

STATE INDIVIDUAL WRESTLING TOURNAMENT

CHEERLEADING INFORMATION

Coach-Chaperone: PLEASE read this information in its entirety!!

NOTE: Pay attention to the highlighted information. Some of these items were allowed earlier this season at the Girls' Tournament but will not be allowed at Wells Fargo Arena.

PLEASE BE AWARE: The ICCA Cheerleader Entrance can only be accessed by cheerleaders and coaches. Wristbands/Lanyards will be distributed there. Other individuals, including managers, fans, or family members, are not admitted through this designated Cheer entrance.

ARRIVAL AT THE ARENA

- Cheerleaders are to ENTER the HY VEE HALL LOBBY AREA at the **3rd Street bus drop off entrance**.
- Cheerleaders and coaches will meet with an ICCA staff member to check in.
- **Each coach and cheerleader will receive a lanyard, which will allow them entrance to the arena.**
- Cheerleaders will NOT receive lanyards from the ICCA staff member until the coach is present with the cheerleaders.
 - If a lanyard is lost or damaged, it WILL NOT be replaced.
 - Lanyards will be used for Sessions 1 - 10; they will not be used for Finals.
 - Wristbands will be given out Friday/Saturday for any teams with wrestlers in the Finals.
- Once cheerleaders and the coach are signed in, they should wait for directions from an ICCA staff member. It is IMPORTANT to listen and follow directions.
- When released by the Wells Fargo staff, take the ramp to the regular cheer check in area.
- Come early as parking is always difficult. **THE ONLY ENTRANCE cheerleaders and cheerleading coaches/chaperones will be admitted free-of-charge is at the HyVee Hall 3rd Street bus drop off entrance.** The door to the stairs and ramp will open **90 minutes before each session**. Cheerleaders and coaches must receive important information and a safety check before they will be allowed to enter the arena. **NO EXCEPTIONS WILL BE GRANTED.**
- **NO PILLOWS, PILLOW PETS, STUFFED ANIMALS, ETC. ARE ALLOWED.** Leave these articles at home or on the bus. People with these objects will take them to the vehicle before the team will be allowed in for a safety check. All items brought in must fit in a cheerleader's bag.
- **NO BIG BAGS** and no boots will be allowed as they take up too much space in the cheer seating area. Come as mat-ready as you can to every session. **A small sling type bag (no backpacks) are allowed (except for Finals where no bags are permitted).** All bags must fit under the seats and not be in the walk areas or on empty seats. This includes the walk area in the rows of seats.
- No coolers may be brought in for wrestlers or personal use.
- No speaker systems are to be played or brought into the arena area by cheerleaders or coaches.

ENTERING THE ENTRANCE AND ARENA:

- Each qualifying school may have **SIX CHEERLEADERS** and **ONE COACH OR CHAPERONE** **ADMITTED FREE** at the 3rd Street bus drop off entrance for each session in which their wrestlers compete. (NO MASCOTS.)
- **NO TICKETS WILL BE SOLD AT THE CHEERLEADER ENTRANCE.** No additional cheerleaders or additional coaches, managers, mat girls, bus drivers, or family members are allowed to enter at this entrance. Please have them go to the south entrance for tickets and entrance to the tournament. If your school only has four cheerleaders and two coaches, your school will only receive wristbands for four cheerleaders and one coach.
- Once IHSAA/ICCA personnel leave for the day, the entrance door will be locked. Once the IHSAA/ICCA personnel leave, cheerleaders and coaches will not be admitted free of charge or be able to participate.
- Cheerleaders and their coach or chaperone **MUST** enter through the Cheer Entrance for each session. Cheerleaders must undergo a safety check before each session and before they will be allowed admittance to the main floor in the arena.
- Injured cheerleaders must adhere to the same rules to be admitted for free and will be counted as one of your six lanyards available. Injured cheerleaders must be in uniform and undergo a safety check to be admitted for free. Ineligible cheerleaders will not be admitted. **NO MANAGERS** are admitted with the cheerleaders.
- The lanyard allows the cheerleaders access to the floor where wrestling is occurring and to the spectator area. **The lanyards will be used for the duration of the tournament EXCEPT FINALS,** so different cheerleaders can cheer on different days of the tournament and a different coach/chaperone can accompany them. **If a lanyard is lost, it will not be replaced.**
- **Note: There will be separate wristbands issued for Saturday Finals.**
- **FINALS:** Only those cheerleader(s) (maximum 6) in a bona-fide, school issued or approved cheerleading uniform, and one cheerleading coach per school who have wrestler(s) competing in the finals will be given a wristband for finals and be allowed to sit in the free seating area. All others MUST have a ticket and sit in the spectator area. **NO EXCEPTIONS WILL BE GRANTED.**
- The cheerleading coach, chaperone, or school administrator **MUST** check-in at the cheerleader entrance and **MUST STAY** with the cheerleaders until they have been through the ICCA safety check. **COACHES ARE STILL RESPONSIBLE FOR THE CHEERLEADERS IF THEY LEAVE THE AREA.** **This person is REQUIRED to sit with the cheerleaders** in the designated area.
- Once arriving at the top of the ramp, cheerleaders and coaches will be directed to a locker room where they will finish getting ready. Once they are **MAT READY**, they will move to another locker room for instructions (like previous years). Listen carefully to the directions! Once completed, the cheer team and coach will be directed to safety check. **DO NOT** go to the second locker room until the team is **MAT** ready. Be ready to stand in line and wait. Be patient. The process goes fairly quickly. Please listen to officials.
- The space is crowded with teams getting safety checks, workers, wrestlers, and coaches moving through. Any amount of work to prepare for the safety check must be done in the cheerleading locker room.
- A cheerleading locker room, with a restroom, will be provided on the floor level; however, we encourage cheerleaders to come to all sessions of the tournament already in uniform, ready to cheer. Cheerleaders are responsible for their own valuables and **NO ITEMS OR VALUABLES ARE**

TO BE LEFT IN THE CHEERLEADING LOCKER ROOM AT ANY TIME! **NO CHEER ROOM IS AVAILABLE FOR FINALS.**

- Cheerleaders may not change in the stands or the public bathrooms! There should be NO CHANGING in the STANDS when done cheering (including putting on warm-ups). **As representatives of your school, and at the request of IHSSA and ICCA, use the designated locker rooms to change.** The restrooms are for fans; they are not changing rooms.
- NO CAMERAS OR CELL PHONES are allowed in the locker room area to respect everyone's privacy.
- **FINALS:** Cheerleaders are required to arrive ready to cheer (MUST be in uniforms with hair, nails, etc.) No big bags are allowed. We recommend coaches bring in one bag and all needed items are in it.

SAFETY CHECK

- **Safety checks will END 15 MINUTES before the START of a session** so monitors may take their positions at the mat. Squads arriving late will be delayed until a checker is available. We RECOMMEND the cheerleaders for 106 and 113 pounders arrive no later than 60 minutes before a session begins.
- Late arriving teams will be held for their safety checks until an ICCA representative becomes available.
- The Iowa Cheerleading Coaches' Association will monitor the cheerleaders at the State Wrestling Tournament to see that NFHS/IHSAA/ICCA rules ARE followed. Cheerleaders who are in violation of a rule will have their lanyard removed/wristband cut and will need to sit in the stands with their coaches. They will not be allowed matside for the rest of that session. If the school/cheerleader(s) is continually in violation of the rules, they may be prohibited from cheering at the tournament.

ALL National Federation Rules and the IHSAA/ICCA rules will be followed.

- **APPAREL** - Participants shall wear an official school-issued cheerleading uniform while cheering. An official school issued uniform for high school cheerleaders is a combination of skirt/shorts/pants, top, and sleeves that are actual cheerleading garments made/constructed of school colors which were purchased for the activity of cheerleading. Warm ups, jerseys, and T-shirts are not considered official school issued cheerleading uniforms. No tights, nylons, etc. are allowed.
- **SHOES** - Cheerleaders are expected to wear athletic footwear meant for cheerleading. All pairs of cheer shoes do not need to match. Wrestling shoes, canvas shoes, sneakers, gymnastic shoes, dance shoes, and casual tennis shoes (**such as Nike Air Force 1**) are **NOT** considered athletic. These will not be allowed. Please do not tie ribbons or other items to shoestrings. Remove tabs if on the shoelaces from a camp or competition.
- See information on uniform requirements:
<https://www.iowacheercoaches.org/wp-content/uploads/2022/09/2022Updated-Cheer-Uniform-Requirements-and-Recommendations.pdf>
- **ALL JEWELRY IS PROHIBITED**, except religious or medical medals which must be taped to the body under the clothing. Covering jewelry with clothing or tape does NOT make it legal. Plugs in piercings must be removed; they are NOT legal.

- PINS, BUTTONS or CORSAGES ARE PROHIBITED while cheering.
- FINGERNAILS MUST BE KEPT SHORT. When extending the fingers and looking at the palm of the hand, the fingernails should not be visible.
- HAIR MUST BE SECURED away from the face and eyes and off the shoulders, such as in a ponytail. Hair cannot touch the shoulders. **HAIR SHOULD NOT BE CHANGED AFTER THE SAFETY CHECK.** If hair is changed and found in violation, the wristband may be taken for the remainder of that session or tournament. Please see Clarifying the Hair Rule for examples of legal and illegal hair.
 - **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.
- NO GLITTER is allowed on the face, hair, or uniform.
- Cheerleaders are not to chew gum or have candy in their mouths while cheering (including cough drops).
- Cheerleaders who are in violation of a rule will turn their lanyard over to an ICCA official, will need to sit in the stands with their coaches, and will not be allowed matside for the rest of that session.

CHEERING DURING THE TOURNAMENT

- Cheerleaders must sit around the mats in the areas designated by the mat supervisors. This is for the safety and welfare of the contestants and cheerleaders during the tournament. **Cheerleaders will sit in an “L” formation around the corners of the mat, sitting on the same side/closest to their own team’s coaches.**
- Cheerleaders may not have cell phones, cameras, etc. mat side, which includes phones placed underneath the uniform when cheering. The wristband may be taken if a cheerleader is not complying with this rule.
- Cheerleaders shall NOT pound or strike the mat during a pinning situation. The mats are to remain flat on the floor.
- TUMBLING OR STUNTING is prohibited at the state wrestling tournaments.
- **Cheer coaches remain in the stands while the cheerleaders are cheering.** No spectators (additional coaches or coaches’ children) will be allowed on the floor of the arena.
- Cheer Coaches will NOT be allowed to be both the cheer coach and the photographer for the school. They must choose one or the other. School photographers may NOT sit in the seating area of the cheerleaders.
- Cheerleaders should not climb over arena seats/chairs as injuries could occur.

- IHSAA policy prohibits the display of any banners or signs, as well as the use of confetti or any other form of paper or debris. **BALLOONS** are not allowed in any circumstances. This includes special situations and wins. Please share this information with your fans.
- Reserved Seating for cheerleaders and one coach/chaperone during sessions 1-10 will be directly behind the Head Table and **requires a lanyard designated for ICCA/CHEER**. Sit only in this reserved section of seating.
- **FINALS:** A seating area will be provided **ONLY** for those cheerleaders with wrestlers competing in the Finals. At the Finals, coaches may NOT save seats for cheerleaders while they are cheering. Cheerleaders need to be seated in our designated area. It will be normal to not sit together as a team at first. As people leave for home, seats will open. Teams will then be able to sit together.

*** RESPECT others-including other cheer squads and/or individuals.**

FAILURE TO COMPLY WITH THESE REGULATIONS MEANS THE CHEERLEADER(S) WILL NOT BE ALLOWED TO CHEER AT THE TOURNAMENT!

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
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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.

Items Allowed: <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 	Not Allowed: <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
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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.

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