



**HIGH SCHOOL  
CHEERLEADING  
CONSTITUTION  
2009 – 2010**

**Lewisville Independent  
School District**

## STATEMENT OF PURPOSE AND OBJECTIVE

Being a cheerleader is an honor and special privilege. Cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit and are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the LISD Student Code of Conduct. Members of these groups have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus and academic achievement than that of their peers. Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers. They are also expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. Off the field, they are to enthusiastically support all athletic teams through advertisement, personal attitude, and attendance at events chosen by the coach and approved by the principal.

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## **DEFINITION, ELIGIBILITY, ACADEMIC GRADES & COMMITMENT**

**DEFINITION:** Cheerleading year: The rules and procedures outlined in this constitution are in effect from the time the student is selected to the cheerleading squad until the next tryout date (typically March to March). This does not include the academic guidelines. Because of TEA rules, the academic policies are in effect for a school year. The LISD Extracurricular Code of Conduct will be enforced for the duration of the Cheerleading year (March to March).

**ELIGIBILITY-TRYOUT:** A student is eligible to try out for cheerleader if either of the two conditions is met:

- At the time of the tryout, the student is enrolled in the Lewisville Independent School District and is trying out at the school where the student is registered to attend for the next school year. Or

If the student is not currently enrolled in the LISD, but is registered to attend a LISD campus for the next school year, the student may try out at that campus with documentation to support residency within the boundaries of LISD for the upcoming school year.

**ACADEMIC GRADES:** To be eligible for tryouts, students must have either passed all subjects the preceding grading period or regained UIL eligibility prior to tryouts.

**COMMITMENT:** Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year. Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the approval of the principal and coach will not be allowed to tryout for the next year.

### **SELECTION & TRYOUT GUIDELINES**

**SELECTION:** The procedures for selection are based on the Board Policies of the Lewisville Independent School District and from the guidelines in this handbook. Building principals or administrative designees will be present during the tryout for their school. Parents will not be allowed in the building during any phase of the tryouts.

**TRYOUT GUIDELINES:** Each sponsor will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, times, attire, and procedures. The building principal must approve this information prior to distribution. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process. High school cheerleaders shall be selected by a

## SELECTION & TRYOUT GUIDELINES (Continued)

scoring method that assigns a score of up to 100 points per judge to the ratings assigned by a panel of judges. Students wishing to try out for the cheerleading squad must file an application and parent permission form with the team coach by the first day of the clinic before the clinic begins. Schools may elect to set an earlier date for turn in (ex. At the parent meeting), but no student will be penalized as long as the information is turned in by the clinic date before the clinic begins. Each student trying out must attend the clinic. There will be no application fees or tryout fees for students trying out for cheerleader at the high school level. Each campus coach and principal will establish a uniform tryout outfit. Every item of clothing should be carefully considered to insure equity, affordability, and safety for the students during the tryout procedure. This uniform should be limited to plain white shirt with no visible logo, a solid colored short (style to be determined by the coach), and any type of white athletic shoes.

### SQUAD MAKEUP

- The varsity squad will be made up of a maximum of twenty (20) members selected from the Junior and Senior class.
- **The Cheerleader Constitution Amendments for Varsity & Sub Varsity are as follows:**
  1. **Minimum 15 point break**
  2. **Varsity** - Minimum 15 maximum 20 (TCHS minimum 12 because of 4A status)  
**Sub-Varsity** - Minimum 10 maximum 15
  3. **FMHS/Marcus tryout on Thursday**
  4. **LHS/ Hebron/TCHS tryout on Friday**
- Any Junior not making the Varsity squad may be eligible to make the Junior Varsity squad if they consent in writing prior to the tryout.
- The junior varsity squad will have a maximum of fifteen (15) members selected from the Sophomore and Junior class.
- The freshman squad will consist of a maximum of fifteen (15) in-coming freshman members.
- Final squad selection for all squads will be based on the **criteria set forth** at the discretion of the administrative designee and/or the head coach.
- **Mats will be utilized at all tryouts for safety purposes.**

### JUDGING CRITERIA-CHEERLEADING SQUADS

See score sheets, pages 14 – 16.

## MALE SPIRIT SQUADS & JUDGES

### MALE SPIRIT SQUADS

Male spirit squads will be selected using criteria designed by each individual LISD campus.

Male spirit squads will receive specific tryout guidelines and requirements at the time of cheerleader tryouts and will tryout on the same day as cheerleader candidates.

Members of male spirit squads will follow all rules and guidelines of the LISD Cheerleader Constitution and will participate in all events attended by their campus cheerleaders at the discretion of the head coach of their campus.

**JUDGES:** There will be three judges on each panel. Judges will be selected from NCA, UCA, ACA other professional cheerleading associations, universities, and/or out of district coaches. Judges should not be hired to judge tryouts if they have tutored or taught the cheerleader candidates during the current school year. Every attempt should be made to hire judges who have not worked with students in the Lewisville ISD area. However, with the hundreds of camps in the state of Texas, attended by thousands of cheerleaders and taught by hundreds of instructors, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out. Professional judges with outstanding credential and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates. LISD Cheerleader/Drill Team coaches may not serve as a judge for cheerleader tryouts.

### JUDGE'S PANEL TRYOUTS, TABULATION OF SCORES & EXCEPTIONS

**JUDGE'S PANEL TRYOUTS:** Panel tryouts will be closed to everyone except judges, school cheerleader coaches, and principals' designees. **There will be no students, parents, or existing cheerleaders in the tryout room/area, nor will they be involved in the collection or tabulation of scores.** Any deviation by the candidates from the tryout requirements may result in the disqualification of the candidate.

**TABULATION OF SCORES:** The building principal or his/her designee will oversee the calculation of the judges' scores and verify totals for each candidate. Candidates will then be ranked from high to low and the appropriate number selected for each squad.

The district-wide formula for tabulating final scores should be as follows:

- Each judge may award up to 100 points total per candidate.

## **JUDGE'S PANEL TRYOUTS, TABULATION OF SCORES & EXCEPTIONS (Continued)**

Scores will be left in the office of the principal until winners and non-winners are notified. Original scoring sheets will be retained for 30 days following the tryout date. In the case of a tie, see EXCEPTIONS.

EXCEPTIONS: In the case of a tie that exceeds the maximum number of squad members, a callback will be held with each candidate's original tryout group. In the case of physical injury prior to the tryout, the Executive Director of Student Services must be notified for permission to have any deviations in the tryout procedure.

### **VIDEO FILM USAGE GUIDELINES**

VIDEO FILM USAGE GUIDELINES: Video filmed footage of a candidate's abilities can only be used after notification of the Executive Director of Student Services, and only in the case of recent surgery or broken bones that impair a student from participating in a "specific skill" of the tryout. A medical doctor's note indicating the specific skill the student is incapable of performing will be required prior to allowing video use.

If video footage is used, only the segments of the film that shows the specific skills required for tryouts, done by the student prior to the tryout may be judged.

Video footage may not be used showing the individual performing in a competition setting, All-Stars, Nationals, etc., or in a school uniform.

Video footage filmed on a spring floor or trampoline will not be allowed.

(Coaches will make these guidelines available to judges if a video is used for tryout.)

The judges shall be instructed to consider "absence of pressure," lack of physical/respiratory exertion, vocal ability, etc.

The candidate must perform each individual "specific skill" required in the tryout to receive credit/points. No score reduction or credit shall be exercised due to the claimed surgery/injury. However, in light of the above considerations, a perfect score for any "specific skill" or category should be rare.

### **NOTIFICATION & PARENT REQUEST FOR SCORES**

NOTIFICATION: After all tryout scores for a school are tabulated and confirmed by the principal and coach, each candidate will be notified on how to find out the results of the tryouts.

Acceptable notification options:

- Candidates will be given an envelope with a telephone number to call to receive a recorded message listing the cheerleading squad for those schools with a telephone system that allows parent to call in and access information. By withholding the box number until the day of tryouts, this will prevent other students from jamming the lines trying to call in.
- Those schools with an outcall system may choose to use this. Each candidate will be given a card at the conclusion of tryouts giving the times that the outcall will be made.

## **NOTIFICATION & PARENT REQUEST FOR SCORES**

(Continued)

- Final results for each school will be published on the campus website. Candidates will be given the website address at the conclusion of the tryouts.
- Results posted on campus

**PARENT REQUEST FOR SCORES:** Any candidates wishing to receive their scores quickly should provide a stamped, self-addressed envelope to the coach prior to the tryouts. Individual score sheets will be mailed no later than the Monday following tryouts. If this Monday falls on a school holiday or Spring Break, scores will be sent out on the day students return to school. Other requests for scores can be made through the school principal. Parents may request to see their own child's score (no rank scores) from the principal or his/her designee. By law, all other student scores are protected and cannot be shared with anyone except the coach, principal, or principal designee. Principals/Coaches may release the composite scores/tally sheet of all students to any parent under the following conditions:

- No names or identifying numbers that would indicate the tryout order or results of individual students.
- No judge's names or identifying numbers that would indicate which judge gave which score.
- You may give the cut off number.
- You may give a copy of the final tally sheet as long as they cannot identify individual students or tryout order.
- The original judge's score sheets will not be released to parents or students

**REPLACEMENTS:** If a member of the cheerleading squad moves (or there is an opening for any reason), the principal and coach may fill the opening based on the tryout rank scores. Any replacement will take place on or before the first day of camp.

No move-ins are eligible for cheerleader squads.

## **ELIGIBILITY – MAINTENANCE**

**ELIGIBILITY-MAINTENANCE:** Academic eligibility begins anew each school calendar year (August) as is the case with UIL sanctioned activities. A student whose recorded grade average in any course is lower than a 70 at the end of a UIL eligibility period shall be suspended from competition or performance. A suspension continues for a least three weeks and is not removed during the school year until the student is passing all subjects taken.

This suspension shall become effective seven calendar days after the last day of the UIL eligibility period during which the grade lower than 70 was earned. Refer to board policy for list of courses that are exempt from this policy. A student who regains eligibility at the end of a UIL eligibility period shall not become eligible until the school day seven calendar days later at 4:00 pm. Students on academic probation must continue to attend classes and all practices, must sit out all of

## **ELIGIBILITY – MAINTENANCE (Continued)**

performances in the stands, in uniform, with the coaches. Ineligible students are not allowed to wear the cheerleading uniform to school.

This state policy regarding eligibility does not apply to social activities.

If an average of below 70 exists for two (2) UIL eligibility grading periods (excluding the first six weeks) in the same course or in different courses during the school year, the student will be removed from the cheerleading squad for the balance of the school year. This will not include the courses designated in board policy as exempt from the ineligibility rule.

A cheerleader who is removed from the squad due to grades will not be eligible for tryouts the following year without approval from the principal and coach.

## **GENERAL CONDUCT RULES & EXTRACURRICULAR CODE OF CONDUCT (ECOC)**

**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 squad and the high school they attend and should act accordingly. Any cheerleader removed from his/her squad for disciplinary reasons during the current cheerleading year will not be eligible to participate in the next tryouts without approval from the principal and coach. Areas to be reviewed will include but not be limited to a review of the reason(s) for removal and student records since removal (academic grades, discipline records, attitude, etc.) Proper manners should be used at all times to address adults. Mutual respect and politeness toward members within the squad are basic elements that contribute to the total success of the squad. Anyone assigned in-school suspension for any reason will be subject to the following actions:

- First Offense – Benched for next event.
- Second Offense – Benched for next event and placed on probation for the duration of the year.
- Third Offense – Removal from squad.

Students assigned to in-school suspension may not perform, wear the cheerleader uniform, or practice with the squad while serving in-school suspension.

However, students benched for disciplinary reasons will be required to attend the event, in uniform, and sit in the stands with coaches.

Anyone assigned out of school suspension will be subject to the following actions:

- First Offense – Benched for next two events, Principal/Coach Review, Placed on probation for duration of school year. Possible dismissal.
- Second Offense – Removal from squad.

Any member failing to abide by published school rules relating to conduct, use of drugs, alcoholic beverages, or other illegal activities will be subject to review by the coach and principal. Dismissal from the group may result from that review. Any drug/alcohol violations will be disciplined in accordance with the LISD Extracurricular Code of Conduct.

# GENERAL CONDUCT RULES & EXTRACURRICULAR CODE OF CONDUCT (ECOC)

(Continued)

Any member who is expelled from school will be removed from the cheerleading squad for the remainder of the school year and will not be able to try out the following school year. Any member placed in the Alternative Education Program will be removed from the cheerleading squad for the remainder of the school year and will not be able to try out the following school year.

EXTRACURRICULAR CODE OF CONDUCT (ECOC): An extracurricular code of conduct has been developed and approved by the LISD school board. The ECOC must be signed by all cheerleaders and male spirit squad members as part of the tryout paperwork. The extracurricular code of conduct goes into effect from March of the current year until February 28 of the upcoming year. Any incidents that occur after school hours or on the weekend will be disciplined in accordance with the extracurricular code of conduct, which will supersede the cheerleader constitution during these times. This does not include times that a cheerleader or male spirit squad member is participating at a school sponsored cheerleading event or activity, during which times the campus code of conduct and cheerleader constitution will be enforced.

## DISCIPLINE SYSTEM

### ATTENDANCE/ABSENCE GUIDELINES

1. Cheerleader (from now on referred to as "CL") will attend all in/out of school practices and required events. Any absence must be cleared by the Coach prior to the practice. EXCUSED: Illness with a doctor's note (unless for emergency reasons, the CL should make every effort to schedule all medical and dental appointments around practice and events), death in the family, absences approved by coach/principal.  
UNEXCUSED: Work/vacation, personal appointments, non UIL involvement (All-Stars, etc.) (Excused absences w/o prior notice will be benched for ½ game; exception:; death in the family) Unexcused: Benched one (1) game
2. CL cannot miss the last practice before **an event** (Benched one (1) **event**)
3. CL will attend all summer practices (Benched one (1) game per miss) Injuries: If an injury occurs that keeps the student out of two practices, a note from the student's parent or doctor stating the reason will be required. If the injury restricts the student from three or more practices, a doctor's note will be required. This note should state the nature of the injury, the **specific** length of time of the restriction, the specific task the student cannot perform, and any special instructions. Lack of participation will be categorized as missing practice if there is no note.

### PRACTICE/PERFORMANCE GUIDELINES:

Violation of the following guidelines may be dealt with by benching during practice/performance, running, jumping, mat duty, or other physical conditioning as determined by the Coach. Grade deductions may also occur as a consequence of failing to return required paperwork, etc.

## DISCIPLINE SYSTEM (Continued)

1. CL must be in appropriate attire when practice/performance begins.
2. Hair must be up and secure.
3. No jewelry during performance, game, pep rally or practice.
4. CL will have required items (forms, signs, etc.) at the beginning of practice/performance.
5. CL must be on time to all practices and performances, and also returning from halftime or breaks during an event.
6. CL will not leave practice/performance area without Coach's permission.
7. CL will not leave practice/performance until dismissed by the Coach.
8. CL will not be assigned to Wednesday/Saturday school.
9. CL will maintain skills demonstrated at tryouts. Failure to maintain these skills may result in benching until skills are regained.

### SUMMER CAMP GUIDELINES:

1. CL will attend summer camp. Camp is MANDATORY. No exceptions. Failure to attend summer camp is reason for dismissal from the squad.

### UNIFORM GUIDELINES:

1. CL will not wear uniform to a non-CL function (Eating after a game may be approved by the Coach as an exception to the guideline)
2. CL will not lend out uniforms, sweats, letter jacket, etc. to someone who is not a cheerleader.
3. Uniforms may be altered, but no fabric may be cut without prior approval from the Coach (Replacement of uniform)
4. Uniforms will be turned in by the scheduled date.
5. CL is responsible for damage to or loss of any part of a uniform (Replacement of uniform or repair cost)

### GENERAL GUIDELINES:

1. CL will follow all school rules and LISD policy, including dress code (Campus Code of Conduct and ECOC)
  2. Accumulation of three (3) benchings (for any reason) will result in a principal/Coach review and possible removal from the squad.
  3. All rules set forth are general rules and guidelines for all LISD cheerleaders and male spirit squad members. Failure to comply may at times require judgement calls to be made. These decisions will be left up to the individual Coaches for each squad.  
**Coaches reserve the right to upgrade any penalty (immediate benching, office referral) depending on the severity of the situation.**

## **GENERAL SAFETY GUIDELINES AND CHEERING ACTIVITIES**

### RECOMMENDATIONS AND GUIDELINES FOR CHEERLEADING SAFETY (High School Level) GENERAL GUIDELINES:

- A. Cheerleader squads should be placed under the direction of a knowledgeable sponsor or coach.
- B. The Cheerleading coach or other knowledgeable designated school employee will be in attendance at all practices, performances, functions, and will ride with cheerleaders/male spirit squad members on the bus when bus transportation is required.
- C. All CLs should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids, and jumps)
- D. If possible, all practice sessions should be held in a location suitable for the activities of cheerleaders, i.e., use of tumbling mats where warranted, away from excessive noise and distractions, etc.
- E. Training in proper spotting techniques should be mandatory for all squads attempting CL gymnastics; i.e., camp.
- F. Warm-up and stretching should precede all practice sessions, pep-rallies, games.
- G. If possible, all cheerleading squads should develop a conditioning and strength-building program.
- H. Coaches must recognize the entire squad's particular ability level and adjust the squad's activity accordingly.

### SPECIFIC SAFETY GUIDELINES:

All U.S. All Staff Federation for Cheer and Dance Teams guidelines will be followed at all times.

## **CHEERING ACTIVITIES**

### **FOOTBALL:**

- A. Varsity Cheerleaders
  - 1. CL will cheer at all varsity games.
- B. JV and Freshmen Cheerleaders
  - 1. Will cheer at JV and Freshman games, respectively.
- C. Playoff Games
  - 1. Playoff games will be covered if squads are available and as determined by the principal and/or coach.

### **VOLLEYBALL:**

- 1. VR, JV and FR squads will cheer at Varsity Volleyball games as determined by coaches.
- 2. FR and JV squads will cheer at FR and JV home games, respectively, if not assigned to a Varsity game.

3. No out of town games.
4. Playoff games will be covered if squads are available.

### **CHEERING ACTIVITIES (Continued)**

#### **BASKETBALL:**

1. All Squads – Each squad will cheer no more than two games per week. This will not be confusing if the coaches get together during Nov./Dec. and make a calendar for each Squad. They will know which games they are cheering before school is out for the holiday break in December. Cheering starts with district games, but no cheering during the Holiday break. District Games only. No off-campus games. No Tournaments. Playoff games will be covered if squads are available.
2. Varsity Cheerleaders – All VR boys and girls district home games should be covered.
3. JV Cheerleaders – JV will cover Girls/Boys JV home district games and will cover Varsity games as needed.
4. Freshmen Cheerleaders – Freshmen will cover Girls/Boys district home games and Varsity games as needed.
5. Playoff games will be covered if squads are available and as determined by the coach/principal.

#### **COMPETITION SQUADS:**

Competition Squads are neither encouraged nor discouraged, but this activity should not interfere with the regularly scheduled activities of the cheerleaders.

Whether to have a squad that enters competition is a decision to be made by the campus Principal and school coach.

Specific guidelines for competition squads (tryouts, fees, practices, competitions entered, etc.) will be determined individually by campus. An informational parent meeting should be held before competition squad tryouts to cover all information, costs, and expectations for the team.

### **TRANSPORTATION & BOOSTER CLUBS**

**TRANSPORTATION:** Cheerleaders will ride with another organization, if possible, to reduce cost. Cheerleaders must utilize designated transportation.

**BOOSTER CLUBS:** Booster clubs are optional, but may be allowed at the discretion of the principal and coach. Booster clubs are formed by school patrons to help enrich an organization's participation in extracurricular activities. This should be their primary focus.

Fund raising activities should support the educational goals of the school and cheerleading squad, but they should not exploit students. Booster clubs should have a board of directors made of at least a President, Vice President and Treasurer. There should be a least two signatories on

booster club checks. A detailed list of income and expenditures should be published by the Treasurer for the membership on a monthly basis.

### **TRANSPORTATION & BOOSTER CLUBS (Continued)**

Cheerleaders shall not be required to pay dues to a booster club.  
Cheerleaders shall not be required to raise money if a parent prefers to pay the students' cost.  
Certain fundraising activities of the booster club may result in a donation to the school cheer activity fund.

### **MONIES COLLECTED BY COACHES, ADDITIONAL COSTS, & PHYSICAL EXAMINATIONS**

#### **MONIES COLLECTED BY COACHES:**

Cheerleader coaches collecting monies from students will give receipts to students stating the amount of monies collected and what the money is to be paid toward (trip, uniform, spring show, banquet, etc.). Coaches WILL keep a detailed accounting of income and expenditures of students' monies and make it available to parents upon request. Coaches have no access to booster club funds and information regarding this account will be supplied by the booster club.

**ADDITIONAL COSTS:** A listing of additional costs can be obtained from each campus' cheerleading coach and will be included in the campus tryout packet.

**PHYSICAL EXAMINATIONS:** A physical exam or proof of prior exam is required immediately after selection for school records. A notarized medical release form is also required. These must be completed before a cheerleader, male spirit squad member, or mascot can participate in any activity.







**ACKNOWLEDGEMENT OF CONSTITUTION GUIDELINES &  
ACCEPTANCE OF CONSTITUTION POLICIES**

I have read, understand, and accept all guidelines, rules, and policies set forth in the Lewisville ISD High School Cheerleading Constitution. I am also aware of all policies regarding disciplinary consequences, including benchings and dismissal. I understand I am bound by the rules of this document for the duration of the cheerleading year, which runs from squad selection to the following year's tryouts (typically March to March)

\_\_\_\_\_  
Candidate's Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Candidate's Signature

My signature below indicates that I have received a copy of the LISD High School Cheerleading constitution and I will acknowledge and abide by all policies included in the document and agree to assist my child to abide by all provisions set forth in the LISD High School Cheerleading Constitution.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date