

**GIRLS' STATE INDIVIDUAL
WRESTLING TOURNAMENT
CHEERLEADING INFORMATION**

Coach-Chaperone: DO NOT bring children of any age (including infants) with you to the tournament. They will not be allowed in at the Cheer ENTRANCE.
NO EXCEPTIONS!

PARKING

- Use the pep bus parking area. However, it will fill up quickly. There is no charge for parking around the arena, so consider looking around for a parking place on the streets before heading to the pep bus parking area.
- Plan accordingly as parking is likely to be difficult.

ARRIVAL AT THE ARENA

- Wrestling begins at 9:00 a.m. Cheerleaders and coaches are allowed to enter 90 minutes before the session begins.
 - Cheerleaders are to ENTER on the SOUTH SIDE at the Green State Family Fieldhouse. The pass gate is located here. Each school is permitted a MAXIMUM OF 6 CHEERLEADERS AND ONE COACH/CHAPERONE admitted free-of-charge (NO MASCOTS). Only these SIX cheerleaders may cheer the entire meet without substitutions.
 - Cheerleaders MUST be in uniform. Come as mat-ready as you can to **EVERY SESSION**.
 - At the pass gate, cheerleaders will receive a wristband. **Cheerleaders will NOT be banded unless the coach is present with the cheerleaders.**
 - DO NOT REMOVE WRISTBANDS!! The same wristband will be used for both days of the tournament. If you are switching out cheerleaders at any point, please bring the wristband from the cheerleader who is not cheering and have it replaced by a new band for the new cheerleader.
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- Cheerleaders and coaches are allowed to bring food and drinks, but items must fit in their individual bags. Concessions will be available. (Food will not be provided for cheerleaders and coaches.)
 - **Cheerleaders will be allowed to use Court 1 as a holding area for bags. IGHS AU and ICCA are NOT RESPONSIBLE for those items. There will NOT be a monitor in that area so leave valuables at home! Items brought in must fit in a cheerleader's bag.**
 - **NO PILLOWS, PILLOW PETS, STUFFED ANIMALS, BLANKETS, ETC. ARE ALLOWED.** Leave these articles at home or in the bus. **People with these objects will take them to the vehicle before the team will be allowed in for a safety check.**
 - No speaker systems are to be played or brought into the arena area by cheerleaders or coaches.
 - 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. We **expect** this person to sit with the cheerleaders in Section 111.

- NO CHEER COACHES ARE ALLOWED ON THE COMPETITION FLOOR.
- Cheerleaders and coaches will be allowed to go to Court 1 between sessions. (You do not need to leave the arena between sessions.)
- If your school's qualifier/qualifiers are eliminated on Thursday, you must purchase a ticket to attend on Friday. (Wristbands are good for all day Thursday.)

SAFETY CHECK

- **Safety checks will be done near Court 1. Be sure go directly from the pass gate to Court 1 to check in with the ICCA workers.**
- **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 100, 105, and 110 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 wristbands 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 a school/cheerleader(s) is continually in violation of the rules, they may have their wristbands cut and 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, top, and sleeves that are actual cheerleading garments made/constructed of school colors which were purchased for the activity of cheerleading.** Tights, warm ups, jerseys, and T-shirts are not considered official school issued cheerleading uniforms.
- 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 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.
- **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.**
- Cheerleaders should not wear false eyelashes since wearing them does not promote an athletic image or help with effective cheering.
- NO GLITTER is allowed on the face, hair, or uniform.
- **CHEERLEADERS ARE NOT TO CHEW GUM OR HAVE CANDY IN THEIR MOUTHS WHILE CHEERING (this includes cough drops).** If this occurs, the cheerleader will be removed from cheering and the wristband will be taken for the session.

CHEERING DURING THE TOURNAMENT

- **Cheerleaders and coaches will be seated in SECTION 111.**
- **Cheerleaders will move DOWN THE MIDDLE of the mats toward their designated matside. (Please be aware that this will change as the mat positions change throughout the tournament. Watch for announcements at the Safety Check area.)**
 - 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 AND/OR STUNTING is prohibited at the state wrestling tournaments.
 - Cheerleaders who are in violation of a rule will have their wristbands cut, will need to sit in the stands with their coaches, and will not be allowed matside for the rest of that session.

- **NO spectators (additional coaches or coaches' children) will be allowed on the floor of the arena! Cheer coaches remain in the stands while the cheerleaders are cheering.**
- **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.

*** 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 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 that has hair long enough to tuck behind the ears, or be in the face, which is not secured – **illegal**
6. Hair long enough to touch the shoulders 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. Small rhinestones professionally adhered/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. 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.