

Mabank Junior High School Cheerleading/Mascot Constitution
Mabank Independent School District
2023-2024

All rules and regulations apply equally to cheerleaders and mascots. Any reference to cheerleaders will also be deemed to include mascots, unless stated otherwise. Mabank I.S.D. Cheerleaders/mascots are first and foremost representatives of their school and must exemplify at all times behavior suitable to their position. Emphasis should be balanced between leading their peers and representing their squad and their school in cheerleader competitions. They are required to support school activities and to lead the spectators in cheers. They are entrusted with the school spirit and must constantly attempt to build it among the students and other supporting fans. Cheerleaders should help build good relationships and promote good sportsmanship between the schools during all athletic events. Cheerleaders/mascots are leaders and are expected to set good examples and demonstrate high moral standards for other students. Respect for the school, the other members of the squad, and the instructor and his/her authority will be maintained at all times. Cheerleaders will at all times be courteous, courageous, truthful, considerate, just, loyal, sincere, and respectful. A Mabank Cheerleader must be above reproach at all times.

I. Eligibility:

- a. To be eligible to tryout for Cheerleader/Mascot, the candidate must be enrolled in MISD DURING the try-out process. There can be no exceptions to this rule.
- b. The candidate must meet all the following requirements.
 - i. Maintain an overall a cumulative average of 75 for all grading periods during the current year prior to tryouts.
 - ii. Candidates must be passing the last completed term prior to tryouts.
 - iii. A candidate may be deemed ineligible if any of the following have occurred during the school year prior to tryouts.
 1. Two or more referrals to ISS for discipline
 2. Four or more Friday Night Schools
 3. Four or more principal detentions
 4. An act that results in suspension at home
 5. Assignment to DAEP
 6. Expulsion
 - iv. Attend all mandatory meetings scheduled by the coach(es) prior to tryouts.
 - v. Attend tryout clinic the week of tryouts.
 - vi. Attend school, the entire day, the day of tryouts unless tryout day is on the weekend.
- c. Cheerleaders/Mascots who are removed from the squad for reasons other than illness or injury will not be eligible to tryout the following year. In addition, members that choose to quit the squad, or are dismissed, for any reason, will not be eligible to tryout the following year. This includes the high school and junior high school squads. Any cheerleader/mascot who withdraws from Mabank ISD vacates their position on their squad. In the event that the student moves back to Mabank, they are eligible to tryout for the following year, if enrolled at the time of tryouts.

II. Membership:

- a. The highest ranking candidates, depending on natural break in scoring, will be placed on the squad for the upcoming year. The squad will consist of no less than 12 athletes.
- b. Candidates must intend on being enrolled full time for both semesters of the given school year.
- c. The MISD Cheerleading Constitution establishes the eligibility requirements and procedures for tryouts. Scoring will be 60% judge's score, 15% teacher evaluations, and

25% coaches score sheet, which includes the clinic week scores. Teacher evaluations will come from core subject teachers only (English, Math, Science, and Social Studies).

III. Tryouts:

- a. All students will try out before a panel of judges, which will consist of two-three outside judges and coach/es.
- b. Parents/guardians will not be allowed in the building during any phase of the tryout process.
- c. Parents may review individual scores of their student by contacting the coach or coaches and principal in person. Requests to view scores must be made within 5 school days of the posted results. Individual scores of other students may not be viewed.
- d. APPEAL: Tryout results may not be appealed beyond the campus level. All scores are final.
- e. Using a video to tryout is allowed in the case of an extreme injury documented with a doctor's excuse. The candidate must also provide a doctor's statement with a prognosis that the athlete will likely be cleared for participation prior to cheer camp. The cheer coach(es) must approve any video tryout opportunity. The candidate **MUST** provide video footage submitted for tryout. Video footage must highlight the required skills in order for judges to award points appropriately. If an injured candidate cannot provide video footage for a tryout, the candidate **CANNOT** tryout.
 - i. All footage must be within the last calendar year.
 - ii. The candidate's name may not appear on the video.
 - iii. The video must reach the cheer coach(es) 24 hours prior to tryouts.
- f. Videos may also be submitted in extreme circumstances, as approved by administration
- g. The scoresheet for tryouts will be broken into several categories and scoring will be represented by 60% judges score (3 judges), 15% teacher input (3 core teachers), and 25% coaches score which will include scoring from the clinic days.
- h. The clinic scores will consist of being on time, coachability, effort, kindness/respect to others, and appearance (no gum, hair up, appropriate clothing, and no jewelry). The max score for clinic week will be 75 points, these points will be added to the coaches score on tryout day. 25% of the coaches entire score will be included in the final calculation of scores. The cheer clinic is mandatory for all cheerleader candidates. If a day is missed, you will not receive a clinic score for that day and/or you may not be eligible to try out.

IV. Obligations:

- a. The cheerleaders will help promote school spirit at all times, including but not limited to athletic events and cheerleading activities.
- b. Cheerleaders are required to attend all cheerleading activities at coach(es) discretion, for both semesters even if the cheerleader is in multiple sports as long as the sports do not have conflicting days.
- c. Cheerleaders are required to participate in all fundraisers at coach(es) discretion, to help fund the cheerleading activity account for necessary expenses throughout the year. Failure to participate in fundraising will result in insubordination demerits.

V. Attendance:

- a. The coach(es) must be contacted prior to an absence from, leaving early from, practice, or a scheduled event even if the cheerleader is absent from school. Failure to do so **will result in demerits**. Illness with Doctor Note or death in the family would be the only exception. **Same day contact disciplinary action (demerits) will be left to coaches discretion.**
- b. Members must be in attendance for the entire event in order to receive credit for the activity. Those who choose to leave without permission, or before being released, will

receive demerits.

c. After one unexcused absence, cheerleader/athlete will have to sit out the first quarter of the next game. After two unexcused absences, cheerleader/athlete will be benched for a half of a game, after three unexcused absences, cheerleader/athlete will be benched one full game.

d. Cheerleaders will receive one excused absence for illness. All other illness related absences must have a doctor's note.

e. If a cheerleader is injured and cannot participate, they must provide a doctor's note with limitations. Without a doctor's note, they will be expected to fully participate.

f. Cheerleaders are required to attend all activities scheduled by the coach(es) such as photo sessions, athletic banquets, camps, community service activities, competitions, and other MISD school sponsored activities, clinics, booster club activities, etc. g. If medical reasons prohibit a cheerleader from participating for a total of 9 weeks in any events, practices, or other functions, he/she will be dismissed from the squad. Cheerleader will be eligible to tryout the following year.

h. Permission to leave the group will be given only for extreme emergencies such as illness. All personal business should be taken care of at a time that is not scheduled for practice or a scheduled event or function.

i. Excused Absences

1. Personal illness with doctor's note on letterhead (not routine appointments such as orthodontist, dental, etc.)
2. Death in the family
3. Special school activity – permission must be acquired from the coach(es) prior to the activity.
4. Extenuating Circumstances – with prior permission.

ii. Unexcused Absences

1. Minor illness: Unless under a doctor's care with written notice from that doctor on letterhead, a cheerleader is expected and required to attend and fully participate in all activities.
2. Doctor Appointments: Appointments may not be scheduled during any practice, event, or activity. This includes those scheduled during the cheer period in which we are preparing for pep rallies or competition. Practices and performances are scheduled in advance and cheerleaders are given as much notice as possible.
4. Family Activities: such as birthdays, family trips, etc.

iii. Practice

1. Cheerleaders must be present at all scheduled school practices. Missing planning practices for Pep Rallies will result in a cheerleader being benched for all of or part of that Pep Rally.
2. Cheerleaders must participate in all summer practices. "Summer school" activities are not excused. (See excused absences)
4. Cheerleaders are expected to be on time and properly attired for either practice (must be dressed, stretched, bathroom needs addressed, etc.) or demerits will be assessed.

VI. Camp:

- a. All cheerleaders/mascot are required to attend summer camp
- b. All school and camp rules will be in effect while in attendance at the camp. This includes the trip to and from camp.
- c. Practice for camp will be held prior to the scheduled date of camp. All members are required to attend these practices.

- d. Cheerleader rules will be followed and enforced. Any member who violates the Cheerleader Constitution, camp rules, and/or school rules while at camp will be sent home immediately at the parents' expense and will receive either a minimum of 10 demerits per incident or be subject to dismissal from the squad.
- e. Cheerleaders will remain with the squad at all times. While parents are invited to some events, they are asked to remember that their student is not at liberty to socialize until the event concludes and cheerleaders have been dismissed by the sponsor.
- f. All camp cost, including camp clothes and uniforms, must be paid in full prior to camp or student cannot attend camp and will be dismissed from the squad.

VII. Competition:

- a. Participation in NCA JH competition is not determined upon making the squad, if a cheerleader is not performing to competition standards, she/he may become an alternate. Cheerleaders and alternates will be selected for mat by the coach/s before or after camp.
- b. Any member who chooses to quit the competition team also vacates their position
- c. Competition practice is mandatory. After one unexcused practice, your spot will be replaced by an alternate.
- d. Each member is responsible for ALL expenses incurred for competition. While there will be instances when the school will provide financial support (fundraising), each member must be ready to accept full financial responsibility.
- e. All team members who participate in the competitions will be required to travel together, to eat meals together, and to stay in the room designated by Mabank ISD, if applicable, unless permission is given otherwise.
- f. Once a cheerleader has committed to the MJH Competition Squad, all responsibilities to the squad must be fulfilled or cheerleaders may be subject to demerits or dismissal.
- g. Cheerleader rules will be followed and enforced while away at competitions. Any member who violates the cheerleader constitution, competition rules, or school rules while participating will be sent home immediately at the parent's expense and will receive a minimum of 10 demerits per incident.

VIII. Captains:

Captains will be chosen at the discretion of the sponsor and will be decided based upon leadership skills, evaluations, and/or interviews/votes.

a. Responsibilities of Captains

Refer to Responsibilities of Captains handout

- b. Leadership:** Captains are very important to the team. At all times these students must realize the responsibility and authority of the captains, but not abuse their power. They are to serve as leaders and guiding influences and as such, must be above reproach at all times and represent the sponsor, the administration, Mabank ISD, and the Panther tradition to the very best of their ability. Being a Captain is a great honor, but the honor can be removed if the sponsor deems it is necessary.
- c. Respect:** There will be no tolerance for disrespect toward cheer captains. Any acts of discontent (temper tantrums, eye rolling, walking off, talking under breath, talking while the captain is talking, bad-mouthing, etc.) will be considered disrespectful and demerits will be issued.

IX. Expenses:

Cheerleaders and Mascots should be prepared to meet the cost of cheerleading. All camp money must be paid prior to camp.

a. Cheerleaders

1. Skirt/2 Tops
2. Hair Bows
3. Pullover
4. 3 Camp Outfits
5. Cheerleading Camp
6. Backpack

c. Mascots

1. Camp outfits
2. Upkeep/Cleaning of Mascot Uniform
3. Backpack (optional)
4. Bows

d. Competition

1. There will be a separate packet specifically designed for the Competition. It will include time requirements, financial responsibilities, rules and regulations specific to the Competition.

X. Discipline and Conduct:

Issues concerning discipline and/or conduct may be handled through the utilization of either a disciplinary referral, demerits or at the discretion of the coach(es).

a. Dismissal shall be defined as no participation of any activity of the squad for the

remainder of the year. A dismissed member must turn in all school owned or any other issued item. Students who have been removed and those who voluntarily quit retain no rights to team awards, recognitions, etc. which are received after dismissal, although they may have accrued over the duration of the school term. They lose all privileges associated with cheerleading membership, including attending cheerleading only events, using cheerleader facilities, and wearing cheer attire.

b. No refunds will be made of any kind if a cheerleader is dismissed.

c. Cheerleaders may be subject to dismissal from the squad for the remainder of the year with no probation for the following:

- i. Any student code of conduct violation that involves drugs and/or alcohol.
- ii. Any student code of conduct violation that involves tobacco use or vaping of any kind.
- iii. Any instance that results in a physical altercation.
- iv. More than three assignments to ISS (excluding tardy/ZAP related assignments)
- v. DAEP Placement
- vi. Any act that results in suspension at home.
- vii. Any violation of the law, other than minor traffic violations.
- viii. If a Mabank Cheerleader is in uniform off campus and found by a Mabank ISD employee violating any part of the MISD Student Code of Conduct he/she will be immediately dismissed from the squad.

d. Grades

Mabank High School Cheer will follow the district eligibility calendar. Participation at all practices is still required. A student who is ineligible for two consecutive grade checks will be dismissed permanently; failure does not have to be in the same class. Mabank High School Cheer does follow UIL's No Pass, No Play policy.

XI. Demerits:

The following demerit system serves as a guideline for the behavior and conduct expected of a cheerleader. *At any time during a cheerleader's participation in class, practice, or any scheduled event the demerit system may be waived and a cheerleader may be dismissed from the squad for insubordination, non-participation, or failure to cooperate by the coach(es).*

- a. A total of 20 demerits will **terminate** membership.
- b. Demerit count begins immediately following tryouts and will continue to accrue during the time a student is a cheerleader (working off demerits does **not** make them go away).
- c. Demerits may be given to any member during any class, any practice, camp, or any scheduled event.
- d. A record of each member's demerits is kept by the sponsor(s).
- e. If a cheerleader receives a total of 10-15 demerits, the parent will be contacted by the coach(es) regarding the possibility of a dismissal when the cheerleading reaches 20 demerits.
- f. Demerits may be given to any member during any class, any practice, camp, or scheduled event.
- g. All demerits are expected to be worked off. The cheerleader will be benched for the time periods below at the next event given the amount of demerits accumulated.
- h. 0-3 Cheerleader will not be benched
- i. 4-5 Cheerleader will be benched for 1 quarter
- j. 6-8 Cheerleader will be benched for 1 half
- k. 9-11 Cheerleader will be benched for entire performance
- l. 12-15 Cheerleader will be benched for 2 performances
- m. 16-19 Cheerleader will be put on probation for an amount of time agreed upon by sponsor/s and principal - no participation in activities for that time period
- n. 20 Cheerleader will be terminated from her membership on the MJH Cheerleading team

Please refer to MJHS Demerit System for demerit count information.

Demerits Regarding Insubordination	A	Disrespect or poor attitude	5
	B	Poor conduct or unbecoming acts (such as kissing in public, hickeys, dressing in public, etc...)	5
	C	Profanity at any time	5
	D	Not obeying cheer captain's commands	2
	E	Not standing at attention during performance	2
	F	Unnecessary talking during any event	2
	G	Talking to anyone outside the squad without permission during any event, performance, competition or schedule activity	3
	H	After being warned, not cheering. CHEERLEADERS MUST CHEER!	5
	I	Mascots not wearing approved apparel during entire performance	3
	J	ANY behavior that disrupts any practice, event, performance, competition or scheduled activity	2-5
	K	Disciplinary offense not specifically mentioned	1-10
Demerits regarding Uniforms:	A	Chewing gum during any performance or practice	2
	B	Eating or drinking while performing at an event	2

	C	Wearing jewelry with any uniform, either at practice or during any performance. (This includes any body piercing)	2
	D	Rips in uniform or dirty, unkempt uniform	3
	E	Not wearing uniform to school as designated	5
	F	Incorrect uniform to scheduled event or performance (Cheerleader will be benched and receive demerits)	5
	G	Wrong or no socks, wrong shoes, wrong or no hair bow	2
	H	Allowing anyone not in cheerleading to wear any part of the uniform without approval from the sponsors, including jacket	3
	I	Wearing any uniform or apparel on undesignated day	1
	J	Wearing other articles with uniform (ex. sweatpants, sweatshirts, jacket)	2
	K	Incomplete uniform at any time	3
Demerits Regarding Scheduled Activities and Practices:	A	Unexcused absence from a scheduled activity / practice with prior notice	3
	B	Unexcused absence from a scheduled activity / practice without prior notice	5
	C	Excused absence form a scheduled activity / practice without prior notice	2
	D	Leaving early without permission from the sponsor	3
	E	Late to any practice, event, or performance	2
	F	Late returning from any break at practice or a scheduled event/ performance	2
	G	Not dressed out, including shoes for practice	3
	H	Unsportsmanlike conduct at any time.	5
Demerits Regarding Citizenship and miscellaneous items:	A	Violation of MJHS Code of Conduct, including dress code while on school campus or in non-school setting where observed and / or recognized by others as a cheerleader.	2-5
	B	Violation of the MJH Social Media Policy	10-20
	C	Late paying fees and invoices – <u>per day</u>	1
	D	Late turning in articles issued by school – <u>per day</u>	2
	E	Use of cell phones during any practice, event, competition, scheduled activity without permission from sponsor(s).	3
	F	Not assisting in cleaning up after any pep rally, practice, event, or performance.	2
	G	Not assisting in loading/ unloading equipment before or after performance.	2
Classroom Behavior/ Discipline	A	ISS assignment by principal or assistant for discipline reasons (will result in automatic benching for the duration of ISS assignment)	10
	B	Saturday School for discipline (will result in automatic benching for the week of the assigned discipline)	10
	C	School Suspension – <u>per day</u> (will result in automatic benching for the week of the assigned discipline)	8
	D	Assignment to the WOW list on a WOW day	3
	E	Assignment to WOW Saturday School	6
	F	Assignment to Principal’s Detention	5

	<p>G Undesirable Classroom Behavior 1st Offense – Warning 2nd Offense – 2 demerits 3rd offense – 4 demerits</p>	0-4
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Consequences:

If you receive demerits for a **minor offense** at **practice**, they will be worked off by **coach discretion**
Example: wrong bow, wrong socks, late to practice, wrong outfit at practice, etc.

If you receive demerits for any **other reason** at **a game or at practice**, they will be worked off by **coach discretion** (the number of demerits given times two) Example: wrong uniform at game, late to a game, not being at attention, not yelling, being off task during a game, use of a cell phone during practice or a game, unnecessary talking, etc.

XII. Special Situations:

If at any time the administration feels the need to alter any part of the Mabank ISD Constitution for the good of the organization, he\she may do so without prior notice or discussion. The coach(es) and administration will deal with any special situation that may arise and is not specifically addressed in this constitution on an individual basis.

XIII. Effective Date:

These rules and regulations become effective the day of tryouts after results are posted and shall govern the 2023- 2024 Mabank ISD cheerleaders and mascot.

MABANK ISD CHEERLEADING SOCIAL MEDIA POLICY & GUIDELINES

Cheerleaders at Mabank Junior High School are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your family, your school and yourselves in a positive manner at all times. Instagram, Facebook, Twitter, Snapchat, Tik Tok and other social media sites have increased in popularity globally, and are used by the majority of the students here at Mabank High School in one form or another. Everything you post is public information - any text or photo placed online is completely out of your control the moment it is placed online - even if you limit access to your site. Information may still be accessible, even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it. This includes all pictures, videos, comments and posts. Inappropriate material found by third parties affects the perception of the cheerleaders, our team and Mabank Junior High School.

What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc. Placing a sticker over it, does not make it invisible.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not

limited to images that portray the personal use of marijuana and drug paraphernalia. • Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender).

- No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Content with any form of curse words or vulgarity.
- These will include posts that you personally make and those shared, retweeted, etc. As well as others posts that you appear in.

By signing the acknowledgement on the following page, you affirm that you understand the Mabank Junior High School Cheerleader's Social Media Policy and Guidelines for Students and the requirements that you must adhere to as a Mabank Junior High School cheerleader. Also, you affirm that failure to adhere to this policy and guidelines will subject you to disciplinary action, which may include suspension or permanent removal from the team.

Cheer Constitution & Social Media Policy Acknowledgement

Parents,

The signatures below are an acknowledgement that you and your student have read and understand all of the rules in the Mabank ISD Cheer Constitution & Social Media Policy. Furthermore, by signing this document, as a parent, you are committing yourself to helping your child attend practice and games on time, and abide by the guidelines stated.

Student Name: _____

Parent Signature: _____ Date: _____

Students,

By signing below you are acknowledging that you have read and understand all of the rules in the Mabank ISD Cheer Constitution & Social Media Policy.

Furthermore, by signing this document, you are committing yourself to attend practice and games on time, and abide by the guidelines stated.

Student Printed Name: _____

Student Signature: _____ Date: _____