

Creighton University Dance Team Bylaws

It is imperative for CUDT members to remember they are representing Creighton University and the Creighton University Athletics Department. Conduct and behavior must be exemplary at all times, not just when in uniform. Therefore, CUDT members will conduct themselves in a lawful manner and in compliance with all city, state, and federal laws. In addition, CUDT members must adhere to the following rules and procedures. CUDT members who do not comply will experience disciplinary action (which may include dismissal). The CUDT Moderator will make all disciplinary actions. **Policies stated hereafter are in effect from August 1 to April 30 of the academic year, with the exception of specific summer activities. Refer to each section for these exceptions.**

Article I: Participation

- All appearances will be determined by the CUDT Moderator and assigned by the Captains.
- CUDT members must be on time for all practices, sporting events, appearances, meetings and any other CUDT event or activity.
- All absences will be given in writing to captains, Moderator and Standards officer.

Section 1: Practices

- Practices scheduled in the fall will total eight (8) hours of practice time and two (2) hours of strength and conditioning OR ten (10) hours total. Spring practices scheduled will total six (6) hours of practice time and one (1) hour of strength and conditioning OR seven (7) hours total.
- Summer practices may be scheduled, but are at the discretion of the captains. Summer practices will be mandatory. Should a team member have a conflict, they must contact the captains first, then the Moderator.
- CUDT members must attend all practices.
- Practices will be scheduled in the beginning of each semester, according to all team members' class schedules.
- In the event of an excused absence, the team member must learn the material missed before the next scheduled practice.

Section 2: Strength and Conditioning

- Strength and conditioning sessions are mandatory.
- Strength and conditioning sessions will be done as a team.
- Team members will participate in strength and conditioning programs designed by the CU Athletics Exercise Science Administrator.
- In the event of an excused absence, the team member will make up a session with the Athletic Trainer.

Section 3: Athletic Events

The following athletic events are mandatory:

- Homecoming Men's Soccer Game and designated soccer games
- Designated women's soccer and volleyball games
- All Men's and Women's home basketball games
- Participation in 2 SAAC (Student Athletic Advisory Committee) programs/year (examples, jock ball, clothes drive, collecting donations at holidays, community

service, jays for jays, OBJ etc) to be determined by the SAAC official and Moderator. This commitment will be recorded and organized by the SAAC official.

CUDT members attend all home Men's and Women's Basketball games. It is mandatory for the entire team to be present at all home games

CUDT members must participate in assigned activities and events.

- If applicable, post-season travel with the Men's and Women's basketball teams to the Missouri Valley Conference tournaments and the NCAA tournaments are mandatory.

The number of team members allowed to the tournaments is determined by the respective association. Should the number allowed be less than the number of team members, the decision will be based on conduct and performance throughout the year. Strikes and marks will be the first determining factor; following is performance ability (ie injury).

Section 4: Fundraising

Participation in all fundraising activities is mandatory. Attempts will be made to give at least two weeks notice to members on dates of said activities. Exception to fundraising will be car washes or other fundraising activities held during the summer months prior to the academic year beginning. This will be at the discretion of the captains and Moderator.

Article II: Academics

- CUDT members must maintain 12 credit hours and receive a 2.0 grade point average each semester they are on the team.
- Returning members must have a cumulative 2.0 GPA to tryout.
- CUDT members who receive below a 2.0 will be on probation for one semester. (*Creighton University Bulletin pp.88-89*)
- CUDT members who have a second consecutive semester below a 2.0 will be dismissed from the team. (*Creighton University Bulletin pp.84, 88-89, 91*)
- Midterm each semester, the moderator will check grades to assure that all CUDT members are in compliance with GPA requirements.

Article III: Responsibilities

Team members will be held responsible for

- Arranging to make up a missed practice or weight lifting session.
- Care of their uniform, shoes, and poms.
- Arriving at practice *on time*, dressed in practice clothing, dance shoes and with practice poms.
- Arriving to men's and women's athletic events at least one hour prior to game time, in uniform with makeup and hair done.

Article IV: Expectations

- It is the expectation that CUDT members function in a responsible mature manner at all times. You represent Creighton University and all of its alumni.
- Communication is essential. It is the expectation that all CUDT members check daily their emails for messages related to CUDT and respond to those messages.

- CUDT members are expected to respond in a timely manner to emails from the Moderator or the Athletics Department and CUDT officers.
- CUDT members are expected to communicate with the CUDT Moderator prior to communications with any other Athletic Department personnel.
- It is expected that all CUDT challenges, problems or issues be handled in a responsible mature manner. It is unacceptable to violate the chain of command.
- CUDT members who do not adhere to the rules, procedures and expectations will experience disciplinary action to be determined by the CUDT Moderator.

Article V: Priorities

Commitment to the Creighton University Dance Team supercedes all other university sponsored or non-university sponsored (i.e. Sororities, intramural sports, clubs) activities except academic activities required for a course.

Section 1: Practices, Games and Fundraisers

Practices, Games and Fundraisers are mandatory. Exceptions include:

1. Family emergency
2. Academic related activities in which a student is being graded- this must be cleared at least **1 week** prior to the activity, unless not reasonable to do so under circumstances.
3. Illness

Section 2: Sorority Recruitment:

1. Freshman have first priority for missed practices and games
2. Seniors who are required to participate by their sorority's executive board have second priority.
3. Sophomores and juniors follow in priority

Team members should understand that all rush activities may not be able to be attended if the game schedule does not permit and should plan with their chapter accordingly.

Section 3: Employment

Work is not a valid excuse to miss or be late for practice, games or fundraisers and will result in disciplinary action.

Section 4: Other School Functions (study groups or review sessions)

- If the team member is going to be absent from required activities, due to academic requirements, the member will clear the absence with the moderator at least **48** hours prior to the activity, unless not reasonable to do so under circumstances.

Article VI: Appearance

Section 1: Uniforms

- Team members are performers and entertainers- they are required to act, dress and look appropriate while performing.
- Team members' uniforms will be clean and unwrinkled at all times.
- Captains will decide prior to games on which pieces of uniform are to be worn. Team members will respect the Captains' decision and comply.

- Additional pieces of uniforms to be worn must be cleared first with the Moderator and if necessary, the Athletics Department.
- On game day, CUDT members will wear warm up suits or Jays Dancers t-shirts to classes.
- Uniform standards will include the correct type of sock and color of hair ribbon.

Section 2: Hair and Makeup

- Hair will be worn back from the face, either pulled up on the sides or in a ponytail.
- Only blue, silver or white ribbon will be worn in the hair- Captains will decide which prior to game time.
- Only flattering make-up will be worn.
- Make-up may be adjusted accordingly for far-away audiences.
- The minimum requirement for make-up is eye shadow, blush and lipstick.
- Extreme colors of/chipped nail polish will not be worn.

Section 3: Jewelry

- Body piercings are restricted to ear, navel and tongue. Nose rings must be removed prior to performances
- Earrings must be small, no hoops or long, dangling earrings.
- Navel jewelry must not have any dangling decorations.
- Only clear or flesh colored tongue rings may be worn.
- No necklaces, watches or bracelets

Section 4: Body

- Visible tattoos are forbidden. In the event that a member already has a visible tattoo, make-up specifically designed to cover such will be worn.
- Team members are responsible for keeping their body in peak physical performance and will have body composition testing by Creighton Athletics.

Article VII: Alcohol, Tobacco and Drug Use

- CUDT members **will not** consume or possess alcoholic beverages at official Athletic Department functions.
- CUDT members **will not** consume alcohol the night before an event, before or during a practice or game. Members drinking the night before a game and are not of dancing capacity for the game the next day will receive a mark.
- CUDT members **will not** possess or drink alcohol in a University car, van or bus.
- CUDT members **will not** store or consume alcohol in the hotel rooms during away trips.
- CUDT members **will not** consume alcohol while in uniform or wear anything that would identify them as a CUDT member.
- CUDT members **will not** use a fake ID.
- CUDT members **will not** offer to procure for or attempt to coerce members who are under 21 or who do not want to drink alcoholic beverages to participate in drinking alcoholic beverages.
- CUDT members will **never** smoke in uniform or clothing affiliated with CUDT, while traveling with the team or prior to any event or game.
- CUDT members will **never** use any form of illegal drug.

Team members will be subject to random drug testing per the Creighton University Athletic Department. Any member found to be in violation of any of the above will be subject to disciplinary action and possible expulsion from the team.

Article VIII: Injuries/Illness

- CUDT members will immediately report an injury or illness to the CUDT Moderator and Athletic Department doctors.
- CUDT members with an injury or illness will be examined by Athletic Department doctors who will determine their ability to participate.
- If member is injured or ill, member will still comply to game day attire.

In the event of injury or illness during a Creighton University Athletic Event, it becomes the responsibility of the team member to visit the Athletic Department physician(s) first. Creighton University Athletics will pay for injury/illness sustained during performance or practice only if the Athletic Department physician is seen first. If a team member sees their family physician first, CU insurance will not pay.

If a team member is injured and unable to practice or perform, the team member will attempt to come to all practices all required fundraisers or games. If physical rehabilitation is required or prescribed by the physician, it is the responsibility of the team member to pursue.

Should a member wishing to return to the squad, but is unable to tryout due to injury, the team member must be seen by the Athletic Trainer. Based on the extent of the injury and recommendations from the Athletic Trainer and team doctors, the Moderator will determine if that member is in good standing with the captains and standards officer and make a determination of re-instating that member without a tryout. The team member must adhere to all rules and turn in required items for tryouts specified.

Article IX: Respect

- Team members will respect BOTH captains
- Both captains will respect fellow team members.
- Team members will respect the moderator.
- Moderator will respect team members.
- Team members will respect any decisions made by the captains or moderator.
- If a team member has concerns with any rule or decision, the member will voice that opinion OUTSIDE of practice and/or game in a private meeting with Captains FIRST; then if necessary, with the Moderator.
- If the captains or Moderator has concerns with a team member, that concern will be voiced privately at a time most fitting to the situation.

Article X: Misconduct

Being a member of the CUDT is not to be taken lightly, nor is misconduct. Therefore, a “three strikes and out” policy will be effect for all CUDT members: Mark = instance; Strike = three marks.

Section 1: Unexcused tardiness is not acceptable, nor is truancy; showing up to practice or a game not ready is also unacceptable. Each instance of tardiness, truancy or not being ready for a game or practice at the set time will result in a mark. Excused absences and tardiness are covered in Article V: Priorities of the Creighton University Dance Team Bylaws.

Section 2: Unexcused absences will result in a full strike. Should the team member have a reasonable conflict with mandatory events, the team member will contact and discuss with the

Moderator, provide written documentation of the conflict prior to the event. The Moderator will then determine if conflict is valid (see Article V: Priorities).

Section 3: Forgetting parts of the uniform will result in a mark for each instance- defined as each piece of the uniforms missing at the time specified to be at the game or event (one hour prior). Should a fellow team member be able to provide the "missing piece" or the problem can be resolved before game time, the team member will still receive a mark.

Section 4: Violation of Alcohol or Drug policies will result in one warning; a second offense will result in immediate expulsion from the team, therefore forfeiting any monies allotted to them. This policy is effective August 1 to April 30.

Three marks constitute benching. Should a team member be benched, the team member along with the Captains, will decide their punishment- either sitting out for the next Men's home game and performing halftime OR performing the next Men's home game and sitting out halftime. Team member will be present at game, in uniform, game ready (*uniform neat, hair and makeup appropriate*), but will sit aside of the team, next to the Moderator. Team member may be asked to assist in promotions or assist Moderator and team as indicated by the Moderator. It is expected the benched member pay attention to the game and activities. Benching for three games results in expulsion from the team, therefore forfeiting any monies allotted to them.

If a CUDT member is dismissed from the team they may not tryout for the team the following year, nor any other year.

In the event of a dismissal, ANY and ALL pieces of uniform (ie shoes, t-shirts, poms, uniforms, bags, warm up, etc) issued to that member must be turned in to the Moderator in excellent condition. A hold on registration for the following semester and transcripts transfers will be placed until all pieces have been accounted for. An itemized list of cost of items will be given to the dismissed member, giving them the option of purchasing items. Once the team member has turned in all items OR paid for them, the hold will be lifted. Should the Moderator not receive the items, CUDT have no other choice but to explore all alternatives available, remedies through the campus judicial system will be pursued first and then legal remedies if need be.

All instances of misconduct will be documented by either the Standards officer or the Team Moderator and kept in the Team Member's profile.

University actions (ie getting written up) will be handled on a case by case basis. Actions determine punishment/consequences to be handled by the Moderator.

A required MIP class for an alcohol violation is NOT an excused absence from mandatory events. Team members must make arrangements to complete this class so as not to conflict with Dance Team functions.

Article XI: Member Profile

Each CUDT member will have a profile created. This profile will consist of the member's attendance record and any violations they have committed. The profile's purpose is for record purposes for the CUDT moderator and CU Athletics. This profile will follow the team member for the duration of their time on the team.

Article XII: Pre-Game Structure

60 minutes to game:

CUDT members must arrive, ready and on time
CUDT members arrive; stretching and review of band lines/halftime for 10 minutes.
Captains will assure that music is chosen for PA's and halftime music is ready.

50 minutes to game:

CUDT members will go to the lobby of the arena to sell items (*if applicable*).
If members are not selling items, they will welcome the crowd.

15 minutes to game:

CUDT members exit lobby and get ready to enter court.

12 minutes to game:

CUDT members to enter arena together, perform band lines and national anthem.
Following national anthem, team exits and goes around to the side court where team will enter.

7 minutes to game:

CUDT members will form a tunnel for the team to enter through. While performing band lines, members will spark the crowd and create excitement.

5 minutes to game:

Team enters through tunnel. CUDT members walk behind the announcers table to the side court and perform band lines until start of game.

Article XIII: Game Structure- Basketball

CUDT members attend all home Men's and Women's Basketball games. It is mandatory for the entire team to be present at all Men's home games, as well as to travel with the teams to post-season tournaments

CUDT members will sit on the side court at attention.

Members should not

- be distracted by crowd
- fix hair or uniform
- laugh or talk to/with other members
- yawn or act uninterested

12 minutes until game time

CUDT members will enter court, perform band lines, national anthem and tunnel for entering players.

4 minutes until halftime:

CUDT members exit court, if performing halftime show.

Halftime:

Following performance, CUDT members will assist in promotions assigned by the marketing director or corporate sponsor for the game. If time allows, members may use the restroom or get a drink.

3 minutes until start of 2nd half:

CUDT members will be on the side court, performing band lines.

Conclusion of game:

CUDT members may talk with family or friends, but must be sure to exit the court by the end of 20 minutes. Clean up locker room.