

**Catholic High School
Cheerleading Squad Demerit System**

Demerits:

- Demerits will be used as a disciplinary tool and will be given by the Coach.
- Three demerits will result in additional physical conditioning.
- An accumulation of six demerits will result in suspension for two weeks.
- An accumulation of twelve demerits will result in dismissal from the squad.

One demerit will be given for:

- Jewelry at practice or games
- Chewing gum at practice or games, or while wearing uniform
- Wearing wrong practice clothes
- Eating food or drinking in the gym during games

Two demerits will be given for:

- Use of foul language
- Poor sportsmanship
- Being late to reach the bench after half-time or after the horn has sounded
- Leaving early from practice, a game or any cheerleading activity
- Being to meet the squad at a designated area before a game or at half-time
- Use of a cell phone during practice or at a game without permission
- Chatting with friends during practice or a game
- Being late for practice or a game, or any other cheerleading activity
- Arriving at a game without appropriately kept hair or appropriately applied make-up, or without being fully dressed in the correct uniform and hair ribbons

Three demerits will be given for:

- Failure to attend practice or a game
- Failure to notify the coach prior to an absence at a game or practice
- Any marks on the body that can be seen (i.e. tattoos)
- Leaving jacket, pom-poms, bag or signs at school or games
- Not turning in material or money on time
- Public displays of affection at school and ballgames

Six demerits will be given for:

- Any inappropriate behavior, which reflects on the reputation of the squad or school (includes: smoking, drinking, use of drugs, unsportsmanlike conduct or failure to abide by school rules)
- Arguing, fighting, and gossiping with other team members, and inappropriate behavior towards the team captain or co-captain
- Leaving the game or walking off the court during a cheer/dance routine

Suspension:

- Suspension means not being allowed to perform for two weeks. (During this time the cheerleader must continue to practice and must sit with the coach during performances.)
- Two suspensions equal 12 demerits and result in dismissal from the squad.

Dismissal:

- Significantly inappropriate behavior as determined by the school administration or coach.
- Failure to attend the UCA summer camp (includes jobs or trips).

If a squad member is dismissed or quits the squad all money fundraised or turned in for costs will not be reimbursed, uniforms must be returned to the school promptly, and the individual will not be allowed to tryout participate in Catholic High cheerleading the next year.

All decisions of the coach and principal are final!

