



**South Carolina State University
Spirit Program
Handbook
(Rules and Regulations)**

South Carolina State University Spirit Program

The purpose of the South Carolina State University Cheer Program is to support intercollegiate athletics & SC State University by leading cheers and raising the level of fan support for university athletic teams, and to serve as ambassadors of the University.

The experiences gained from being a part of this program will not only channel team members' enthusiasm in a constructive and beneficial manner, but will also give them a sense of pride and accomplishment in being part of a group that is hard-working and respected. This program is a physical activity which involves a risk of physical injury so please be aware of the risk.

MISSION STATEMENT

As South Carolina State University Cheerleaders we will strive to uplift, support, encourage, and believe in our university and community, possessing the qualities of leadership, dedication, determination, motivation, and loyalty with respect and school spirit. We will always strive to do our best in all that we do. Teamwork makes the dream work. **LET'S GO BULLDOGS!!!**

GENERAL GUIDELINES:

1. Individuals participating in the SC State University Spirit program will be full-time (12 credit hours) students on the SC State campus and will maintain a 2.5 grade point average.
2. Student-Athletes participating in the SC State Spirit program will be good, law-abiding citizens of the University, nation, state & city.
3. Student-Athletes participating in the SC State Spirit program will be responsible for all rules & regulations listed in the South Carolina State University Student-Athlete Code of Conduct as well as the University Student Handbook.

ATTENDANCE GUIDELINES:

1. All team members must be in attendance at least **30 minutes** prior to the meet time of ANY event or function, including practices & games.
2. All team members are to be ready for practices, games, events or functions at the designated time. **No Excuses!** Special practices **could be set at various times during the season**. Everyone **MUST** wear proper attire for practices. This means **MATCHING** shirts, shorts, socks and tennis shoes. Hair must be pulled back and out of the face, and **ALL** jewelry must be **REMOVED**.
3. All Cheer Team Members **MUST** attend all **EVENTS, FUNCTIONS, GAMES, PRACTICES, PUBLIC APPEARANCES, etc.** put on & sponsored by the SC State Cheer Program.
4. If a cheer team member is unable to attend an event or function, he/she **MUST** contact the coach **PRIOR** to the event or function. Practices missed for unjustifiable reasons **WILL NOT BE TOLERATED!** If the team-member will be late for a practice, the coach **MUST** be notified in **ADVANCE**, or consequential action **could** be taken at the discretion of the coach. Appointments & obligations should be scheduled on days other than practice days. (*Coach's Discretion*)
5. Cheer Team Members **MUST RIDE WITH THE TEAM TO AND FROM ALL AWAY GAMES/COMPETITIONS/CLINICS/CAMPS, etc.** Behavior of the team while on a trip shall be exemplary. Behavior that is loud, boisterous, rude, unrestrained, rough, rowdy, offensively harsh or unruly shall be subject to consequential action at the coach's discretion.
6. Should a Cheer Team Member skip a postseason appearance, they will not be allowed to tryout for the team the following year. All Christmas Break & Spring Break plans must be with the knowledge & understanding that cheer events, functions, games and appearances take precedence.
7. Should a cheer member quit without a justifiable cause during the cheer season, the cheer team member will not be able to try-out for the team the following cheer season.

8. All cheer team members must be aware that if cheering on the Coed team, the cheer team member must be committed for football, basketball, and competition season. If cheer member is a part of the Sapphire Pom team, the cheer member is only required to commit to football season and special appearances throughout the basketball season.

9. Should a member of the Sapphire Pom team be chosen to cheer on the competition team, the cheer team member must commit to practices and special workouts for the entire cheer season.

10. Any cheer team member that is apart of Sapphire or Coed can be terminated from the team under any circumstances under coaches and advisors discretion.

11. Each cheer team member must attend cheer camp prior to start of the football season. If cheer team member does not attend camp he or she will forfeit their position on the team and will become an alternate.

UNIFORMS/EQUIPMENT GUIDELINES:

1. All cheer team members will be responsible for the care and maintenance of their uniform and cheerleading property during the time that it is in their possession.

2. Any equipment not returned or returned in unacceptable condition will be the responsibility of the team member to cover the replacement costs.

3. All Cheerleading equipment (warm-ups, uniforms, etc.) will be the responsibility of the student receiving the items. They will either be paid for or charged to their account.

4. All Game/Practice equipment signs, flags, coolers, etc. will be the responsibility of all cheer team members.

a. Getting them to and from games or practices.

b. Each person will be assigned something during games to be responsible for.

BEHAVIOR & PROGRAM REPRESENTATION GUIDELINES:

1. All Cheer Team Members are responsible for the conduct in which they carry themselves.
2. Team members shall not consume alcoholic beverages before any event or while in uniform.
3. Team members are reminded that as a member of this team, they are highly visible within the university community.
4. Any type of behavior that is displeasing and brings about negative press to the University or the Cheerleading Program even if its social media , the cheer team member will be disciplined for their actions or perhaps terminated from the team.
5. All actions and behavior are under constant observation including, but not limited to indulging in alcoholic beverages. Any individual found to be in possession, selling, dispersing or using controlled substances will be subject to termination from the SC State cheer program. All student-athletes are subject to random drug testing. Any positive drug tests shall result in termination from the SC State cheer program. There is a “zero tolerance” for illegal drug use within the SC State cheer program.

PERSONAL APPEARANCE GUIDELINES:

1. Cheer Team Members must abide by the rules set forth in the NCAA, MEAC and University.
2. Body piercings, dangling earrings or spacers shall not be worn during games, practices, events, functions or appearances.
3. Hair must be done neatly and styled according to coaches’ discretion. Full makeup and red lipstick should be worn for all games, events, functions or appearances.
5. All male cheerleaders must be well groomed at all times and maintain a masculine look.

6. All SC State Spirit Team members must maintain an athletic appearance. Once making the team all cheerleaders will be responsible for making healthy choices with diets and exercising regularly.
7. All cheer team members wither on Coed, Sapphire Pom, and competition must commit to a strategic work out plan for the entire cheer season.
8. Ladies of the Coed team must be 130 lbs. or under to be considered as a flyer, all other members apart of coed team must maintain an athletic appearance while being apart of the team. Please note that certain uniforms worn on the Coed team reveals the mid section (Stomach area) of the body. If cheer team member does not meet the requirement or does not possess the body type for the uniform, the cheer team member will not be allowed to cheer.
9. All cheer team members apart of the Pom team must maintain an athletic appearance while being part of the team.

Other General Rules and Regulations

YOU:

1. Will practice in designated practice attire at all times.
 - a. Only excuses accepted are class and doctor excuses. Remember all doctor excuses should go through Brooks Health Center. If Brooks Health Center is closed, coach should be notified before you go to your family or outside doctor so coach may approve the excuse.
 - b. You must notify the coach if you cannot attend practice and/or a game. Practice at least an (1) hour in advance and a game as soon as possible (remember we are at the game site (1) hour before the game).
 - c. All cheer team members will be given tentative practice schedules for each month.

3. Will not practice or perform in jewelry, head wear (scarfs and hats). Stud earrings allowed). Will not practice in things that we don't wear doing games or activities.
4. No nails past your fingertips for safety purposes.
5. No colored nail polish (clear, french manicure, natural colors only).
6. Will be required to attend work out sessions designated by the coach
7. You must arrive at GAMES and/or PERFORMANCES one (1) hour in advance in full uniform including make-up and hair completed.
 - a. Make-up/hair MUST be completed 1 hour before activities.
 - b. Must be completely dressed for practice at least 30 minutes before practice. (Practice must start on time)
8. If you are **dismissed** from the squad or **quit** the squad YOU MUST submit ALL attire purchased by the **University or Cheerleaders fundraiser money** under the name of SC State Cheerleaders or the related organization.
9. If cheer team member quits or is dismissed from the team, the cheer team will not be allowed to try-out for team the following season.
12. You will be required to **turn in books purchased with your stipend or reimburse the SC State Cheerleaders budget** for its expenses **if you quit or dismissed** from the team.
13. Each cheer team member will be required to pay \$35.00 prior to the Fall Semester (During the Summer) to off set cheer expenses for the following season. All funds will be due a month before Fall Cheer Camp.

Games (Football, Basketball, etc.)

YOU:

1. Will be required to attend all games! Whether cheering or not to support the activity and team unless you have written permission stating you cannot attend the game or activity.
2. The Coed cheer team will travel to all away game events that require overnight stays. All away games that don't require the team to stay overnight will include the coed team and the pom team.
 - a. Must be at practices to perform at any function.
 - b. Late/absent (unexcused) for a game, you will not be dressed or be on the field/court for that game. If **Absent** you will not cheer the next game either.
 - c. Must be at the last practice (excused/unexcused) before a game in order to travel and/or dress to perform. **No exceptions!**
 - d. Must earn a game cheering spot during practices.
3. Will be required to learn cheers, stunts, and dances for football, Basketball and competition outside of as well as in practice.
4. No stadium concession foods before or during the game.
(Bring fruit and/or nutritional snacks) No sodas during game.
Mostly water and PowerAde at the half and after the game.

5. Will be required to attend Championships (i.e. Football Championships, Basketball Conference and NCAA Championships) ***Please note that Championships fall during Thanksgiving Holidays, Christmas Holidays, and Spring Break!***

ATTITUDE GUIDELINES:

1. Positive attitudes are important when working with a group. The coaching staff reserves the right to discipline, in the event that a team member chooses to display, what the coach/advisor see as, uncooperative, unpleasant, or non-caring attitude. ***Attitude problems could result in suspension from the team. Please be aware of this. Cheer team members can also be dismissed from the team under any circumstance.***
2. When stunting it is understood that there is to be no talking or horseplaying. Please note that the back spot or assigned leader of the particular stunt group is only allowed to talk.
3. Continuous talking during practice that is disruptive and out of order in and away will be subject to disciplinary actions and possible game suspension.
4. Not doing cheers, dances, jumps, tumbling and or exercises full out will be subject to disciplinary actions or possible suspension from a game or event.

Remember **ALL** decisions are made final by the coach and/or administrative staff. No lead cheerleader can make final decisions unless they are approved.

BOOK STIPEND GUIDELINES

1. All cheer team members who participate for an entire season will be entitled to book stipend funds. If cheer team member is a first year participant, the cheer team member will be entitled to funds during the spring semester only if cheer participant has fulfilled all qualifications as it relates to being in good standing with university and cheerleading team constitution.
2. All cheer team members who have been a member for more than one cheer season and has successfully meet the requirements of the university and has agreed to an entire cheer season will be entitled to book stipend funding.

South Carolina State University

Cheerleader Constitution

I, _____, acknowledge that as a member of South Carolina State University's Cheerleading Team I am held responsible for being a role model, a mentor, and a representative of the University. I consent to always exhibiting a positive and respectful character with excellent sportsmanship and dedication. I understand that I am a South Carolina State University student first and I consent to striving and maintaining at least a 2.5 Grade Point Average (GPA) or I will be released from the cheerleader team. I understand that my responsibilities as a cheerleader include but are not limited to attending and performing at football and basketball games, but other athletic events and other functions requested or requiring participation and the support from the SC State University Cheerleaders held on or off campus.

I am aware that I am required to attend and be on time for ALL games and events unless I have an approved excuse prior to the event (See handbook Rules and regulations). I will attend all practices unless previously excused by the coach or my class schedule will not allow. I will behave in a safe and responsible manner at all times. I understand that I will be expected to participate in stunts and pyramids with extremely difficult skill levels that will require me to be knowledgeable of my role in that stunt or pyramid prior to my participation. I shall understand and be knowledgeable in every aspect of the stunt prior to taking part in the execution of the stunt. I will pay close attention to and be mindful of staying safe and keeping my teammates safe while stunting or tumbling. I will also be responsible for maintaining a healthy and drug-free lifestyle.

I understand cheerleaders at South Carolina State University are Role Models and I will carry myself in such a manner as not to degrade or disrespect anyone or allow myself to be treated as such. I understand that if at any time I, _____, do not uphold the expectations of my coach and squad or if I decide to quit, I will be asked to leave the team and to submit all SC State Cheerleader paraphernalia and books to the coach/advisor or reimburse the amount of those items to the University or my student account will be charged that amount.

I will not be able to graduate or register until the items have been returned or money has been paid.

I, _____, will do my best to uphold the expectations of South Carolina State University and will encourage others to do the same.

I have read and received the Cheerleader's Handbook and I understand all Rules and Regulations and behavioral system given to me by the cheerleader coach and/or advisor. I have expressed my concerns, comments and questions to the coach and/or advisor and by signing I agree to follow and carry out my duties as a South Carolina State University Cheerleader and I am willing to take part knowing that cheerleading at South Carolina State University is total voluntary and I pledge my time and dedication to the program and will take part in this activity.

Cheerleader's Signature

Date

Coach Signature

Date

Advisor Signature

Date

REQUIRED LEARNING

SC State University Songs to Learn SC State Cheerleaders

Alma Mater

The official song of the University that illuminates and identifies our loyalty and commitment to the institution which we attend, work or graduated. Dr. Robert Shaw Wilkinson, the second president of SC State, Mr. Ted Phillips, an alumnus wrote the music

**Sing the praise of Alma Mater
Let us rally to her call
Lift our voices, send them ringing
Thru the groves and classic halls.**

*Hail! Hail! Dear Alma Mater
Hail! Hail! Dear S.C.C.
We'll defend and honor
Love and cherish thee*

**We are loyal sons and daughters
Proud to own the name we bear
For the truths that thou has taught us
Ready all to do and dare.**



SC State Fight Song

Hal-leluiah, Hal-leluiah I'm so glad, that I'm from S. C. State,
Tell it to yah, Bull-dogs are a team we know is great,
For our team we yell and yell
Send the other team to – you know who,
Our Alma Mater, S-C-S-C State!

