

STATE WRESTLING TOURNAMENT CHEERLEADER INFORMATION

- **THE ONLY ENTRANCE** cheerleaders and cheerleading coaches/chaperones will be admitted in free-of-charge will be the designated “Cheerleader Entrance” on 3rd Street, under the skywalk. This door will open 1 ½ hours before each session, which is the same time the spectator doors open. **EACH QUALIFYING SCHOOL MAY HAVE SIX CHEERLEADERS AND ONE COACH/CHAPERONE ADMITTED FREE AT THIS ENTRANCE FOR EACH SESSION IN WHICH THEIR WRESTLERS COMPETE. NO TICKETS WILL BE SOLD AT THE CHEERLEADER ENTRANCE!** This means if you have 8 cheerleaders and two coaches, six cheerleaders and one coach can come to the cheerleader entrance and be admitted free, but the other individuals will need to purchase a ticket in advance or at the Wells Fargo Arena ticket window and sit in the spectator area. ***NO EXCEPTIONS WILL BE GRANTED!***
- **All cheerleaders and coaches/chaperones will receive a security wrist band** when they enter the Arena. The wrist band allows them access to the floor where wrestling is occurring and the spectator area. **New wrist bands will be issued each day of the tournament** so different cheerleaders can cheer on different days of the tournament and a different coach/chaperone can accompany them. **On Friday and Saturday, when there are multiple sessions in one day for the same wrestling class it will be possible to exchange a wrist band from the earlier session for one for the current session so different cheerleaders or a different coach/chaperone can come to the later session. *WRIST BANDS MUST BE WORN ON THE WRIST!***
- **ONLY THOSE CHEERLEADERS (*maximum 6*) IN A BONA-FIDE, SCHOOL ISSUED OR APPROVED CHEERLEADING UNIFORM, AND ONE CHEERLEADING COACH PER SCHOOL, WHO HAVE A WRESTLER(S) COMPETING IN THE FINALS WILL BE GIVEN A WRIST BAND FOR THE FINALS AND BE ALLOWED TO SIT IN THE FREE SEATING AREA.** All others MUST have a ticket and sit in the spectator area.
- **NO SPECTATORS WILL BE ALLOWED ON THE FLOOR OF THE ARENA.**
- The cheerleading **coach/chaperone, or school administrator should check-in with the cheerleaders** at each session.

- **A cheerleading room, with a restroom, will be provided on the floor level,** however, we encourage cheerleaders to come to all sessions of the tournament already in uniform. **Cheerleaders are responsible for their own valuables and NO valuables should be left in the cheerleading room at any time!**

- **The Iowa Cheerleading Coaches' Association will monitor the cheerleaders at the State Wrestling Tournament to see that NFHS/IHSAA/ICCA rules ARE followed.** Cheerleading coaches will also be asked to sign a written statement of compliance indicating they understand the rules. Schools will be notified if their cheerleaders do not follow these rules and they may be prohibited from cheering at the tournament.

- **ALL National Federation Rules and the IHSAA - ICCA rules will be followed:**
 - **APPAREL - Participants shall wear an official school-issued cheerleading uniform while cheering. This could include a vest, body suit and skirt or a skirt and T-shirt that has been worn as part of the uniform all season. Shorts, dance pants and state tournament T-shirts are NOT acceptable! Cheerleaders are expected to wear their school-issued uniform just as the wrestlers are!**
 - **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.
- **Cheerleaders must sit around the mats in the areas designated by the mat supervisors.** This is for the safety and welfare of the contestants and cheerleaders during the tournament.
- **IHSAA policy prohibits the display of any banners or signs,** as well as the use of confetti or any other form of paper or debris. Please share this information with your spectators and fans.
- **Seating for cheerleaders and their coaches/chaperones** during sessions 1-9 will be directly behind the Head Table. A seating area will also be provided during the finals for those cheerleaders with wrestlers competing in the finals.

**FAILURE TO COMPLY WITH THESE REGULATIONS MEANS
THE CHEERLEADER(S) WILL NOT BE ALLOWED TO 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 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!