

Cheer Uniform Requirements and Recommendations

Updated June 2024

Our goal is for high school cheerleaders to wear uniforms and accessories appropriate for depicting an All-American image both for student-athletes of high school age and the high school educational environment with cheerleaders displaying an overall appearance conducive to serving as public representatives and ambassadors of their school.

Uniform/accessory guidelines that are a National Federation or ICCA/IHSAA rule are marked by a plus sign (+). Cheerleaders are required to follow these rules.

OVERALL uniforms must:

- Be appropriate for high school student-athletes. This includes practice. Sport bras without t-shirts are not appropriate and do not follow NF rule 3.1.4.
- Portray a natural looking, positive, tasteful, and wholesome image
- + Not have rhinestones, spangles/sequins, or bling on uniforms, warm ups, briefs, shoes, etc.
 - + Cheerleaders must wear school-issued uniforms that follow requirements/guidelines – solid school colors, not patterned (animal prints, floral, etc.)
 - All-Star and dance uniform/costume performance styles are not appropriate.

Note: See definition of official school issued uniform below.

CHEER TOPS must:

- + Cover the midriff when standing at attention.
 - + Shirt style tops may be short sleeve or long sleeve but must be constructed specifically for cheerleading.
- Be athletic looking tops (no one shoulder or off the shoulder tops).
- Display modest necklines – no low cut tops.
- Refrain from being excessively bare or backless style tops
 - Tops with crossing straps in back and/or cutouts should have a liner underneath
 - All long liners should be tucked in and may not hang out under cheer tops

CHEER BOTTOMS must:

- + Be buttoned and zipped
- Create a balanced look between tops and bottoms.
- Not be excessively short or tight skirts – cheerleaders should not be constantly pulling down skirts.
- Fully cover the hips, briefs, and shorts and should be long enough to be modest
 - No low rise or rolled waistbands
- + Non-Skirt bottoms must be full length pants covering waist to feet or shorts no higher than mid-thigh.
- Wrestling skirts – be mindful when selecting skirts for wrestling that will be modest when seated in a wrestling cheer position. Many styles of skirts have more room that allow for more modesty and comfort while seated.

CHEER WARM UPS must:

- + Be an actual warm up constructed specifically for cheerleading.
- + Not be excessively tight or low rise.
 - + Jackets can NOT be worn while cheering inside.
 - + Baggy and/or slick, slippery warm ups may not be worn while stunting.

CHEER BRIEFS must:

- + Be solid colored and same color as main uniform color
- + Not have markings, including but not limited to prints, words, symbols, etc

- + Not be silver or white
- + Not be metallic, sequined/spangled, rhinestone, or other bling
- + May be a contrasting school color on uniform if uniform is white
 - + Black briefs are allowed as an alternative, neutral color.

CHEER FOOTWEAR must:

- + Be athletic shoes appropriate for cheerleading
- + Not be canvas shoes, sneakers, gymnastic shoes, wrestling shoes, dance shoes, casual shoes, etc.
- + Not have any items attached to them or their laces.

DEFINITION OF SCHOOL ISSUED UNIFORM

The ICCA definition of an official school issued uniform for high school cheerleaders is a combination of bottom, top, sleeves and warm ups that are actual cheerleading garments made/constructed of school colors which were purchased for the activity of cheerleading. Yoga pants, leggings, jerseys, and T-shirts are not considered official school issued cheerleading uniforms. There may be an exception for T-shirts if two schools have recently consolidated, but this would be rare.

SUMMER PARADES OR SPECIAL CAUSE EVENTS

The ICCA allows a special modification of the uniform rules for summer parades or special cause events such as fun runs/walks. These special modifications* are for events *outside* of school. Other than what is designated below, all other uniform requirements **must be followed**.

- Cheerleaders may wear matching shirts and shorts
- Hair must still follow all the hair rules
- No Jewelry

Cheerleaders should be dressed in a way that is appropriate for the activity. These accommodations are for community events, put your best foot forward to your community!

*These special modifications are not for any scholastic game, contest, or event such as pep rally.

ADDED REQUIREMENTS TO MAINTAIN AN ATHLETIC IMAGE

- Cheerleaders may not have phones, cameras, etc. on the sidelines or mat side when cheering. For this reason, wrestling pillows may not have pockets on them.
- Cheerleaders may not wear pantyhose or tights when cheering.
- Bows, including bow ends, may not go below the eyebrows