

2019-2020 Bearden Middle School Cheerleading Rules

Cheerleader Name: _____

PURPOSE

Cheerleaders

- Cheerleaders will exemplify the highest code of true sportsmanship by supporting the basketball teams in victory and defeat.
- Cheerleaders will represent Bearden in a manner of pride at all occasions.
- The squad will show the highest degree of complete cheerleading skills by always striving to surpass our potential.

Coach

- To prepare each member for future challenges in his/her cheerleading career and in life.
- To provide effective rules and guidelines that help build character and teach responsibility.
- To provide a safe experience for cheerleaders while requiring necessary skills.
- To provide the opportunity for developing new cheerleading techniques and skills.

Captains

- The captains are chosen by the coach.
- Captains are chosen based on experience, leadership ability, attitude, grades, character and other qualities. *The decision of the coaches as it relates to captains is final.*

Coach: Hayley Evans

School Phone: 865-539-7839

E-mail: hayley.evans@knoxschools.org

Athletic Director: David Bailey

E-mail: david.bailey@knoxschools.org

I certify that I have read each statement/rule on this page and am in agreement with each statement/rule and will abide by these statements/rules if selected as a BMS cheerleader for the 2019-2020 cheerleading squad.

Cheerleader Signature

Parent Initial

Cheerleader Responsibility

1. Each cheerleading squad member must be covered by athletic insurance purchased through Knox County Schools. Cheerleaders are only covered by school insurance for TSSAA sanctioned events, and other Knox County School events. The insurance cost \$60. This insurance is secondary insurance, and will only pay according to policy limits. Meaning it pays only after the parents' primary coverage pays.
2. A new physical form is required for a cheerleader to be eligible to participate in the 2019-2020 school year. If you had a physical and participated in sports during this school year you will not be required to have a new physical for try-outs, however, you will be required to furnish a copy of that physical. A new physical must be obtained on or after April 15th to participate in the upcoming season. You must provide a copy of your NEW physical before you can participate if you make the squad.
3. *When you are student athlete.....student comes first.*
 - Each member of the squad must maintain a 2.5 GPA average in all classes during the cheerleading season. The coach will check the grades of each member every four and a half weeks.
 - **Cheerleaders who have a grade of a "D" or an "F" on an interim grade report will be put on academic probation. The cheerleader will be given a 4 1/2-week window to improve the grade. Cheerleaders with an "F" at the end of the 1st semester will be suspended from the team for the remainder of the school year.** You are still required to attend all practices and are responsible for the skills and material taught. Academics come first! It is the cheerleader's responsibility to advise the coach when the grade improves.
 - If you are suspended after the first semester because of academics you are permitted to tryout the following year, as long as you meet the tryout requirements.
 - If you receive In-Team you will sit out a minimum of one game. If you receive an Off-team you will sit out a minimum of two games. If you receive In School Suspension you will sit out a minimum of three games.
 - If you receive *Out of School Suspension* while a member of the squad you will be immediately dismissed.
 - If you have an *Out of School Suspension* for this school year your eligibility to tryout will be up to the discretion of the coach and administration.

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4. Cheerleaders must act in a sportsmanlike manner at ALL times and conduct themselves in a manner that reflects a positive image of BMS.
5. Smoking, drinking, drugs, obscene gestures or inappropriate language will not be tolerated at any time regardless of whether you are in uniform, or if you are on school property or not. These actions could result in DISMISSAL FROM THE SQUAD. Taunting other squads during games is prohibited. Negative comments or gestures about or toward other squads will result in a 1 game suspension.
6. Any dismissal from the squad will automatically result in the loss of all privileges and activities of the BMS cheerleading squad for the remainder of the season. If a squad member quits the team, he/she will not be eligible to tryout the next year. If a squad member is dismissed from the team during the school year for any reason she will not be eligible to tryout the next year. Uniforms are property of Bearden Middle School on loan to the cheerleader and must be returned immediately upon dismissal.
7. The time spent for cheerleading is quite extensive. **There will be many times where the priority must be the cheerleading squad.** A squad cannot practice or perform without its members and practice/games cannot be rescheduled around each member's schedule. **YOU MUST ATTEND PRACTICE!** If you are involved with a competitive cheer squad please remember that the BMS squad must come first.
8. Each cheerleader is responsible for keeping the uniform you receive in good condition. Any damages, losses, etc. must be repaired or replaced at the cheerleader's own expense. Uniforms must be clean and pressed for each game/competition. Uniforms should be inspected upon receipt by the parent and any problems reported immediately to the coach. **NO ONE SHOULD ALTER UNIFORMS WITHOUT THE COACHES KNOWLEDGE.** If this occurs you will be expected to pay for the uniform. DO NOT loan your cheerleading uniform/s or other "official" cheerleading clothing to anyone not associated with the cheerleading squad. This practice is strictly prohibited and will result in a one game suspension if applicable. If you do not return your uniform(s) you will be charged a replacement cost. Failure to pay the replacement cost will result in a held report card by the school until the uniforms have been returned or fee paid.
9. Cheerleaders are responsible for transportation to all practices. Lack of transportation and not being able to find the location of a school or event are not acceptable excuses for being absent from or tardy to a game. The coach is not allowed to transport students in their privately owned vehicle unless that cheerleader's parent is also in the vehicle.
10. Cheerleaders may be required to ride bus/van to games during the season. If a bus is taken, the cheerleading program will be responsible for a portion of the bus "fee". If a cheerleader rides the

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bus to the game, they must return to school on the bus unless the coach is notified by the parent otherwise. Parents may sign their cheerleader out from me at away games, so they do not have to return on the bus.

11. Displays of affection, especially while in uniform are not acceptable.
12. Ideas or complaints should be brought to the attention of the coach so that problems or suggestions may be handled and dealt with in a timely manner. Members will work with the coach and should keep the squad working together. Teamwork is the key to success!
13. Team related decisions are to be respected by all members. Captains are given a lot of responsibility and even though you may not agree with decisions made by the coach or captains, you are required to adhere to those decisions.
14. Refrain from fighting or classroom conflict with peers or teachers.
15. Posting inappropriate items on ANY social media site is unacceptable whether the cheerleader is in uniform or not. The coach deems what will be seen as inappropriate. If a cheerleader breaks these rules they will receive an immediate 1 game suspension pending further suspension/dismissal if necessary.

PRACTICE/GAME/COMPETITION RULES

1. Cheerleaders must attend all practices, games, and competitions. All cheerleaders will be required to attend rescheduled games- even if the game is rescheduled at the last minute.
2. All cheerleaders are required to cheer at all tournament games. Failure to cheer in tournament games will be viewed as quitting the squad.
3. The only excuses accepted for a tardy, absence, or early departure from a practice/game/competition will be the death of an immediate family member, extended medical leave, class participation grade required after school*, tutoring*, or out of town field trips*. When a squad member is sick or injured, a doctor's excuse is required to exempt that team member from the previously stated rule. If a squad member is on extended medical leave (more than one day) due to an illness or injury, and is capable of attending school, she must also be present at practice and attend games, competitions and performances. If a squad member is working with a teacher after school to bring up their grade, the cheerleader must notify the coach before the end of the school day for permission.

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*School related events may be excused at the coach's discretion.

4. If you were injured and have been cleared by the doctor you must participate in practice/games. If you choose to still sit out then rule #17 applies to you.
5. The coach will conduct practices. Remember that the coach is in charge of making decisions concerning practice times, materials used in performances, and other activities. The coach will be open to suggestions by squad members. Captains will have the responsibility of leading portions of practice.
6. It is the member's responsibility to be dressed appropriately for each practice/game/competition. The dress includes shorts/warm-up pants, t-shirt, shoes and socks. When arriving for a game the cheerleaders should be dressed in complete uniform, including hair bow, shoes, socks, etc. Cheerleaders must wear a white, navy or red sports bra with all uniforms. All jewelry should be removed prior to game time arrival/practice start time. Absolutely no jewelry is permitted. This includes, but is not limited to: earrings (including multiple holes), bellybutton rings, nose piercings, necklaces, bracelets. Showing up inappropriately dressed will cause you to sit out a quarter/half/game. You may not wear practice clothes to school unless instructed by the coach.
7. Tattoos may not be visible.
8. If you tumble at tryouts, and want to count it as part of your score then you are expected to tumble at all basketball games when asked by the captains/coach. The tumbling skill mastered will be judged at tryouts and will be performed by each cheerleader during full time outs of every girls and boys basketball game. No tumbling pass will go beyond the 3 pt line of the other side of the court. Those not tumbling will cheer/dance/stunt during that time.
9. Hair must be pulled away from face when stunting or performing during a game or competition. Hair must be worn as directed by the coach. Hair and makeup must be presentable and done before the game.
10. Cell phones are not allowed out after practice begins and while on the court. The phone will be taken up and will be returned at the end of the activity. Violation of this rule will result in suspension from game activities.
11. If a member is absent or leaves early from school the coach must be notified by the cheerleader. Do not call another cheerleader to have her communicate with the coach that you will be absent. The only other person who should contact the coach about an absence is a parent. You may call, text or e-mail me, but if you are at school you should see me personally.

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12. If a member is absent from practice for any reason or does not attend a game, it is the responsibility of the individual member to make-up what is missed: obtain information about any changes in schedule prior to the next cheer practice/game. We will not re-teach for one person.
13. A team member must be present at school for one-half of the school day (3 hours and 45 minutes) or attending a school sanctioned event in order to practice or cheer at a game. (Must check in by 12:15 and cannot check out before 11:45.)
14. Talking should be kept to a minimum during practices and on the court. Only those leading a practice should be speaking when learning material for games. If you/the squad is told more than once to stop talking it will be dealt with at practice with physical conditioning, your spot could be moved on the sidelines, or you will have to sit out.
15. If you require an inhaler you should bring one to practice/games.
16. Everything should be done to your best ability in practice and games. This includes conditioning, stretching, jumps, skills, and performing at games. This is not only to help improve individual and team skills, but for safety reasons.
- 17. If a squad member misses 2 events with unexcused absences, then they will be ineligible to tryout the following year. If you are absent from a weekly practice, then you must sit out part of the next game at the coach's discretion.**
18. If a parent holds an athlete out of a game for any reason rule #17 applies.
19. If an athlete is in a cast/boot they must have a doctor's not to participate on the sidelines. However, participation is ultimately left up to the coach's discretion. If a doctor's note says no participation in school cheer then that applies to all sports/competitive cheer.
20. All squad members will be expected to share the responsibility of team fundraising. If fundraising events occur after school hours all squad members are expected to attend, unless an absence is approved in advance by the coach.

SAFETY

1. In becoming a participant of the program, a cheerleader voluntarily assumes the risk involved by participating in cheerleading practices, games and other events.

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2. By the very nature of the activity, cheerleading carries a risk of physical injury. No matter how careful the cheerleaders and coaches are the risk cannot be eliminated; the risk of injury includes minor injuries such as broken bones, dislocations and pulled muscles. Please do your part to warm up appropriately for muscle preparation. *If a cheerleader suspects an injury she should tell the coach immediately so that a trainer can be notified.*

The coach reserves the right to prohibit participation in a game, suspend or dismiss a cheerleader from the squad due to unforeseen circumstances or inappropriate behavior. The coach will schedule a meeting with the parent and administration to discuss this decision if necessary. Examples include but are not limited to being out of uniform, grades, tardiness, missing practice, lack of effort and/or enthusiasm.

There may be times when the principal or school officials ask the cheerleaders to represent the school and/or perform in an official capacity. Insofar as possible, we will participate when asked in pep rallies and other school functions. All cheerleading rules will apply when attending these activities.

All cheerleaders are required, but not limited to accept the aforementioned responsibilities and disciplinary consequences deemed necessary. Any violation of these responsibilities may result in penalties ranging from disciplinary probation to expulsion from the team at the coach's discretion. The rules and regulations may be amended at any time by the coach or school administration.

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**Bearden Middle School
2019-2020 Cheerleading Guidelines & Rules
Acceptance Form**

I have read and do agree to support the rules and guidelines as written and agree to accept the disciplinary actions as stated in the BMS Cheerleader Guidelines.

CHEERLEADER _____ DATE _____

PARENT _____ DATE _____

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