

RULES MOST FREQUENTLY VIOLATED

2-1-2 Only members of the school's spirit team may participate in games/contests. **No little cheerleaders OR fans out of the stands!** Also, only the cheerleaders actually cheering at that game/meet may be on the floor **NOT** cheerleaders from other seasons/sports.

2-1-8 Stunts are not permitted during basketball and volleyball games when the ball is in play, including all free throw situations. Tumbling is considered stunting. Be sure to follow rules for warming up when an alternative gym is not available. It is not legal to stunt in the dark (such as darkened gyms during introductions).

2-1-10 Cheerleaders can't be on the floor during 20 or 30-second timeouts in basketball and volleyball.

2-1-13 Participants are not permitted to have gum or candy in their mouths while cheering.

2-1-12 Cheerleaders must not stand behind the free throw lane extended (picture on page 45).

2-2-1 Wearing any jewelry is prohibited **AT ALL TIMES** (including practices) except religious or medical medals which shall be taped to the body under the apparel. **Items should not be draped around the neck even if they are taped to the body.** All silicon bracelets, hair ties, belly button rings, spacers, tongue studs, upper ear cartilage rings, safety pins, corsages, friendship bracelets, spirit pins, etc. are considered jewelry and must be removed. **Jewelry cannot be taped over; and fishing line, etc. cannot be put through the pierced holes. Wrestling cheerleaders may not have pins on their uniforms, pillows, or on the floor near them.** Coaches also need to remove jewelry when participating.

- If a cheerleader must wear jewelry for religious reasons, his/her coach should contact the Ethics Director (Donna McKay). A letter needs to be written by the parents of the cheerleader stating the jewelry's religious significance plus the reason why it can't be removed. This letter also needs to be signed by the school's athletic director and cheerleading coach. The coach should send the letter to the Ethics Director.

2-2-2 Fingernails, including acrylic nails, need to be cut. If you can see the nails while looking at the palm of the hand, the nails should be cut (ICCA/IHSAA rule). **All participants need to have their nails cut at all times, not just stunting squads.** Participating coaches need to cut nails, also.

2-2-3 Hair devices shall be safe and secure. The hair shall be worn in a manner to ensure safety while performing. **All members of a squad shall wear their hair pulled away from the face and off the shoulders** (ICCA/IHSAA rule). Metal barrettes that are small and flat are legal – banana clips and large floppy bows with streamers are not legal. **It is not legal to tuck hair behind the ears** – hair needs to be SECURED away from the face – **this includes bangs falling into the eyes.**

Section 2-4 Inattentive persons are not considered spotters. A spotter must be in the proper position (with arms extended toward the flyer's head/shoulders) to prevent injuries (close enough to the stunt and in proper area). A spotter's torso may not be under a stunt. A person is not a spotter if he/she grabs the sole of the top person's foot or grabs the hands of the base(s) beneath the top person's foot.

2-5-3 A bracer shall not provide primary support. The stunt should be solid without the bracer. Top people in a stunt should have their weight directly above their bases and not leaning toward the bracer.

2-10-3 Basket tosses must not involve more than **four tossers**, including the person who may set or “load” the top person.

If you attend a competition and the National Federation Spirit Rules are not being followed (some competitions say they are following them but don't), you are also liable if your cheerleaders participate, don't follow the rules, and get hurt (wet mats, illegal stunts, unsafe performance area, etc.). Be aware that not all stunts shown on television at cheerleading competitions are legal.

The only activities where cheerleaders are covered by the IHSAA catastrophic insurance are IHSAA sponsored events (which includes the ICCA events) as long as cheerleaders are following the National Federation Spirit Rules. Cheerleaders are not covered at other competitions!