

EXPECTATIONS FOR CHEERLEADERS AT SECTIONAL, DISTRICT, & REGIONAL DUAL TEAM WRESTLING TOURNAMENTS

- Each school is permitted a **MAXIMUM OF 6 CHEERLEADERS AND ONE COACH/CHAPERONE** admitted free-of-charge (NO MASCOTS).
- Participants shall wear an official school issued or approved cheerleading uniform while cheering. **NO T-SHIRTS AND SHORTS!**
- All briefs should be devoid of any markings including but not limited to sequins, prints, wording, symbols, etc. In addition, no visible apparel may be worn under the uniform except bodysuits / spandex / briefs. Teams shall wear official school issued uniforms that are of similar color and/or marking. All uniforms, including footwear must be in compliance with the NFHS Spirit Rules Book.
- **ALL JEWELRY IS PROHIBITED**, except religious or medical medals which must be taped to the body under the clothing. Covering jewelry with clothing or tape does NOT make it legal.
- **PINS, BUTTONS OR CORSAGES ARE PROHIBITED** while cheering.
- **FINGERNAILS MUST BE KEPT SHORT**. When extending the fingers and looking at the palm of the hand, the finger nails should not be visible.
- **HAIR MUST BE SECURED** away from the face & eyes and off the shoulders, such as in a ponytail.
- **NO GLITTER** is allowed on the face, hair or uniform.
- **TUMBLING OR STUNTING** is prohibited at sectional, district, and state wrestling tournaments.
- **NO PILLOWS** are allowed at sectional, district, or state wrestling tournaments.
- **CELL PHONES and CAMERAS** are prohibited when at mat side.
- **CHEERLEADERS SHALL NOT POUND OR STRIKE THE MAT DURING A PINNING SITUATION**. The mats are to remain flat on the floor.
- **CHEERLEADERS ARE NOT TO CHEW GUM OR HAVE CANDY IN THEIR MOUTHS WHILE CHEERING**.
- **SUPPORTS AND BRACES** THAT ARE HARD OR UNYIELDING, OR WITH SHARP EDGES OR ROUGH SURFACES MUST BE COVERED.

Failure to comply with these rules means the cheerleader(s) will NOT cheer at the tournament.

Hair – Get It Right
Official Rulings
by the
Iowa Cheerleading Coaches’ Association

Find Your Cheering Hair Style

Is an ILLEGAL style really worth the RISK?

Pulling Hair Away From the Face Situations:

1. Hair in a ponytail and bangs (which would have been in the eyes) secured away from the face – **legal**
2. Hair in a high ponytail that is long and goes down the back - **legal**
3. Hair in pig tails or side ponytail that does NOT touch the shoulders – **legal**
4. Hair in a low back ponytail at the base of the nape of the neck – **legal**
5. Short hair with hair that could be in face secured away - **legal**
6. Small rhinestones on ribbon and/or uniforms that are punched in -**legal**
7. Hair in a side ponytail that goes onto or touches the shoulders - **illegal**
8. Short hair that brushes the shoulders – **illegal**
9. **The plastic bump it - illegal**
10. **Artificial flowers in the hair – illegal**
11. Large or small stones, decorations on headbands or uniforms that have not been punched in & are glued on - **illegal**
12. Jewels on the Face - **Illegal**

Bangs, Bangs pulled across Forehead, Wispies, & Chunks of Hair beside face Situations:

1. The above - out of eyes and if necessary soundly secured away from the face- **legal**
2. Hair that falls into the face while cheering, stunting, or tumbling - **illegal**
3. How do you know if it is legal?
If you have to:
 - A. Move your head to move it away from your face- **illegal**
 - B. Use your hand to move it away from your face - **illegal**
 - C. Tuck it behind your ears - **illegal**

FEATHERS:

Feathers in the hair should be treated in the same manner as other hair devices such as ribbons and bows. Rule 2-3-3 requires hair devices to be secure and hair to be worn in a manner that is appropriate for the activity involved. If a feather is not securely affixed to could interfere with the participant's vision or the safe execution of stunts or tumbling, it would be illegal. If, however, a feather is securely affixed to the hair and does not present a risk of interfering with the participant's vision or interfering with the safe execution of stunts or tumbling it would be legal.

2.3.3 Situation:

During a release transition one bracer is wearing a long feather in her hair that: (a) is secured away from her face by a flat barrette; (b) hangs loose while the rest of the hair is secured in a ponytail. **RULING:** (a) Legal; (b) Illegal

The clip holding the feather in the hair (if is not glued in) must be flat to the head. Some are held in by beads, which wouldn't be legal. Also, if the feather falls out, it would be illegal.

GOAL: Fix your hair before the meet or game so you don't have to worry about it. Look like an All-American cheerleader all the time; not just at tournament time.

If you have to move your head to get it out of your eyes, or use your hands to tuck it or replace it - it is probably **ILLEGAL**. If you get caught doing these things your hair **MAY BE ruled ILLEGAL**. Get it fixed **BEFORE** you start to cheer.

Why risk it?