**SECTIONAL DISTRICT WRESTLING TOURNAMENT**

**CHEERLEADING INFORMATION**

**BEFORE ENTERING THE ARENA**

* THE ONLY ENTRANCE cheerleaders and cheerleading coaches/chaperones will be admitted in free-of-charge will be the designated “Pass Gate”.
* NO pillows are allowed. Leave these articles at home or in the bus.

**ENTERING THE ARENA**

* Each qualifying school may have SIX CHEERLEADERS and ONE COACH/ CHAPERONE ADMITTED FREE at this entrance (NO MASCOTS). No more than six cheerleaders may cheer in one day without substitutions.
* Injured cheerleaders must adhere to the same rules to be admitted for free and will be counted as one of your six wristbands available. Ineligible cheerleaders will not be admitted. Injured cheerleaders must be in uniform to be admitted for free.
* Cheerleaders are responsible for their own valuables, and no items or valuables are to be left in cheerleading rooms or locker rooms at any time! NO CAMERAS OR CELL PHONES are allowed in locker room area to respect everyone’s privacy.
* Coaches, please talk to your squad about NOT removing or putting on pants in public, **which includes the stands**. Cheerleaders should wait until they are in the locker room, **not the restrooms**. The restrooms are not changing rooms and need to be clear for fan use. **PLEASE RESPECT this request.**

**National Federation and 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, top, and sleeves that are actual cheerleading garments made/constructed of school colors which were purchased for the activity of cheerleading.** Pants, shorts, jerseys, and T-shirts are not considered official school issued cheerleading uniforms. This includes cheer pants and performance shorts. **No tights, nylons, etc. are allowed.**
* SHOES - **Cheerleaders are expected to wear athletic footwear meant for cheerleading**. Shoes do not need to match. Wrestling shoes, canvas shoes, sneakers, gymnastic shoes, dance shoes, and casual tennis shoes are not considered athletic. These will not be allowed. Please do not tie ribbons or other items to shoestrings.
* 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, including acrylic nails, 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. Bows with hard rhinestones/bling as the middle part of the knot are not legal.
  + **NOTE: For Post-Season 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.
* Supports and braces that have been altered from the original design must be padded.

**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 may not have cell phones, cameras, etc. mat side, which includes phones placed underneath the uniform when cheering.
  + 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.
  + 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. Please share this information with your spectators and fans. BALLOONS are not allowed in any circumstances.

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

**Cheerleaders who are in violation of a rule will need to sit in the stands with their coaches. They will not be allowed mat side for the rest of that session. If a school/cheerleader(s) is continually in violation of the rules, he/she may be prohibited from cheering 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 covered.**

Securing hair away from the face situations:

1. Hair in a ponytail and bangs (which would have been in the eyes) secured away from the face – legal

2. Hair in a high ponytail that is long and goes down the back – legal

3. Hair in pigtails or side ponytail that does NOT touch the shoulders – legal

4. Hair in a low back ponytail at the base of the nape of the neck – legal

5. Short hair with hair that could be in face secured away – legal

6. Hair that is half up and half down (the back of hair is down, but front and bangs are pulled up and secured) – illegal

7. Long, ratted hair that goes in cheerleader’s face, which includes top person’s hair going into the face of the base(s) or spotter – illegal

8. Long hair in a ponytail high on the crown that allows the hair to fall into the face – illegal

9. Short hair that brushes the tops of the shoulders – illegal

10. Hair in a ponytail that’s lying on or over the front of the shoulder – illegal

. 11. Hair in a side ponytail that goes onto or touches the shoulders – illegal

12. Hair in pigtails that touches the shoulders – illegal

**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.**

Bangs pulled across forehead, wispies, and chunks of hair beside face:

1. The above - out of eyes and if necessary soundly secured away from the face – legal

2. Hair that falls into the face while cheering, stunting, or tumbling – illegal

3. How do you know if it is legal? If you have to:

a. Move your head to move hair away from your face – illegal

b. Use your hand to move hair away from your face – illegal

c. Tuck hair behind your ears – illegal

Accessories:

1. A few small rhinestones punched into a bow or headband – legal

2. Headbands and bows with small, flat items sewn on – legal

3. Flat clips or bobby pins – legal

4. Headbands and bows with sequins or other items (any size) glued on – illegal

5. Bows with hard rhinestones/bling as the middle part of the knot – illegal

6. Large items on headbands or bows sewed on – illegal

7. Bows touching the face area including the forehead – illegal

8. Alligator type clips, including those on bows or other items – illegal

9. The plastic hair bump-it, bun sock, or anything under the hair to lift it up – illegal

10. Hair interwoven with beads – illegal

11. Flowers, feathers, etc. in the hair – illegal

**If you have to move your head to get hair out of your eyes, use your hands to tuck hair behind your ear, or move hair off your shoulders – your hair is not secured and probably ILLEGAL.**

**Any time the hair gets in the way of a stunt, it is illegal. The hair should be off the shoulders for stunting.**