

## **EXPECTATIONS FOR CHEERLEADERS AT SECTIONAL & DISTRICT WRESTLING TOURNAMENTS**

- Each school is permitted a **MAXIMUM OF 6 CHEERLEADERS AND ONE COACH/CHAPERONE** admitted free-of-charge.
- **Participants shall wear an official school issued or approved cheerleading uniform while cheering. NO T-SHIRTS AND SHORTS!**
- **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.** (This is a new rule for 2010.)
- **CELL PHONES and CAMERAS are prohibited when at mat side.** (This is a new rule for 2010.)
- **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 LEGAL 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 the 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. Hair in pigtails that touches the shoulders - **illegal**

**Bangs, Bangs pulled across Forehead, Whispies, & 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**

**GOAL:** Fix your hair before the 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 it **MAY BE ruled ILLEGAL**. Get it fixed **BEFORE** you start to cheer!

***Remember, these rules are in place for the safety of everyone!***