**Starting on June 1, 2021 ICCA will re-open stunting to schools across Iowa with the following guidelines. We strongly encourage that your school follow guidelines set by your school and county.**

* Schools that require masks will be able to stunt but may **NOT** perform:
* **Twisting stunts – Including twist ups, twist downs, and twisting basket tosses. Cradles and straight up baskets that don’t twist are allowed.**
* **Inversions – Including single stunts and pyramids that include inversions.**
* Once the mask mandate at your school is lifted, you may resume stunting as normal.
* ICCA highly recommends that each coach communicate with their athletic director in regards to their school mask mandates.
* For safety reasons, coaches must follow stunt progressions.

**Additional considerations/recommendations from USA Cheer**

**• Use proper physical distancing to minimize contact.**

**• Limit contact between groups at exits and entrances by staggering arrival/departure times between cohort groups (individual stunt groups, teams, etc.) and designating separate entrances and exits when possible.**

**• Avoid congregating before, during, and after practice.**

**• Contact and physical distancing should follow all local health directives.**

**• Stunting should only occur when local directives allow contact in sport.**

It is ultimately the decision of the individual school district whether stunting occurs or not. Schools do NOT have to stunt.

Please remember that this is a fluid situation and things can change rapidly. Everyone needs to be flexible. Again, communication with your school administration will be crucial regarding when changes can be made.