

# ICCA / IHSAA SPIRIT RULES CLARIFICATIONS AND ADDITIONS, 2007-08

For the 2007-08 school year the Iowa Cheerleading Coaches Association and Iowa High School Athletic Association have adopted rules that strengthen the NFHS Spirit Rules concerning hair, fingernails, and glitter for cheerleaders on Iowa squads.

- NFHS Spirit Rule 2.2.2 - "Finger nails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for participants." **ICCA/IHSAA addition:** "All fingernails, including artificial nails, must be to a length so the nail is not visible from the palm side when cheerleader holds up her/his hands. This is for safety reasons."
- NFHS Spirit Rule 2.2.3 - "The hair must be worn in a manner to minimize risk for the participant. Hair devices, if worn, must be secure and appropriate for the activity." **ICCA/IHSAA addition:** "All cheerleaders' hair must be pulled away from the face and off the shoulders: i.e. ponytail. This is for both stunting and non-stunting squads."
- NFHS Spirit Rule 2.2.7 - "Glitter that does not readily adhere on the hair, face, uniform, costume, or body is illegal. Glitter may be used on signs, props, or backdrops if laminated or sealed." **ICCA/IHSAA addition:** "No spray on/roll on glitter. Glitter in eye shadow should be minimal."
- NFHS Spirit Rule 2.11.2 - "A helicopter is legal provided all of the following conditions are met ..." **ICCA/IHSAA addition:** Helicopters will be considered legal provided they are performed on appropriate mats, grass, rubberized and soft-yielding surfaces. This is the same ruling as for other multi-based tosses."
- **Rule Suggestion - Insulin Packs:** "Insulin packs must be placed strategically, covered with a pad, and secured so they won't dislodge during activity. A written evaluation needs to be received from a physician before a cheerleader with an insulin pack may cheer and/or stunt."

**Note:** These rules will be in effect for ALL Iowa schools' (grades 7-12) events, including practices, games, meets, tournaments, competitions, and all other events in which school cheerleaders participate.