

HAHS Cheerleading Merit/Demerit System



Demerit Offenses

- **Tardy/leaving early** Excluded (1)
 *Includes after half-time
 *On time is **READY** to practice or cheer!
 *If going to be late the cheerleader must contact **EVERY TIME. We need it** the coaches directly. **NOT** another cheerleader. **within 2 day after a missed game/practice).** Doctor Excuse/other Emergency (00)
- **Absent from games or sponsored events** Excluded (1)
 Unexcused (3)
 Doctor Excuse or other +Emergency (00)
 *If missing a game or event, the cheerleader must contact the coaches directly prior to the game/event, **NOT** another cheerleader. Work is **NOT** an excuse!
- **Failure to attend practice/leaving early** Excluded (1)
 Unexcused (3)
 Doctor Excuse or other emergency (00)
 *If missing a practice please contact the coaches directly prior to missing, **NOT** another cheerleader.
- **Turning in money, permission slips or items that need signed/returned** (1) per day late
- **Failure to be dressed appropriately for games/practice** (1)
 *uniform, poms, socks, shoes, no jewelry, bows etc.
- **Showing Disrespect to Coaches/Squad Members (includes negatively speaking about one another and rude comments/behavior)** (3)
- **Not showing respect during the National Anthem** (2)
- **Unsportsmanlike Conduct** (2)
- **Profanity at practice/game** (1)
- **Lack of Cooperation at practice/games** (1)
 *Includes excessive talking, refusing to do cheers/chants/etc.
- **Not having a current/active way of contact for the coaches to reach the cheerleader** (3) each time
 *not responding to emails/texts about practices, games, etc. when asked

Sample Cheerleading Demerit Form

Rosina Ehmann



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