

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. 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!***
- **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.**
- **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. ***WRIST BANDS MUST BE WORN ON THE WRIST!***
- Because wrist bands are being worn, **NO STUNTING IS ALLOWED AT ANYTIME.**
- The cheerleading **coach/chaperone, or school administrator should check-in with the cheerleaders** at each session.
- **A cheerleading room, with 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 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 shall be taped to the body (without a chain) under apparel. All belly button rings need to come out. Studs in anything else that is pierced shall be removed. This includes: ears, nose, eyebrow, chin, tongue and any other part of the body that is visible. It will be the coaches' responsibility to make sure this is followed when the cheerleaders are cheering. If there is a violation, the cheerleader(s) will be removed from the mat. **COVERING JEWELRY DOES NOT MAKE IT LEGAL.**
 - **Pins, buttons, or corsages MAY NOT be worn** while performing.
 - **Fingernails must be kept at a length appropriate for safe participation.** This includes acrylic nails. When looking at your palm, nails should not be visible.
 - **Hair MUST be secured cleanly away from the face and shoulders** -, i.e., in a ponytail. (No banana combs, butterfly clips, or long ribbons. Only barrettes and bobby pins that are flat to the head. **The ICCA will NOT be distributing bobby pins this year!**) All hair (including short hair) MUST be away from the face and off the shoulders. This means no wispies or bangs in the eyes. This is for long and short hair. Short hair, meaning it does NOT touch the shoulders, does not have to be in a ponytail.
 - **Cheerleaders are not to chew gum or have candy in their mouths** while cheering.
 - **Glitter - Participants shall not have loose or spray on glitter** on their hair, face or uniform (including ribbons).

- **Supports & braces** with hard and unyielding, or rough edges and/or surfaces, shall be appropriately covered.
- **Do NOT bring** signs, pompons, megaphones, and pillows, bags, etc. to the mat area.
- **Cheerleaders should be off the wrestling mats when cheering.** This is for the safety and welfare of the contestants and cheerleaders during the tournament.
- **Cheerleaders are not to pound and/or strike the mat** if any of their cheers might cause officiating problems on the mats. The mats are to remain flat to the floor.
- **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 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**

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 meet or 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.

***Why risk being removed from cheering for a hair violation?
Remember, these rules are in place for the safety of everyone!***