

# BYLAWS

## **Article I    Name**

The goal of this document is to develop a set of uniform guidelines for the Marist College Cheerleading program. These guidelines will focus on the proper implementation of tryouts, membership requirements, and performance expectations of our cheerleading program.

## **Article II    Purpose**

The goal of our cheerleading program is to promote self-esteem, teamwork, and organization skills to the student involved. It will assist in giving positive publicity to Marist College throughout the community, state, and country.

## **Article III    Members**

### **Section 1 Member Types**

Each member will give his/her time to participate in required activities throughout the academic year. Activities include all practices, all assigned

Marist College football games, all assigned Marist College Men's and Women's basketball games, school spirit activities, community activities, fundraising activities,

extracurricular activities, and competitions.

### **Section 2 Qualifications for Membership**

Tryouts will be held once a year where individuals will be judged by outside judges, who have no affiliation with those trying out. The first day of tryouts

will be a clinic where a cheer and dance will be taught as well as perform stunts. The second day will be the actual tryouts where individuals will perform their dance,

cheer, tumbling, and stunting. They will be judged on the aspects of motions, tumbling ability, jumps, crowd appeal, and overall appearance. If necessary, an additional

tryout may be conducted in order to increase team members using the above format or another format that is deemed appropriate by the coach and officers.

Since officers are required to be on the team and were voted to the position the previous year, they are not required to try out and will aid in the tryout process.

All members are required to also fill out various paperwork concerning medical conditions and contact information for safety reasons. Each member is also required

to sign the attached constitution which re-states all the regulations covered in this contract.

### **Section 3 Fees or Dues**

The members shall be aware of the responsibilities and expenses of the cheerleading program. Our budget will cover many costs; however, at times, it may be necessary

for the members to contribute to some expenses. Expenses accrued throughout the year (both within the budget and by members) may include:

-Competition fees and registrations

-Competition meals and travel expenses

-Choreography instructions

-Stunting clinics

-Safety equipment

- Music
- Tumbling lessons
- Holiday party
- Year end banquet      -socks      -hair ribbons
- Food expenditures (during long practices/days)
- uniforms      -poms      -warm-ups
- sneakers      -bodysuits      -briefs
- team shorts      -sweatshirts      -t-shirts

**Section 4 Responsibilities**

All members will attend athletic events, practices, activities, and competitions designated by the coach and school administration. Members must

participate in projects to promote school spirit and assigned fundraising activities.

All members will give adequate request for their absentee from any event. If unable to attend an event, the member must contact the coach via phone.

If the coach is unavailable, contacting a captain would be the next step.

**Section 5 Provisions of Resignation**

If a member of the team chooses to resign they will have to notify the coach and officers and designate a time to hand in uniforms and school owned property.

Resigning members will meet with the coach and captains to decide how to notify the team of resignation and will follow through with these arrangements.

**Article IV      Officers**

**Section 1.Duties of Officers**

The leadership of this organization shall consist of a coach, four officers, and the members of the Marist College Athletic Department. The coaches and

captains<sup>[1]</sup> shall have the authority to uphold all rules and regulations of this organization. Specific responsibilities of the coach and captains are to:

- A. Coach and instruct the team to their best possible showmanship.
- B. Coach the team at all practices.
- C. Arrange transportation for tumbling, competitions, and other off campus activities.
- D. Plan, arrange, teach, supervise, and judge tryouts.
- E. Maintain ALL records and have ready all rules, constitutions, forms, and other official documents for the team.
- F. Supervise the planning of events, sales, extracurricular activities, etc.
- G. Evaluate all members of the team so that they are in compliance with the rules and regulations set forth by this constitution and the Marist College Athletic Department and Administration.
- H. Uphold the Code of Conduct set forth by this constitution.

## **Article V Elections**

### **Section 1 Method of Elections**

Elections will occur at the end of the Spring semester following all cheerleading activities. Elections will be done by secret ballot by having each member list in order

that they choose for each position. Each vote will be given a numerical value, President- 4, Vice President- 3, Secretary-2, Treasurer-1. The President will be established

by the person with the highest final score and continue down the ranks.

### **Section 2 Length of Term**

The officers will be in term from the time of one election to the other. Since there is little to no transition time between offices, currently officers must show

all eligible officers the responsibilities that are incurred with the positions.

## **Article VI Meetings**

### **Section 1 Time and Place of Regular Meetings**

Practice times are subject to change, but it is the responsibility of the officers and coach to provide members with the correct information regarding practice times.

A calendar online will provide members with accurate and up to date information regarding scheduling.

### **Section 2 Meetings Procedures**

Each member should be prepared for each practice and/or event. This includes, but is not confined to the following:

- Tank tops, t-shirts, shorts, and cheerleading sneakers are proper practice attire.
- Team members are to wear matching attire, which will be set by the coaches or officers.
- When necessary, ribbons must be worn, (games and competitions)
- Make-up should look natural... ex. bright blue eye shadow and bright red lipstick would not be allowed!
  - Smiles must be worn at ALL times, especially at games and competitions.<sup>[2]</sup> Facial expressions should be used when performing a routine or a cheer.

## **Article VII Safety**

### **Section 1**

Hair must **ALWAYS** be pulled away from your face.

Fingernail length is decided on whether or not you can make a fist. If you are unable to make a fist because of the length of your nails, then your nails are too long.

ABSOLUTELY no gum or hard candy in any members' mouth while at practice, games, or competitions.

Jewelry<sup>[3]</sup> is FORBIDDEN at practices, games, AND especially competitions. (this is for your safety and the safety of the other members on the squad)

### **Article VIII Committees**

Committees can be formed based on a needs basis for events that are held by the club such as a fundraising committee to raise funds for team trips. This will be on a volunteer basis.

### **Article IX Parliamentary Procedures**

Unless suspended, all meetings will be run according to Robert's Rules of Order, Newly revised.

### **Article X Amendments to By-Laws**

These by-laws may be amended by a majority vote of the members provided that a quorum is present. If such Amendments pass by the majority, it then must be presented to the Student Government Association for final approval.

### **Article XI Policies and Actions**

#### **Section 1 Rules to Follow**

The Club and any individual associated with it shall abide and conform to all Federal and New York State Laws, all rules and regulations of Marist College,

all directives of the Student Government Association. Any violation of the aforementioned criteria may result in disciplinary action taken on the club charter.

## Section 2 Hazing

Hazing as defined by the Marist College Student Handbook: An act which endangers the mental or physical health or safety of a student or which destroys or removes

public or private property, for the purpose of initiation, admission into, affiliation with, or as a condition for continued membership in a group or organization.

The Marist College Cheerleading Team prohibits hazing of any kind.

## Section 3 Code of Conduct

The cheerleading team strives to achieve the highest ideals of conduct possible as a representative of Marist College. The moral conduct is expected to set the

highest possible example by taking into practice the following:

-**Respect** to peers, team members, coaches, faculty, administration, students, opposing teams, officials... respect everyone.

-**Honesty** to peers, team members, coaches, faculty, and administration

-**Loyalty** to team members and Marist.

-**Fairness** to team members, coaches, and self.

-**Enthusiasm** towards duties and requirements.

-**Trustworthiness** to team members, coaches, and community.

-**Friendliness** to team members, coaches, and community.

-**Obedience** to rules, duties, and their coaches.

-**Responsibility** for their own actions.

-**Integrity** to the rules set forth by the constitution and Marist College administration.

-**Leadership** shown to the community and school.

Furthermore, when representing Marist College<sup>[4]</sup>, team members are to abstain from using foul language, exhibiting an extreme display of affection in

public, smoking, and consuming alcoholic beverages.

The parents must support the member in complying with all the rules and regulations of the school and organizations

## **Article IX Policies and Actions**

### **Section 1 Unexcused Tardiness**

Unexcused tardiness to a practice will result in the team member to run suicides after practice for 2 minutes per every minute late.

After 3 documented offenses, you will be benched for one game. (This means you MUST attend the game, but you are not allowed to participate).

If a problem with tardiness continues, this is ground for dismissal from the squad.

Unexcused tardiness to a game will result in NO participation for the first means half of that). Keep in mind there is no last minute changing of stunt groups,

therefore leaving your stunt group(s) unable to perform without you! Unexcused tardiness to a game for the second time will be grounds for sitting out the entire half.

If the problem continues after a second offense, this is grounds for dismissal from the squad.

### **Section 2 Excused Tardiness**

Excused tardiness and absences are allowed for the following reasons:

- o Personal illness<sup>[5]</sup> or accident

- o Funeral or death in the family
- o Special school activities or classes<sup>[6]</sup>
- o Weddings in the immediate family
- o Or anything discussed with coach or officers and excused

**Note:** Out of town trips, vacations, and work are not excuses, unless otherwise approved beforehand.

Team members must supply coaches a request with sufficient advanced notice (one week for regularly scheduled games, three weeks for competitions and special events)

### Section 3 Repercussions

As members of the Marist College Cheerleading squad, you are expected to abide by the preceding guidelines. If unable to do so, certain repercussions may follow:

Attitudes: If a negative or disrespectful attitude is detected, the SQUAD will be instructed to:

- Run laps
- Jump
- do Push-ups
- do Sit-ups

If a negative or disrespectful attitude is detected from the same person on different occasions, this person will be instructed to sit out of a practice, game, competition, and/or, eventually, be dismissed from the squad.

Facial Expressions: If a member is reminded more than two times to smile or provide facial expressions, they must perform the routine/cheer

they were not smiling during in front of the entire squad at the next practice or immediately following the game.

Stunting: If a flyer hits the ground, the SQUAD will be forced to do push-ups, laps, or any other extra conditioning the coaches at the time see fit.

Running: If the squad is told to run, they must do so as a team, if any member(s) finish the laps before any other member(s) of the squad, they must run in place

till the final member has completed the designated amount of laps.

Gym Times: If a member of the squad fails to attend the scheduled amount of gym times for that week, the team as a whole must run 5 laps for every person that

missed at the end of practice.

Attire: If a team member is out of attire, said member will be reprimanded by the coaches or captains however they see fit.

Code of Conduct: A violation of the Code of Conduct is a serious offense, which are grounds for punishment up to and including dismissal from the squad.

Multiple or major violations of the Code of Conduct will result in dismissal from the squad.

<sup>[1]</sup> "Captains" are defined as the four officers of the squad.

<sup>[2]</sup> This includes pre-game warm-ups.

<sup>[3]</sup> Wearing jewelry while cheerleading is in violation of AACCA and NCAA rules and regulations.

<sup>[4]</sup> Rule of thumb: if in uniform, a team member is representing Marist College.

<sup>[5]</sup> A slight cough or hangover does not constitute a personal illness.

<sup>[6]</sup> Semi-formals, dances, and Greek social functions are not considered special school activities.