Basketball Cheerleading  
2019 – 2020

Demerit List

Each cheerleader will begin the season with 100 points. A cheerleader will be removed from the squad if her point total falls below 60 points.

Ways to lose points will be the following:

Practice:

- 1 point for every minute late to practice

- 5 points for no shoes

- 5 points for wrong shirt

- 5 points for wrong shorts

- 5 points for each incidence of wearing jewelry

- 1 point for every minute you leave practice early

- 10 points for missing practice (unexcused)

Game:

- 2 points for every minute late to a game or other team event

- 2 points for every minute late returning from half-time

- 10 points for not wearing hair as instructed

- 10 points for not coming dressed and ready to go for the game (including hair) with an additional – 2 points for every minute it takes to you to get ready

- 5 points for each incidence of wearing jewelry

- 10 points for missing practice before a game (unexcused)

- 15 points for missing a game (unexcused) \*this value may change during   
 playoffs\*

- 5 points for wearing wrong color bloomers

- 10 point for wearing wrong cheer shoes

- 5 points for each incidence of redirection on the sidelines

- 25 points for wearing wrong uniform

General Behavior:

- 20 points for email from teacher regarding improper behavior