

Brown Junior High School Cheerleading Constitution

Purpose

To promote and uphold school spirit, model good sportsmanlike behavior and leadership, develop positive relationships between schools during athletic events, and uphold the highest standards- academically, personally, and athletically.

*Cheerleaders, Yell Leaders and Mascots are applicable to the term “cheerleader/spirit squad member” in this constitution.

Expectations

Cheerleaders are representatives of their school and should exemplify both individual and group behavior that is suitable to their position. Cheerleaders will be expected to maintain a higher standard of behavior both on and off campus, and academic achievement. Cheerleaders are a reflection of Brown Junior High School; actions of cheerleaders, in or out of uniform, and their parents that are not compliant with the constitution or guidelines set by the NIAA or Coach and or Advisor, may result in benching, suspension, or dismissal from the team.

General Requirements

1. Currently have and maintain, throughout the school year, a minimum 2.0 GPA.
2. All NIAA, school, and team rules must be followed.
3. All cheerleaders must reside in Brown Junior High School’s attendance zone, or have a valid zone variance on file.
4. All eligibility forms, including the athletic packet, must be on file with the advisor.
5. Based on skill evaluation, prior coach evaluation and current vacancies available, coaches and advisor may determine placement on the team. Coaches reserve the right to move cheerleaders and alternates, or fill any vacancies at their discretion at any time.

Academic Requirements

1. All NIAA academic eligibility guidelines will be followed.
2. Grade checks will be performed at least every two weeks, but may be performed at any time.
3. Any cheerleader receiving an “F” in any class will be immediately be benched and will be replaced by an alternate and will have one week to raise their grade to stay on the team, but will not necessarily get their spot back. Cheerleaders will come to practice and study, but not practice and will attend all games and performances during this time and sit with the coach, not friends. If the grade is not raised within that week, then the cheerleader will be ineligible the following week.
Three weeks of ineligibility in a row will result in suspension from the squad.
4. Any cheerleader receiving reports of inappropriate conduct in any class may be benched, suspended, or dismissed.
5. Any cheerleader that receives an “F” on her report card (quarter and/or semester) will be suspended for the following quarter. If an “F” still remains on the following report card, they will be immediately dismissed from the team.
6. Any cheerleader that receives a “U” on her report card (quarter and/or semester) will be immediately dismissed from the team.
7. Any cheerleader whose G.P.A. falls below 2.0 on any report card (quarter, semester, and/or overall) will be suspended the following quarter.
8. Any cheerleader that is in academic jeopardy may be required to attend study sessions.

Parents Initials	Cheerleaders Initials
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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 team and Brown Junior High School and should act accordingly.

Proper manners should be used at all times to address others (teammates, faculty and staff, peers, etc.). Mutual respect and politeness towards members within the squad are basic elements that contribute to the total success of the team.

Cheerleaders will abide by all CCSD, NIAA, Brown J.H.S., and team rules of conduct for student athletes.

1. Proper conduct at all times (both in and out of school)
2. Display good sportsmanship
3. Show respect at all times
4. Cooperate with coaches, teachers, team members, faculty, administrators, crowd, etc. at all times.
5. Any cheerleader that receives a suspension during the school year or 2 RPC's will be dismissed from the team and will not be eligible for tryout the following year.
6. In the absence of the coach, all cheerleaders will show respect and listen to the assistant coach or the person the coach has left in charge.
7. Spirit Squad members should not have inappropriate photographs, language, or other undesirable objects associated with them on the internet. Twitter, Facebook, Tumblr, Instagram, Blogs, etc. are expected to be age appropriate and should positively reflect Brown Jr High School and the Spirit Squad (Only positive things may be posted). Any post, picture, etc. that harms the reputation of the school and/or squad will result in demerits, benching, and possible removal from the squad. This includes pictures of a Cheerleader posted on others' websites, profiles, etc. If anything inappropriate or threatening is brought to the coaches' attention, it will be subject to review and disciplinary action will be taken.
8. Do not display undesirable emotions
9. Do not use inappropriate gestures or languages
10. No public displays of affection in and out of uniform.
11. Do not discuss cheerleading business with non-team members.
12. Any conflicts that may occur during the season should be brought to the coach immediately. If necessary, the coach may call a conference, including the parent/guardian, with the appropriate administrator.
13. Any problems with attitude will result in benching for the next performance and will not be guaranteed their spot in choreography after the benching.

Any cheerleader failing to abide by the cheerleading, school, and/or NIAA rules relating to conduct, use of drugs, alcoholic beverages, tobacco, or other illegal activities will be subject to review and disciplinary action, including, but not limited to, suspension or dismissal.

Failure to meet the conduct requirements will result in benching, suspension, and/or dismissal from the team.

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Appearance/Uniforms

Cheerleaders are representatives of Brown Junior High School and should be appropriately dressed and maintain their personal appearance at all cheerleading related functions or when wearing Brown Junior High School apparel.

1. Follow the CCSD dress code policy at all cheer and school functions.
2. Uniforms should only be worn to designated functions, as determined by the coach.
3. Uniforms will be worn on ALL game days, including away games. Cheerleaders that forget to wear their uniform or choose not to wear their uniforms will automatically have one bench counted against her/him. No excuses.
4. Any cheerleader inappropriately dressed will be subject to review and may be directed to change clothing (if available) or may be directed to leave the premises.
5. Maintain a neat and clean uniform, including warm-ups and shoes.
6. Must wear two matching white socks.
7. Dress in proper designated uniform. Cheerleader may be benched if her/his uniform is incomplete. Uniform includes, but is not limited to, shell top, midriff, skirt, matching socks, shoes, briefs, hair accessory, and poms.
8. Under no circumstances should your bra straps be showing under your uniform. All bra straps need to be pinned back prior to the start of the game. If at any time your bra straps are showing you will be pulled from the game and it will count as a bench.
9. Shell tops must be worn with the designated cheerleading skirt or designated cheerleading warm-up pants. Shell tops may not be worn with jeans, shorts, etc.
10. Uniforms must be worn properly at all times. No rolling pants or skirts down, and no rolling tops up.
11. No stomachs should be showing at any time while at a cheerleading related function, including practice (NIAA).
12. Uniforms, warm-ups, and/or other cheerleading items may not be loaned to anyone for any reason without the coach's approval.
13. Warm-ups should only be worn on game days.
14. Cheerleaders are responsible for all cleaning and repair expenses.
15. Cheerleaders shall pay for any part of the uniform that is damaged, misplaced, lost, or stolen.
16. No unauthorized alterations of uniforms; if and undocumented alterations are made you will be charged for that uniform piece.
17. Uniforms **must** be washed between games and performances per the instructions provided.
18. Uniforms should be cleaned and returned to the coach on the designated day.
Any cleaning, repair, or replacement fees will be charged to the cheerleader.
19. Uniforms and/or warm-ups are worn on game days, as designated by the coach. Failure to wear the appropriate uniform or warm-ups on game days, including away games, will count as one bench.
20. No glitter or any other type of materials that may hinder performance may be worn (NIAA).

21. NO nail polish, NO excessively long nails (NIAA), and NO fake nails (gels, acrylics, etc).
22. No excessive make up is to be worn and eyeliner can only be worn on the top of the eye, not the bottom.
23. Hair is to be pulled back out of the eyes and in a high ponytail. Only cheerleaders with hair one inch above their shoulder can have their hair ½ up. No braids, all hair is to be pulled up while in uniform.
24. No gum chewing.
25. No jewelry or piercings should be worn while in uniform, at practices/games, or any other cheerleading related function (NIAA). Do not get any new piercings or tattoos during the season.

Appearance

Cheer is a uniform sport and we follow the traditional outfitting guidelines of the NCA; the more uniform the team looks, the more points they will receive. While we are not at competition all the time, at Brown Junior High School we follow these guidelines all the time. This applies to all aspects of our appearance including the way we wear our hair, the color of our nails, and the make-up we wear.

As it has already been verbally stated, the following rules apply:

- No excessive makeup (Make-up worn in uniform will follow strict guidelines)
- No colored nail polish while in uniform
- No visible Tattoos
- No abnormal hair colors

Abnormal hair is defined as sections of your hair being died completely different colors and/or too many levels away from the natural hair color. If you choose to dye your hair, you can add highlights or low lights 3 levels above or below your natural color.

Highlights and/or lowlights must be weaved in to make it appear as if it is a natural occurrence: no stripes, no chunks. High definition colors such as RR or RV, pinks, purples, blues, greens, and bright canary yellow are prohibited. If you are the type of person that likes to make a statement with your hair, BJHS Cheer is not the team for you.

Final determination of acceptable standards will always be made by the Coach, or cheer Administrator. If either the Coach or the Cheer administrator communicate to you that your hair color, your make-up, your accessories, or your general appearance is too eccentric or too dangerous, it must be either removed or toned down to comply with standards.

Failure to meet the above uniform/appearance requirements will result in benching, suspension, and/or dismissal from the team.

Parents Initials	Cheerleaders Initials

Attendance/Participation

Cheerleading is a team sport; therefore it is crucial that all practices, games, and functions are attended.

1. Cheerleading must have priority over other extra-curricular activities.
2. All practices, games, and other cheerleading functions are mandatory. Schedules will be distributed in advance. Extra practices may be required to prepare for a performance. Check the website every day, there may be changes made. We work around coaches' schedules.
3. Cheerleading is an active sport and cheerleaders are expected to run, work out in circuits and practice routines and dances. Anyone not putting their effort in or refusing to workout will be benched for the following performance and an alternate will take their place.
4. All absences should be reported to the coach by the cheerleader, or parent/guardian, as soon as possible. The coach will determine if the absence is excused or unexcused. Any absences not reported to the coach prior to practice will result in being replaced by an alternate for the next performance or game.
5. Excused absences are defined as **severe** personal illness (doctor's note may be required), and severe illness or death in the family. All other absences will be unexcused.
6. Contact the coach immediately if a family emergency arises. The coach will determine if the absence is excused or unexcused.
7. Special circumstances should be discussed with the coach, at least two weeks in advance, and will be determined excused or unexcused by the coach.
8. Per NIAA rules, cheerleaders must attend school all day on game days to participate.
9. Any cheerleaders missing practice, even if it is for illness or a family emergency, will not be able to perform in the next performance and will be replaced by an alternate.
10. Cheerleaders should not attend games, and/or Official Cheer functions if they have been absent from school all day. Cheerleaders will be benched for the next two games/performance if they attempt to participate.
11. Cheerleaders that attend school, but intend to miss practice the same day, must contact the coach themselves to explain the absence. The coach will determine if the absence is excused or unexcused. Cheerleaders that do not contact the coach in person will automatically receive an unexcused absence.
12. Cheerleaders that miss practice (excused or unexcused) the day before a game/performance will be benched for the half-time performance and may be benched for the entire game.
13. Cheerleaders that miss school the day of a practice or a game, must call or text the coach by 8:00 am.
14. Two or more absences (excused or unexcused) from scheduled basketball games may result in suspension or dismissal, this includes leaving early.
15. Excessive or continuous absences (excused or unexcused) from practices, games, and/or functions may result in suspension or dismissal.
16. Excessive excused or unexcused absences (more than 10) from school per semester may result in dismissal from the team. Missing one class period counts as an entire day's absence if it is unexcused.
17. Cheerleaders should arrive on time, as designated by the coach, to all practices, games, and/or functions.
18. Cheerleaders that are tardy to practice may be given extra conditioning time or may be benched from the next game/performance.
19. Cheerleaders that are late to games/functions may be benched for the quarter or the entire game (depending on the amount of time left in the game).
20. Three tardies to practices/games/functions will count as one unexcused absence.
21. Excessive tardiness to practices, games, and/or functions may result in suspension or dismissal.
22. Cheerleaders with more than three truancies (unexcused absences) for the semester will be immediately dismissed.
23. Cheerleaders that do not meet performance expectations during practices or games may be benched, suspended, or dismissed.

Benched/Suspended Cheerleaders:

1. Must attend all practices, but will not participate
2. Must attend all games and functions, but will not participate
3. Will not wear uniform or warm-ups
4. Must sit with the coach at all games and functions

No cell phones at practices, demerits will be given for cell phone usage. Cell phones will be turned off during games, and other cheerleading functions. Cheerleaders will be unable to check their cell phones during all practices, games, and cheerleading functions. If there is an emergency, please contact the school or the coach.

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Practice

All rules stated in the constitution, as well as school and NIAA rules, apply during practice. Failure to abide by the rules may result in extra conditioning, dismissal from practice, benched from next game/performance, suspension, or dismissal.

1. All practices are mandatory.
2. Illnesses and/or injuries limiting participation require a physician's note that must be submitted to the coach. If you are injured and need to sit out for any reason, a physician's note is also required to participate again. NO EXCEPTIONS.
3. **Doctor/dentist appointments should be scheduled around practice/game times, unless it is an emergency.**
4. Excessive talking during practice is unacceptable. Extra conditioning will be given to the team. If talking continues then it may result in benching, suspension, and/or dismissal from the squad.
5. Cheerleaders will not talk while the coach, instructor, or captain is talking. If talking or goofing off, cheerleaders will be required to run or condition. If a cheerleader is asked to run or condition 2 times during a practice they will be benched from the following performance and an alternate will take their place.
6. Tardiness is unacceptable, unless pre-arranged. If planning to make up a test or assignment you must let the coach know and not another cheerleader. Extra conditioning will be given to the team, even if it is for being one minute late.
7. Excessive tardiness may result in benching, suspension, and/or dismissal from the team.
8. Leaving early is unacceptable. Extra conditioning will be given to cheerleaders that leave practice early.
9. Leaving early frequently may result in benching, suspension, and/or dismissal from the team.
10. Cheerleaders must wear the cheer practice uniform and wear their hair up and out of their eyes, no bra straps or spaghetti straps are to be seen. The coach will determine if shorts are too short, and you must comply, no complaints.
11. Wear cheerleading or running shoes.
12. Bring water or sports drink. No carbonated beverages, slurpees, StarBuck's, etc. Cheerleaders may be asked to dispose of beverages, other than water.
13. No gum chewing or eating during practice time.
14. No poor attitudes or poor effort.
15. No complaining at practice or outside of practice about cheer.
16. Only the coach or designated cheerleader may talk during stunting.
17. Cell phones must be turned off.
18. Leave all problems outside of practice and focus on cheerleading.

19. Causing continuous problems or drama between squad members is not tolerated. Continuous conduct may result in being dismissed from practice, benched, suspended, and/or dismissed from the team.
20. Cheerleaders displaying a lack of effort and/or poor conduct may be dismissed from practice, benched, suspended, and/or dismissed from the team.

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Games/Performances

All games/performances are mandatory. Cheerleaders are required to cheer at various events, in addition to assemblies and school functions (open house, charity events, etc). Cheerleaders should be prepared to perform at any given time. There will be times when cheerleaders are asked to perform at the last minute. The coach will notify the team as soon as possible, but **please be aware that the coach is also informed of events at the last minute.**

All rules stated in the constitution, as well as school and NIAA rules, apply during practice. Failure to abide by the rules may result in extra conditioning, dismissal from practice, benched from next game/performance, suspension, or dismissal.

In addition, the following rules apply:

1. Absences from games/performances may only be excused for severe illness or family emergency AND by contacting the coach prior to the game/performance. The coach will determine if the absence is excused or unexcused.
2. Cheerleaders will be required to try out for all dances and performances. The coach will determine if their performance is acceptable and if they are not familiar with the performance routine, cheerleaders will not be able to perform.
3. Arrive on time as designated by the coach or cheerleader will receive demerits.
4. Cheerleaders that arrive late to the ACTUAL start time of the game will be benched for the ENTIRE game. If an emergency situation arises, contact the coach and the coach will decide if the cheerleader will be benched.
5. Return promptly to sidelines (in formation) at the time designated by the coach. Tardy cheerleaders will be benched for the rest of the game and an alternate will take their place.
6. Cheerleaders must have ALL parts of their uniform to perform, including BOTH poms, hair bows, etc. Cheerleaders missing part their uniform will be benched for the entire game/performance and an alternate will take their place.
7. Must know all required material at all times (Cheers, sidelines, jumps, etc.) and will be required to pass it off with the coach.
8. No talking on the sidelines unless a coach or captain talks to you.
9. Cheerleaders that talk in sidelines will be pulled out and benched for the rest of the game and an alternate will replace them.
10. No talking to people in the crowd while in sidelines or sitting in sidelines.
11. Pay attention to the game.

12. No showing bra straps, or spaghetti straps from other tank tops.
13. Stand in correct formation/stance.
14. No taunting the other team.
15. Show respect during the National Anthem. (No talking, gesturing, or pom shaking).
16. No applying make-up or lotion, fixing hair, eating, etc. in front of the crowd. This needs to be done prior to game time in the rest rooms.

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Stunting/Tumbling

Participation in stunting may result in minor, serious, or permanent injury, or even death. Safety measures (progressive stunting and spotting) will be taken to prevent such injuries, but cannot always be avoided.

The following rules apply:

1. The coach **MUST** be present during all stunting and tumbling. **NO STUNTING OR TUMBLING WHEN THE COACH IS NOT PRESENT.**
2. For safety measurements the coach will decide what position each girl will hold in a stunting group.
3. All stunting and tumbling **MUST** be approved and passed off by the coach prior to performance (games/special events)
4. No talking during stunting. The coach or designated cheerleader will make the necessary corrections.
5. **NO goofing off or excessive talking during stunting and tumbling. Absolutely no horse play.**
6. All cheerleaders involved in the stunt should communicate **BEFORE** building.
7. Spotting is an **ACTIVE** position. The spotter should always maintain eye contact with the flyer and if possible maintain physical contact with the flyer. If physical contact cannot be made, the spotter must have her/his hands up and ready to catch the flyer.

Stunting is a vital part of cheerleading. Stunting requires strength and stamina; therefore, all cheerleaders will be expected to participate in conditioning.

Jewelry, accessories, and artificial nails

In order to prevent injury and maintain a uniform appearance, body piercings, jewelry and acrylic nails are not allowed during cheer practices, cheer events and while in uniform. If any injury is sustained or inflicted to any person (self or otherwise) during a practice, game, or an event that is caused by a body piercing, jewelry, unauthorized accessory, or acrylic nails, it will be grounds for automatic dismissal from the team. Note:

Gel fill nails from a salon cannot be removed and they do not break. They are particularly dangerous for physical activities because they can rip the entire nail plate off the finger before cracking. Because of this if you get them, you will not be allowed to participate, if you cannot participate you will be dismissed from the team.

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Written Warnings/Suspension/Dismissal

Cheerleaders will receive verbal warnings at practice, games/performances, or any other cheerleading function which may result in being benched, receiving demerits or being suspended from the team. Demerits will be posted on the website by student number, however, benching a member of the team is entirely up to the Coach. If you are made to condition on your own you may receive a demerit. 3 demerits or absences from games and performances may result in dismissal from the team.

Examples of automatic demerits include but are not limited to the following:

1. Wearing jewelry
2. Gum chewing
3. Receiving detention at school
4. Unexcused absence
5. School dress code violations
6. Missing uniforms or equipment, including practice shoes
7. Not following specific instructions given by the Coach

The coach can remove a cheerleader at any time from any practice, game/performance, or other cheerleading related functions for inappropriate appearance, behavior, attitude, and or actions. This includes, but is not limited to, the following:

1. Eye rolling
2. Poor attitude
3. Acting like you don't want to be there
4. Complaining of tiredness, the weather, etc.
5. Getting upset if the game goes into overtime
6. Not smiling
7. Not saying the words to the cheer
8. Poor arm motions

9. Not performing jumps
10. Yelling or fighting with anyone, including each other
11. Throwing your poms at any time
12. Talking to the crowd or each other
13. Play fighting
14. Gossip about team or team member
15. Not knowing your cheers or sidelines
16. Showing bra straps
17. Not having on matching white socks or clean shoes

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Medical Regulations

All cheerleaders must have complete physical examination and submit the results to the coach, along with the athletic packet prior to tryouts. Any medical conditions must be noted on the medical release form turned in prior to try-outs. Any falsification will result in dismissal from the team or disqualification from try-outs.

It is the parent/guardian’s responsibility to provide complete medical insurance throughout the school year. Failure to keep medical insurance may result in suspension or dismissal from the team.

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Transportation

Transportation to and from all cheerleading related functions is the responsibility of the cheerleader. The school does not provide transportation.

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Financial Obligation

Failure to meet financial obligations as per the payment schedule will result in dismissal from the team. **NO refunds will be issued for any funds received prior to dismissal.**

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Mandatory Fundraising

All cheerleaders will be required to participate in all mandatory fundraising opportunities. Fundraising is the responsibility of the cheerleaders and parents. Coach will determine what constitutes participation requirement for each fundraiser. Each member must meet minimum fundraiser requirement. **ALL MONIES RECEIVED DURING FUNDRAISING MUST BE IN CASH. NO CHECKS ARE ACCEPTED. MONEY MUST BE GIVEN TO THE BANKER.**

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*****THE GYM IS CLOSED DURING PRACTICE*****
Only participation squad members are allowed.

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The coach makes all final decisions in the best interest of the team.
The coach reserves the right to determine approved absences and/or tardiness.

The coach reserves the right to bench/suspend and/or dismiss any cheerleader based on any academic, attendance/participation, attitude/conduct, appearance, and/or performance infractions. The coach reserves the right to add anyone at anytime to the team per their discretion.

The coach reserves the right to end the cheerleading season if many of the cheerleaders have a multitude of infractions.

The cheer constitution is meant to be used as a guideline for questions regarding appearance, behavior, and the cheer team; however the coach has final say verbally in all decisions. I understand that it is literally impossible for this cheer constitution to cover every instance or question that could occur during the cheer season and agree to abide by the cheer coach's verbal or written decision without argument or complaint. I understand that argument or complaint will result in automatic benching and may result in dismissal from the team.

This constitution can be changed, altered, and/or deleted, as designated by the coach, athletic director, and/or administrator.

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****All forms are to be signed/initialed and returned to the coach****

Cheerleader and Parent/Guardian:

We have read and understand the rules and regulations stated in the cheerleader constitution.

Print Cheerleader Name: _____

Cheerleader Signature: _____

Print Parent/Guardian Name: _____

Parent/Guardian Signature: _____

