

**ORANGE**

**HIGH SCHOOL**

**CHEERLEADER/MASCOT**

**Constitution 2016-2017**

**GROVE**



Date Reviewed/Adopted – February 2016  
Administratively Approved

The Orange Grove High School Cheerleading Constitution has been reviewed February 2016, and administratively approved. All rules and requirements stated in this document are effective

February 2016.

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**ORANGE GROVE HIGH SCHOOL  
CHEERLEADER/MASCOT CONSTITUTION**

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## **ARTICLE I PURPOSE**

### Section 1

The cheerleader/mascot shall set a positive example by projecting a friendly and respectful personality in her/his relationship with peers, teachers, and the community.

### Section 2

The cheerleader/mascot shall promote school spirit and support the Orange Grove ISD above all other teams.

### Section 3

The cheerleader/mascot shall promote unification of the crowd's involvement at sport activities.

### Section 4.

The cheerleader/mascot shall encourage a sense of good sportsmanship among other students and adults.

### Section 5.

The cheerleader/mascot shall strive to inspire friendly competition among schools.

### Section 6.

The cheerleader/mascot will represent the school with the highest moral, civic and academic standards as well as cheerleading standards.

## **ARTICLE II VALUES OF CHEERLEADERS/MASCOT**

Section 1. Leadership

Section 2. Physical fitness, coordination, healthy lifestyle

Section 3. Respect, courtesy, tolerance, self-control

Section 4. Sportsmanship and citizenship

Section 5. Sports appreciation

Section 6. Responsibility, patience, respect

Section 7. Communication skills

Section 8. Self-confidence and personal expression

Section 9. Character

Section 10. Moral development

## ARTICLE III MEMBERSHIP

### Section 1.

Membership on the squad is open to a student who is in grades 9, 10, 11, or 12.

### Section 2.

A member may be male or female.

### Section 3.

There will be 1 mascot.

### Section 4.

There will be 16 cheerleaders.

### Section 5.

Students are eligible to try-out for the cheerleading squad providing the following criteria is met:

- A. Must have passed all subjects the 1st semester AND have a cumulative passing average in the core subjects (math, reading, language arts, science, and history) through the 4<sup>th</sup> six weeks.
- B. Must be a current full-time student of Orange Grove ISD.
- C. Must be physically capable to participate in required activities.
- D. Daily attendance must comply with campus policies as related to absences and/or tardies. Any student not fulfilling state attendance policy (90%) at any school for the previous and current semester will not be eligible to try-out. (any extenuating circumstances will be reviewed by the campus attendance committee).
- E. Any school fines or debts incurred must be paid in full before a student is eligible for try-outs.
- F. The student will be responsible for meeting all financial obligations (i.e. shoes, camp wear, socks, bloomers, warm-up suits, tights, pom poms, megaphones, uniforms and hair accessories.)
- H. Any student placed in DAEP more than one time during the school year will be ineligible for tryouts.
- I. If student quits for reasons not deemed valid by sponsor or principal, then she/he may not tryout again for one consecutive year.

Section 6.

Cheerleaders/mascot will be required to perform at all pep-rallies, all varsity football games, all district varsity home basketball games, any district playoff games as determined by the athletic director and principal, and any other event the sponsor/principal assigns.

Section 7.

The cheerleading year: The rules and procedures outlined in this constitution are in effect from the time the student is selected to be on the cheerleading squad until the conclusion of the following school year. Any and all strikes earned during the Spring semester of the election school year will carry over to the Fall and Spring semesters of the following school year. Because of TEA rules, all academic policies are in effect for a school year.

## ARTICLE IV SELECTION PROCEDURES

Section 1.

Prior to tryouts, all candidates must have a physical examination by a medical doctor certifying they are capable of performing the rigorous activities required of cheerleaders/mascots. Same school year athletic physicals will be accepted.

Section 2.

The selection of cheerleader/mascot shall be conducted yearly during the spring semester.

Section 3.

All candidates and a parent or guardian must attend a mandatory meeting prior to tryouts.

Section 4.

All candidates will be given a tryout packet a month before tryouts with all the necessary forms needed to be completed and turned in prior to the deadline.

Section 5.

All candidates will be required to pay a \$300 deposit one week before tryouts. The deposit should be in the form of a money order, cashier's check, or cash. A refund check will be issued by the OGISD business office to any candidate not making the squad on the next business day after tryouts.

Section 6.

All candidates are required to attend a mandatory two-day tryout clinic the week of tryouts. Candidates will review tryout procedures as well as draw numbers for cheer tryout order. Contestants are not allowed to trade number placement with another candidate. A tryout DVD with tryout material will be distributed at the clinic for the candidates to use for learning and practicing the required tryout cheer and dance. Clinic will be closed to the public. Beside the candidates, only the sponsor, administrators, and judges will be allowed in the gym.

Section 7.

Candidates tryout clothes (shorts and top) must be school colors (orange, black, or white). Clothing may not be part of any cheer attire worn previously as a member of a cheer squad. Wording on clothing, if any, should include only *Orange Grove or Bulldogs or a combination*

*thereof.*

Section 8.

Tryouts will be closed to the public. Only the sponsor, administrators, and judges will be allowed in the gym during try-outs.

Section 9.

Judges will be familiar with Cheerleader/Mascot qualifications. Qualified adult cheerleader sponsors, UCA/NCA judges or college cheerleaders will be preferred and used as judges.

Section 10.

Scoring shall be done immediately after try-outs. Results will be announced or posted at the conclusion of the scoring procedure.

Section 11.

The mascot candidate with the highest score who meets membership requirements will be designated as mascot.

## **ARTICLE V SCORING PROCEDURES**

Section 1. Cheerleaders

A. All candidates must tryout before a panel of judges to be judged on the criteria listed below. Scores obtained from the judges will count as 100% of the selection process.

B. Judges points may be earned in the following areas:

1. Overall Presentation/Spirit -15%
  - a. neatness
  - b. athleticism
  - c. overall control of body movements
  - d. facial expression
  - e. projection/voice control
  - f. energy
  - g. enthusiasm
  - h. confidence
2. Two Jumps —20%
  - a. Toe touch and choice of a hurkee, hurdler, pike
3. Motion -10%
  - a. Precision, arm placement, technique
4. Cheer / Chant -25%
5. Dance -15%
6. Tumbling -15%
  - a. Standing back handspring

- b. Round off back hand spring
  - c. Round off back tuck
  - d. Additional tumbling skills
- C. Candidates will try out individually on the jumps, tumbling, and cheer, and in groups on the cheer and dance. The cheer will be judged in a group as well as individually.
- D. Tryouts will be conducted in two rotations. The first rotation will consist of the group dance and cheer. The second rotation will consist of the individual tumbling, jumps, cheer. Only the judges will be allowed to ask the candidates to restart a cheer or dance for judging purposes only.
- E. In the event of a tie, the decision will be based on the judges' scores of (1) cheer, (2) jumps, (3) dance. If the scores are still a tie, then tied candidates both make the squad.

## Section 2. Mascot

A. All candidates must tryout before a panel of judges to be judged on their physical abilities. Scores obtained from the judges will count as 100% of the selection process.

B. Judges points may be earned in the following areas:

- 1. Skit -- 40%
  - a. Crowd Appeal -8pt
  - b. Creativity -8pt
  - c. Use of Props -8pt
  - d. Motions -8pt
  - e. Ability to communicate idea of skit -8pt
- 2. Judge's Interview -60%

D. The skit must be between 1:30 to 3:00 minutes.

E. In the event of a tie, the decision will be based on the judges' scores of (1) interview, (2) crowd appeal, (3) motions, (4) Creativity, (5) Use of props.

## **ARTICLE VI SQUAD HEAD CHEERLEADER/CAPTAIN**

### Section 1. Selection—

A selection process will be used for choosing Co-Captains for an entire year. The selection of the Co-Captains will be made the week after tryouts. Only returning cheerleaders with two years' experience are eligible to try out for Co-Captains. An interview score as well as tryout score will be used to determine the selection of the Co-Captains. The interview will be conducted by a committee selected by school administrators. The questions will be formulated by school administrators. An equal combined score of the interview questions and try out score will be used to make the selection. In the event that only one candidate meets the eligibility requirements, then a single captain will be chosen. In the event that none of the candidates meet the eligibility requirements, the cheer sponsor will appoint weekly Co-Captains for the duration of the year.



## Section 2. Duties

- A. To be sure the entire squad does warm-up exercises at practice and before games.
- B. Must be knowledgeable in all chants and cheers in order to instruct the other cheerleaders.
- C. Must lead and keep the cheerleaders united as a group by setting the example as a role model
- D. Work closely with the sponsor in planning cheerleading activities.
- E. Report conduct, complaints, uncooperative cheerleaders or problems concerning the squad to the sponsor.
- F. Act as hostess for home games in welcoming visiting cheerleaders.
- G. Make sure all rules and regulations are upheld.
- H. Must start cheers and chants at games, pep rallies, etc.
- I. Must lead the squad in the responsibilities of loading, transporting, and unloading of equipment before and after all pep rallies, games and trips.
- J. Must make sure all others know of dates and times of events, meetings, and practices scheduled by the sponsor.
- K. The sponsor will take into consideration the opinions and suggestions put forth by the Co-Captains, but will be the final decision maker.

## **ARTICLE VII CHEERLEADER/MASCOT DUTIES**

### Section 1. Games-

- A. Attend all games and activities directed by the sponsor.
- B. Cooperate with the sponsor, captain/co-captains, fellow squad members, and game officials.
- C. During a game, a member of the squad will appear peppy, well-groomed, and in command of any situation that should arise.
- D. Never stop a cheer unless it interferes with the game or there is an injury time out.
- E. Only water/Gatorade will be allowed on the track or gym floor. No gum is allowed on the field or floor
- F. Remain with the squad at all times and during games cheer squad must remain on track/floor at all times.
- G. Promote good sportsmanship and school spirit through cooperation.

### Section 2. Attendance and Participation-

- A. Attendance at all games and cheer events is MANDATORY. Failure to attend will result in a strike (see Discipline Process, p. 12).
- B. An absence to a game or event will ONLY be considered excused in the following circumstances:
  - 1. Personal illness/accident resulting in missing school or doctor visit.
  - 2. Funeral or death in the family
  - 3. UIL or school-related competition/performance/event
- C. Jobs and vacations are NOT an excuse for missing any cheerleading event. Failure to attend an event due to one of these will result in a strike.

D. If a cheer member is absent from school or for more than four periods for a reason other than listed above in Article VII, Section II, B, they will not be allowed to participate in the cheer activity that day or evening, which will result in a strike.

E. If a cheer member is going to be absent from a scheduled event or practice, they must notify the sponsor 24 hours in advance. A strike may still be applicable if the absence is for a reason other than listed above in Article VII, Section II, B.

F. Failure to attend practice the day before or the day of a game or performance will result in the cheer member's progressive benching from that game or performance. Cheerleader must still be on-time to the game or performance but will remain on the sidelines.

### Section 3. Fundraisers

A. Attendance at all scheduled fundraisers is MANDATORY. This includes but is not limited to Mini-camp, concession stands during the cheer season, etc.

B. Any limits set for fundraisers that require the cheer member to sell items must be met, or the cheer member may have to pay their share for whatever expenses the fundraiser was being used for.

C. Fundraising events must be approved by the sponsor and principal and must adhere to all district policies.

### Section 4. Painting

A. Every cheerleader/mascot is responsible for painting posters with the squad before the beginning of school at times designated by the sponsor.

B. Being involved in other sports does not exempt any cheerleader/mascot from painting posters.

C. The sponsor has the right to require cheer members to paint additional posters.

D. Failure to fulfill any poster requirements will result in a Level I reminder. After three Level I reminders, the cheer member will receive a Level II strike. .

### Section 5. Selection of Homecoming Queen Representative

A. Each senior cheer member will have an equal opportunity of being nominated as homecoming queen representative.

B. All cheer members will vote by secret ballot, where thereupon votes will be tabulated and the senior cheer member with the highest total votes will represent the cheer team.

## **ARTICLE VIII UNIFORMS, EQUIPMENT, AND APPEARANCE**

High school cheerleaders will be responsible for two standard uniforms for games. The uniforms will be selected by the cheerleader sponsor. The sponsor and principal will determine the skirt length. The High School Mascot will be responsible for one uniform to wear when he/she is out-of mascot costume. The uniform may not be alike that of the other cheer members.

### Section 2.

Each cheerleader and mascot shall be responsible for the purchase/care of her/his uniform (cleaned and pressed for every event) and all equipment. Alterations made to uniforms, camp wear, shoes, or any other squad wear must be approved by the sponsor.

### Section 3.

The uniform is worn only in conjunction with school activities and may be worn to class upon the sponsor's decision with principal approval.

### Section 4.

Only students who are selected as cheerleaders will be allowed to wear the official cheerleading uniforms.

### Section 5.

Hair will be worn in full ponytail and out of the face at all times. At all games, cheerleaders are required to wear a ribbon in their hair as designated by the sponsor. Students should refrain from wearing hairstyles or hair colors that draw attention to themselves.

### Section 6.

No jewelry will be worn with the uniform. This includes, but not limited to, earrings, necklaces, bracelets/bands, and body piercings, etc.

### Section 7.

No artificial nails or long natural nails will be worn when in uniform.

### Section 8

Any visible tattoos must be covered while in uniform or while attending a cheer event.

### Section 9.

At games, pep-rallies, special events, each cheerleader will be required to be identical with other cheerleaders regarding uniform and other attire.

## **ARTICLE IX CONDUCT AND RESPONSIBILITY**

### Section 1.

Cheerleaders/mascot must show maturity and sound judgment in classes, all activities, and in his/her digital footprint. He/she must set examples for other students to follow in/out of school and online.

Section 2.

Cheerleaders/mascot are responsible for promoting school spirit with enthusiasm regardless of winning or losing.

Section 3.

ONLY THE SPONSOR may call practices and meetings. Cheerleaders/mascot must attend all of those practices and meetings.

Section 4.

Cheerleaders/mascot will attend summer camp for learning new cheers and routines. Failure to attend summer camp will result in removal from the squad.

Section 5.

Cheerleaders/mascot will provide weekly posters in the halls, gym, and cafetorium, as previously stated in Article VII, Section 4.

Section 6.

The student will be responsible for meeting all financial obligations (i.e. shoes, camp wear, socks, bloomers, warm-up suits, tights, pom-poms, megaphones, uniforms and hair accessories.)

Section 7.

Cheerleaders/mascot will help with all concession stands which will benefit the cheerleaders (this is to defray the cost of camp and uniforms).

Section 8.

Cheerleaders/mascot will attend all fund-raisers as designated by the sponsor, which will also defray the cost of camp, camp wear, and other costs.

Section 9.

Cheerleaders/mascot will lead band and fans during the entire football game and remain with the squad. Use of megaphones is required throughout pep rallies and games. The sponsor will appoint break time.

Section 10.

Mascot will be in full uniform before coming out in pep-rallies, games or any other scheduled event. Uniform must stay on in front of the crowd.

Section 11.

Friends, family or boyfriends will not sit with cheerleaders/mascot during any games, or other events in which the cheerleaders are present as a squad.

Section 12.

Cheerleaders/mascot will ride the bus to and from all out of town school related events. Since the school district provides the squad with transportation to all school related events, the entire squad will ride to and from all events as a squad. In order for a squad member to take part in an out-of-town event, they must ride with the squad to that event unless written approval has been given by a school administrator for extenuating circumstances. Squad member's parents, guardian, or an administratively approved third party.

Section 13.

It is the responsibility of the cheerleader/mascot to keep grades passing. A grade point average of 70 or above must be maintained. The cheerleader sponsor may require a grade check at any time.

Section 14.

Cheerleaders/mascot will tutor other cheerleaders/mascot who require additional instruction for cheers, chants or dances.

Section 15.

A cheerleader/mascot shall cooperate with the captain, coach, game officials and other squad members.

Section 16.

Cheerleaders/mascot shall not eat, drink, or chew gum while on the field or court, except during allowed break time.

Section 17.

Cheerleaders/mascot should help plan pep-rallies, contribute spirit ideas, rehearse pep-rallies, perform at pep-rallies, and help control the attitudes of the crowd at the pep-rallies.

Section 18.

The mascot will be responsible for contributing to the pep rally by providing spirit signs, interacting with the crowd, and providing a minimum of 4 skits per football season.

Section 19.

If a cheerleader/mascot should be benched due to strikes, they shall come to the event in uniform and sit on the bench.

Section 20.

Any cheerleader not able to perform must bring a doctor's excuse stating the reason, and will not be allowed to perform in other extracurricular activities.

## **ARTICLE X PRACTICE RULES**

### Section 1.

Be kind and cooperative. Kindness and cooperation will lead to a fun practice and a solid squad.

### Section 2.

Warming up is not optional. The practices will consist of stretching, jumping, running, weight training, stunting, cheers/chants, routines, sign making, and any other conditioning skills.

### Section 3.

Stunts will only be built in the presence of the sponsor. Only stunts mastered during practice will be performed.

### Section 4.

Same rules of performance apply: only non-restrictive clothing, no jewelry, no long fingernails, wear hair back away from face (no large plastic or metal hair decorations), no gum, candy, or soda, non-restrictive clothing only.

### Section 5.

Practices are called by Sponsor only. No practices will be held at school without the sponsor or a replacement sponsor. No stunting allowed at practice/game unless the cheer sponsor is present.

### Section 6.

Practice attire will be designated by the cheerleader sponsor.

### Section 7.

No cell phones, mp3 players, iPods, etc. are allowed in practice or games at any time.

### Section 8.

Only Gatorade or water is allowed at practice. No food unless prior approval from sponsor.

## **ARTICLE XI DISCIPLINE PROCESS**

A squad member is expected to be disciplined athlete who is a model to others at all times, in our school and community. With this position comes a great deal of responsibility, good work ethic, and a spirit of cooperation with parents, coaches, other cheerleaders, students and teachers. Every squad member will be held to these high standards in our school, and community. The sponsor will determine all consequences based on the discipline process and the OGHS Code of Conduct. The discipline process outlined below is comprised of three levels, each of which has consequences.

### Section 1. Level 1

A. Immediate Reminder: The sponsor will remind the cheer member of the rules at the time of infraction. If the cheer member responds immediately and appropriately to the reminder,

there will be no further immediate consequence. If the cheer member doesn't respond immediately and/or appropriately to the reminder, the cheer member will be removed from the event.

1. Failure to be in complete uniform. This includes having hair up and no jewelry.
2. Arriving late or leaving early from a practice.
3. Being disruptive, horsing around, or talking excessively during the game or pep-rally.
4. Socializing with friends or family during an event without permission.
6. Failure to fulfill poster or other pep rally/game preparation obligations
7. Lunch or after school detention

## Section 2. Level II—

A. Behavioral Infractions (Three Strike level)—Strikes will be given based on a cheer member's behavior. The sponsor will document when a cheer member receives a strike and after three strikes, the cheer member will be removed from the cheer program for the remainder of the year. The cheer member will receive a strike for the following behavior infractions:

1. Disrespect/insubordination toward the sponsor
2. Behavior unbecoming of a cheer member, on or off of school property
3. Disrespect toward a teacher or administrator.
4. Disrespect/inappropriate language toward other team members whether in person or through the use of social media on or off school property.
5. An unexcused absence to a game, practice, event or fundraiser.
6. Assignment to DM/Assignment to Saturday School
7. Leaving a performance, practice, or event without sponsor's permission.
8. Refusing to work, pay attention and fully participate at practice or game.
9. Unsportsmanlike conduct at a game or performance
10. Talking on cell phones during a game, practice, or event.
11. Academic dishonesty.
12. Receiving a discipline referral for behavior/attendance/tardy issues.

13. Involvement in any off-campus incidents of alcohol, drugs, or other criminal activity may face consequences of removal from the squad and possible DAEP placement.

14. Receiving repeated Level I reminders (more than 3 times).

B. When Level II infractions are continually problematic, the following discipline process will take place.

1. Strike One— Conference with the cheer member and parent notification.

2. Strike Two—Meeting with the cheer member, parent, sponsor, and an administrator and student must sit out the next designated cheer event.

3. Strike Three—Parent notification and immediate removal of cheer member from the squad.

C. All strikes are permanent during the cheerleading year.

#### Section 5. Level III—

A. Immediate removal from cheer program-- The sponsor shall present the suspension or removal of a member of the cheerleading squad to the principal. Suspension or removal shall occur for any violation of district policies, the student handbook, Student Code of Conduct, as well as for the following reasons:

1. Assignment to DAEP

2. Failing any two six weeks

4. Destruction or vandalism of school property

5. Out of school suspension

6. Stealing

7. Failure to attend summer camp.

## **ARTICLE XII CHEERLEADER SUMMER CAMP**

### Section 1.

Attendance at cheerleader camp will be MANDATORY. No cheerleader/mascot is allowed to miss camp; family vacations should be planned around camp and practices.

### Section 2.

The cheerleader/mascot will pay the tuition and expenses to attend a summer training camp as designated by the cheerleader sponsor.

### Section 3.

Cheerleaders/Mascot are required to participate in fund-raisers to help pay for camp for



the following year.

Section 4.

Any cheerleader/mascot whose behavior results in that cheerleader/mascot or squad being sent home from camp will be referred to principal for consequences recommended by the sponsor, which could include dismissal from squad and/or possible DAEP placement.

Section 5.

Any squad member whose behavior results in being sent home from summer camp will have to make arrangements with parent(s) and/or guardian(s) to be picked up from the camp location.

## **ARTICLE XIII PARENT INVOLVEMENT**

Section 1.

Parents/guardians of cheer members are expected to make sure that their daughter/son fulfill her/his requirements. This includes helping her/him fulfill any financial obligations.

Section 2.

Parents/guardians will be expected to participate in concession stand duties, fundraisers, or events as designated by the sponsor.

Section 3.

If a cheer member's parents/guardians have any questions or concerns, they are encouraged to call the high school office and leave a message for the cheer sponsor. Additionally, they should make arrangements to meet with the respective personnel in regards to such concerns.