



DEMERITS, DISCIPLINE, & DISMISSAL CONTRACT

Demerits will be given for failure to fulfill assigned cheerleading responsibilities. An accumulation of demerits will result in the following disciplinary actions:

1. **5 demerits** – 5 hours of community service, running
2. **10 demerits** – Additional 5 hours of Community Service, Meeting with Coach and/or Athletic Director, Running
3. **15 demerits** will result in dismissal from GHS Cheerleading Team.

All community service activities must be set-up by the coach. Activities will be conducted on in-service days or weekends at a local school or other organizations. Hours must be completed when assigned or demerits will be assessed. These are additional hours of community service. Hours completed as a team activity do not count towards disciplinary hours. Additional hours worked with the community park program also do not count.

Each cheerleader will be kept up-to-date on any demerits received. If there are any questions, contact the coaches. The Coaches and Administration reserve the right to dismiss anyone from the squad when deemed necessary.

1 Demerit	<ul style="list-style-type: none"> ● Tardiness to practice (includes not dressed and/or ready at scheduled time.) ● Tardiness at beginning of game (1 demerit-run a lap for every minute late) ● Tardiness from half-time break (running, 1 demerit) ● Not arriving to sideline (ready to resume sideline duties) with 1-minute left on the clock ● Chewing gum, drinks, or food during a practice. (running/1 demerit) ● Hands not on hips or leaning on the wall; out of formation on the sidelines ● Having miscellaneous food or refreshments on the sideline while cheering. ● Talking while instructions are being given. (1 demerit/running) ● Cell phone on during practice. (1 demerit/running) ● No leaving sidelines during the game except with coach's permission. Bathroom visits must be conducted before the game or during half time. ● Abide by the rules of the host school and/or referee(s). ● Not stretching before a game or practice. (running, 1 demerit) ● Defying/refusing to perform any cheering duties (toe touches, tumbling, stunts, kicks, etc.) (1 demerit for every disregarded skill expected by coach)
2 Demerits	<ul style="list-style-type: none"> ● Not dressed completely or not having clothes, ribbons, shoes, briefs, poms, megas, etc. &/or hair fixed as directed by coach for practices/games/events. (running, sitting out game, 2 demerits) ● Not dressed completely with hair fixed as directed by coach (with the

	<p>assigned ribbon/bow) for games/events.</p> <ul style="list-style-type: none"> ● Not participating with gameday banner, cups, posters, gameday goodies distribution, etc. ● Unacceptable appearance. (Uniform, fingernail length/polish, jewelry) (2 demerits/running) ● Not following safety guidelines for stunts. ● Not standing and/or misbehaving "At Ease" during the National Anthem ● Not kneeling and/or misbehaving when a suspected injury occurs. ● Not participating in a cheer, dance/routine, tumbling, or group jumps/kicks – Includes timeouts, free throws, and quarter changes. <ul style="list-style-type: none"> ○ <i>Remember, “tryout” tumbling is required during both basketball games and during football games. Those not tumbling must cheer/dance. (running/sitting out game/2 demerits)</i> ● Chewing gum, drinks, or food during a game. (running, sitting out games) ● Arriving to or participating on the sideline with food/stains on mouth or uniform. ● Not properly completing workouts, laps assigned, etc. (2 demerits) ● Not knowing dance, cheer, choreography, etc. when told. (running, sitting out game, 2 demerits) ● Negative attitudes, back-biting, disrespect to team members/coach, back-talking, goofing off during game. (will result in sitting out partial or all of game, 2 demerits) ● Leave practice early ● Misbehaving at practice ● Improper conduct: “mini” practices of cheers or routines during the game, excessive talking, body exaggerations, horseplay, personal contact with the crowd during the game, PDA in uniform, behavior deemed inappropriate by the coach(es), etc. (running, sitting out game, 2 demerits)
3 Demerits	<ul style="list-style-type: none"> ● Misbehaving on the sidelines or at event/outing for team (3 demerits, running, sitting out of game) ● Missed practice/meeting. (3 demerits, running) ● Missing an entire quarter or period. (3 demerits, running) ● Leaving before a game or event is over. (3 demerits, running) ● Not attending community park practices or problems with practices. (3 demerits and/or sitting out first football game) ● Cell phone used at a game. (3 demerits/running) ● Not performing tumbling at games during long timeouts, designated football tumbling lines, basketball starting lineup intros (skills shown at tryouts) <ul style="list-style-type: none"> ● Not completing 8-minute mile by KCS Jamboree. (sitting out Jamboree + 1st game, 3 demerits)
4+ Demerits	<ul style="list-style-type: none"> ● Missing a game because of grades. (4 demerits) ● Failure to maintain 2.5 GPA (4 demerits)

	<ul style="list-style-type: none"> ● Cheating in academic classes (apology letter to teacher/staff; running; 4 demerits) ● Insubordination (5 subordination) ● Disrespect towards coaching staff (5 demerits, running) ● Not completing community service hours on assigned date. (5 demerits) ● 5 Unexcused Absences from school (5 demerits, Mandatory Attendance to Regional Attendance Meeting @ Central High School) ● 5 Unexcused Dismissals from school (5 demerits) ● 5 Unexcused Tardies to school (5 demerits) ● Assigned to In-School Suspension/RLC (5, running) ● Not attending games or events. (5 demerits, running) ● Being sent home from cheer camp or clinic without proper excuse. (10 demerits)
Misc. — Demerits Assigned at Discretion of Coach(es)	<ul style="list-style-type: none"> ● Failure to abide by Social Media Contract. (running, sitting out games, demerits, dismissal from team). ● Be aware of all facial expressions and smile during the cheers. (running/sitting out game, demerits) ● Stay in the formation assigned by the coach. NO MOVING! (running/sitting out game, demerits) ● Each Additional Unexcused Absences, Dismissals, or Tardies to School (exceeding 5): Demerits Assigned at Discretion of Coach
	Suspension (out of school), member faces suspension/removal from the squad based on the number of days of punishment. If suspension should fall on event days, demerits will be assessed as unexcused. (running/sitting out game)

DISMISSAL

Cheerleaders will be dismissed from the squad for such actions deemed inappropriate for people who have been selected as leaders of their school. Such actions would include smoking, drinking of alcoholic beverages, use of drugs, GPA lower than 2.50 at semester end, having 2 or more Fs, breaking Social Media Contract or other behavior that would reflect badly on the squad or student body. Appeals may be made to the principal or athletic director. Dismissal will also occur upon accumulation of demerits.

If a cheerleader is dismissed or voluntarily leaves the squad, he/she will not be able to participate in tryouts or be on the GHS Cheerleading team the following year. Permission must be given from the athletic director and coach before he/she can try-out in future years.

I RECOGNIZE THAT IF I RECEIVE 15 DEMERITS I WILL BE DISMISSED FROM THE CHEERLEADING TEAM. DEMERITS CANNOT BE MADE UP, ERASED, OR EARNED BACK.

Student-Athlete Name (Please Print) _____

Student-Athlete Signature _____ **Date** _____

Parent/Guardian Name (Please Print) _____

Parent/Guardian Signature _____ **Date** _____