



2007 Plus Points & Demerits

Plus Points & Demerits are utilized to maintain the standards of our program and eligibility for Homecoming try-outs and competition. If a cheerleader/mascot accumulates 6 or more demerits, she will not be eligible to participate in Homecoming try-outs. Excessive absences in accordance with our guidelines may result as dismissal from the team.

PLUS POINTS (MAX. EARNED 12)	
1. Participation	
a. Participation in league/team fundraisers (water/soda donation, raffle tickets, etc.)	+ 2
b. Participation in special events (team community service projects, cheer sisters, etc.)	+ 2
c. Returns required paperwork, money, etc. by established due date	+ 2
2. Contributions	
a. Donation of your Head Coach's wish list items (hairspray, treats, etc.)	+ 2
b. Parent participation by volunteering to work snack bar, security, etc. at home games	+ 2
3. Attendance	
a. No tardiness or missed practices during August.	+ 2
DEMERITS (6 OR MORE RESULTS IN DISMISSAL)	
1. Behavior	
a. Does not follow directions given by coaching staff, including any COYFC badged staff member, Cheer Coordinators & Executive Board members	-1
b. Initiating distractions at practice/or games that disturbs the learning of others	-1
c. Poor sportsmanship	-1
d. Use of profanity, abusive language or gestures towards anyone	-1
e. Promoting rivalry or gossip	-1
f. As a member of the COYFC cheerleading program, you agree to respectfully represent our program when wearing any Charter Oak Cheer attire.	-1
g. Any negative communications documented that took place through the internet (IM, or My Space) will be aggressively addressed.	-1
h. Not participating 100% in all games, practices and warm-up exercises. If sitting out of any listed activities for more than 10 minutes, a parent will be contacted to pick the child up and will result in a demerit	-1
i. If a parent indicates a child is falling behind in grades or not completing homework, the child may bring their homework to practice and utilize that time to complete their assignments. A demerit will be assessed.	-1
<p>NOTE: Any violation of items A-G will result in sitting out of practice in addition to demerits. Second violation will result in a parent meeting. Excessive/persistent issues will require the attendance of the child's parent/guardian at each practice/game for the duration of the practice/game until the behavior is resolved.</p>	

<p>2. Appearance/Attire, etc.</p> <p>a. Due to safety reasons and to abide by the image expectations for Junior All American programs, the following attire is NOT acceptable for practice: denim or corduroy, zippers, buttons, pockets, hooded sweatshirts/shirts, overly baggy clothing, mid-drift bearing shirts or pants, halter tops, spaghetti straps, clothing with inappropriate gestures or logos. Pants/shorts must remain above the hip bones and no excessive skin revealed. *Hooded sweatshirts or work out attire with pockets can be worn if turned inside out.</p> <p>b. Must wear CHEER or ATHLETIC shoes. No backless shoes, sandals, flip flops or slippers. No "Skechers", platform or skater-type tennis shoes. Shoelaces must be securely tied and not tucked.</p> <p>c. Hair must be pulled away from the face and secured with proper fitting rubber bands and clips. *Continually disrupting practice to fix your hair will result in a demerit.</p> <p>d. Must wear freshly a laundered uniform to all games and competitions (including cheer shoes). Head Coach/AD will advise of the uniform combinations prior to games and competitions.</p> <p>e. No jewelry, including but not limited to ear, nose or belly button rings.</p> <p>f. No excessive make-up (staff discretion).</p> <p>g. No acrylic nails. Nails must be kept trimmed and not be visible above your fingertips. No fingernail polish allowed at games or competition.</p> <p>h. No food/eating allowed during practice. No gum at any time. Exception: treats may be given at the end of practice at your coaching staff's discretion.</p> <p>i. Water only should be consumed at practice and games. We do not allow or promote sharing of water bottles. No juice, Gatorade, soda or power drinks. Although these products sometimes advertise to be used during physical exertion, they are also prone to causing dehydration and or nausea.</p>	<p>-1</p> <p>-1</p> <p>-1</p> <p>-1</p> <p>-1</p> <p>-1</p> <p>-1</p> <p>-1</p> <p>-1</p> <p>-1</p>
<p>3. Attendance - a cheerleader/mascot may not be ineligible to participate in competition due to excessive absences (4 or more).</p> <p>a. Excused absence = sick (AD must receive a phone call/e-mail prior to practice start time). A doctor's note will be required to return to practice following an absence due to illness in excess of 2 days. If a child is absent within the 2 weeks prior to a competition, they may not be eligible to compete. If they are injured and miss practice, for the safety of that child and the remainder of the team, that child may not be eligible to participate in competition.</p> <p>b. Unexcused absence = anything other than sick</p> <p>c. Tardy - cheerleader/mascot must arrive to practice on time with a five-minute grace period. One second after the grace period will be considered tardy and result in a demerit. Leaving practice or games early will result in a demerit. Cheerleader/mascot must arrive to games in the time frame directed by Head Coach/AD; the same grace period applies</p>	<p>-1</p> <p>-2</p> <p>-.5</p>



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We have read and fully understand the Plus Points/Demerits and agree to act in accordance with all of the above.

Cheerleader/Mascot

Name: _____ Division: _____

Signature: _____ Date: _____

Parent/Guardian

Signature: _____ Date: _____