

CHARLESTON SOUTHERN UNIVERSITY
Cheerleading Rules and Regulations

I. PHILOSOPHY AND OBJECTIVES

The Charleston Southern University Cheerleading program is a student activity. As a student activity, its first and foremost responsibility is to support and enhance the student's academic career. Secondly, the program should aid in developing the student into a responsible, mature, and independent adult.

The primary purpose of a cheerleader is to be a team member that has as its goals the support of intercollegiate athletics at Charleston Southern University. That support is directed into three major areas: (1) to raise the level of fan support for interscholastic athletics by leading cheers and advertising the games; (2) to participate in the athletic activity by performing gymnastics, partner stunts, motions, dance movements, pyramids and perfecting these athletic skills; and (3) to serve as a public relations ambassadors of intercollegiate athletics at Charleston Southern activities, functions, programs, and public and charitable events.

II. SCHOLARSHIP PROGRAM

- A. All cheerleaders receive a bookslip each semester.
1. We strive to provide a \$100/semester and increase this amount in correlation with your experience on the team.

III. GENERAL EXPECTATIONS

- A. Academic Expectations:
1. All team members will need to maintain a **2.0 GPA cumulative** to participate.
 2. All team members must be a CSU student to be eligible for participation.
 3. If your cumulative GPA falls below 2.0 you will no longer be allowed to participate with the squad until your GPA is above 2.0.
- B. Physical Expectations:
1. Squad members must be of good health and stamina.
 2. Every member must have a current medical form on file with the coach and with the school's trainers.
 3. Team members will **ONLY** be excused from athletic activity by a doctor's note.
 4. Team members will be expected to follow the workout program given to them and pass periodic physical fitness tests.
 5. The cheerleading program does not have height or weight restrictions for participation. However, flyers are expected to be in condition to be lifted and thrown, generally around 120 pounds. Bases are expected to be in condition to lift and throw.

In all cases, the coaches make the final decisions, and all discretion is up to the coach! In SEVERE CASES of DISRESPECT to coaches and staff members immediate removal from the team is possible!

- C. Commitment Expectations:
1. The cheer team will be every member's number one non-academic activity during the season.
 2. The cheer team is required to cheer and perform at all football games, basketball home games, pep rallies, and parades.
 3. During games all members are required to do chants, cheers, stunts, tumbling, and stand at attention without talking.
 4. There are often community activities that the squad will be invited to. Each squad member is expected to attend a certain number of these events depending on the number of events and the number of cheerleaders needed.
 - a. We generally participate in a weekly radio show with the football team. You will be expected to attend at least two of these shows.
- D. Behavioral Expectations:
1. Each member of the squad is a reflection of CSU and is expected to meet appearance and conduct guidelines.
 2. If you quit, you will not be able tryout again. The coaches will consider special cases.
 3. Each member must comply with the CSU student code of conduct. Failure to do so could result in dismissal from the squad.
 4. CSU has a zero tolerance alcohol and drug policy. Consumption or possession of alcoholic beverages or drugs, regardless of your location and age, could result in immediate removal from the squad.
 5. Bad language and bad attitudes will not be tolerated at practice or at any time a cheerleader is in uniform or CSU apparel, and will result in disciplinary action as detailed below.
 6. Public displays of affection while in any attire that represents the cheerleading squad will result in disciplinary action as detailed below.
 7. Excessive complaining during a game, practice, or any other function will result in disciplinary action as detailed below.
 8. Each member is expected to show respect to coaches, captains, trainers, spectators, other squad members, administrators, etc. Failure to do so could result in removal from the squad.

IV. Rules

- A. Squad members must be present, on time, and appropriately dressed for all meetings, practices, games, pep rallies, and community events.
1. Punctuality
 - a. A calendar will be given to each member and they are responsible for what is on the calendar.
 - b. For the 1st tardy you will run a lap for every minute you are late.

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- c. For the 2nd tardy you will run a lap for every minute you are late and do 15 crunches for every minute you are late.
 - d. For the 3rd tardy you will run a lap for every minute you are late, do 15 crunches for every minute you are late, and sit out for half of the next game.
 - e. Any further tardies will result in dismissal from the squad.
2. Appropriate Dress
- a. Practice – cheerleading shoes, proper practice clothes including spandex shorts under your cheer shorts, and hair pulled up.
 - b. Game – complete uniform, including poms or megaphones
 - c. All hair must be in a ponytail, unless otherwise specified, and jewelry must be off before arriving at the game.
 - d. Nails must be kept short and trimmed just above the fingertips at all times. No acrylics will be accepted during the season!
 - e. Cell phones are to be turned off and not to be used during ANY cheerleading functions.
 - f. Failure to comply with any of the above requirements will result in a disciplinary action.
- B. Attendance Policy:
- 1. All members must attend all events for the year.
 - 2. Excused Absences:
 - a. Illness or injury with a doctor's excuse (unless you are contagious or severely ill, you are expected to sit at practices and games).
 - b. Death or serious illness in your immediate family.
 - c. Academic requirements (Professor's name and phone number must be turned over to the coaches prior to the requirement or the absence will be unexcused).
 - d. Family emergencies.
 - e. Coach approved absences discussed 2 weeks in advance.
 - 3. Unexcused Absences:
 - a. All other absences not approved by the coaches.
 - b. Two unexcused absences will result in immediate removal from the squad.
 - 4. If you are injured at any time during the year, you must attend each cheerleading practice and/or function if you have any intentions of returning to the squad. If you do not attend a game or practice, you will be counted absent.
- C. Practices and Workouts:
- 1. Summer practices are optional but highly recommended.
 - 2. Summer cheerleading camp is mandatory.
 - 3. Workout days will be in the morning and determined after tryouts.

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4. Practices will be in the evenings and determined after tryouts. Please avoid evening classes because of practices.
 5. Additional practices can occur at any time.
 6. Each squad member will be responsible for 1 additional hour of exercise outside of practice. There will be a sign in sheet to record your date and time in the Brewer Center. (If you fail to meet the outside workout requirements, not only you as an individual, but the entire team may be punished.)
 7. Each squad member is responsible for exercise over the summer and must return prepared for intense physical work.
 8. Each squad member will be given a physical fitness test on the first day of practice, and periodically throughout the year.
 9. Squad members will move on campus early for camp and practices. If you plan to live off campus, please make sure you can move in approximately 2 weeks prior to school.
- D. All cheerleaders must have insurance coverage for any medical problem that may occur while participating in related or unrelated squad activities.
- E. All cheerleaders are required to have a physical and complete paperwork enabling them to receive treatment from student trainers.

V. Expenses

- A. The University will provide travel to and from University events. All squad members must travel to and from the event in the provided chaperoned mode of transportation. The coaches must approve special cases prior to the event.
- B. Uniforms, shoes, practice clothes, wind suits, bags and poms are all provided. Uniforms, wind suits, bags, and poms must be returned at the end of the season. Shoes and practice clothes may be kept by the squad member after the cheerleading season ends.
- C. If loss of a uniform or a component occurs, that member will be charged the cost of that uniform item.
- D. **IF YOU QUIT OR ARE REMOVED FROM THE SQUAD YOU WILL BE CHARGED FOR CAMP AND OTHER EXPENSES ACCORDING TO THE SCHEDULE BELOW:**
1. Prior to June 1, 2010 – no cost
 2. Prior to August 9, 2010 - \$500 (camp and clothing charges)
 3. August 9 – December 31, 2010 - \$650 (camp, clothing, pre-season meals) Also, any book money awarded will be removed.
 4. January 1, 2011 – April 1, 2011 - \$325 (1/2 of expenses). Also, any book money awarded for the entire year will be removed.

VI. Disciplinary Action:

- A. First Offense – warning and physical punishment
- B. Second Offense – benched for a portion or the entire upcoming event
1. If a member is benched they are still required to attend dressed in their cheer uniform to support their team.
- C. Third Offense – removal from the squad.

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