

GOLDSBORO HIGH SCHOOL CHEERLEADING

RULES AND REGULATIONS

2020-2021

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I. Eligibility/Requirements

1. All participants must meet the eligibility requirements mandated by NCHSAA. Failure in meeting these requirements will result in immediate dismissal from the team.
2. All participants must complete the Goldsboro High School Cheerleading Tryout Packet.
3. All participants must maintain a 2.0 GPA throughout the season.
 - a. Grades will be checked periodically and cheerleaders are responsible for advising the coach if their grade drops.
4. Cheerleaders are STRONGLY encouraged to ALWAYS take FOUR classes per semester whether they be four on campus courses or a combination of on campus courses and college classes. Cheerleaders who do not pass THREE courses each semester will not make the team or will be removed from the team. This is a Wayne County Rule.
5. All participants must have an up to date Sports Physical and Concussion Contract on file.
6. All participants are to be and have attitudes, which are respectful and cooperative towards faculty, peers, and coaches. All participants should also ALWAYS display good sportsman like behavior.
7. Cheerleading is a year-round sport; therefore, cheerleaders are not allowed to participate in additional Fall or Winter Sports. Cheerleaders may play spring sports but will need to compromise with practice schedules.
8. All participants are to abide by the rules and guidelines present in this document. Cheerleaders should understand the spirit behind the rules and any situation not covered specifically will be handled in the best interest of Goldsboro High School Cheerleading.
9. All participants are required to be at all practices, games and performances!
10. All participants must follow all Wayne County's policies for student athletes.

II. Safety

1. Proper attire
 - a. Appropriate clothing and shoes must be worn at all times. Cheerleaders should come to practice without jewelry, hair up, cheerleading shoes on and ready to practice.
 - i. Jewelry cannot be worn during cheerleading activities.
 - ii. Hair must be secured away from the face and off of the shoulders. No hard clips, etc...should be used.
 - iii. Fingernails must be short and no longer than the tops of the fingers.
2. Stunting/Tumbling
 - a. No stunting or tumbling unless under the direct supervision of the coach.
3. Cheerleaders must be attentive and focused while engaged in cheerleading activities.
4. Cheerleading involves serious inherent safety/health risk, mostly due to stunting and tumbling. All safety guidelines must be followed to insure the utmost safety of all participants. Therefore, a coach should approve any new stunt and/or tumbling skill before it is attempted.
 - a. Cheerleaders must report any physical problems to their coach as soon as the problem arises. Failure to do so could cause further problems and jeopardize the safety of others.

- b. Cheerleaders must obtain a doctor's release before resuming any cheerleading activity after an injury or illness requiring a doctor's visit.

III. Attendance

1. Cheerleaders are required to be at every practice, game, competition and performance. Absence from practice, games, competition or performance will result in demerits.
 - a. Excused vs Unexcused
 - i. Excused Qualifications
 1. Doctors Appointment with a note from the physician.
 2. Educational Field Trip
 3. Family Emergency with note from a parent/guardian.
 - ii. Unexcused Examples
 1. Anything that does not meet the excused qualifications is an unexcused absence
 - a. Example: Work, non-school sanctioned activities, etc.
 - b. Cheerleaders are not allowed to attend practice or games if they have missed more than three periods of school (certain circumstances are approved by NCHSAA – example funerals; any exception must be approved by the administration).
 - c. Participation in other activities or jobs should not interfere with your role as a GHS cheerleader.
 - d. DO NOT ASK IF IT IS OKAY TO MISS! In the event of playoff games, which schedules are normally released with little notice, attendance is required.
 - e. Punctuality is vital!
 - f. Any cheerleader who is unable to participate due to health reasons is still considered a part of the team and is required to attend all functions, if they do not they will receive demerits. For games, injured cheerleaders should wear warm-ups.

IV. Uniforms

1. Cheerleaders are responsible for the purchase and upkeep of their own uniform.
 - a. Any financial problems in purchasing a uniform or cheerleading attire should be discussed prior to balance deadline with the coach.
 - b. Uniforms in poor condition may result in additional purchases or being removed from a game, competition or performance.
2. Do not let anyone borrow your uniform or spirit wear (t-shirt, jackets, pants, etc.)
3. Uniforms may be altered at the expensive of the cheerleader.
4. Uniforms are only to be worn in conjunction with school activities.
5. Any inappropriate comments, activities, etc., in uniform will result in demerits.

V. Appearance, Games and Competitions

1. Appearance
 - a. No excessive make-up is allowed and hair cannot be dyed an unnatural color.
 - b. Phones should not be stored in practice attire or uniforms.
2. Games
 - a. Cheerleaders must have all required items to cheer. Missing items will result in demerits.
 - b. Cheerleaders must be in proper uniform attire at all times on game days. If a cheerleader wears something different to school on game days, they will not cheer at the game.
 - i. *Football Games*
 1. *On football game days, the team will wear jeans and a cheer shirt or warm ups and a cheer shirt. The coach will designate jeans or warm up at that week's Wednesday practice.*

- ii. Basketball
 - 1. Home Games
 - a. For all home games the team will wear jeans and a cheer shirt to school.
 - 2. Away Games
 - a. For all away games the team will wear warm-ups and a cheer shirt or their shell.
- c. Cheerleaders will be pulled from the line-up if they are acting inappropriately, performing below expectations and/or they do not know material.
- d. Cheerleaders hair must be pulled up off the shoulders, nails should be trimmed and all jewelry should be removed.
- 3. Competitions
 - a. *Fingernails may ONLY be painted neutral/clear in color, as well as meeting the required length.*
 - b. *No jewelry can be worn, even belly rings, etc.*
 - c. *Missing practice the week of competition will result in removal from all other future competitions. Cheerleaders who do not compete are still required to cheer at all future games. Once a cheerleader is pulled from the competition their position will be filled and they will not be re-added in the current season.*
 - d. Awards
 - i. *During awards GHS cheerleaders are to stand and cheer for whoever wins first place in each division. Cheerleaders who do not show positive and good sportsmanship will receive demerits.*

VI. Academics & Grades

- a. Cheerleaders must maintain academic standing to be able to cheer at games and compete.
 - i. Cheerleaders who have a grade below a 70% MUST attend tutoring.
 - ii. Cheerleaders who have a grade below a 60% will not be able to attend games.
 - iii. *Cheerleaders who maintain a grade below a 60% for more than three weeks will be pulled from the competition performance. Once a cheerleader is pulled from the competition their position will be filled and they will not be re-added in the current season.*

VII. Transportation

- 1. Cheerleaders are required to ride the bus to away games/events, but may ride how with their parents/guardian ONLY!
 - a. Cheerleader must be signed out to ride home with the parents/guardians from away games.
 - b. A note must be presented to the coach and the school's principal prior to the game if the cheerleader wishes to ride home from an away game with someone other than their parent/guardian.
- 2. All cheerleaders should wait on rides at the designated area.
 - a. Coaches are required to stay with all participants until their ride arrives. Parents/guardians should make appropriate arrangements so that coaches are not waiting on rides. Cheerleaders picked up late will receive demerits.
- 3. Cheerleaders are not allowed to drive to any away function.

VIII. Suspensions and Dismissal

- 1. Suspension
 - a. Absences in practice will result in suspensions from the games of that week.
 - i. ONE **unexcused** absence and the cheerleader will be removed from participating in the week's games.

- b. Absences from games will result in demerits.
 - c. In school suspension will result in being removed from the week's games.
2. Dismissal
- a. Out of school suspension
 - b. *Absence from a competition*
 - c. Drinking/Drug use in GHS Cheer attire
3. Once a cheerleader quits or is removed from the team, they are no longer part of the GHS cheerleading program and will lose all privileges.

IX. Demerit System

4. All GHS cheerleaders will be on a demerit system. The coach will give demerits and will notified the cheerleader the day the infraction is recorded. All demerits will be recorded and dated in a notebook.
- a. Demerits can be worked off.
 - i. Demerits may only be worked off after practice and must be schedule a minimum of 1 day in advance with coach.
 - ii. Demerits may be worked off in one of the following ways, per demerit:
 1. 50 Jumps
 2. Running 1 mile
 3. 50 V Ups
 4. 25 Burpees
 5. 50 Lunges
 6. 25 Backhand springs [If the cheerleader can tumble]
 - b. Once a cheerleader reaches **5 demerits** they will be placed on **suspension** and will not be allowed to participate or go to any games/competitions but are still required to be at **ALL** practices.
 - c. Once a cheerleader reaches **10 demerits** they will be **dismissed** from the squad.

<i>Demerits</i>	<i>Infraction</i>
1	<ul style="list-style-type: none"> • Tardiness or leaving early from practice (for each offense) • Using your cell phone during practice • Not cheering – only going through the motions • Being forced to sit out a game because of missing uniform piece(s) • Not informing the coach a payment will be made late
2	<ul style="list-style-type: none"> • Being disrespectful/argumentative with your teammates or coach • Profanity • Using your cell phone during a game or performance • Chewing gum, eating during a game or performance, drinking a soft drink or energy drink during a practice, game or performance • Unsportsmanlike behavior • Tardiness or leaving a game or performance early (for each offense) • Not being picked up in the 15-minute window from a practice, game or performance • Lack of participation in fundraisers, spirit week, etc.
3	<ul style="list-style-type: none"> • Missing practice for an unexcused reason • Negative teacher report • Failure to comply with safety guidelines • Inappropriate comment or behavior while in GHS Cheer attire
4	<ul style="list-style-type: none"> • Missing a game for an excused reason
5	<ul style="list-style-type: none"> • Missing a game for an unexcused reason • In School Suspension

The coach reserves the right to make all final decisions and to alter rules in necessary situations.