

Dear Cheerleaders and Cheer Coach:

Congratulations on having your team qualify for the 2020 Boys' State Basketball Tournament! We are sending some information to help answer questions and make this a wonderful experience for squads.

Cheer coaches need to attend the tournament game(s) with their cheerleaders. We would encourage cheerleaders to arrive with their team. If it's not possible for the cheerleaders to arrive with or at the same time as the team, note they need to be in uniform at least 45 minutes prior to the game and prepared for a safety check. Please plan your transportation accordingly. If the squad comes on its own, parking WILL NOT be provided. Enter the Wells Fargo Arena through the Team Door on the northeast side of the arena. This is a drop off area only. No parking is allowed in this area.

Wells Fargo Arena and Game Information:

1. Upon entering, six cheerleaders, one mascot (official mascots only - must be a high school student), and one coach will be given wrist bands. Do not try to enter the arena from any other door. You will not be admitted.
2. Cheerleaders will be met by an ICCA or IHSAA official and taken to a locker room. Female cheerleaders may change in this area. There are restroom facilities and a mirror for hair if necessary. **No males** are allowed in the female dressing room; this includes male cheerleaders and mascots. Males will be taken to another area to change.
3. Please DO NOT leave your belongings in the locker room since several groups will use this area. IHSAA and ICCA are not responsible for lost articles. Teams will be shown a space for belongings while cheering.
4. Follow the National Federation and the ICCA and IHSAA strengthened rules. A safety check will be completed in the locker room by an ICCA official and questions will be answered. The following will be checked:
  - a. Hair - refer to "Clarifying Hair Rules" if you have questions (see below). Make sure hair bows do not have anything glued on to them or a hard center knot. This could be small or large jewels, buttons, or other embellishments. Bows with glitter which are purchased from companies may not be worn if the glitter comes off or if the knot is hard from jewels/rhinestones. Bows should be attached with a hair tie. You may be asked to remove bows if they are deemed unsafe.
  - b. Nails need to be trimmed so no tips of nails can be seen when looking at the finger from the palm side.
  - c. **All jewelry** should be removed, including hair ties on wrists. No ankle friendship bracelets/jewelry. Daith piercings are illegal and need to be removed.
  - d. Glitter is not allowed. This includes spray on glitter and some eye shadows/liners where the glitter is very heavy. Shimmer in makeup is okay.
  - e. Shoes should be cheer shoes that are athletic and appropriate for cheerleading. Nothing should be tied to or attached to the shoelaces.
  - f. An appropriate, school issued uniform must be worn. Briefs must be a solid, dark color that would blend with the skirt. Check the ICCA website for more complete information.
5. Prior to warm up and the game, the ICCA official will cut off wrist bands so cheerleaders can stunt and cheer safely. A new set will be provided to the coach so the cheerleaders will have floor access after their game. Immediately following the conclusion of the game, bands must be put on.

6. Please wait in the locker room until for safety check. An ICCA official escorts the coach and squad to the warm up mats. After warming up, an ICCA official will take the cheer squad to the floor.
7. Prior to and after the game, you will be provided seats on the floor in the team area if you wish.
8. The cheer coach will be provided a chair court side during the game to be near the cheerleaders.
9. Cheerleaders may go on to the floor to lead the crowd during full time outs and quarter breaks. Cheerleaders may use signs, pompons, and megaphones to lead the crowd. Cheerleaders are reminded to lead fans in a positive, enthusiastic way and pay attention to good sportsmanship.
10. The team mascot (with an official mascot uniform) needs to be a high school student ONLY. He/She will be admitted with the cheerleaders and are subject to cheer rules. The mascot must be under the supervision of the cheer coach.
11. If your school does not have cheerleaders, no self-appointed cheerleaders or mascots will be allowed on the floor.
12. Please visit with your athletic director regarding the cheerleaders being in the team photo. This photo is taken 1 hour and 15 minutes prior to game time.
13. If your team would lose the quarterfinal contest, make sure to come out onto the court to be recognized. There are no presentations after the semi-finals, but there will be after the consolation and final games.
14. Please return to the locker room to change or put warm ups on after the game. Do not change in front of the crowd.
15. If you have any questions, feel free to contact one of the following ICCA Executive Directors: Jeanne Ehn at [jehn@heartofiowa.net](mailto:jehn@heartofiowa.net) or Kenna Johnson at [kennajohnson47@gmail.com](mailto:kennajohnson47@gmail.com)

We hope that this information is helpful in your preparations to attend the 2020 Boys' State Basketball Tournament. Congratulations!

Sincerely,  
 Todd Tharp, IHSAA  
 Jeanne Ehn and Kenna Johnson, ICCA

## **CLARIFYING THE HAIR RULE FOR CHEERLEADERS**

**The following are examples to help coaches understand the intent of the hair rule; not all situations are covered.**

SECURING 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 pigtailed 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 that has hair long enough to tuck behind the ears, or be in the face, which is not secured – illegal
6. Hair long enough to touch the shoulders that is half up and half down (the back of hair is down, but front and bangs are pulled up and secured) – illegal
7. Long, ratted hair and/or hair pieces that fall in a cheerleader's face, including the hair of the top person obscuring the vision of the base(s) or spotter(s) – illegal
8. Long hair in a ponytail high on the crown that allows the hair to fall into the face – illegal

9. Short hair that brushes the tops of the shoulders – illegal
10. Hair in a ponytail that's lying on or over the front of the shoulder – illegal
11. Hair in a side ponytail that goes onto or touches the shoulders – illegal
12. Hair in pigtails that touches the shoulders – illegal

NOTE: For State Wrestling, cheerleaders must not have hair covering any part of their ears. This is to make it easier for monitors to check for jewelry and plugs as cheerleaders travel back and forth between the stands and the mats.

Bangs pulled across forehead, wispies, and 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 hair away from your face – illegal
  - b. Use your hand to move hair away from your face – illegal
  - c. Tuck hair behind your ears – illegal

Accessories:

1. Small rhinestones professionally adhered/punched into a bow or headband – legal
2. Headbands and bows with **small, flat** items sewn on – legal
3. Flat clips or bobby pins – legal
4. Headbands and bows with sequins or other items (any size) glued on – illegal
5. Bows with hard rhinestones/bling as the middle part of the knot – illegal
6. Large items on headbands or bows sewed on – illegal
7. Bows touching the face area including the forehead – illegal
8. Alligator type clips, including those on bows or other items – illegal
9. The plastic hair bump-it, bun sock, or anything under the hair to lift it up – illegal
10. Hair interwoven with beads – illegal
11. Flowers, feathers, etc. in the hair – illegal

**-If you have to move your head to get hair out of your eyes, use your hands to tuck hair behind your ear, or move hair off your shoulders – your hair is not secured and probably ILLEGAL.**

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