

Quanah Independent School District
Travis Junior High
Cheerleading Constitution, Rules, Try Outs, and Eligibility

Cheerleading is an activity that uses organized routines made up of elements from gymnastics, dance or performance, stunting/action to cheer on sports teams at games and matches, and/or as a competitive sport.

Cheerleading and drill teams do not come under UIL rules, but the regulations governing No Pass-No Play are in effect. UIL rules require that cheer and spirit performances at any UIL activity shall be in accordance with safety standards as prescribed by the National Federation High School Spirit Handbook.

The local school district shall adopt its own procedures. The Texas Education Agency and UIL do not monitor, recommend, nor prescribe the process of selecting cheerleaders or drill teams. Any concerns regarding those procedures should be addressed within the local district.

So that all members of the Cheer Squad in Quanah Junior High School will be afforded the opportunity to explore, test, evaluate, refine their talents, based upon their individual development, the Cheer Director, Quanah Junior High School Administration will provide opportunities for successful self-expression, personal growth, teamwork, creativity, self discipline as citizens, and life-long learners, fostering community/parent support through school activities.

The following constitution has been compiled to clearly define the duties, responsibilities, and conduct expected of a Quanah Junior High School cheerleader. It is ***not*** intended to be inclusive, but to give an overall view of cheerleading

Extra-curricular activities are school-sponsored activities that are not directly related to instruction but may have an indirect relation to some areas of the curriculum. The combination of extra-curricular activities and academics can be a tremendous experience in a young person's life. Extra-curricular activities are used to develop desirable social standards and ethical and moral behavior of students involved both at school and while away from school. Therefore, it is the goal of the school to offer this opportunity of participation to every student who has the ability and desire to do so. However; no student is obligated to take part in extra-curricular activities, nor is this required for graduation. Again, it is stressed that is a ***privilege, NOT A RIGHT.*** Since it is a privilege, the sponsor has the authority to revoke the privilege when the rules are not complied with.

When students participate in extra-curricular activities they are representing, not only themselves and their team/organization, but the school and community as well. It is therefore, very important for the student to uphold the highest behavior standards both in and **out of school.** The conduct of a student should be a type to bring honor to the school, community, to the activity in which the student is participating, as well as, to the student. The student should remember that he/she is a role model and should set

standards of the highest quality while representing Quanah Junior High School. **The student is expected to be responsible for his/her behavior at all times.**

Even though cheerleading should be an important part of his/her school year, academics must and will take first place. It is recommended that cheerleaders do not attempt to be involved in too many extra-curricular activities because of the time involved in cheerleading.

Article 1: Goal

The goal of this document is to develop a set of uniform guidelines for the cheerleader organization. These guidelines will focus on the proper implementation of tryouts, membership requirements, and performance expectations.

Article 2: Purpose

- A. The cheerleader shall promote and uphold school spirit.
- B. They shall develop a sense of good sportsmanship-like conduct among the students and adults.
- C. They shall promote unification of the crowd's involvement during athletic events.
- D. They shall strive to build better relationships between schools.
- E. They shall strive to uphold the highest personal, as well as, cheerleading standards.

Article 3: Values of Cheerleading

- A. Leadership abilities
- B. Physical fitness and coordination
- C. Courtesy, tolerance, self-control
- D. Good, sportsman-like conduct
- E. Sports appreciation
- F. Responsibility, patience, respect
- G. Communication skills
- H. Self-confidence and personal expression
- I. Character, citizenship
- J. Moral development

Article 4: Membership

- A. Cheerleaders will consist of a maximum of six (6) members, three (3) seventh grade members and three (3) eighth grade members.
- B. Each member will have his/her time to practice and participate in required activities throughout the year.
 - i. Tryouts
 - ii. Camp

- iii. Pep rallies
 - iv. Games
 - v. Other athletic events when feasible
 - vi. Scheduled parent/squad meetings
 - vii. Director/squad designated activities.
- C. The members and their parents shall be aware of the responsibilities and expenses of the individual groups stated in the tryout packet distributed to all candidates
 - D. To become a member, the student must participate in a tryout procedure each year and follow the rules and regulations set forth by the Quanah Independent District (QISD) and its Board of Trustees.
 - E. A student must be enrolled in QISD at the time of try-outs and during membership.
 - F. The parent must be willing to support the member in complying with all rules and regulations of Quanah Junior High School and the Cheerleader Constitution.
 - G. In order for a student to be eligible to try out for Cheerleader, the student and parent ***must*** attend a scheduled orientation meeting.
 - H. Students for whatever reasons have been dismissed from the Cheer Squad will not be allowed to try out again.
 - I. While in attendance at school functions or summer camp the member's conduct and moral standards must comply with the Cheerleader Constitution and QISD handbook rules. Failure to do so will lead to permanent dismissal from the squad for the ensuing year.
 - J. Members are expected to comply with decisions made by the director and Principal, and to participate in all assigned activities. Every decision will be made by the director and/or Principal.
 - K. There is no head cheerleader. One girl each will be assigned to organize the pep-rallies. Being elected, you are now a Junior High Cheerleader, not only a 7th or 8th grade representative.

Article V: Organization

- A. There are no requirements stating a student must be a member of any group or organization prior to tryouts.
- B. To become a Cheerleader, the student must participate in a tryout procedure and follow rules and regulations set forth by the Cheerleader Constitution and QJH Administration.
- C. Cheerleader members are elected from the Junior High School Student body, judges, and faculty.

Article VI: Responsibilities

- A. All members will attend practices, athletic events, and activities designated by the sponsor.
- B. Any member who does not meet performance expectations during practice or who has one or more absences from practice may be excluded from participation in the week's performance.
- C. All members must learn all cheers, chants, and be ready to perform any one at any athletic event. Yells, routines, and chants must be learned during the summer.
- D. Cheerleaders must learn and teach all designated cheers, chants, and stunts during practice.
- E. All members must maintain eligibility. Grades will be reviewed weekly. Receiving one or more failures in a six-week period will restrict the member from performances. The member is expected to attend and participate in practice until their eligibility is restored.
- F. You must attend school the day of a game in order to cheer at the pep rally or game that night. You, as a cheerleader, are now a school leader. It is very important that you conduct yourself at all times. This means in the classroom, in the halls, at games, and on school campus. Your behavior is a reflection of the whole squad. Don't be known as a "tattle tale", fuss starter, or gossip. In other words, GET ALONG WITH OTHERS!
- G. You are to turn in pep rally forms on Monday to the Director. If it is not turned in, then the Director/Sponsor will decide on the cheers and chants for the pep rally on Thursday.
- H. Make sure you have all supplies when you come on Wednesday. You may NOT leave to go get them. Buy them on Tuesday, (steamers, poster board, etc.)
- I. NOTHING is to be done without the Director/Sponsor's permission. (Throwing of candy, favors, etc.)

Article VII: Appearance/Safety

- A. In order for a member to perform at an athletic event, the correct uniform and accessories shall be worn, and needed equipment shall be accessible.
- B. Uniforms shall be kept neat, clean, and in good repair with buttons, zippers, hems, etc., being functional. Socks, shoes, emblems, and briefs shall be neat, clean, and in good repair.
- C. Hair shall be off the face and shoulders with appropriate bows, ribbons, braids, and ponytail holder. Keep hair under control.
- D. Make-up shall look natural.
- E. No bright colored nail polish shall be worn. Crystal clear or pale shades are permitted. Nails shall be trimmed to prevent possible injury.

- F. Absolutely no hazardous earrings, necklaces, bracelets, or watches shall be worn. If worn to a game or practice, members shall be asked to remove them before beginning to cheer.
- G. Wind suits or leggings shall be worn while cheering in extreme weather. Cheerleader squad members shall be confident.

Article VIII: Conduct/Expectations/Standards

A. BEHAVIOR

1. This is a highly recognized group. Members are being observed by school administrators, teachers, parents, students, and the community. Therefore, it is important to always be courteous, use appropriate language, maintain a positive attitude, display respect to everyone, act in a mature manner, and be in command of each situation.
2. Practice shall be conducted in a disciplined, professional manner.
3. Be on time, at least 10 minutes early, to all activities.
4. Do not leave performances, pep rallies, or games, etc. at any time without permission from the director/sponsor.
5. Do not return to the bus or parking lot during the game without approval from the director/sponsor.
6. Fifteen (15) minutes before kick-off, be at the assigned location. Bring all necessary items – coats, blankets, rain-gear, pom poms, gloves, props, etc. Have them ready to use. Do not send others to get these items for you. Failure to comply will result in demerits.
7. Inappropriate contact with the opposite sex, before games, during half time of the games, or at any time will result in being benched for a minimum of one week. Additional disciplinary measures may be taken depending on the circumstances.
8. A cheerleader shall cooperate with the director/sponsor, the game officials, and other squad members.
9. A cheerleader shall be peppy, well-groomed, and in command of the situation at all times.
10. A cheerleader shall not eat, drink, or chew gum while on the field or court.
11. A cheerleader should not sit in the stands or leave the squad until the end of the game.
12. A cheerleader should promote good, sportsman-like conduct and school spirit through cooperation with other students, teachers, and administrators.
13. Cheerleaders should plan pep rallies, contribute spirit ideas, and help control the attitude of the crowd.
14. A grade point average of 70 and above shall be maintained. If your grade, in any class, falls below a 75, you shall be required to go to tutorials.

15. A check sheet will be sent to your teachers every Friday for your grades, your attitude, and behavior.
16. Every cheerleader will clean up on Friday morning. Be at the gym no later than 7:30 a.m.
17. The following incidences shall be evaluated by the director/sponsor or the principal.
 - *Undesirable or immoral behavior.
 - *Sloppy appearance or habits.
 - *Undesirable Language or gestures.
 - *Failure to uphold the constitution.
 - *Violation of rules and regulations.
 - *Anything that harms the reputation of the school.
18. Squad members shall not fuss, fight, or participate in any Behavior that will waste time or hamper a successful practice Or performance.
19. All squad problems should be discussed with the sponsor by the entire squad whenever possible.
20. Members must have a positive attitude and try their best.

Article IX: Attendance

A. Practice and meetings

1. Attendance at all spirit group activities is required.
2. If a member has to be absent, the director/sponsor must be notified. Otherwise the absence will be considered unexcused and the member may forfeit pep rally/dame performance.
3. Excessive absence may be grounds for dismissal from the organization. Cases of prolonged absences may receive special consideration when the parent visits with the director and presents the reason in writing.
4. Excused absences include:
 - A. Personal illness or accident.
 - B. Funereal or death in the family.
 - C. Special School activities which are approved in advance.
 - D. Religious holidays.
 - E. Weddings in the immediate family.
 - F. Special circumstances when discussed with the director prior to the event.

NOTE: Our of town trips, vacations are not excuses for missing required cheerleader activities.

5. In order to receive an excused absence from practice a member's parent must make verbal contact with the sponsor and present a written note. The note must include member's name, date, and reason for absence, with parents/guardians signature and phone number.

6. When a member is absent, it is his/her responsibility to call the sponsor to find out what was missed and what is required upon his/her return. (Proper uniforms, meeting deadlines, etc.)
7. Any member who misses one practice may forfeit performing in the next scheduled performance or event. (This is the discretion of the sponsor.)
8. Practice should be conducted in a disciplined, professional manner, with particular attention being paid to space, minimal distractions, and away from excess noise.
9. School attendance is a priority. For example: You must attend on days following a school activity or a cheerleader is subject to suspension from the squad.

B. Performances/games

1. Cheerleaders must be at all home and away games for which they cheer prior to the start of the game.
2. Squad members must also be back before the team returns to the field from halftime
3. When cheering, the squad will wear the official uniform designated for that game. If one member wears a jacket, everyone must wear jackets. If the weather is severe and one member wears leggings, everyone must wear leggings.
4. All members shall attend the football games, both at home and away.
5. All members are responsible for their transportation to and from home games.
6. If a cheerleader leaves a game/function with a parent, the parent will be asked to sign a form stating they know their child will not be returning home on the bus with the group, and QISD will not be responsible.

Article X: Transportation

- A. Behavior on away buses must be the utmost expression of maturity and respect.
- B. In the event that a sponsor may not be in attendance, the squad will be responsible to the designated sponsor. The behavior of the squad members will be a reflection of the program as a whole and QJH.

Article XI: Tardies

- A. Members must be at designated functions at specified times.
- B. Tardies will result in demerits.

Article XII: Merits/Demerits/Benching/Dismissal

1. All merits and demerits received by the student shall be approved by the director and shall be in effect for the year.
2. A cheerleader may cancel demerits by acquiring merits during the year. The ration is 3 merits for each (1) demerit.

3. MERITS
 - 3 – A Honor roll
 - 1 – B Honor roll
 - 1 – 5 Special assignments by the director
 - 1 – Run one mile, series of exercise, jumps, etc. (The time set aside to do this shall be at the convenience of the director)
 - 1 – Super spirit and yelling (staying on task).
4. Demerits
 - a. Demerits shall be issued for improper conduct. Demerits shall affect active status in the organization. All demerits shall be issued by the director and shall be in effect until appropriate disciplinary action is taken or erased by merits.
 - B. Demerits shall be given for the following: (These shall be issued in situations when the cheerleader is practicing, performing, or actively representing the school.)
 - 3 Unexcused absence from game or activity.
 - 3 Unexcused absence from practice or meeting.
 - 1 Tardy for game roll call or trip.
 - 2 Failure to wear proper uniform when required.
 - 2 Failure to fulfill assignments made by the director.
 - 3 Disrespect or insubordination (lying, not cooperating with the squad or director, deliberately causing injury to another cheerleader, disobeying specific rules, causing problems within the squad.
 - 1 Failure to remove hazardous jewelry at practice/games.
 - 1 Chewing gum, having food or drink during game.
 - 1 Dirty uniform or shoes.
 - 1 Uniform not pressed.
 - 1 Improper hair style or make-up for performance.
 - 1 – 5 Inappropriate conduct in conjunction with cheerleading duties, activities, practices, or performances.
 - 2 Leaving without permission.
 - 2 Leaving practice or game early.
 - 3 Not practicing during practice.
5. Benching/Suspension/Dismissal
 - A. Members must attend a two-day summer camp. Persons not attending shall be dismissed from the squad. (Extenuating circumstances must be discussed with the director.)
 - B. If a member has to be absent from any squad activity, the director shall be notified. Otherwise, the absence shall be considered unexcused and the member may forfeit pep rally/game performance.
 - C. Excessive absences shall be grounds for dismissal from the squad. Cases of prolonged absences may receive special consideration when the parent visits with the director and presents the reason in writing.

7. General Misconduct

Quanah ISD believes students' disruptive conduct, use of tobacco products, possession and/or use of alcohol, and/or illegal drugs are wrong and harmful. Consequently, the district has established rules that prohibit these actions that dishonor Quanah ISD. The organizations of the school must take a firm stand regarding their expectations for those who represent this district.

For the purpose of the extra-curricular policy, a participant shall be given an offense if he/she commits the following on or within 300 feet of school property, or while attending a school-sponsored or school related activity on or off school property.

- A. Engages in a fight.
- B. Damages or vandalizes school property.
- C. Engages in conduct that constitutes sexual harassment or sexual abuse whether the conduct is by word, gesture, or any other sexual conduct, including requests for sexual favors, or indecent exposure and public lewdness.
- D. Possess, smokes, or uses tobacco products.
- E. Possess, uses, gives, or sells paraphernalia related to any prohibited substance.
- F. Engages in the act of stealing.
- G. Sells, gives, or delivers to another person or possesses, uses, or is under the influence of marijuana or a controlled substance,
- H. Sells, gives, or delivers to another person or possesses, uses, or is under the influence of alcohol.
- I. Engages in conduct that contains the elements of an offense relating to abusable glue or aerosol paint.
- J. Engages in conduct that contains the elements of retaliation against a school employee.

The campus administrator shall assign a consequence for the offense. It is to the discretion of the extra-curricular sponsor to assign an additional consequence. It is possible for a student who violates the Quanah ISD Student code of Conduct to receive punishment from the campus administrator and his/her sponsor.

An additional punishment will be given for the above offenses that are committed while actively representing QJHS or participating in cheerleading activities. If a student is removed from school by the campus administrator and placed in AEP, the student will be dismissed from the squad for one calendar year. Otherwise, the following punishments shall be administered:

First offense – benched for 1 week.

Second offense – benched for 2 weeks.

Third offense – dismissal from the squad for one calendar year.

If an extra-curricular participant commits three of the above offenses, he/she will be suspended from all extra-curricular activities for one calendar year. If an additional offense is committed during the suspension, the calendar year begins on the day the additional offense was committed. For the purpose of this policy, the offenses are accumulated during grades 7th – 8th grad and during grades 9th – 12th. If a junior high student has accumulated three offenses during the 7th -8th grade, the suspension shall extend into the 9th grade.

8. Title 5 Felony

An extra-curricular participant who commits a Title 5 Felony will be suspended from all extra-curricular activities for one calendar year.

The following are felony offenses listed in Title 5 of the Penal Code, Offenses against the person:

- Murder

- Capital Murder

- Manslaughter

- Criminally negligent homicide

- False imprisonment (if it recklessly exposes the victim to substantial risk of serious bodily harm)

- Kidnapping

- Aggravated kidnapping

- Indecency with a child

- Assault (if against a public servant who is lawfully discharging official duties, or in retaliation for exercise of official duty as a public servant, or under certain circumstances, if against a family member).

- Sexual assault

- Aggravated assault

- Aggravated sexual assault

- Injury to a child, elderly individual or disabled individual.

- Abandoning or endangering a child.

- Deadly conduct (if the person knowingly discharges a firearm at or in the direction of one or more individuals or in the direction of a habitation, building, or vehicle and is reckless as to whether the habitation, building or vehicle is occupied.)

- Terrorist threat (if done with the intent to cause impairment or interruption of public communications, public transportation, public water, gas, or power supply or other public services.)

- Aiding suicide (if the conduct causes suicide or attempted suicide results in seriously bodily injury).

- Tampering with consumer products.

9. Other Felonies

An extra-curricular participant who commits a felony will be suspended from all extra-curricular for one calendar year. If an 8th grade student commits a felony or Title 5 felony, the suspension of a calendar year may be extended into his/her 9th grade year.

Any student who commits a Title 5 felony or any other felony will no longer be eligible to try out for cheerleader.

10. Probation

- A. Scholastic probation shall occur when a member receives one or more failures at the end of any six-week grading period. The member shall be expected to attend and participate in practice for the length of the probation. If at the end of the three-week probation period the member fails to raise the failing grade or grades to passing, the member shall be benched. If at the end of the grading period the member has not raised the failing grade(s) to passing, the member shall be dismissed.
- B. Disciplinary probation shall occur when a member receives 5 demerits.
- C. When a member is placed on disciplinary probation, the member and his/her parents shall be notified.
- D. A student must, within a five-day probation period, complete an assignment as specified by the director to remove a minimum of 3 of the demerits.
- E. A member violating this probationary status shall be benched until punishment has been served.

Article XIII: Tryouts

A. Procedure

- 1. To become a member, the student shall participate in a tryout procedure each year and follow the rules and regulations set forth by QISD.
- 2. In order for a student to be eligible to try out for cheerleader, the student and parent shall attend a scheduled orientation meeting. At that time the candidate and parent/guardian shall receive tryout information outlining projected costs, tentative schedules, and a copy of the Constitution/Handbook.
- 3. The members and their parents shall be aware of the responsibilities and expenses of the individual groups stated in the tryout packet distributed to all candidates at the orientation meeting.
- 4. A student shall be enrolled in QISD at tryout time and during membership.
- 5. Membership is for the current year only. All members of an organization shall reestablish their membership through tryouts each year.

6. Tryouts will be the week before Spring Break or the week after Spring Break.
7. To establish eligibility for tryouts a candidate shall:
 - A. Sign-up during the specified sign-up period.
 - B. A deposit of \$200.00 is due at the meeting with the candidates and parents prior to practice for tryouts. Students shall not be allowed to practice or try out unless the deposit is paid. The money shall be held until it is established who the new members are. Deposits shall be promptly refunded to candidates that do not make the squad. The deposit will be used as the down payment required of the squad before their order can be placed. The remaining cost of the uniform will be due before the receipt of the uniform.
 - C. The constitution sheet shall be signed by both the candidate and parent stating that they agree to abide by all the terms of the Cheerleader Constitution.
 - D. The candidate shall maintain a grade of 70 or above in each class.
8. The student must be passing at the end of the 4th Six Weeks in order to try out. THERE WILL BE NO EXCEPTIONS!!!
9. There shall be a tryout clinic approximately 3 to 4 days prior to the tryout date.
10. Tryout practices shall be closed to the public.
11. Candidates shall learn and perfect the cheers, chants, and jumps or tumbling during tryout practice sessions.
12. The candidate shall attend the tryout practice sessions and a mock tryout.
13. Tryout practice is a must. If you miss a day, you may not try out for cheerleader.
14. The mock tryout shall be open to friends and family members.
15. Each candidate for cheerleader shall try out in large and small groups before the student body. They shall try out in large and small groups, as well as individually, before a panel of qualified, impartial, out-of-town judges. These judges shall be knowledgeable and experienced in cheerleader performing techniques.
16. The judges shall evaluate the cheerleader candidate's ability to show spirit by jumps/tumbling, performing cheers, and chants.
17. Family and friends are welcome to attend tryouts that are held before the student body.
18. The tryouts before judges shall be closed to the public.

B. Scoring Procedure

1. Points totaled from faculty evaluations, student vote, and judging results shall determine the winner.
2. The score for each candidate shall be based on the following scale:

- A. 25% Faculty evaluations
 - B. 25% Student popular vote
 - C. 50% Out – of – town judging results.
3. Ties shall be broken by out – of – town judges’ score sheets.

Article XIV: Summer practice/camp

1. All members shall attend a two – day summer camp.
2. All members shall attend all required practices, meeting, and misc. activities. (Unless the member has an excused absence approved by the director).

Article XV: Uniform Policy

1. New Uniforms and Items – the director shall choose new uniforms every year.
2. Ordering new items/cost 0 Due to the current economic conditions, all orders must be paid in full before receiving the uniform.

Article XVI: General and Specific Safety Guidelines

1. The following safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics (including tumbling, partner stunts and pyramids) should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach.
 - A. The cheerleading coach or other knowledgeable designated school representative should be in attendance at all practices and functions.
 - B. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics.
 - C. All partner stunts should be mastered according to the “Partner Stunt Progressions” sections of the UCA Advisor/Coaches Manual.
 - D. Training in proper spotting techniques should be mandatory for all squads attempting cheerleading gymnastics.
 - E. Warm-up exercises and stretching should precede all practice sessions, pep rallies, games, competitions, and other physical activity.
 - F. The cheering surface, location, lighting and weather conditions should be take into consideration before engaging in physical activity.
 - G. Advisors/coaches should recognize the entire squad’s ability level and limit the squad’s activities accordingly.

2. Partner Stunts/Pyramids

- A. All pyramids and partner stunts are limited to two persons high. “Two high” is defined as the base (bottom person) having at least one foot on the ground.
- B. The top person in a partner stunt, pyramid or transition may not be in an inverted (Head below the waist) position, with the exception of a double based forward suspended roll, and loading into pick-up stunts, tabletops, etc.
- C. Suspended splits in a transition are allowed provided there are a total of 4 bases that support the top person; at least three of the bases must support under the legs of the top person, and the fourth base may support under the legs or be in contact with the hands of the top person. The top person must have hand contact with the bases.
- D. Partner stunts and pyramids higher than shoulder stand level must have a continuous spotter for each person over shoulder stand level. Spotters are considered part of the squad with regard to the squad member limitations. A spotter may not support directly under the foot or feet of the top person. If the spotter supports a stunt directly under the foot or feet, the spotter will be considered a base. Therefore, an additional spotter will be required to make the stunt legal. The spotter may support in other places such as the ankles or wrists without being considered a base.
- E. When one person is bracing another (including over-lapping of arms), one of the individuals must be at shoulder height or below. (Exception: Extensions may brace other extensions.)
- F. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, the brace must not be supporting a majority of the top person’s weight. (To demonstrate this, the foot of the top person’s braced leg must be at or above the knee of the supporting leg.)
- G. All vaults are prohibited.
- H. Triple based straddle lifts must have an additional spotter for the head and shoulders of the top person.
- I. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person.
- J. Basket tosses, toe pitch tosses or similar tosses are limited to no more than four tosses and must be dismounted to a cradle position by two of the original bases plus an additional spotter at the head and shoulder area. These tosses may not be directed so that the bases must move to catch the top person.
- K. Participants may not pass over or under other participants from tosses.
- L. Partner stunts, pyramids and participants may not pass over, under, or through other partner stunts or pyramids.
- M. Bird partner stunts must have a continuous spotter at the head and shoulders of the top person.

- N. Free falling flips or swan dives from any type of toss, partner stunt or pyramid are prohibited.
- O. Tosses that land in stunts (i.e. toss to hands, basket to elevator, etc.) are allowed; however, they cannot significantly exceed the height of the intended stunt.
- P. Tosses cannot land in a loading position for another stunt or toss. (Exception: Single based tosses without assistance from another person are allowed into a loading position.)
- Q. Double based forward suspended rolls are allowed provided the bases have their feet on the ground, and the top person and the bases maintain hand-to-hand contact throughout the skill.
- R. Backward suspended rolls and single based suspended rolls are prohibited.
- S. Cradle dismounts from shoulder stand level and above must use a spotter in addition to the number of bases required for the stunt. Exception: A “chair” does not require an additional spotter. (A cradle is defined as a dismount from a partner stunt or pyramid in which the top person is caught in a face-up, picked position before being placed on the floor or remounting into another stunt or pyramid.)
- T. Cradle dismounts which involve a jump, twist, or other gymnastics skills require a spotter in addition to the original base(s). Cradle dismounts from all extended stunts require a spotter in addition to the original base(s).
- U. All backward dismounts from partner stunts or pyramids must use three catchers. The execution of any gymnastics skill (i.e. jump, twist, etc.) during a backward dismount is prohibited.
- V. Twists greater than two rotations in stunts, tosses, dismounts or tumbling are prohibited.
- W. Knee drops are prohibited.
- X. Tension rolls and tension drops are prohibited.
- Y. Helicopter tosses are prohibited.
- Z. Single based split catches are prohibited.
- AA. Toe pitch or leg pitch flips are prohibited.
- BB. The use of trampolines, springboards, or other height-increasing apparatus is prohibited.

3. Tumbling/gymnastics/jumps

- A. Dive rolls are prohibited (a dive roll is defined as a forward roll where your feet leave the ground before your hands reach the ground.)
- B. Flips greater than one rotation are prohibited.
- C. Turns greater than two rotations are prohibited.
- D. A forward three-quarter flip to the seat or knees is prohibited.
- E. The use of mini-trampolines, springboards, or any height-increasing apparatus is prohibited.

- F. Participants may not tumble over or under individuals or over, under, or through partner stunts or pyramids.
- G. Participants may not land in a partner stunt or catching position from aerial tumbling skills. (Example: A back flip from a tumbling pass into a cradle is allowed.)
- H. Landing for all jumps must bear weight on at least one foot. (Example: A toe touch jump or kick into a hurdler position, to the seat, knees, landing with both feet.)
- I. Any type of hurdler position or the position with both feet back (sitting, landing, or lying) is prohibited with the exception of a “Z” sit.
- J. Squad members must wear athletic shoes (no gymnastic slippers.)

Article XVII: Amendments

Amendments may be added to this document as deemed necessary by the director or the QISD Administration.

Article XVIII: Compliance

All members shall comply with the requirements and rules as stated in this constitution/handbook. All policies and procedures adopted by the QISD shall apply to this organization as well. Further explanation of QISD policies can be found in the Quanah Handbook for Students and Parents.