

Thompson Middle School Cheerleading
Discipline Guidelines and Demerit System

In addition to the requirements in the ACS Cheerleading Constitution a separate and distinct demerit system will be used for the purpose of enforcing cheerleading policies as well as disciplining a cheerleader for infractions. These guidelines are established to ensure that the members of the TMS Cheerleading Team are positive role models for our school and to ensure the safety of all members at all times. The guidelines will provide an atmosphere in which practice time is used wisely and all cheerleaders are putting forth their best effort.

The demerit system will be enforced beginning the first practice after tryouts and will conclude upon uniform return or squad dismissal.

The demerit system is not connected with the TMS Discipline Policy. Some demerits will affect the cheerleader's privilege to participate in cheer related activities. Some offenses may be violations of the code of conduct and also of this demerit system. In these cases, punishment from both may be enforced.

All demerits will count toward suspensions from cheer activities.

Students may earn back demerits by additional conditioning after practices. If a student's demerits equal the level of a suspension, the student MUST serve the suspension but may earn back the demerits to avoid later accumulations. Any additional conditioning must be done immediately after the completion of practice.

Demerits will be given to a team member regardless of social rank, age, or grade level.

Only the cheerleading sponsors have the authority to assign demerits.

Disciplinary Actions from Accumulation of Demerits

5 Demerits	Suspension from 1/2 of a cheer event or practice
10 Demerits	Suspension from a full cheer event or practice
15 Demerits	Suspension from 2 consecutive events or practices
20 Demerits	Suspension until a conference with coaches, parents, and school administration is held
25 Demerits	Removal from cheerleading team.

Any cheerleader who accumulates 25 or more demerits will be removed from the team.

A complete record of demerits will be provided at any time upon request of the parent or cheerleader.

Each cheerleader will have a demerit log kept in the log book.

Cheerleader and sponsor will sign the demerit log upon any issuing of demerits. This may occur at the time the demerits are assigned or at the next practice following the occurrence.

By signing below, I acknowledge that I, _____, and my student,
_____, agree to abide by the guidelines established by this demerit system.

Failure to agree to this set of guidelines will result in removal from any TMS Cheerleading Team after selection.

Parent Signature: _____ Date: _____

Student Signature: _____ Date: _____

Infraction	Demerits Assigned	Notes
Incorrect Practice Attire	2	
Hair Not Pulled Back at Practice	2	
Jewelry at Practice	2	
Missing Equipment at Practice (Poms, Meg, Shoes, etc.)	2	
Failure to bring all needed items to school (requiring office drop off)	2	
Failure to be picked up from practice or game within 15 minutes of the scheduled end time	2	
Failure to return paperwork	2	
Failure to set up or take down mats on assigned day	2	
Tardiness to practice (Must be ready and on mats by 3:20)	2	
Chewing gum at any event or practice	2	
Unnecessary talking during practice	2	
Talking while team captain is talking	2	
Failure to put forth effort	2	
Late to a game or performance	3	
Incorrect Uniform or missing piece of uniform (Including hair bow and sleeves) at any cheerleading event	3	
Missing Equipment at a cheerleading event (Meg, Poms, Water Bottle)	3	
Jewelry or nail polish at a cheerleading event	3	
Incorrect hair at a cheerleading event	3	
Unnecessary talking while cheering at an event	3	
Gripping, complaining, bad attitude at practice or a game	3	
After school detention	3	
Not participating in a routine, cheer, chant, or dance	3	
Leaving practice or an activity early without prior permission	3	
Failure to bring in progress report on next practice after it is handed out. (Copy is fine)	3	
Failure to perform skills performed at tryouts without sponsor's clearance or permission	3	
Insufficient knowledge of material	3	
Undesirable conduct in academic classes	4	
Tardiness to any performance	5	
In school detention	5	Automatic Suspension from 1/2 of an activity
Attendance to only 1 academics first session during an assigned week	5	
Talking while sponsor is talking	5	
Non - Compliance - Failure to do what a sponsor says when they say to do it	5	
Tumbling or stunting without a sponsor present	5	
Use of inappropriate language	5	
Unexcused absence to a cheer activity other than a performance.	5	
Out of school suspension	10	Automatic Suspension from Full Activity
Unexcused absence from performance.	10	
Failure to attend academics first at all during an assigned week	10	
Insubordination or defiance of a sponsor	10	
Any behavior that could be considered a negative reflection of TMS	TBA	As deemed appropriate by sponsors

Conditioning Exchange for Demerits

- Conditioning must occur in the 15 minutes immediately following an event or practice
- 1 demerit removed per lap run around the outside of soccer field
- Demerits may not be removed to avoid suspension. For example, if a student receives an infraction valued at 5 demerits, they must serve the 1/2 event suspension but may run to avoid future repercussions due to the accumulation of demerits.

