

# *COUNTRYSIDE JR. COUGAR CHEERLEADING DEMERITS*

## **(CODE OF CONDUCT)**

All CJC cheerleaders are expected to conduct themselves in a respectful manner, demonstrate a good attitude at all times, follow their Coaches instructions and exhibit good judgment. The following conduct will result in demerits:

### **1 Demerit:**

- Poor attitude at games, practices, or any cheer function
- Out of dress code at practices or games. One demerit will be issued for each infraction (i.e. – jewelry, hair not pulled from face, etc.)
  - Eating food or chewing gum while participating in practice sessions or games is prohibited.

### **3 Demerits:**

- Late to practice, games, and/or any cheer function\*\*More than 15 minutes late will count as an unexcused absence\*\*
- Leaving early from practice/games/function
- Using cell phones during practice/games/function without the coach's consent
- Misbehavior during class or school hours
- Teacher contact about ANY misbehavior
- Lack of attention or participation during practice/game/function (i.e. – excessive talking, horseplay, not standing at attention, returning late from water break, etc.)

### **5 Demerits:**

- Leaving practice/game/function without clearance from the coach
- Not contacting coach prior to an absence or tardiness (absences/tardiness must be mentioned at least 10 days ahead of time unless cleared by the coach)
- Insubordination to coach or school personnel
  - Horseplay is always prohibited.

### **8 Demerits:**

- Unexcused absence from practice/game/function
- A grade of D or below on any progress report or report card

- Unsportsmanlike conduct during practice/games. That includes taunting, name-calling, any inappropriate behaviors towards other teams, game officials, or fans

### **10 Demerits:**

- The following actions **COULD** result in dismissal from the program:
  1. Use of foul language
  2. Throwing or intentional misuse of equipment
  3. Abusive language or gestures to coaches, officials, or other players
  4. Striking a player, coach, or fan
    - 10 demerits-1<sup>st</sup> offense and benched next game
    - 20 demerits-2<sup>nd</sup> offense and automatic termination from CJC
  5. Encouraging or promoting unsportsmanlike conduct.
  6. Intentional abuse/misuse of any property (graffiti, etc.)
- Receiving Saturday School
- Disrespect to teammates or coach (In the event that 1 or more cheerleaders have a dispute that interrupts the productivity and cohesiveness of the team and the problem cannot be resolved, those team members involved will be removed from the squad at the coach's discretion)
- Misuse of any social media (i.e. – inappropriate content, foul language, bullying, inappropriate photos, etc.)

### **EMAIL, SOCIAL MEDIA AND OTHER COMMUNICATIONS**

If any cheerleader creates an email, social networking post, internet blogpost or any other form of communication that is offensive, suggestively offensive, negative or against the spirit of the SYFC and/or CJC, in the sole discretion of the Executive Board, towards any team, member of the SYFC and/or CJC, or any other person or entity associated with the SYFC and/or CJC, including officials will be subject to the following discipline:

1. 1<sup>st</sup> offense – Verbal warning (5 demerits)
2. 2<sup>nd</sup> offense – One game suspension (15 demerits)
3. 3<sup>rd</sup> offense – Terminated from CJC (20 demerits)

### **20 Demerits:**

- Proven gross misconduct (i.e. – any unbecoming conduct at practices, games or any CJC function)
  - The following actions **WILL** result in automatic dismissal from the program:
    1. Use of drugs or alcohol while participating in an CJC activity or event.
    2. Striking a coach, official, or Board member.

- ❖ **BULLYING WILL NOT ACCEPTED IN ANYWAY SHAPE OR FORM AND YOU WILL BE IMMEDIATELY DISMISSED FROM THE TEAM (if found to be of gross or demeaning in nature)**
- ❖ Proper respect to be shown to all people involved in the CJC organization and the SYFC organization.
- ❖ At no time, under any circumstances, will a fellow player/cheerleader be verbally abused or physically abused. This includes any form of taunting.
- ❖ You are to encourage your teammates to do their best always. You should recognize extra efforts.

**ACTIONS TAKEN IF DEMERITS ARE RECEIVED:**

- 3 demerits = 3 laps or 3 shuttle runs, along with triple toe-touch (executed correctly)
- 5 demerits = 5 laps or 5 shuttle runs, along with 5 toe-touches (executed correctly) and 25 push-ups
- 10 demerits = 10 laps or 10 shuttle runs, along with 10 toe-touches (executed correctly) and 35 push-ups
- 15 demerits = 10 laps or 10 shuttle runs, 10 up-downs, 15 toe-touches (executed correctly), and 50 push-ups. You will also sit out the next game with the coach. **\*\*Must be in full uniform. \*\*** Failure to attend this game without a documented excuse will automatically result in 20 demerits—and disqualify from the team
- 20 demerits = Automatic disqualify from team

I, along with my parent/guardian, have read the Demerit System Sheet. I am aware and have reviewed each consequence of the demerit system. I realize that receiving demerits may hurt my team. I am going to do my best to finish this season with "0" demerits. I intend to take my cheer responsibility seriously as I am representing myself, my parents, and CJC. Demerits are permanent and do not re-start until the beginning of a new cheer season. Athletes should keep up with their demerits—they should have an idea of where they stand at all times. The coach will keep the official documentation of demerits. The coach and administration reserve the right to give up to 20 demerits for anything not covered in the above list. It is the athlete's responsibility to notify parents when demerits have been issued.

Cheerleader Name (Print)

Signature

Date

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Parent/Guardian Name (Print)

Signature

Date

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