

Garland Independent School District



Middle School Cheerleader Constitution And Procedures

GISD MIDDLE SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

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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.

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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 middle school cheerleading squads. The goal of the centralized tryout will be to provide a consistent, equitable and monitored tryout process for all middle 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 principals of the schools hosting the tryouts will chair a committee composed of the Director of Fine Arts and the host schools cheerleader sponsors. 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.

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. This information must be approved by

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the building principal and the Director of Fine Arts 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.

Middle 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 middle 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 7th and 8th grade squads will be made up of the top 10 scoring students in each grade level. 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.

JUDGING CRITERIA FOR MIDDLE SCHOOL CHEERLEADERS

Entrance

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

Jumps

Toe Touch (10)
Left/Right Herkie (5)
Optional Jump (5)

Cheer

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

Chant

Motion Technique (10)
Timing (5)

Dance

Motion Technique (10)
Timing (5)
Memory (5)

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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, principals' designees, and cheerleader sponsors. 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.

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TABULATION OF SCORES

The Director of Fine Arts will provide each school an Excel spreadsheet with the formulas already inserted. It will be the responsibility of the building principal or his/her designee to enter the students' names and tryout numbers on this spreadsheet. This disk will then be used to enter the judges' scores. 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. 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%

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.

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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 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 for 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 hear a recorded message listing the cheerleading squad.
- Each candidate will be given a card at the conclusion for tryouts giving the times that an outcall will be made listing the cheerleading squad.
- Tryout results will be posted on the campus by the principal or designee on the morning following the tryouts. 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.

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ELIGIBILITY--MAINTENANCE

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 which 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.

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 middle 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.

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

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 all in/out of school practice.	2 pt. deduction
8. CL will not leave practice or the practice area without permission.	2 pt. deduction
9. 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
10. CL cannot miss the last practice before a game.	Benched 1 game
11. CL will attend all summer practices.	Benched ½ game per miss
12. CL will follow practice rules # 1-10 for summer practice.	5 pt. deduction

B. GAMES/PEP-RALLIES/ALL CHEERLEADER ACTIVITIES	CONSEQUENCE
1. CL must be in correct/complete uniform at school on game/pep-rally days. Only designated sweats/sweater may be worn with uniform or spirit attire.	3 pt. deduction

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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
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 and 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 at the designated time as determined by the sponsors.	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.	

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C. SUMMER CAMP	CONSEQUENCE
1. All CL will attend summer camp.	Benched 3 performances
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
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 both 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.

D. OTHER SCHOOL FUNCTIONS	CONSEQUENCE
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.

E. F. 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. CL are responsible for damage to or loss of any part of a uniform.	Replacement of uniform or repair cost

G. 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.

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7.	CL will respect/respond to both 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 CL 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 three games. For each additional five points accumulated after the 25, the cheerleader will be benched for one game.
2. Accumulation of three or more benchings may result in a principal/sponsor review which could result in removal from the squad.
3. 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.
4. 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.
 Basketball—December 2 until March 1 or the last basketball game. 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.
5. Any sponsor and principal review of student's actions may result in dismissal from the squad.
6. 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.

RECOMMENDATIONS AND GUIDELINES FOR CHEERLEADING SAFETY

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.
 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.

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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.

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

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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 AACCA 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

Middle school cheerleading squads are only permitted to cheer at one sporting event per school week. This does not include pep rallies, assemblies, etc., held during the school day.

COMPETITION

Competitions are an optional activity for cheerleading squads and cheerleader sponsors are not encouraged to participate, but may do so with the principal's permission.

Cheerleader squads may not participate in national competitions. At the discretion of the sponsor and principal, squads may participate in local Metroplex competitions.

Entry fees for the competition part of the activity will be paid from fundraising, booster clubs, etc., but not by students.

Any social activities (Six Flags tickets, etc.) may be paid for by the students.

INCLEMENT WEATHER

In the event of inclement weather, it will be the responsibility of the cheerleader sponsor, in

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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

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.

The Director of Fine Arts will provide buses for two fall and two spring events to be shared by the cheerleading and pep squads. Cheerleading sponsors should work with Pep Squad sponsors to plan the dates for the buses.

Parents are responsible for picking up students following a cheerleading event in a timely fashion. Failure to abide by this rule may result in a parent conference and a principal/sponsor review. A sponsor must stay with the students until the last child has been picked up

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.

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

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CL 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

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.

STUDENT COSTS

(Approximate)

TRYOUT/APPLICATION FEE

There will be no tryout/application fee.

UNIFORM COSTS

- A. A **MAXIMUM** of \$350 may be spent on uniforms. No other moneys from ANY SOURCE may be spent on uniform costs.
- B. The uniform will consist of the following:
- 1 shell with letters
 - 1 skirt
 - Shoes/Socks
 - Briefs
 - Half/Crop top or body suit
 - Warm-ups (jacket, sweatshirt, pants)
- Other optional uniform parts may be used as long as the total cost does not exceed \$350.
- C. Sponsors will be held accountable for any costs above \$350.
- D. Students will not be permitted to wear additional "uniform type" items (jackets, sweaters, shirts, etc.) to cheerleader functions if the cost of such items exceeds the \$300 uniform limit. These "uniform type" items include items purchased by booster clubs, fund-raising, or individual parent purchases.

CAMP WEAR

- A. A **MAXIMUM** of \$150 may be spent for camp wear. No other moneys from ANY SOURCE may be spent on camp wear costs.
- B. The uniform will consist of the following:
- Shorts
 - Shirts or T-shirts
 - Socks and Jog Bra or Tanks
 - Bags

CAMPS

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- A. Be aware that camp attendance cannot be required of the student unless it is paid for by funds other than the personal funds of the student or parent.
- B. Cheerleading squads may not attend camps outside the Dallas/Ft. worth Metroplex.
- C. Transportation to and from camp must be by school bus, GISD sponsor-driven vehicle, or parents may drive their individual student to camp. Remember this is a school-sponsored activity, and all school rules and policies are in effect.

ADDITIONAL COSTS (Optional)

- A. Props, poms, megaphones, etc. should be purchased by the Garland Independent School District from the campus cheerleader budget or from booster clubs.
- B. If students want to keep their props, etc., they must purchase these items at the beginning of the cheerleader season from their own personal funds. These items must match the school props.

(EXAMPLE)

BASIC MIDDLE SCHOOL CHEERLEADER UNIFORM COSTS

(Costs based on company quotes and a GISD M.S. 2000 purchase)

Item	Company Cost Ranges
	Low -- High
1 Shell w/ letters	72.00--92.00
1 Skirt	50.00--70.00
1 Pair of Shoes	25.00--60.00
1 Pair of Socks	3.00 -- 5.00
1 Brief	7.00 -- 13.00
1 Warm-up/sweatshirt w/ letters	55.00 -- 105.00
<hr/>	
Total Basic Costs	\$212.00--324.00

OPTIONAL ACCESSORIES

1 Half/Crop Top	13.00--21.00
1 Set Cold Weather Leggings	20.00--30.00
1 Hair Bow	5.00--12.00

Total Optional Accessories **\$38.00--63.00**

TOTALS IF ALL ITEMS PURCHASED **\$250.00--387.00 (Can NOT exceed \$350)**

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.

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GISD Centralized Middle School Cheerleader Tryouts

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

The Garland Independent School District will hold a centralized tryout for the selection of the cheerleading squads. This tryout will be held on a Saturday in April. All twelve middle schools with cheerleading squads will participate in the tryout process. The tryout will be held at a north side and south side middle school location. At each campus the schedule will be as follows

Zone 1		
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

**The school in the last time slot (6) will serve as HOST for the tryouts.

Zone 2		
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

**The school in the last time slot (6) will serve as HOST for the tryouts.

The tryout location will need to have 2 gyms for tryouts as well as a warm-up area. (Cafeteria)

The principals of the school hosting the tryouts will chair a committee composed of the Director of Fine Arts, the host school cheerleader sponsor, and the following year 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

- Make sure each tryout site has reserved:
 - Two gymnasiums. (Any windows that could provide a line of sight from outside should be covered with paper.)
 - Cafeteria for warm-up.
 - A hospitality room for the judges.
 - A waiting area for the sponsors.
 - 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. (You are not expected to buy new sound equipment. Make arrangements to borrow from other campuses.)
- 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 11 judges per site.)

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 breakfast, lunch, and snacks for the judges.
- Provide calculators for each judge.
- Hire one security guard.

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- Secure the services of an athletic trainer. This person can be on-call or on site. If they are on site all day, they will be paid by the Director of Fine Arts.

During each school's tryout:

- The principal or designee will bring to the tryouts the official computer disks with the candidate names and numbers already entered into the spreadsheet. A backup disk will also be made.
- 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 two 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.
- Administrators only need to be present during the time that their campus is trying out.
- Each school should provide someone to enter the data from the judges' score sheets into the spreadsheet. This cannot be a sponsor.
- Sponsors will have a designated waiting area, but should not be in the gymnasium.
- The Director of Fine Arts will oversee the entire process. Since he can only be on one campus at a time, a high school sponsor will be hired to oversee the tryouts at each tryout location.

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. The sponsor will escort the candidates to the appropriate gym for the tryouts. **UNDER NO CIRCUMSTANCES WILL ANY OUTGOING 8TH GRADE CHEERLEADER GO INTO THE GYMNASIUM.** Sponsors will wait in the designated waiting area. Outgoing 8TH grade cheerleaders are not allowed in the tryout area or the tabulation room.

Tabulation of the scores

Tryout judges will be asked to circle the number of points they wish to award to each candidate in each category. They will confirm all tabulations with a calculator. Judges will be instructed to initial any erasure, mark-throughs, or any other changes made on the judging sheets at the tryouts.

At the conclusion of each tryout, the head judge or principal in charge will bring the score sheets to the tabulation area. **NO OTHER PERSON SHOULD DO THIS.**

Judges scores will be entered into the GISD cheerleader scoring spreadsheet. Totals on the spreadsheet will be verbally confirmed with those on the judges score sheets. The tabulation spreadsheet will automatically throw out the scores of the lowest and highest scoring judges. Results will be based on the average of the remaining three scores. Each candidate must score the minimum percentage of points for their squad (see judging criteria) in order to be placed on a cheerleading squad.

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.

Notification

After all tryouts 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.

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- 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 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 to discuss tryout procedures.

February - Sponsors can begin preparing tryout packets according to the GISD tryout guidelines. **The Director of Fine Arts must approve all packets.** Cheerleader and drill team information packets should not be distributed before February 28.

Although these packets are informational in nature, we don't want there to be any implication of recruiting if one school gets their packets out earlier than another. Packets may be distributed any time after that date.

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.

Schedule for Hosting Centralized Tryouts Zone 1

2004-2005	O'Banion Middle School
2005-2006	Classical Center at Brandenburg
2006-2007	Lyles Middle School
2007-2008	Sam Houston Middle School
2008-2009	Austin Academy
2009-2010	Coyle Middle School
2010-2011	O'Banion Middle School
2011-2012	Classical Center at Brandenburg
2012-2013	Lyles Middle School
2013-2014	Sam Houston Middle School
2014-2015	Austin Academy
2015-2016	Coyle Middle School

Schedule for Hosting Centralized Tryouts Zone 2

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2004-2005	Webb Middle School
2005-2006	Schrade Middle School
2006-2007	Sellers Middle School
2007-2008	Bussey Middle School
2008-2009	Jackson MST
2009-2010	Hudson Middle School
2010-2011	Webb Middle School
2011-2012	Schrade Middle School
2012-2013	Sellers Middle School
2013-2014	Bussey Middle School
2014-2015	Jackson MST
2015-2016	Hudson Middle School