



The ICCA Executive Directors participated in a Zoom meeting with the officials from the National Federation yesterday, where we were able to gain insight as to where the different states stand regarding their respective cheer programs.

The concern of wearing masks was the main topic of the meeting. NFHS officials maintain that stunting with masks creates significant concern for visual impairment and/or catastrophic injury. Therefore, a balance between stunting with masks and virus mitigation must be reached.

- 1. It is ultimately the decision of the individual school district whether stunting occurs or not.**
- 2. Stunting with masks should only resume following consultation with your administration, and with the consent of all those involved (cheerleaders and parents.)**
- 3. Schools do NOT have to stunt.**

STUNTING WITH MASKS may resume **September 1.** (NO MASKS=NO STUNTING.)

In addition to wearing masks, teams must abide by the following limitations:

- No cradles
- No twist ups or twist downs
- No tosses or basket tosses
- No inversions
- No transitional stunts
- No pyramids
- No tumbling into a stunt

Additional guidelines:

- Coaches need to be sure to follow stunt progressions with all cheerleaders.
- Stunt groups need to remain consistent, in the same “pods,” for games and practices.
- Stunt groups should work together for no more than 10 minutes at a time. This minimizes the time spent in close contact and allows for proper sanitizing of hands, etc.

- In the case a “pod” member is absent from practice, that individual’s group is “ground bound” for the day, in order to reduce cross contamination between stunt groups. Do NOT substitute stunt group members between groups.
- Build in breaks during games to sanitize (similar to the football team.)
- If using mats, they should be sanitized appropriately each practice.

So what stunting IS allowed?

- Preps and prep level stunts
- Extensions and awesomes
- Single-leg stunts
- Dismounts must be Bump Down or Pop Down only

ICCA Executive Directors will be attending monthly meetings in order to stay current with issues across the country and evaluate the status of cheerleading within our state. Please be aware that ICCA may need to restrict stunting again should pandemic concerns change within the state.

Any questions regarding stunting and this announcement, please contact the ICCA Executive Directors (Kenna kennajohnson47@gmail.com, Melissa melissahatfield1980@hotmail.com, and Kristen kbmorlan@gmail.com).