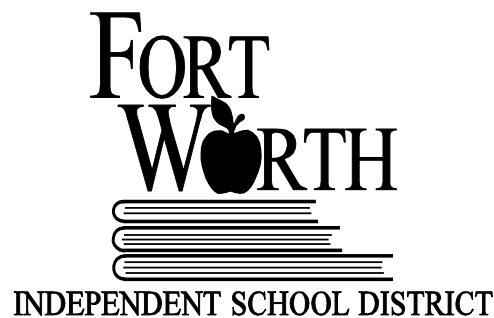


Fort Worth Independent School District



This Constitution maybe revised at any time by the FWISD district. All Cheerleaders/Mascots and Parents will be supplied with an updated copy. All parties will be required to sign and agree to the new constitution before they are allowed to participate in future cheerleading activities.

High School Cheerleader/Mascot Constitution and Procedures

FWISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

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APPENDIX

Centralized Cheerleader Tryouts

PHILOSOPHY/PURPOSE

Being a cheerleader is an honor and special privilege. Cheerleaders, Mascots and spirit groups exist to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit and are first and foremost representatives of their school. Cheerleaders and mascots should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the FWISD Student Code of Conduct. Members of these groups have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain suitable individual/group behavior both on and off campus.

OBJECTIVES

Cheerleaders and mascots are expected to be physically and mentally skilled in learning and remembering cheers. They are also expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. Off the field, they are to enthusiastically support all athletic teams through promotion, personal attitude, and attendance at events chosen by the sponsor and approved by the principal.

DEFINITION

Cheerleading/mascot year: The rules and procedures outlined in this constitution are in effect from the time the student is selected to the cheerleading squad until the next tryout date. This does not include the academic guidelines. Because of TEA rules, the academic policies are in effect for a school year.

FWISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

ELIGIBILITY – TRYOUT

A student is eligible to try out for cheerleader/mascot if either of the two conditions is met:

- At the time of the tryout, the student is enrolled in the Fort Worth Independent School District and is trying out at the school where the student is registered to attend for the next school year.

OR

- If the student is not currently enrolled in the FWISD, but is registered to attend a FWISD campus for the next school year, the student may try out at the campus.

OR

- If the student is not currently enrolled in the FWISD but is registered to attend a FWISD campus for the next school year on a valid transfer and/or through the payment of tuition.

Students seeking a transfer to the school for which they are trying out, will not be on the squad unless they are accepted to the school.

A student may try out at only one FWISD school.

COMMITMENT

Candidates selected to be a member of the cheerleading/mascot squad are expected to make a commitment to the activity for the full cheerleading year. The full cheerleading year begins once tryouts have concluded until the following year's springs sports conclude or deemed otherwise by your coach/sponsor. Any cheerleader/mascot who voluntarily quits the squad before the end of the cheerleading year without the approval of the coach/sponsor or who is removed from the squad for disciplinary reasons will not be allowed to tryout for the next year.

Students who have been removed and those who voluntarily quit retain no rights to team awards, recognitions, lettering etc., which are received after dismissal, although they may have accrued over the duration of the school term. They lose all privileges associated with cheerleading membership, including attending cheerleading only events, using cheerleading facilities, and wearing cheerleader attire.

SELECTION

The procedures for selection are based on the guidelines in this handbook.

The Fort Worth Independent School District will hold a centralized tryout for the selection of the high school cheerleading squads. The goals of the centralized tryout will be to provide a consistent, equitable and monitored tryout process for all high school cheerleader candidates across the district. The tryouts will be held on a date in March-April to be determined by the principals and Director of Athletics.

The Director of Athletics will be responsible for facilitating the tryouts and will be present during the entire process. Building principals and school-assigned cheerleading sponsors may be present during the tryout for their school. Parents will not be allowed in the building during any phase of the tryouts.

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TRYOUT GUIDELINES/ELIGIBILITY

Each coach/sponsor will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, number of positions to be filled, times, attire, and procedures. The building principal and the Director of Athletics must approve this information prior to distribution. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process. Prior to the clinic, all candidates must present a valid physical examination from a licensed physician allowing a candidate to participate in the activity of cheerleading as well as tryouts. Such documentation must be provided on a physical examination form approved by the Fort Worth ISD.

The following procedures are to be followed to the letter. Any deviations require Superintendent's designee (usually Principal) and/or Director of Athletics approval to the deviation.

High school cheerleaders shall be selected by a scoring method that assigns a weight of 100% to the ratings assigned by a panel of judges.

Students wishing to try out for the cheerleading squad must file an application and parent permission form with the team sponsor by the first day of the clinic **before** the clinic begins. Schools may elect to set an earlier date for turn in (ex. at the parent meeting), but no student will be penalized as long as the information is turned in by the clinic date **before** the clinic begins.

There will be no application fees or tryout fees for students trying out for cheerleader at the high school level.

Any and all prior years' costs incurred by a student involved in cheerleading must be paid in full prior to the clinic in order for a student to be eligible for tryouts.

Each campus sponsor and principal will establish a uniform tryout outfit. Every item of clothing should be carefully considered to insure equity, affordability, and safety for the students during the tryout procedure.

These tryout guidelines also apply to JV and freshmen cheerleading squads.

If schools chose to conduct mock tryouts at their respective campus prior to the centralized tryout, this event is closed to all parents and/or the public with the exception of the candidate, sponsor(s) and the campus principal or designee.

Mats will be available in all tryout gyms. It is each candidate's choice to use or not use the mats. Judges will be instructed to score each candidate on the difficulty and execution of the candidate's tumbling skills.

- To be eligible for tryouts, students must have passed all subjects during the two six-weeks grading period preceding tryouts in order to participate in all of the out-of-school workshops (clinic) and judging.
- Any student who has been suspended from school, or has been placed in an Alternative Education Center by any FWISD campus administrator will not be eligible to participate in tryouts.

TRYOUT ELIGIBILITY

To be eligible for tryouts or campus cheerleading clinics, students must meet the following criteria:

- Must have passed all subjects during the two six weeks grading periods prior to cheerleader tryouts (see the cheerleader sponsor for a list of approved courses not subject not subject to this rule)
- Have no out-of-school suspensions or any placement in an alternative school program for the current school year for the following reasons including, but not limited to:
 - Fighting
 - Profanity
 - Forgery/Cheating
 - Insubordination
 - Serious and persistent offenses
 - Any mandatory suspensions designated by the students code of conduct

FWISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

• SQUAD MAKEUP

The number of students comprising a cheerleading squad will be based upon the program needs of each FWISD high school as well as the student interest and student participation in the activity of cheerleading at each high school campus. The following represents the maximum number of students comprising each squad:

Varsity Squad	-	No more than 20 students
Junior Varsity Squad	-	No more than 15 students
Freshmen Squad	-	No more than 15 students

The grade classification of students eligible to tryout for the various cheerleading squads will be left to the sole discretion of each FWISD high school. Each high school campus, however, must provide, in writing, which grade classifications are eligible to tryout for which squad. This written verification must be included at the time of distribution of cheerleading information packet.

JUDGING CRITERIA FOR HIGH SCHOOL CHEERLEADERS

100% of each candidates total score

Appearance (Neatness).....	5pts
Projection	10pts
Jump Flexibility	5pts
Jump Technique	10pts
Tumbling Technique	10pts
Tumbling Difficulty	10pts
Motion Technique	10pts
Spirit and Enthusiasm	10pts
Knowledge of Cheer	10pts
Dance Technique (Girls Only).....	10pts
Knowledge of Dance (Girls Only).....	10pts
Stunt Technique (Boys Only).....	10pts
Stunt Difficulty (Boys Only).....	10pts

JUDGES

There will be three judges on each panel. Every attempt should be made and documented to secure an ethnically diverse panel of judges.

Judges will be selected from NCA, UCA, ACA and/or other professional cheerleading associations. Judges should not be hired to judge tryouts if they have tutored or taught the cheerleader candidates during the current school year. Every attempt should be made to hire judges who have not worked with students in the Fort Worth area. However, with the hundreds of camps in the state of Texas, attended by thousands of cheerleaders and taught by hundreds of instructors, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out.

Professional judges with outstanding credentials and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.

FWISD Cheerleader/Drill Team sponsors may not serve as a judge for cheerleader tryouts.

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PANEL TRYOUTS

Panel tryouts will be closed to everyone except judges, principals, and principal designee. There will be no students, parents, or existing cheerleaders in the tryout room/area, nor will they be involved in the collection or tabulation of scores.

Any deviation by the candidates from the tryout requirements may result in the disqualification of the candidate.

TABULATION OF SCORES

The District-wide formula for tabulating final scores should be as follows:

- Each judge may award from 50 – 100 points total per candidate. The three scores will be averaged together to get the judges' average score. This number will count 100%

Scores will be calculated to two decimal points.

Scores will be left in the office of the Director of Athletics until winners and non-winners are notified. Original scoring sheets will be retained for 30 days following the tryout date.

In the case of a tie, both students shall be selected. The Director of Athletics must be notified prior to the announcement of winners when a tie is involved

EXCEPTIONS

In the case of physical injury prior to the tryout, the Director of Athletics must be notified for permission to have any deviation in the tryout procedure.

Video film can only be used after notification of the Director of Athletics, and only in the case of recent surgery or broken bones that impair a student from participating in a "specific skill" of the tryout. If video film is used, only a small segment of the film that shows the "specific skill" done by the student prior to the tryout may be judged.

Video film may not be used showing the individual performing in a competition setting, All-Stars, Nationals, etc.

A medical doctor's note indicating the specific skill the student is incapable of performing will be required prior to video use.

VIDEO FILM GUIDELINE USAGE

(Sponsors will make these guidelines available to judges if a video is used for tryout.)

The judges shall be instructed to consider "absence of pressure, "lack of physical/respiratory exertion, vocal ability, and note if a cheerleader is using a hard or spring floor when performing specific skills" on video.

The candidate must perform each individual "specific skill" required in the tryout to receive credit/points.

No score reduction or credit shall be exercised due to the claimed surgery/injury. However, in light of the above considerations, a perfect score for any "specific skill" or category should be rare.

NOTIFICATION

After all tryout scores for a school are tabulated and confirmed by the Director of Athletics and sponsor, each candidate will be given an envelope informing a candidate that he/she made the squad or he/she did not make the squad. With notification to the Director of Athletics, schools may choose not to receive tryout results and/or communicate tryout results to students until the following week.

PARENT REQUEST FOR SCORES

Any candidates wishing to receive their scores quickly should provide a stamped, self-addressed envelope to the sponsor prior to the tryouts. Individual score sheets will be mailed no later than then 5 days following tryouts. Other requests for scores can be made through the school principal.

Parents may request to see their own child's score (no rank scores, or natural break score) from the principal or his/her designee. By law, all other student scores are protected and cannot be shared with anyone except the sponsor, principal, or principal designee.

REPLACEMENTS

If a member of the cheerleading squad moves (or there is an opening for any reason), the principal and sponsor **may** fill the opening based on the tryout rank scores. Any replacement will take place on or before the first day of summer camp and is at the principal's and sponsor's discretion.

FWISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

ELIGIBILITY – MAINTENANCE

To be eligible at the beginning of the school year students must have earned the accumulated number of credits in state approved courses indicated below:

- Beginning of the 10th grade year—at least **5** units toward graduation.
- Beginning of the 11th grade year—at least **10** units toward graduation or a total of 5 units which count toward graduation that have been earned during the 12 months preceding the first day of the current school year.
- Beginning of the 12th grade year—at least **15** units toward graduation or a total of 5 units which count toward graduation that have been earned during the 12 months preceding the first day of the current school year.

Grade eligibility standards follow UIL Constitution and Contest Rules and TEA.

In addition to the standards listed above, a student whose recorded six-week grade average in any course is lower than a 70 at the end of two consecutive six-weeks grading periods will be removed from the squad for the remainder of the year and will be ineligible to tryout the following spring.

Refer to the UIL Constitution and Contest Rules for a list of courses that are exempt from this policy.

Students on academic probation must continue to attend classes and all practices, must sit out of all performances, and may not sit with or ride with the team to appearances or performances. Ineligible students are not allowed to wear the cheerleading uniform.

Behavior- Any cheerleader removed from his/her squad for disciplinary reasons during the current cheerleading year will not be eligible to participate in the next tryouts at any FWISD campus.

Any member failing to abide by published campus rules and/or school district policy relating to conduct, use of drugs, alcoholic beverages, or other illegal activities will result in immediate dismissal from the squad.

The possession and/or use of alcohol, tobacco, and illegal drugs are forbidden and will not be tolerated on or off campus. Any infraction on or off campus will result in immediate dismissal.

Lettering –A cheerleader and/or mascot is eligible to earn an athletic letter when the following criteria have been met:

- Must be on the varsity cheerleading squad
- Successfully completed the cheerleading season as outlined in the cheerleading constitution
- Must have actively participated in 90% of all practices
- Must have actively participated in 90% of all games through the end of basketball season.

GENERAL CONDUCT RULES

Cheerleaders/mascots are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. In or out of uniform they are representatives of the cheerleading squad and the high school they attend and should act accordingly.

While maintaining group behavior standards, conduct will also include ensuring that cheerleaders' websites are appropriate. The internet is a worldwide, publicly accessible form of communication. Any communication such as MySpace, Facebook, or photo sharing, etc. appearing on the internet is public domain even if it is marked private. Cheerleaders are responsible for their personal websites and postings as well as for postings on other students' websites. The area of appropriateness will include, but are not limited to, language (abbreviated or alluding to), pictures, suggestive poses, clothing, reference to alcohol, drugs, and tobacco in uniform. Appropriateness and consequences will be decided by the principal and coach/sponsor with possible removal from the squad.

Proper manners should be used at all times to address adults. Mutual respect and politeness toward members within the squad are basic elements that contribute to the total success of the squad. Anyone sent to on campus suspension for any reason will be subject to the following actions:

- First Offense – Benched for next event, Principal/Sponsor Review, placed on probation for duration of school year.
- Second Offense – Principal/Sponsor review with possibility of removal from squad.

Members assigned to on campus suspension may not perform, wear the cheerleader uniform, or practice with the squad while in on-campus suspension.

Any member suspended from school for a violation of the district student code of conduct will be removed from the squad for the remainder of the cheerleading season.

FWISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

DEDUCTION SYSTEM

1) PRACTICE	CONSEQUENCE
1. Cheerleaders (CL) must wear appropriate workout clothing when practice begins.	2 pt. deduction per item
2. Hair must be up and secure	2 pt. deduction
3. No jewelry during performances games or pep-rallies	2 pt. deduction
4. No chewing gum	2 pt. deduction
5. No cursing/arguing with anyone.	5 pt. deduction
6. CL will have required items (forms, signs, etc.) at the beginning of practice.	2 pt. deduction
7. CL must be on time to cheerleading class (No one in hallways after tardy bell.)	School policy
8. CL must be on time to all in/out of school practice	2 pt. deduction
9. CL will not leave practice or the practice area without permission	2 pt. deduction
10. CL will attend all in/out of school practices. Any absence must be cleared by the sponsor prior to the practice. <u>Excused:</u> Illness/doctor permit, death in the family or participation in other UIL activities. <u>Unexcused:</u> Work/vacation, appointments, non-UIL involvement (All-Stars, etc.)	Excused w/o prior notice will be benched ½ game. Exception: death in the family. Unexcused: Benched 1 game + 5 pt. deduction
11. CL cannot miss the last practice before a game.	Benched 1 game
12. CL will attend all summer practices.	Benched ½ game per miss
13. CL will follow practice rules #1 – 10 for summer practice.	5 pt. deduction

2) GAMES/PEP-RALLIES/ALL CHEERLEADER ACTIVITIES	CONSEQUENCE
1. CL must be in correct/complete uniform at school on game/pep-rally days. Only letter jackets/designated sweats/sweater may be worn with uniform or spirit attire.	3 pt. deduction
2. CL will be in correct/complete uniform 30 minutes prior to game or pep-rally.	3 pt. deduction
3. Hair will be up and secure as per sponsor.	2 pt. deduction
4. No jewelry during performances games or pep-rallies.	2 pt. deduction
5. No chewing gum.	2 pt. deduction
6. No cursing/arguing.	5 pt. deduction
7. No colored nail polish. (clear only)	3 pt. deduction
8. CL will have required items upon arrival.	2 pt. deduction
9. CL will maintain proper sideline behavior at all times. <ul style="list-style-type: none"> • No excessive talking among CL. • No talking to people in the crowd. • Pay attention to the game/pep-rally. • Stand in correct formation/stance. • Cheer/spirit, jump and tumble the entire game or pep-rally. • Only one person out of formation at a time for drinks. • No taunting the other team. • CL will show respect during the National Anthem and both school songs. 	2 pt. deduction
10. All CL will stay to clean up after each game/pep-rally and will be dismissed by the sponsor.	2 pt. deduction
11. CL will arrive on time and at the designated meeting area and will remain for the duration of the game/pep-rally. <ul style="list-style-type: none"> • 30 minutes prior to game/pep-rally. • 15 minutes prior to bus departure. • If a CL misses the bus he/she will not be allowed to cheer at the game unless he/she was participating in another UIL activity. 	5 pt. deduction
12. CL will be back on the field/court ready to cheer 2 minutes before half-time ends.	Benched 3 rd Qtr.
13. CL will stay on the field/court for the entire game/pep-rally.	3 pt. deduction
14. CL will attend all in/out of school games, pep rallies, meetings, functions and activities. Any absence must be cleared by the sponsor prior to practice. <u>Excused:</u> Illness/doctor permit, death in family or participation in other UIL activities. <u>Unexcused:</u> Work/vacation, appointments non-UIL involvement (All-Stars, etc.) Note: An absence from school does not excuse CL from the responsibility of calling the sponsor.	Excused w/o prior notice will be ½ game/pep-rally. Exception: Death in the family. Unexcused will be benched for 1 game + 5 pt. deduction
15. CL acting in an unsafe manner as determined by sponsor.	First offense: 5 pt. deduction Second offense: Benched one game. Third offense: Benched 2 games and sponsor/coach review with possible dismissal from the squad.

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3) SUMMER CAMP	CONSEQUENCE
1. All CL will attend summer camp.	Removed from squad
2. CL will be on time to all camp activities.	5 pt. deduction
3. A CL may not leave the campus with anyone at any time unless approved by the sponsor/coach	Sent home, and possible squad dismissal
4. CL may not talk to family/friends when engaged in a squad activity. Absolutely no display of affection.	5 pt. deduction
5. CL will respond to all 3 sponsors' directions. No disrespect will be tolerated.	10 pt. deduction
6. CL will follow all NCA/UCA/ACA or other professional cheerleading association & university camp rules and respect all staff members.	10 pt. deduction

4) OTHER SCHOOL FUNCTIONS	CONSEQUENCE
All CL are encourage to participate or support the CL fund-raising activity which goes to support CL functions/costs.	Those not participating will pay for their portion from their own funds.

5) UNIFORM /EQUIPMENT GUIDELINES	CONSEQUENCE
1. CL will not wear uniforms and equipment to a non-CL function. (Eating after a game may be approved by the sponsor/coach as an exception to this guideline.)	Benched 1 or more games or dismissed from the squad.
2. CL will not lend out current uniforms, equipment, sweats, letter jacket, etc. to someone who is not a cheerleader.	5 pt. deduction
3. Uniforms and equipment may be altered, but no fabric may be cut without prior approval from sponsor.	Replacement of uniform
4. Uniforms and equipment will be turned in by the scheduled due date. Uniforms must be dry cleaned with dated receipt attached.	School financial hold
5. CL is responsible for damage to or loss of any part of a uniform.	Replacement of uniform or repair cost immediately and/or school financial hold until rendered.

6) GENERAL	CONSEQUENCE
1. CL will not leave food, trash, or mess in the dressing room, practice area, halls, or any performance area.	2 pt. deduction
2. CL will not participate in any public display of affection during school, at school activities or while wearing the CL uniform.	5 pt. deduction/office referral
3. CL will follow all school rules and FWISD policy, including the dress code.	5 pt. deduction/office referral
4. CL will follow (not argue with) the head CL(s) instructions at all times at CL activities	Benched one qtr.
5. CL will respect/respond to all sponsors at all times. Rudeness/insubordination will not be tolerated.	Benched at coach/sponsor's discretion
6. CL will respect all teacher/staff members at all times	Benched at coach/sponsor's discretion
7.. CL will not receive an office referral for any reason	Benched at coach/sponsor's discretion
8. CL will respect each other and all other squad members. No taunting/arguments or cursing will be tolerated.	5 pt. deduction
9. Absolutely no smoking, drinking, illegal activities, or illegal substances will be tolerated.	Immediate dismissal from the squad by coach/sponsor
10. CL placed in on campus suspension.	First offense: Benched for next event, coach/Sponsor review, placed on probation for duration of school year. Second offense: removal from squad.
11. CL receiving an N in conduct from any teacher.	Sponsor & principal review resulting in possible dismissal from squad
12. CL receiving a failing grade for any class pursuant to FWISD Board Policy FM (Legal) and FM (Local).	3-6 week probation & coach/sponsor and benched 1 game.
13. CL receiving a failing grade for any class for two consecutive six weeks.	Immediately removal from squad

FWISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

NOTES

1. After a **10-point deduction**, the cheerleader will be benched for one game. If he/she **accumulates 20 points** in different offenses, he/she will be benched for six weeks. After the individual is benched one game for accumulating 10 points, the points will continue to be deducted; to accumulate toward the 20 point total, and/or possible failure. Any merit system implemented will be at the coach/sponsors discretion.
 2. **Injuries:** If an injury occurs that keeps the student out of two practices, a note from the student's parent or doctor stating the reason will be required. If the injury restricts the student from three or more practices, a doctor's note will be required. This note should state the nature of the injury, the length of time of the restriction, the specific task the student cannot perform, and any special instructions. Lack of participation will be categorized as missing practice if there is no note.
 3. **Accumulation of three or more benchings** will result in a coach/sponsor review that could result in removal from the squad.
 4. **Repeated/excessive offenses** may result in coach/sponsor review. Repeated/excessive is defined as repetition of the same offense three or more times a school semester.
 5. **Violation of the probation** by further misconduct will result in dismissal from the squad by coach/sponsor.
 6. **Any coach/sponsor review** of student's actions may result in dismissal from the squad. In the event dismissal, the parent/guardian will receive notice in writing stating the violation and reason for dismissal.
 7. **Appeals:** In the event a cheerleader is removed from the squad an appeal can be submitted. All appeals will be directed to the campus principal and campus designee the student attends. A review of the appeal and decision will be rendered within two working days. The decision of the campus principal will be final.
 8. **Guidelines:** these are general rules and guidelines for all FWISD cheerleaders. Failure to comply may at time require judgment calls to be made. These decisions will be left up to the individual coach/sponsors for each squad. Coach/sponsors reserve the right to upgrade any penalty (immediate benching, office referral, etc) depending on the severity of the situation.
- If the decision rendered by the campus principal did not follow the constitutional guidelines they may request a formal meeting with the Director of Athletics. The request must be submitted in writing to the athletic office.

FWISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

RECOMMENDATIONS AND GUIDELINES FOR CHEERLEADING SAFETY (High School Level)

GENERAL GUIDELINES

- A. Cheerleader squads should be placed under the direction of a knowledgeable sponsor or coach.
- B. The cheerleading coach or other knowledge designated school employee will be in attendance at all practices, performances, functions, and will ride with cheerleaders on the bus when bus transportation is required.
- C. All CL should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids, and jumps.)
- D. If possible, all practice sessions should be held in a location suitable for the activities of cheerleader, i.e., use of tumbling mats where warranted, away from excessive noise and distractions, etc.
- E. Training in proper spotting techniques will be mandatory for all squads attempting CL gymnastics; i.e., camp.
- F. Warm-up and stretching should precede all practice sessions, pep-rallies, games, competitions, and other physical activities.
- G. If possible, all cheerleading squads should develop a conditioning and strength-building programs
- H. Sponsors/coaches must recognize the entire squad's particular ability level and adjust the squad's activity accordingly.

SPECIFIC SAFETY GUIDELINES

- A. All pyramids and partner stunts are limited to two persons high. "Two high" is defined as the base (bottom person) having at least one foot on the ground.
- B. Toe pitch flips are prohibited.
- C. Free falling flips or swan dives from any type of toss, partner stunt or pyramid are prohibited.
- D. Knee drops; front, back or side tension rolls are prohibited.
- E. Backward suspended rolls are prohibited.
- F. Single-based split catches are prohibited.
- G. Basket tosses or any type of toss must be performed from ground level and must be dismounted to a cradle position by the original two bases plus an additional spotter (third person scoop). Single-based tosses higher than shoulder-stand level must be cradled by two people.
- H. Pyramids or partner stunts may NOT move through or under a basket toss or under a basket toss or suspended flip.
- I. Partner stunts and pyramids higher than a shoulder-stand must have a continuous spotter for each person over shoulder-stand level.
- J. Suspended forward rolls (where the person flipping is continually holding the bases hand) are allowed as long as the bases have their feet on the ground.
- K. Toe touch dismounts off of pyramids two high are allowed as long as the person dismounting is caught by three persons in a cradle. Toe touch dismounts off of single layer tabletop stunts must have at least one spotter.
- L. Dismounts from double-based partner stunts and pyramids over shoulder level, if cradled, must use three catchers (either the bases and a spotter or three spotters.)
- M. Dismounts from single-base partner stunts over shoulder-stand level, if cradled, must be cradled by two catchers (the base and the spotter.) (Two female or one male)
- N. A co-ed squad (two or more males) may do unsuspending extensions with a continuous spotter.
- O. All Basket tosses must be performed only on soft turf (grass, artificial turf or mat) and not on wood surfaces or any other hard surfaces.
- P. No full twist dismounts shall be performed on a wood or hard surface, must be grass, artificial turf or mat only.
- Q. No full twist tumbling passes shall be performed on wood or hard surface must be grass, artificial turf or mat only.

FWISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

CHEERING ACTIVITIES

FALL SPORTS

FOOTBALL

A. Varsity Cheerleaders

- CL will cheer at all varsity games.
- CL will ride in FWISD approved transportation to out of town games, or if FWISD transportation is provided for in school- district games.

B. Sub-Varsity Cheerleaders

- CL will cheer at all freshmen/JV home games.
- Other games as designated by sponsor

C. Playoff Games

- Playoff games are the exception.
- If JV and FR squads attend varsity playoff games, they must ride with the V squad.

VOLLEYBALL

Varsity Squad

All varsity district home games.

Sub-Varsity Cheerleaders

CL will cheer district home games.

BASKETBALL

All Squads

- Each squad will cheer no more than two games per week.
- Coach/sponsors will determine which games will be covered and provide a schedule and uniform assignment prior to holiday break.
- During the holiday season cheerleaders will not be scheduled for any UIL athletic contest
- Playoff games will be covered by squads with approval of Director of Athletics.

Varsity Cheerleaders

All Varsity Girls/Boys home district games will be covered.

Sub-Varsity Cheerleaders

All JV/F girls/boys home district games will be covered.

SPRING SPORTS

SOFTBALL/BASEBALL

Varsity Squad

All varsity softball/baseball district home games.

Sub-Varsity Cheerleaders

- CL will cheer at all district home games
- Other games as designated by sponsor

OTHER SPORTS OR EVENTS

Games, meets, and/or events as assigned by sponsor.

TRANSPORTATION

Cheerleading squads will adhere to the same policies governing the transportation of FWISD student-athletes to contests.

MONIES COLLECTED BY SPONSORS

All monies collected by cheerleading sponsors must be deposited with the campus Financial Secretary and credited to the appropriate Internal Finance account created for the use and benefit of cheerleading. All financial transactions related to the activity of cheerleading must be in compliance with Fort Worth ISD Internal Finance Policies and Procedures.

COSTS COVERED BY THE FWISD

Schools will work in cooperation with the Director of Athletics with regard to the purchase of cheerleading uniform and equipment. A supply budget will be provided by the Director of Athletics and will cover items such as paint, paper, tape, etc. Transportation costs will be processed and approved by the Director of Athletics.

Appendix

FWISD Centralized High School Cheerleader Tryouts

The goal of the centralized tryout will be to provide a consistent, equitable and monitored tryout process for all high school varsity cheerleader candidates across the district.

The date for tryouts will be selected by the Director of Athletics. If possible, this date should be determined in May of the previous school year and should not be during the week of six weeks and/or TAKS testing. SAT testing dates should also be avoided. The principals will make certain that it is published on each campus calendar and every attempt should be made to avoid scheduling proms and other activities that may cause conflicts on this date.

Parents will not be allowed in the building during any phase of the tryouts.

When a school is ready to tryout, the Director of Athletics' staff will notify the candidates in the warm-up area. Sponsors will wait in the designated waiting area.

Tabulation of the scores

Tryout judges will be asked to mark the number of points they wish to award to each candidate in each category. They will confirm all tabulations with a calculator. Judges will be instructed to initial any erasure, mark-through, or any other changes made on the judging sheets at the tryouts.

At the conclusion of each tryout, the head judge will bring the score sheets to the tabulation area. **NO OTHER PERSON SHOULD DO THIS.**

Judges' scores will be entered onto the FWISD cheerleader scoring spreadsheet. Totals on the spreadsheet will be verbally confirmed with those on the judges score sheets. Results will be based on the average of the three scores.

After the final tryout of the day, judges will be asked to stay on site until after computations are completed.

All scores will be calculated to two decimal points. There will be no callbacks. In case of a tie, both candidates will be selected as stated in the cheerleading constitution.

Notification

After all tryouts for a school are tabulated and confirmed by the Director of Athletics, each candidate will be given an envelope informing him/her that he/she is on the squad or he/she is not on the squad. **With notification to the Director Of Athletics, if schools wish to wait to receive their results and/or communicate the results of the tryouts to students the following week, they may.**

Requests for scores

Requests for scores will be honored as outlined in the cheerleading constitution. Those candidates wishing to receive their scores quickly should provide a stamped, self-addressed envelope to the sponsor prior to the tryouts. Individual score sheets will be mailed no later than Monday. Other requests for scores can be made through the school principal.

Cost

Each of the three judges will be paid by the FWISD Department of Athletics.

Timeline

- May** - Athletic Director will announce tryout date for the following year.
- February** - Meeting of all sponsors and principals from each campus to discuss tryout procedures.
- February** - Sponsors can begin preparing tryout packets according to the FWISD tryout guidelines. All packets must be approved by the Director of Athletics and on campus Principal
- March/April**- Clinics conducted on each campus.
- March/April**- Centralized tryout.
- May** - Follow-up meeting with Director of Athletics and sponsors to discuss tryouts and make recommendations for revisions and summer plans and schedules

FWISD HIGH SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES

X

Principal

X

Asst. Principal (Athletics)

X

Girls Athletic Coordinator

X

Head Coach/Sponsor

X

Asst Coach/Sponsor

X

Asst Coach/Sponsor

We have read the following FWISD Cheerleader/Mascot Constitution. We accept these rules and regulations. We will also encourage our child to be a leader that our campus will be proud to have as a representative of the school. I/we understand that failure to follow the rules and regulations of the FWISD Cheerleader/Mascot Constitution, will result in suspension or dismissal from the squad.

X

Parent/Guardian of Cheeleader and/or Masc...

X

Cheerleader and/or Mascot

X

Date of Signatures