multi-base tosses are prohibited on surfaces other than a mat, grass or rubberized track.
- TUMBLING/JUMPS**
- A. Dive rolls are prohibited.
 - B. Flips greater than one rotation are prohibited.
 - C. Twists greater than one rotation are prohibited.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

D. A forward three-quarter flip to the seat or knees is prohibited.

E. Participants may not tumble over, under, or through partner stunts or pyramids, or over or under individuals.

F. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example : A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed.)

G. Landings for all jumps including knee drops must bear weight on at least one foot. (Example : A toe touch jump or kick to a hurdler position, to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)

H. Any type of hurdler position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of a "Z" sit.

Copies of these guidelines should be distributed to all squad members and any administrators involved with the cheerleading program. All guidelines should be understood and accepted by all parties involved in the cheerleading program including advisors, coaches, assistants, squad members, parents, and administrators.

Note: The above safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult advisor or coach.

Cheerleading jumps, gymnastics and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with the ACCA Safety Course will help minimize the risk of injury, the American Association of Cheerleading Coaches and Advisors makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

CHEERING ACTIVITIES

FOOTBALL

A. Varsity Cheerleaders

1. CL will cheer at all varsity games.
2. To save money, CL will ride with the drill team to out of town games.

B. JV and Freshmen Cheerleaders

1. Will cheer at all in town games and may choose the two closest out of town games to cheer. (Richardson, Mesquite, Plano, Rockwall)
2. Bus driver will shuttle individual JV and FR squads to their games so that they will arrive and depart as their games begin and end.

C. Playoff Games

1. Playoff games are the exception. IF JV and FR squads attend varsity playoff games, they must ride with the VR squads.

VOLLEYBALL

1. VR, JV and FR squads will split their individual squads to cover HOME varsity volleyball games.
2. The sponsor will select 3 games per each squad to cheer at during the volleyball season.
3. No out of town games.
4. Playoff games should be covered if squads are available.

BASKETBALL

1. All Squads

Each squad will cheer no more than two games per week. This will not be confusing if the sponsors get together during Nov./Dec. and make a calendar for each Squad. They will know which games they are cheering before school is out for the holiday break in December. Sponsors should also include which uniform the girls are to wear.

Cheering starts with district games, but no cheering during the holiday break.

District Games only. No out of town games on Monday through Thursday nights.

No Tournaments.

Playoff games should be covered if squads are available.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

2. Varsity Cheerleaders
All VR boys and girls (in Garland) district games should be covered. If VR CL are at VR boys game, then JV or FR CL should cover the VR girls game and visa versa.
3. JV Cheerleaders
JV will cover Girls/Boys Varsity Garland Schools' games (alternating between all three squads) at home and away.
When not cheering at a VR game, they will cheer the JV game at Sponsor's discretion.
4. Freshmen Cheerleaders
Freshmen will cover Girls'/Boys' Varsity Garland Schools' games (alternating between all three squads) at home and away.
When not cheering at a Varsity Game, they will cheer the Freshmen game at Sponsor's discretion.

COMPETITION SQUADS

Competition Squads are neither encouraged nor discouraged, but this activity should not interfere with the regularly scheduled activities of the cheerleaders. Whether to have a squad that enters competition is a decision to be made by the campus principal, sponsor, and Director of Fine Arts.

INCLEMENT WEATHER

In the event of inclement weather, it will be the responsibility of the cheerleader sponsor, in collaboration with the building principal, to make the decision to leave the event. The decision will be based on what is in the best interests of the students and their health and welfare. If a parent or student voluntarily leaves a cheerleading event, they will be subject to the penalties as outlined in the cheerleading constitution.

TRANSPORTATION

Cheerleaders will ride with drill teams to out of town games.

The bus driver will shuttle individual JV and FR squads to their games so that they will arrive and depart as their games begin and end.

CL squads attending games in the city of Garland/Rowlett/Sachse may furnish their own transportation with sponsor and principal approval. All games out of the city of Garland/Rowlett/Sachse will require bus transportation.

BOOSTER CLUBS

Booster clubs are optional, but may be allowed at the discretion of the principal and sponsor.

Booster clubs are formed by school patrons to help enrich an organization's participation in extracurricular activities. This should be their primary focus.

Fund raising activities should support the educational goals of the school and cheerleading squad, but they should not exploit students.

Booster clubs should have a board of directors made up of at least a President, Vice-President and Treasurer. There should be at least two signatories on booster club checks. A detailed list of income and expenditures should be published by the Treasurer for the membership on a monthly basis.

Cheerleaders shall not be required to pay dues to a booster club.

Cheerleaders shall not be required to raise money if a parent prefers to pay the students' cost.

MONIES COLLECTED BY SPONSORS

Cheerleader sponsors collecting monies from students will give receipts to students stating the amount of monies collected and what the money is

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

to be charged toward (trip, uniform, spring show, banquet, etc.).

Sponsors WILL keep a detailed accounting of income and expenditures of students' monies and make it available to parents upon request.

COSTS COVERED BY THE GISD

The purchasing of new uniforms is on a three-year rotation basis. The uniform provided by the GISD will include 1 skirt (female) or 1 pants (male), and 2

shells or sweaters per squad within the given budget year.

A minimum cheerleader supply budget of \$1,500 will be provided by the principal. This budget will cover items such as paint, paper, tape, etc.

Letter jackets will only be provided to Varsity cheerleaders who have not received a jacket in another sport or in academics. Orders for letter jackets must be turned into the Director of Fine Arts prior to May 15 of each year by the Varsity sponsor.

STUDENT COSTS

(Approximate)

TRYOUT/APPLICATION FEE

There will be no tryout/application fee.

SUMMER CAMP

1.	Camp Fee (Room & board, transportation and instruction.)	\$ 200 - 250
2.	Transportation out of Metroplex	50 - 75
3.	Camp wear (may include: shirts, bra top, shorts/bikers socks, etc.)	<u>150 - 200</u>
	Total Camp Costs Estimate	\$ 400 - 475

UNIFORM: The GISD furnishes the basic performance uniform.

(Please Note: These are "NEW" item costs. Not all schools or cheerleaders use all of the following items. Some items are purchased by booster clubs.)

1.	Uniform Deposit (Cleaning)	\$ 10 - 15
2.	Shoes	45 - 60
3.	Socks	8 - 10
4.	Sweatsuit	75 - 150
5.	Sweatshirt	30 - 50
6.	Sweater Jacket (opt. to FR & JV)	50 - 70
7.	Briefs (2 pairs)	16 - 20
8.	Leggings	20 - 25
9.	Gloves	5 - 8
10.	Hair Bows	8 - 10
11.	Rain Ponchos	10 - 15
12.	Practice Wear (Camp wear)	<u>0 - 0</u>
	Total New Uniform Cost Estimate	\$ 277 - 433

PROPS (May include some of the following:) (CL gets to keep their props or resale to new members.)

1.	Poms	\$ 18 - 25
2.	Bag	18 - 25
3.	Megaphone (Optional) (Usually kept by CL)	<u>40 - 60</u>
	Total New Props Estimate	\$76 - 110

SOCIAL ACTIVITIES

Social activities are at the discretion of the principal and sponsor. Thus, a dollar amount cannot be assigned to this category.

Some squads choose to take group pictures. Students are not obligated to purchase these pictures.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

The total approximate cost is based on students buying every item listed above. Many students do not purchase all of the above items and some students purchase used items at a much lower cost.

Total (Approximate) Student Cost **\$ 753.00 - 1,018.00**

Appendix

Centralized High School Cheerleader Tryouts

GISD Centralized High School Cheerleader Tryouts

The goal of the centralized tryout will be to provide a consistent, equitable and monitored tryout process for all high school cheerleader candidates across the district.

The tryouts will be held on a Saturday in April to be selected by the principals and Director of Fine Arts. If possible, this date should be determined in May of the previous school year and should not be during the week of six weeks and/or TAKS testing. SAT testing dates should also be avoided. This date will be published in the GISD calendar that is prepared by the Communications Department. The principals will make certain that it is published on each campus calendar and every attempt should be made to avoid scheduling proms and other activities that may cause conflicts on this date. (If a choir director chooses to plan a spring trip on this weekend, he/she must understand that there may be students who will be unable to attend.)

School	Warm-up	Tryout
School 1	7:00 – 8:00 a.m.	8:00 – 9:30
School 2	8:30 – 9:30 a.m.	9:30 – 11:00
School 3	10:00 – 11:00 p.m.	11:00 – 12:30
School 4	12:15 – 1:15	1:15 – 2:45
School 5	1:45 – 2:45	2:45 – 4:15
School 6	3:30 – 4:30	4:30 – 6:00
School 7	5:00 – 6:00	6:00 – 7:30

**The school in the last time slot (7) will serve as HOST for the tryouts.

Note: Due to the fact that Garland High School is the only facility with three separate gymnasiums, the tryouts will be held at this location each year.

The principal of the school hosting the tryouts will chair a committee composed of the Director of Fine Arts, the host school varsity cheerleader sponsor, and the following year varsity sponsor. The committee will be responsible for facilitating the tryouts. The host sponsor and Director of Fine Arts will be present during the entire process.

Host sponsor responsibilities

Work with the GHS sponsor to secure:

- The three gymnasiums.
- Cafeteria for warm-up.
- A hospitality room for the judges.
- A waiting area for the sponsors.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

- A secured area with a Windows computer loaded with Excel for tabulation of the scores.
- Secure a sound system for each of the gyms as well as a backup system.
- Submit to the Director of Fine Arts a list of judges (UCA/NCA/UCA). Five judges will be hired for each gym as well as an alternate. (Total of 16 judges)
- Every attempt should be made to insure minority representation on each panel. The alternate judge should be a minority if possible. Sponsor will make certain to document steps taken to secure minority judges. The Director of Fine Arts will hire the final list of judges.
- Provide lunch, dinner, and snacks for the judges.
- Provide calculators for each judge.
- Hire one security guard.

During each school's tryout:

- The principal or designee will be in the tabulation room to oversee the tryout process and the entry of the scores into the computer.
- The principal or designee will provide three other administrators to be in each gymnasium to oversee the judging. Another faculty member may be used to run the music and facilitate the tryout process. This person should not be a cheerleader sponsor.
- Sponsors will have a designated waiting area, but should not be in the gymnasium.
- The Director of Fine Arts or his designee will oversee the entire process.

Parents will not be allowed in the building during any phase of the tryouts.

When a school is ready to tryout, the host sponsor will notify the candidates in the warm-up area. A graduating senior cheerleader may escort the candidates to the appropriate gym for the tryouts. **UNDER NO CIRCUMSTANCE WILL THE SENIOR CHEERLEADER GO INTO THE GYMNASIUM.** Sponsors will wait in the designated waiting area. Senior cheerleaders are not allowed in the tryout area or the tabulation room.

Tabulation of the scores

Each of the five judges will enter each candidates' scores into an Excel spreadsheet. At the conclusion of the tryouts, a technical assistant will download all of the judges' individual score sheets into a master database. It will be the responsibility of the building principal or his/her designee to bring the student names and numbers to the tryout site. Candidates will then be ranked from high to low and the appropriate number selected for each squad.

The District-wide formula for tabulating final scores should be as follows:

- Each judge may award up to 100 points total per candidate. The high and low judges' scores will be dropped and the remaining three scores will be averaged together to get the judges' average score. This number will count 100%.

Scores will be calculated to two decimal points.

After the final tryout of the day, judges will be asked to stay on site until after computations are completed.

All scores will be calculated to two decimal points. There will be no callbacks. In case of a tie, both candidates will be selected as stated in the cheerleading constitution.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

Notification

After all tryout for a school are tabulated and confirmed by the principal and sponsor, each candidate will be given an envelope with instructions for how candidates can find out the results of the tryouts. **NO RESULTS WILL BE DISTRIBUTED AT THE TRYOUT SITE.**

Acceptable notification options:

Candidates will be given an envelope with a telephone number to call to receive a recorded message listed the cheerleading squad. For those schools with a telephone system that allows parent to call in and access information, it is recommended that this system be used. By withholding the box number until the day of tryouts, this will prevent other students from jamming the lines trying to call in.

Those schools with an outcall system may choose to use this. Each candidate will be given a card at the conclusion for tryouts giving the times that the outcall will be made.

Final results for each school will be published on the GISD Internet Website. Candidates will be given the website address at the conclusion of the tryouts.

At 2:00 p.m. on the next Sunday afternoon, the principal (or designee) will post a list of the cheerleaders on the campus. This list will be in alphabetical order with no indication of ranking.

Requests for scores

Requests for scores will be honored as outlined in the cheerleading constitution. Those candidates wishing to receive their scores quickly should provide a stamped, self-addressed envelope to the sponsor prior to the tryouts. Individual score sheets will be mailed no later than Monday. Other requests for scores can be made through the school principal.

Timeline

May - Principals will set tryout date for the next school year.

January - Meeting of host principal, sponsor, and Director of Fine Arts to discuss tryout procedures.

February - Meeting of all sponsors and a principal from each campus at the tryout site (GHS) to discuss tryout procedures.

February - Sponsors can begin preparing tryout packets according to the GISD tryout guidelines. All packets must be approved by the Director of Fine Arts.

April - Clinics conducted on each campus.

April - Centralized tryout.

May - Follow-up meeting with Director of Fine Arts and sponsors to discuss tryouts and make recommendations for revisions.

GISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

Schedule for Hosting Centralized Tryouts

1999-2000	Naaman Forest
2000-2001	South Garland
2001-2002	Rowlett High School
2002-2003	North Garland
2003-2004	Garland High
2004-2005	Lakeview Centennial
2005-2006	Sachse High
2006-2007	Naaman Forest
2007-2008	South Garland
2008-2009	Rowlett High