

## 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.**

# Clarifying Hair Rule for Cheerleaders

## Official Rulings by the Iowa Cheerleading Coaches' Association

### *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 pigtails 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. Hair in a side ponytail that goes onto or touches the shoulders – **illegal**
7. Hair in pigtails that touches the shoulders – **illegal**
8. Short hair that brushes the tops of the shoulders – **illegal**
9. The plastic hair bump-it or bun sock – **illegal**
10. Artificial flowers in the hair – **illegal**

Bangs pulled across forehead, wispies, & chunks of hair beside face:

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**

Accessories:

1. A few small rhinestones punched into a ribbon or headband – **legal**
2. Headbands and ribbons with small sequins sewn on – **legal**
3. Headbands and ribbons with sequins glued on – **illegal**

4. Jewels on the face – **illegal**
5. Large rhinestones on headbands or ribbons – **illegal**
6. Ribbons hanging in the face area - **illegal**

Stunting:

Any time the hair gets in the way of a stunt, it is illegal. The hair should be off the shoulders for stunting.

GOAL:

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

In Summary:

If you have to move your head to get hair out of your eyes, use your hands to tuck hair behind your ear, or move hair off your shoulders – your hair is probably ILLEGAL.

**Why risk a rules violation or being removed from cheering?**