

DEMERIT SYSTEM

Demerits will be given for the following reasons:

1. Jewelry worn at games or practice. (If you have newly pierced ears you may put tape or a band aid over the earring, otherwise they must be removed. 1 Demerit for each piece of jewelry.
2. Hair must be pulled back and out of face. 1 demerit
3. Gum Chewing at games or practice 2 demerits
4. Must have appropriate practice attire (no jeans or flip flops) 2 demerits
5. Forgetting any part of the uniform including bow or pom poms for a game 3 demerits.
6. No nail polish on fingers at games 1 demerit
7. Eating or drinking during game other than scheduled water breaks. 2 demerits
8. Fooling around or talking during practice 2 demerits
9. Being late for game or practice without prior notice 3 demerits
10. Getting out of line while the game is in play 3 demerits
11. Questioning or disagreeing with coach during practice or game time 3 demerits
12. Poor attitude of coaches' decision on how a cheer, stunt, placement, etc is to be done 3 demerits.

If you receive 5 demerits you will be benched for one half of the game.

If you receive 10 demerits you will be benched for the entire game.

The following will NOT be tolerated and may result in being benched or dismissal from the program:

Talking back to cheer coaches, football coaches or parents.

Swearing

Fighting (physical or verbal)

Unsportsmanlike conduct (booing referees, opposing team, taunting or name calling)

Not being a team player/disrespecting teammates or football players

Performing a stunt without a spotter or one that is not approved by the coaches.

Participant Signature _____ Date _____

Parent Signature _____ Date _____

Head Coaches Signature _____ Date _____

ACDC Signature _____ Date _____