



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 10:00 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.
- 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. IGHSAU 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.
- SMALL BLANKETS WILL BE ALLOWED. Other large items (pillow pets, etc.) will be turned away. People with these objects will be asked to 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 remain with the cheerleaders on Court 1**.
- NO CHEER COACHES ARE ALLOWED ON THE COMPETITION FLOOR/AT THE MATS.
- Cheerleaders and coaches will be allowed to remain at 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.
 - **REFERENCE THE ICCA WEBSITE – SPIRIT RULES tab – CLARIFYING THE HAIR RULE** for further information about Hair Rules.
- 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 remain on Court 1 when not cheering.**
- **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 a staggered formation around the edges 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/structures 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!