

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.
- **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 AT NOT TO POUND OR STRIKE THE MAT ANY TIME IT COULD INTERFERE WITH OFFICIATING OF THE MATCH.** The mats are to remain flat on the floor.

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