

**2019-2020**  
**ATLANTIC COAST HIGH SCHOOL CHEERLEADING**  
**DE MERIT SYSTEM**

**Attendance**

NOTE: Excused absences from practices OR games include illness (must be absent 2 or more periods) or attending another school-sponsored event (field trips, participation in other athletic contests, etc.). The cheerleader must turn in a doctor's note or note from another school activity sponsor the following school day for the absence to be counted as "excused." **Failure to do so will result in an "unexcused" absence.**

An excuse for a prolonged event (ex: injury requiring no participation for 1 week) will be treated as 1 event rather than de merits accumulating for each event missed during that time. For example, if a cheerleader has an injury keeping them from 2 games and multiple practices, their de merits will be recorded as one point (**excused with doctor's note**).

Possible Infraction	De Merit (s)
1. Unexcused absence from practice or a game	<b>5</b>
2. Excused absence from a practice or game with a doctor's note	<b>2</b>
3. Late to a home game or late for away departure time	<b>2</b>
4. Late to practice	<b>2</b>
5. Leaving early from a game without permission or not staying to clean up	<b>3</b>
6. Late being picked up from a game/practice	<b>1</b>

**Appearance**

Possible Infraction	De Merit (s)
7. Improper uniform for game or in school (poms, briefs, bow, shoes, etc.)	<b>3</b>
8. Improper practice attire (bow, color shorts/top)	<b>1</b>
9. Wearing nail polish or having nails that are too long	<b>2</b>
10. Wearing jewelry at practice or games (including belly, tongue rings, etc.)	<b>3</b>
11. Dirty uniform	<b>2</b>

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**Behavior**

Possible Infraction	De Merit (s)
12. Using cell phone at games or practice	<b>3</b>
13. Chewing gum or eating food at undesignated times	<b>3</b>
14. Inappropriate PDA during games or while in uniform	<b>3</b>
15. Using inappropriate language during games or practice (includes taunting and name calling)	<b>3</b>
16. Showing disrespect to a coach or squad member	<b>5</b>
17. Violation of Code of Conduct – Dress Code, resulting in detention/ISSP	<b>5</b>
18. Violation of the School Code of Conduct resulting in ISSP/OSS	<b>25</b>
19. Illegal substance abuse	<b>30</b>
20. Blatant insubordination to coaches (attitude, refusal to be a team player, etc.)	<b>10</b>
21. Showing disrespect to a teacher or other staff member	<b>5</b>
22. Inappropriate posts on ANY form of social media or public forum	<b>5</b>
23. Lacking spirit or enthusiasm at games	<b>2</b>
24. Lacking knowledge of cheers/chants/dances during games	<b>2</b>
25. Having anything less than a positive attitude	<b>2</b>
26. Another contract infraction not listed on this form but mentioned in constitution/bylaws (i.e. grades)	<b>3</b>

**Consequences:**

- ❖ **Accumulation of 5 de merits** will result in the cheerleader being benched for ONE game and additional conditioning, per coaches' discretion.
  - The cheerleader **MUST** still dress in uniform, sit with coaches for the duration of the game, while not using their cell phone

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- ❖ **Accumulation of 10 de merits** will result in the cheerleader being benched for TWO games and additional conditioning, per coaches' discretion.
  - The cheerleader **MUST** still dress in uniform, sit with coaches for the duration of the game, while not using their cell phone
- ❖ **Accumulation of 30 de merits** will result in automatic removal from the squad.
- ❖ **All demerits** will be erased at the end of each cheer season.

**Merits (amount left to coaches' discretion):**

- ❖ Honor Roll/Principal's List
- ❖ Volunteer work
- ❖ Stellar performances
- ❖ Other

I have read and understand my responsibilities on, **April 25, 2018**, as a JV or Varsity Atlantic Coast High School Cheerleader and agree to the conditions set within the contract. I understand that these guidelines will be **STRICTLY** enforced, and that if I do not fulfill my responsibilities I will receive de merits as per the list of possible infractions above, resulting in the aforementioned consequences. I fully comprehend that I am a representative of ACHS and I will make every effort to fulfill my responsibilities in being a positive role model and mascot of Stingray Nation. I know that my primary job is to be a CHEERleader and to promote/foster an encouraging, enthusiastic, and spirited environment for my peers and game day/event fans.

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Name of Cheerleader (printed)

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Name of Parent/Guardian (printed)

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Signature of Cheerleader

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Signature of Parent/Guardian