

CLARIFYING THE HAIR RULE FOR CHEERLEADERS

The following are examples to help coaches understand the intent of the hair rule.

Not all situations are addressed below.

<p>ALLOWED:</p> <p>High ponytails, pig tails, or side ponytails that:</p> <ul style="list-style-type: none">• Don't touch the shoulders• Run down the center of the back <p>Low ponytails that:</p> <ul style="list-style-type: none">• Run down the center of the back <p>Bangs that:</p> <ul style="list-style-type: none">• Are secured away from your face• Are out of the eyes	<p>NOT ALLOWED:</p> <p>Hair "half up-half down" style if touching the shoulders</p> <p>High ponytails that:</p> <ul style="list-style-type: none">• Obscure the vision of the base or spotter in a stunt (for example: teased ponytails)• Allow the hair to fall in the face• Lying over or sitting on the shoulders <p>Pigtails or side ponytails that:</p> <ul style="list-style-type: none">• Touch the shoulders <p>Short hair that:</p> <ul style="list-style-type: none">• Is tucked behind the ears• Is in the face• Touches the shoulders
--	--

SPECIAL NOTES:

- Moving your head to move your hair out of your face makes it illegal.
- Using your hand to move your hair away from your face makes it illegal
- Tucking your hair behind your ears, including wispies, makes it illegal.

THEREFORE, any hair that falls into the face while cheering, stunting, or tumbling needs to be secured immediately to be legal.

<p>Items Allowed:</p> <ul style="list-style-type: none">• Small rhinestones professionally adhered or heat pressed into a bow or headband• Flat clips• Bobby pins• Soft, flat items sewn onto a bow or headband	<p>Not Allowed:</p> <ul style="list-style-type: none">• Sequins glued on• Hair rhinestones or "bling" as the center of the bow knot• Tails of bows touching below the eyebrows• Alligator clips, claw clips or similar devices that are hard, flowers, feathers, sock buns, bump-its
---	--

REMEMBER: Any time the hair gets in the way of a stunt, it is illegal. Hair should be secured and off the shoulders for any type of stunting.

FOR ALL STATE LEVEL EVENTS: Hair covering any part of the ears is not allowed. This is to make it easier for the monitors to check for jewelry/plugs.