



# **Plano Independent School District Cheerleading Guidelines**



# Table of Contents

CHEERLEADER AND MASCOT INFORMATION .....	3
GENERAL GUIDELINES FOR GRADES 9-12 .....	4
TRYOUT REQUIREMENTS .....	5
PROCEDURES FOR TRYOUTS (AUDITIONS) .....	5
SELECTION PROCESS: .....	6
SCORING .....	7
MEMBERSHIP REQUIREMENTS .....	8
TEA-UIL “NO PASS-NO PLAY” REQUIREMENTS .....	8
TEA-UIL ENROLLMENT REQUIREMENT .....	8
PRACTICE .....	9
GIFTS - FUND RAISING – TREATS – BOOSTER CLUBS .....	9
GUIDELINES FOR EXTRACURRICULAR ACTIVITIES .....	10
STUDENT CODE OF CONDUCT FORM .....	11
RESPONSIBILITIES OF THE CHEERLEADER/MASCOT .....	12
FIELD ETIQUETTE AND SAFETY FOR CHEERLEADERS/MASCOT .....	13
RESPONSIBILITIES OF THE ADVISOR/SPONSOR .....	14
FINANCIAL OBLIGATIONS .....	15
MIDDLE SCHOOL CHEERLEADING PROGRAM .....	16
PLANO ISD CHEERLEADING JUDGES FORM .....	17
PISD MASCOT JUDGING FORM .....	18
CHEERLEADING COMPETITION GUIDELINES .....	19
CHEERLEADER COMPETITION CONTRACT .....	20
PHYSICAL EVALUATION FORM AND MEDICAL HISTORY .....	21

## **CHEERLEADER AND MASCOT INFORMATION**

### **PURPOSE**

**Plano I.S.D. Cheerleaders/mascots are first and foremost representatives of their school and must exemplify at all times behavior suitable to their position.** Emphasis should be balanced between leading their peers and representing their squad and their school in cheerleader competitions. They are required to support school activities and to lead the spectators in cheers. They are entrusted with the school spirit and must constantly attempt to build it among the students and other supporting fans. Cheerleaders should help build good relationships and promote good sportsmanship between the schools during all athletic events. **Cheerleaders/mascots are leaders and are expected to set good examples and demonstrate high moral standards for other students. Respect for the school, the other members of the squad, and the instructor and his/her authority will be maintained at all times.**

### **CHEERLEADING**

Cheerleading tryouts are held in the spring. Students interested in this program should contact the program sponsor for specific details and guidelines.

## GENERAL GUIDELINES FOR GRADES 9-12

1. Middle school cheerleading programs fall under separate guidelines found later in this document.
2. All cheerleaders and mascots must be full-time students on their campus and must wear the school-approved uniform when performing.
3. Cheerleaders/mascots will not be permitted to lead cheers unless the sponsor or a Plano ISD employee is present.
4. No student may lead cheers more than one (1) night during the school week, with the exception of tournaments and play-off games.
5. All high school (9-10) and senior high (11-12) cheerleading squads shall have a designated period for cheerleading.
6. Any transporting of the squad, as a group, from the home school to any other school or stadium must be via Plano ISD approved vehicles.
7. Hazing will not be permitted at any time as stated in Plano ISD Board Policy # FNCC. This includes on-campus and off-campus while representing the school.
8. Ninth grade squads will not cheer for out-of-town football games or away basketball games except for the post-season district basketball tournament. Tenth grade and J.V. Squads may cheer for all football games and in-town basketball games. J.V. Squads may cheer for out-of town basketball games when accompanying the varsity squad.
9. The minimum number of cheerleaders per squad shall be as follows:

Sr. High School:	Varsity Squad	12 Cheerleaders, 1 Mascot
	Jr. Varsity Squad	12 Cheerleaders
High School:	10th Grade Squad	10 Cheerleaders, 1 Mascot
	9th Grade Squad	10 Cheerleaders

10. Parent/student expenditures will not exceed **\$530.00 plus tax** per year for high school and senior high school, excluding camp tuition costs. Cheerleading clothing, etc. purchased for students to keep and that will not remain the property of the school must include tax on the purchase order.
11. Senior high squads will be limited to two competitions per year. Only senior high school varsity squads may compete outside the state. High school squads may enter one competition (such as the Mavericks competition) per year and may not advance. Summer camp does not count as a competition in the allowed number.
12. Prior to commitment, the building principal must approve any other cheerleader activities.
13. Prior to scheduling transportation, **the building principals must approve out-of-town games.**
14. Physicals will be required upon entering the first and third year of high school. In the second and fourth years an updated medical history form will be completed by the parent and student. As long as there have been no changes in their medical history a new physical will not be required.\*

\*For new members to the squad a physical will have to be completed and given to the sponsor before any participation and/or workout.

## **TRYOUT REQUIREMENTS**

1. All try-out dates will be during the 5<sup>th</sup> six weeks' grading period. There will be two or three days of clinics, followed by one day of tryouts with both a morning and afternoon tryout session. Students may elect to tryout during either or both of the tryout sessions. In the event the student elects to tryout in both sessions, the higher of the judges' scores will be used in determining ranking. Call Backs may be allowed during the afternoon tryout session.
2. Residency/Enrollment:  
Students must be enrolled in a Plano ISD School at the time of the packet deadline. In addition, they must be in attendance at the tryout school, one of its feeders, or have an approved transfer on file in the central administration building at the time of the tryouts. If the currently enrolled PISD student is relocating to an area within the Plano ISD, but within another feeder pattern, the student must present proof of residency certification, provided by the Plano ISD Student Services Department, at the time of the packet deadline.
3. Students may try out at only one campus.

## **PROCEDURES FOR TRYOUTS (AUDITIONS)**

- A. Philosophy: It is the belief of P.I.S.D. that every candidate should have the opportunity to tryout for cheerleader if all requirements have been met. Through this selection process, each candidate will mathematically have the opportunity to be selected cheerleader.
- B. Students desiring to tryout will sign up at their **HOME** school and pick up an information packet. Packets shall be handed out at least one (1) month in advance of tryouts but in no case later than the end of the 4<sup>th</sup> six weeks of school.
- C. Students desiring to try out must return the **signed** permission slip (included in the packet) and other required forms to the designated person by the designated deadline.
- D. Sponsors will hold a parent meeting to go over the District Guidelines and the Cheerleader Constitution as approved by the principal. Parents and student must sign that they understand these rules.
- E. As per UIL and State Guidelines, a student who is ineligible, will be allowed to attend all practice workshops and tryouts because actual participation does not occur until the following year.

### **SELECTION PROCESS:**

- A. All students will try out before a panel of judges who have been selected by the District Cheerleading Coordinator.
- B. The ninth grade cheerleading squads will have two positions allocated to each feeder school. The two top-scoring students from each middle school feeding the high school will be assigned those positions. All other positions will be filled "at large" with the next highest scores from all trying out regardless of home campus. Squads in grades 10-12 will have all positions filled "at large" based solely on judges' scores.
- C. During tryouts, an administrator should be present in the tryout room.
- D. Teacher recommendations will not be a part of the selection process.
- E. Students trying out should wear plain shorts and t-shirts. (No attire may be worn that indicates past cheerleading experience)
- F. Vacancies in squads must be replaced by the opening day of school in the fall, using the next highest ranked student from the same feeder school if the position was one of the allocated positions. In order to remain on the squad, the student must have been promoted to the grade level the squad represents, i.e. senior high school JV members must be classified juniors, 10<sup>th</sup> grade squad members must be classified sophomores, etc. Promotion is defined as stated in Plano ISD board policy EIE local. Promotion must be accomplished prior to the first day of classes in the fall.
- G. All candidates for mascot will follow the same procedures as outlined for Cheerleader Tryouts, using the "PISD Mascot Judges Form." (See appendix.) Mascots will follow the same requirements and scoring procedures as cheerleaders.

### **JUDGE SELECTION:**

There will be a minimum of three judges, preferably four, from outside Plano ISD and who are neither related to, teaching, nor coaching any student trying out.

## **SCORING**

- A. "Plano ISD Cheerleader Judges Form" should be used. (See appendix)
- B. All cheerleader candidates must tryout before a panel of judges for technical ranking. The ranking will be based on the cumulative scores given by the judges. Areas to be judged for cheerleading include: Entrance-10 points, Running Tumbling-10 points, Jumps-15 points, Cheer-45 points, Standing Tumbling-10 points, and Overall Spirit/Enthusiasm and Performance-10 points. (See appendix for cheerleader judging form.)
- C. All mascot candidates must tryout before a panel of judges for technical ranking. The ranking will be based on the cumulative scores given by the judges. Areas to be judged for mascots include Enthusiasm/Crowd Appeal-25 points, Character/Antics-25 points, Use of Props-10 points, Creativity-25 points, and Appropriateness of Skit-15 points. (See appendix for mascot judging form.)
- D. Judges may erase or change and then initial a score during the try-out process. (Can use pencil)
- E. After adding all the judges' scores, the total raw scores will be used to assign rank, i.e., first, second, third, etc. In the event the student elects to tryout during both sessions, the higher of the judges' scores from those two tryouts will be used to determine rank.
- F. An administrator should recalculate the scores/ranks, and sign off on the judge's sheet.
- G. In the event there is a tie for the last position on the cheerleading squad there will be no tiebreaker used. All students involved in the tie will be placed on the squad.
- H. Parents may review individual scores of their student by contacting the principal, or designee. Requests to view scores must be made within 10 school days from the day of tryouts. Individual scores of other students may not be viewed.

## **RESULTS OF TRYOUTS**

Tryout results may not be appealed beyond the campus level.

## **MEMBERSHIP REQUIREMENTS**

(Begin Upon Selection to the Squad)

1. **GRADES:** All eligibility requirements will meet the criteria subject to state law and/or rules interpretation by the State Board of Education.
2. The uniqueness of cheerleading, in that many stunts and competitive formations require a constant number of participants, makes it important to the entire squad that all students remain eligible.
3. Other rules (Constitution, By-Laws, Demerit System, Etc.) may be instituted by individual campuses, but must be in keeping with the content and intent of these district guidelines and other policies of the school district. They shall be approved and initialed by the principal before being distributed to the students and/or parents.
4. All students will receive a copy of these guidelines prior to cheerleader/mascot tryouts.

## **TEA-UIL “NO PASS-NO PLAY” REQUIREMENTS**

1. Students who pass all courses for the six-week period are eligible for the next six-week period.
2. Students who lose eligibility and then regain eligibility must wait seven calendar days before they become eligible to participate in competitions and performances. Students who are ineligible may continue to practice with their team, but they may not perform.
3. Students who have failed a class may regain eligibility after three-weeks; however at the end of the three weeks, they must be passing all courses, not just the one they failed. They also have a seven-calendar day waiting period after the three-week or six-week period before eligibility may be regained.

## **TEA-UIL ENROLLMENT REQUIREMENT**

A student may practice only one athletic period or "pure" extracurricular activity during the school day. For example, a student may practice an extracurricular activity such as athletics OR drill team OR cheerleading during one period of the day. This does not mean one period each, but rather a period for any one of the “pure” extracurricular activities.

No. 19 TAC 76.1 (h) (1) and (2)



## **PRACTICE**

1. Practice will be required each day during a specified class period plus extra time as deemed necessary by the advisor/sponsor. All practice requirements for this time period will be structured and specified by the advisor/sponsor. All routines shall meet national cheerleading safety requirements. Students in this class must fulfill specific requirements for performance, which will be evaluated by the teacher as in any other academic class.
2. The student must be on time for practice or scheduled class period. Excessive tardies/absentees will be subject to disciplinary action by the advisor/sponsor.
3. The students should attend tutorials at a time not conflicting with practice before school or during lunch. The student will not be allowed to miss practice or scheduled class time unless absolutely necessary. If this situation should occur, the student must secure permission from the advisor/sponsor in advance.
4. School activities, social activities and work will not constitute a reason for missing cheerleading practice or scheduled class period unless prior approval is given by advisor/sponsor.
5. Students may practice outside the school day to a maximum of eight (8) hours per school week per activity.

## **GIFTS - FUND RAISING – TREATS – BOOSTER CLUBS**

1. **GIFTS** - All gifts presented to “Big Sis” or “Little Sis” should be limited and kept to a limit of \$10.00 once a year. According to UIL guidelines, sponsors/coaches cannot receive any gift over \$500 from the parent organization.
2. **BOOSTER CLUBS/FUND-RAISING** –  
Booster Clubs support the school program, not the individual students.

Cheerleading organizations and/or their parent booster groups may conduct fund-raising events consistent with PISD policies and guidelines.

- Booster Clubs cannot give anything directly to students. All gifts and donations must be given to the school and then those gifts/donations become the property of the school.
  - Schools must give prior approval for any banquet or get-together given for students.
  - Money or merchandise must be donated to the school with prior approval of the administration. Example: cost of transportation, out of town meals. Booster club may not pay for such cost directly. Funds must be given or donated to the school and the expenses paid from the student activity fund.
  - Money for hiring choreographers, etc. should come from fundraisers, with the proceeds being donated to the school and the school paying from student activity funds.
3. **TREATS** - Personal expenditures by students and parents for treats for athletics will not be allowed.

## **GUIDELINES FOR EXTRACURRICULAR ACTIVITIES**

# **Guidelines for District Extracurricular Activities**

Students involved in extracurricular activities are held to a higher standard of conduct than the general student body. Plano ISD views participation in extracurricular activities as a privilege, not a right. Any student who violates the Student Code of Conduct shall be subject to extracurricular discipline and/or regular school district disciplinary action. This includes any misconduct, regardless of time or location, that would reflect negatively upon Plano ISD in an extracurricular activity. Students clearly involved in major disciplinary infractions (i.e. including, but not limited to, drugs, alcohol, and violent behavior) will be placed on probation, removed temporarily, or removed permanently from extracurricular activities. Seasons of extracurricular activities may vary and could extend into the next school year. Discipline action may affect tryout eligibility for the next season.

Disciplinary measures taken by the sponsor/principal may be in one or more of three forms, defined as special assignments, probation, and dismissal.

Special assignments may consist of extra duties and may be assigned for minor disciplinary infractions.

Probation and/or dismissal from extracurricular activities will be for infractions involving alcohol, smoking, drugs, use of profanity, violence, and other serious offenses when the sponsor/principal believes the integrity and credibility of the organization has been jeopardized by the student's action. Probation may also be assigned when the student fails to comply with rules and regulations of the extracurricular activity. (Probation is defined as: A trial period in which a student is permitted to redeem bad conduct.)

The student may be dismissed from the extracurricular activity upon any major infraction, or during a probationary period. Prior to being dismissed from extracurricular activities, the student and parents will be notified of the reasons for the action. The student or his/her parents will be afforded the opportunity of a hearing with the sponsor and principal. The appeals process will be outlined at that time. Request for an appeal must be done within 5 school days at each level of the appeals process. The student will not be eligible for any individual or team recognitions or awards that occur after the date of dismissal.

**STUDENT CODE OF CONDUCT FORM**

**Plano Independent School District  
Extracurricular Activity Conduct Statement**



I understand and consent to the responsibilities outlined in the District's Student Code of Conduct. I also understand and agree that my child, \_\_\_\_\_, shall be held accountable for the behavior and consequences outlined in the Student Code of Conduct at school, and at school-sponsored or school-related activities. This shall include school-sponsored travel and any school-related misconduct, regardless of time or location.

Students involved in extracurricular activities are held to a higher standard of conduct. PISD views participation in extracurricular activities as a privilege not a right. I understand that any student who violates the Student Code of Conduct shall be subject to disciplinary action. This includes any misconduct, regardless of time or location, that would reflect upon representing PISD in an extracurricular activity. Students involved in major disciplinary infractions (i.e. including, but not limited to, drugs, alcohol, and violent behavior) will be placed on probation, removed temporarily or removed permanently from extracurricular activities. Seasons of extracurricular activities may vary and could extend into the next school year. Discipline action may affect tryout eligibility for the next season.

PARENT SIGNATURE \_\_\_\_\_

STUDENT SIGNATURE \_\_\_\_\_

## **RESPONSIBILITIES OF THE CHEERLEADER/MASCOT**

1. Cheer at all athletic events scheduled by the advisor/sponsor.
2. Lead and help the advisor/sponsor organize and plan pep rallies.
3. Promote school spirit.
4. Promote good sportsmanship.
5. Participate and agree to do her fair share in the preparation of Spirit paraphernalia as directed by the advisor/sponsor.
6. Attend practice sessions.
7. Be on time to all functions when scheduled to participate.
8. Be dressed in the proper uniform as directed by the advisor/sponsor or voted on by the squad.
9. Maintain good grades in order to be eligible to participate and contribute to the squad.
10. Attend summer camp. A student must have approval from the advisor/sponsor and the principal to miss camp.
11. Know the words to your school song.
12. Maintain good physical condition by proper exercise and diet in order to be able to perform to the best of your ability. (This includes proper warm-up procedures before any cheerleading event.)
13. Care for uniforms and all equipment entrusted to you by Plano ISD. All equipment and uniforms belonging to PISD will be returned to the advisor/sponsor at the end of the school year, clean and in good repair. Student records will not be cleared until all materials have been checked in with the sponsor.
14. From time to time it will be necessary for cheerleaders to participate in some type of fundraiser. Each student should commit himself/herself to fulfilling obligations and not depend on others to do his/her fair share.
15. Be prepared to participate and cheer for athletic events beyond the regularly scheduled season in the event of advancing to the playoffs.
16. Sign, understand, and adhere to the district code of conduct.
17. All funds must be paid in full unless an extended payment plan is actively in effect. The obligation to pay in full is required by receipt of the cheerleading items ordered.
18. After tryouts, the student is considered part of the new school year cheerleading squad, therefore, infractions that occur after tryouts then become part of the new school year. Cheerleaders may be placed on probation, removed temporarily, or removed permanently.

## **FIELD ETIQUETTE AND SAFETY FOR CHEERLEADERS/MASCOT**

1. Regarding the football games cheerleaders must stay away from the football players' area. During a football game, the football players are restricted to a "player's box" that extends between the two 35 yard lines. Therefore, cheerleaders/mascot should not be cheering or have any of their equipment between the two 35 yard lines. The football players are not allowed to go outside the box or they may be penalized. Consequently, being in that area becomes a huge safety risk for both the cheerleaders/mascot and the football players. Also, the football players should have a "confidential zone" where coaches can discuss plays and adjustments to the players, etc. without any interference. Keeping this area clear is an essential part of good sportsmanship and safety on the field for everyone involved.
2. Cheerleaders should not and are not to be allowed to eat on the field. If cheerleaders and sponsors want to have a break, it must be at halftime where they can eat in the breezeway of the stadium, not on the field. It is a hazard to have trash on the field not only for safety and health reasons but most importantly, it appears unprofessional and impolite to the audience and the field participants.
3. Cheerleaders should not under any circumstances be allowed to wear jewelry while cheering. It is a tremendous safety hazard for cheerleaders to be wearing necklaces, bracelets, watches, hoop earrings, etc. on the field, on the court, or while stunting.

## **RESPONSIBILITIES OF THE ADVISOR/SPONSOR**

1. TEA (TEC, Section 33.086) requires any advisor/sponsor/coach to be certified in first-aid and cardiopulmonary resuscitation as of January 1, 2000.
2. Coaches must attend camp and training courses may be documented for the PDAS annual performance evaluation.
3. Advisor/Sponsor is required to keep a current inventory of all uniforms and equipment belonging to PISD and be responsible for the issue and return of all such uniforms and equipment. Charges and fines will be assessed for lost and damaged equipment.
4. Advisor/Sponsor must be present and assist the students with the ordering of uniforms. Parents should be encouraged to attend parent meetings in regard to uniforms, etc. The advisor/sponsor is responsible for ordering other necessary supplies. (Paint, paper, tape, etc.) Orders, especially uniforms, must be placed with PISD approved vendors as soon as possible after cheerleader elections. Purchase orders from PISD must be prepared in advance so that orders will not be delayed. Uniforms must be ordered no later than May 15<sup>th</sup>. \*\*Parents are not to be involved in the purchase order process.
5. Advisor/Sponsor must set up camp dates and summer practice schedules and attend and supervise all scheduled practice time, regular class periods and any other activities in which the cheerleading squad participates.
6. Advisor/Sponsor must prepare and structure the class time using appropriate cheerleading techniques and activities approved by PISD.
7. Advisor/Sponsor should insure that all cheerleaders/mascots have completed the appropriate tryout paperwork prior to tryouts.
8. Advisor/sponsor must set and assign cheering schedule and transportation for the students as soon as the athletic schedules are available.
9. In the event the squad should participate in a cheerleading competition, the advisor/sponsor should support his/her students and supervise them in their efforts to prepare their material and perfect their skills for their performance in the competition. He/she should also supervise the transportation arrangements and accompany the squad to the event.
10. The advisor/sponsor will have all cheerleader rules and regulations, prepared and presented to the students before try-outs so that all students, parents, and advisor/sponsor are well informed and know exactly what is expected of them for the following school year. This alleviates confusion and uncertainty caused by lack of knowledge. A parent meeting is essential after tryouts.
11. **Advisor/Sponsor should have copies of each of the cheerleader's Student Medical/Emergency Information Cards which can be found in each school office. These cards should be taken to all cheerleading activities in case of an emergency.**

## **FINANCIAL OBLIGATIONS**

### **UNIFORMS**

Parent/student expenditures will not exceed **\$530.00 plus tax** per year for high school and senior high school, excluding camp tuition costs. Cheerleading clothing, etc. purchased for students to keep, and that will not remain the property of the school, must include tax on the purchase order unless it is one of the tax-free days allowed for cheerleading program at each campus.

Plano I.S.D. will provide the following suggested cheerleader materials/equipment:

#### **VARSITY**

- 2 skirts
- 1 pom-pom set
- 1 warm-up set
- \* 2 shells (with emblem)
- \* 1 megaphone (optional)
- 1 award not to exceed U.I.L. guidelines
- Mascot Uniform

#### **JUNIOR VARSITY**

- 2 skirts
- 1 pom-pom set
- \* 2 shells (with emblem)
- 1 warm-up set
- \* 1 megaphone (optional)
- Mascot Uniform

#### **10TH GRADE**

- 2 skirts
- \* 2 shells (with emblem)
- \* 1 megaphone (optional)
- 1 pom-pom set
- Mascot Uniform

#### **9TH GRADE**

- 1 skirt
- \* 2 shells (with emblem)
- \* 1 megaphone (optional)
- 1 pom-pom set

#### **MIDDLE SCHOOL**

Uniforms are not provided by district and therefore, tax must be added to the total cost of the uniform package. Parent expense shall not exceed \$360.00 per year.

#### **\* Optional**

Each student may, if they so desire, purchase any of these items to keep, however sales tax will be added to the cost. The student will pay for any additional items (socks, shoes, shirts, tights, briefs, body liners, emblems with name, etc). **All financial obligations must be fulfilled by the time the cheerleading items are received.** If financial aid is required, arrangements must be made in advance through the principal's office. The advisor/sponsor is not responsible for additional items.

## MIDDLE SCHOOL CHEERLEADING PROGRAM

1. All cheerleaders will be full-time students on their campus and must wear the school-approved uniform when performing.
2. All eighth grade students desiring to be cheerleaders will be provided an opportunity to do so. There will be **no tryouts** in the Middle School. All students will be randomly assigned to a squad within the overall structure of the organization.
3. Current Plano ISD students must be signed up by the deadline set by each individual campus. Each individual campus will decide how to handle out of district transfers.
4. A squad or squads will cheer at in-town A and B football games and home 8<sup>th</sup> grade basketball games only on a rotating basis as determined by the advisor/sponsors and with the approval of building principal. Students will be permitted free to the games only if cheering.
5. A sponsor, administrator, or designee must be present for cheering to occur.
6. No student will lead cheers on more than one occasion each week, with the exception of tournaments or playoff games.
7. There will be no period designated for cheerleading. All practices must occur outside of normal school hours.
8. Transporting of the group from the school may be done by school buses at the discretion of the building principal. Students may meet at the stadium with principal approval.
9. Cheerleaders will not perform at out-of-district events.
10. The district will not provide uniforms.
11. Parent expenditures are not to exceed **\$360.00** per year. This includes camp, uniforms and incidentals. Tax must be added to the total cost of the uniform package unless cheerleading at the campus is using one of their two tax-free days.
12. **Payments** for uniforms and camp can be made through PayPAMS, if using a credit/debit card, or with a money order (made out to the campus/school). Camp and uniform fees must be paid separately. The cheerleading sponsor at each campus will generate a purchase order for the payment of the uniforms and camp to the company directly.
13. Middle school cheerleaders may not compete outside the school district.
14. All squads will cheer at pep rallies and continue to wear uniforms throughout the day. \*Only those squads cheering may wear uniforms to the game.
15. A camp will be held prior to the opening of school. Attendance is voluntary. The camp fees charged must be the **actual** amount of fees per participant charged by camp presenters.
16. The building principal must approve any other activities.
17. All eligibility requirements as pertains to UIL and TEA Guidelines are to be followed.
18. Each middle school will be assigned **two** (2) cheerleader sponsors. If the squad reaches 50 or more cheerleaders, that school will be allowed to assign one (1) more sponsor.
19. A notarized medical form is not necessary for the cheerleaders. However, the sponsor should have copies of all cheerleaders' Student Medical/Emergency Information cards which can be found in each school office. These cards should be taken to all cheerleader activities in case of an emergency.
20. There will be no tryouts for Mascots at the middle school. Each individual campus will decide how to facilitate the rotation of students if more than one student wants to participate as the mascot for his/her campus. If the mascot is not a cheerleader, the sponsor will need to obtain all necessary paperwork, including a Student Medical/Emergency Information card.



# **PLANO ISD CHEERLEADING JUDGES FORM**

Judge # \_\_\_\_\_

Day 1 \_\_\_\_\_ Day 2 \_\_\_\_\_

<u>Category</u>	<u>Criteria</u>	<u>Score</u>		<u>Student #1</u>	<u>Student #2</u>	<u>Student #3</u>	<u>Student #4</u>
<b><u>Entrance</u></b> Max Pts 10	Spirited Entrance	0 – 10 points					
<b><u>Running Tumbling</u></b> Max Pts 10	Technique	0 – 5 points					
	Execution*	0 – 5 points					
	*1 – Cartwheel/Round off/Front walkover 2 – Round off back handspring 3 – Round off multiple back handspring 4 – Round off back tuck 5 – Series (Layout, fulls, etc.)						
<b><u>Jumps</u></b> Max Pts– 15	Toe Touch	0 – 5 points					
	R or L Hurdler	0 – 5 points					
	Pike	0 – 5 points					
<b><u>Cheer</u></b> Max Pts– 45	Motion Technique / Sharpness	0 – 15 points					
	Voice Projection	0 – 10 points					
	Showmanship	0 – 10 points					
	Memory	0 – 10 points					
<b><u>Standing Tumbling</u></b> Max Pts –10	Technique	0 – 5 points					
	Execution*	0 – 5 points					
	*Back handspring – up to 3 points Back tuck – up to 5 points						
<b><u>Overall</u></b> Max Pts–10	Overall Spirit/Enthusiasm	0 – 5 points					
	Overall Performance	0 – 5 points					
	Total Points (Maximum Pts – 100)						

Judges Initials: \_\_\_\_\_

Administrator Initials: \_\_\_\_\_

PISD MASCOT JUDGING FORM

**PLANO ISD  
MASCOT JUDGING FORM**

		<i>Enthusiasm/ Crowd Appeal**</i>	<i>Character/ Antics*</i>	<i>Use of Props</i>	<i>Creativity</i>	<i>Appropriateness of Skit</i>	<i>Total</i>
Number	Comments	25	25	10	25	15	

\* - 1<sup>st</sup> tiebreaker

\*\* - 2<sup>nd</sup> tiebreaker

**PLANO ISD**  
**CHEERLEADING COMPETITION GUIDELINES**

Plano ISD will pay for the following items for competition. Competition parameters will be as follows:

1. Approval for the competition must be secured from the principal prior to any deposits and/or commitments being made to any competition.
2. Plano ISD will pay for competition travel (transportation/hotel) up to the amount provided in the budget account.
3. Plano ISD will pay for registration fees up to the amount provided in the budget.
4. Overnight trip forms must be completed on-line and submitted at least three weeks prior to the competition. The form must be approved by the principal, risk management, and the district cheerleading coordinator. The district cheerleading coordinator will submit the form to the area assistant superintendent's office for approval.
5. Students will pay for their own meals at competition.
6. Students and/or booster clubs will pay for the choreographer for the competition routines and practice with choreographers which will be held at their facilities. Waiver of responsibility will be signed at each facility. The money for the choreographer MUST be deposited into the student activity account and a check drawn from that account to pay for the choreographer.
7. Should additional funds be needed, funds can be transferred from other cheerleading accounts.

CHEERLEADER COMPETITION CONTRACT

PLANO ISD  
DISTRICT HIGH/SENIOR HIGH SCHOOL  
CHEERLEADER COMPETITION CONTRACT

I, \_\_\_\_\_, understand that at this time it is my duty to the squad to remain in the  
(Student Name)  
competition routine and attend \_\_\_\_\_ cheerleading competition in  
(Name of Competition)  
\_\_\_\_\_ from \_\_\_\_\_ to \_\_\_\_\_. The only reason accepted for withdrawal  
(City) (Date) (Date)  
from the competition will be if there is an injury and I have a doctor's excuse. I also accept that  
it is my responsibility to maintain a passing grade in each of my classes for every six weeks  
leading up to competition or it is the right of my coach/sponsor to remove me from the  
competition routine and therefore, the trip all together. I realize that failure to uphold this  
contract and adhere to the district and campus guidelines for cheerleaders may result in probation  
and/or dismissal from the competition squad. This contract will be kept on file with the sponsor  
for the duration of the present school year.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

I understand the contract and support my child in his/her efforts to uphold it. I will abide by the  
decisions of the coach/sponsor for the benefit of the student and the squad.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

# PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

REVISED 1-6-09

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: (print) \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Grade \_\_\_\_\_ School \_\_\_\_\_  
 Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

In case of emergency, contact:

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

**Explain "Yes" answers in the box below\*\*. Circle questions you don't know the answers to. Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches**

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	If yes, check appropriate box and explain below.		
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip		
Has any family member or relative died of heart problems or of sudden unexpected death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck <input type="checkbox"/> Forearm <input type="checkbox"/> Thigh		
Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Knee		
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest <input type="checkbox"/> Hand <input type="checkbox"/> Shin/Calf		
Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder <input type="checkbox"/> Finger <input type="checkbox"/> Ankle		
4. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm <input type="checkbox"/> Foot		
Have you ever been knocked out, become unconscious, or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how many times? _____ When was the last concussion? _____			Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
How severe was each one? (Explain below)			17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	<b>Females Only</b>		
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	<input type="checkbox"/>	<input type="checkbox"/>	19. When was your first menstrual period? _____		
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	When was your most recent menstrual period? _____		
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	How much time do you usually have from the start of one period to the start of another? _____		
6. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	How many periods have you had in the last year? _____		
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	What was the longest time between periods in the last year? _____		
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>	<b>An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question three above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.</b>		
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<b>**EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary):</b>		
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>	_____		
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	_____		
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>	_____		

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL**

Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

**For School Use Only:**

This Medical History Form was reviewed by: Printed Name \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

**PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION**

Student's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_/\_\_\_\_ (\_\_\_\_/\_\_\_\_, \_\_\_\_/\_\_\_\_)  
brachial blood pressure while sitting

Vision R 20/\_\_\_\_ L 20/\_\_\_\_

Corrected: ☐ Y ☐ NPupils: ☐ Equal ☐ Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It ***must*** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. ***\* Local district policy may require an annual physical exam.***

	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			

**MUSCULOSKELETAL**

Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*station-based examination only

**CLEARANCE**☐ Cleared☐ Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_☐ Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

*The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.*

Name (print/type) \_\_\_\_\_ Date of Examination: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.