

Clarifying Hair Rule for Cheerleaders Official Rulings by the Iowa Cheerleading Coaches' Association

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 pigtails 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 pulled across forehead, wispies, & 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**

Stunting:

1. Any time the hair gets in the way of a stunt, it is illegal. The hair should be off the shoulders for stunting.

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, your hair **MAY BE ruled ILLEGAL.**

Why risk being removed from cheering?