



EXPECTATIONS FOR CHEERLEADERS AT GIRLS' REGIONAL WRESTLING TOURNAMENTS

January 26, 2024

SITE 1: Tyson Events Center, Sioux City

ICCA Contact: JaDee Gloede (Cell: (319) 231-0375)
(JaDee will be present at the meet.)

SITE 2: HyVee Hall, Des Moines

ICCA Contact: Munia Awadalla (Cell: (515) 291-3464)
(Munia will be present at the meet.)

SITE 3: Alliant Energy PowerHouse, Cedar Rapids

ICCA Contact: Erin Taylor (Cell: (319) 329-6482)
(Erin will be present at the meet.)

SITE 4: Mason City HS Field House, Mason City

ICCA Contact: Michelle McCann (Cell: (319) 560-4223)
(Michelle will be present at the meet.)

**Melissa Hatfield and Kenna Johnson
can also be reached by phone or text
Melissa: 563-210-0255
Kenna: 515-250-8968**

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 and coaches are admitted through the pass gates. Cheerleaders MUST be in uniform.
- Pass gates will be open at 7:00 a.m. at each wrestling site. Cheerleaders and coaches will receive a wristband upon entrance.
- There will be changing areas provided. Space for keeping bags, coats, etc. will also be available.
- 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.)

PARKING – There is no designated parking for cheerleaders/coaches. Parking maps for all sites are located at IGHS AU Wrestling Tournament Central.

Participants shall wear official uniforms that comply with the Uniform Requirements and Guidelines and are school issued. NO T-SHIRTS, WARM UPS, or TIGHTS!

All briefs should be devoid of any markings including but not limited to sequins, prints, wording, symbols, etc. In addition, no visible apparel may be worn under the uniform except bodysuits / spandex / briefs. Teams shall wear official school issued uniforms that are of similar color and/or marking. All uniforms, including footwear must be in compliance with the NFHS Spirit Rules Book and the Uniform Requirements and Recommendations found on the ICCA website. Cheerleaders are to **change in designated areas only** and not public areas such as the stands. This includes both removing and putting on warm ups.

ALL JEWELRY IS PROHIBITED, except religious or medical medals which must be taped to the body under the clothing. Spacers, plugs and covering jewelry with clothing or tape **is 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 finger nails should not be visible. This includes acrylic nails. Fingernail polish is permitted.

HAIR MUST BE SECURED away from the face & eyes and off the shoulders, such as in a ponytail. (See Clarifying Hair Rules below, including bow expectations).

NO GLITTER is allowed on the face, body, hair, or uniform.

TUMBLING OR STUNTING is prohibited at sectional, district, and state wrestling tournaments.

NO PILLOWS (including stuffed animals) are allowed at sectional, district, or state wrestling tournaments. Cheerleaders should sit in the corners of the mat in an “L” whenever possible.

CELL PHONES and CAMERAS are prohibited when mat side, including putting them under the cheer uniform.

CHEERLEADERS SHALL NOT POUND OR STRIKE THE MAT DURING A PINNING SITUATION. The mats are to remain flat on the floor.

CHEERLEADERS ARE NOT TO CHEW GUM OR HAVE CANDY IN THEIR MOUTHS WHILE CHEERING.

LEAVE ALL VALUABLES AT HOME.

Failure to comply with these rules means the cheerleader(s)
will NOT cheer at the tournament(s).

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.

ALLOWED: High ponytails, pig tails, or side ponytails that: <ul style="list-style-type: none">• Don't touch the shoulders	NOT ALLOWED: Hair “half up-half down” style if touching the shoulders
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<ul style="list-style-type: none"> ● 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>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.

<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
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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.