

Cheerleading

Governance

1. The National Federation Spirit Safety Rules must be followed during all cheerleading activities including practices, games, performances and competitions.
2. IHSAA Rules of Competition must be followed at all in-state cheerleading competitions.

Purpose

The primary role of cheerleaders is to serve as a support group for the interscholastic athletic program of the school. Cheer teams should strive to boost school spirit, promote good sportsmanship, develop positive crowd involvement and help student participants and spectators achieve the educational objectives of the total interscholastic program.

Competition / Performance

Cheerleading includes athletic competition and performances which are accepted secondary roles of cheerleaders. They can effectively promote school spirit when included at appropriate times and serve to develop skill, teamwork and self confidence. Competition and/or performance activities must not interfere with the cheerleaders' primary role, which to serve as a support group for the interscholastic athletic program.

Eligibility

1. **Competitive Cheer:** Members of cheer teams that participate in competition are subject to IHSAA eligibility rules 8-1 through 8-15, except Rule 8-4, Amateur Status, Rule 8-5, Awards, and Rule 8-11, Outside Competition. Non-traditional students must comply with IHSAA Rule 8-16.
2. **Sideline Cheer:** Members of cheer teams that do not compete must be regularly enrolled students of the school at the time of participation. Non-traditional students must comply with Rule 8-16.
3. **All cheerleaders** must have a physical examination on file with the school as outlined in IHSAA Rule 13 prior to the first practice of the season.

Cheer Competition Rules & Regulations

1. All in-state competitions must follow both the NFHS Spirit Rules and the IHSAA competitive cheer rules and regulations. In-state competitions sponsored by anyone other than member schools must be sanctioned by IHSAA.
2. Season: Idaho cheerleaders may attend competitions only between November 1 and April 1.
3. Number of Competitions: No school or individual may enter more than four competitions during the season. Exceptions: a district-qualifying competition and the state championships do not count towards the allowed number of competitions.
4. Competition Classifications:

5A: 1280 & over	3A: 639-320
4A: 1279-640	2A: 319 & under

Contiguous classifications may be combined at the tournament manager's discretion if fewer than three schools enter a division. Combining schools that are not in contiguous classifications requires approval from those schools.

5. Team Categories:

a. **Team Sizes:** A maximum of 24 team members (including mascots) are allowed on the floor in show and sideline divisions. The stunt group division is limited to 5 or fewer members.

b. **Coed:** In the show cheer-stunt division, teams with one boy may elect to compete in either the coed or all-girl category. Teams with two or more boys must compete as coed. In the stunt group division, one boy constitutes coed. In sideline cheer and show cheer-non stunt divisions, coed teams and all-girl teams compete together.

6. Divisions of Competition: All Idaho invitational competitions must offer both stunting and non-stunting show cheer divisions. Teams shall not enter both divisions. Additional divisions of competition are permitted.

Show Cheer - Stunting: Time: 2:30 max. Routine must contain at least one cheer or chant and a musical segment of at least 45 seconds, but not greater than 1:30. Permitted: partner stunts, pyramids, tosses, tumbling, jumps, dance, pom-pons, megaphones, signs and banners.

Show Cheer - Non-Stunting: Time 2:30 max. Routine must contain at least one cheer or chant and a musical segment of at least 45 seconds, but not greater than 1:30. Permitted: tumbling, jumps, dance, pom-pons, megaphones, signs, banners. Not Permitted: partner stunts, pyramids, tosses.

Sideline Cheer: Time: 1:00 max. Routine should consist of a variety of crowd involvement and performance cheers, chants and jumps. Routine must include at least one two-jump series performed by entire team in unison with no prep between jumps. A maximum of two types of props may be used in addition to poms. Types are 1. hand held signs (*signs that are held by one participant*); 2. megaphones; 3. banners (*large signs that are held by two or more participants*); 4. large flags (*flags that are affixed to long poles*); 5. items used as bases. Permitted: jumps, megaphones, pom-pons, signs, banners. Not Permitted: partner stunts, pyramids, tosses, tumbling, music.

Stunt Group: Time: 1:00 max. Routine should include a variety of stunts with emphasis on technique, transitions and creativity. Music is required for the entire routine. Not Permitted: tumbling, jumps, chants, megaphones, pom-pons, signs, banners.

7. Score sheets: IHSAA technical score sheets and routine score sheets must be used for Show Cheer (stunting and non-stunting), Sideline Cheer and Stunt Group divisions.
8. Opponents: High school cheerleaders (9-12) may not compete with or against non-high school cheerleaders. (i.e., 8th graders. all-star squads)
9. Matting: All sites must provide an appropriately matted

(at least 40'x40') competition area. Warm-up areas must include adequate matting for warming up stunts.

10. **Out of Bounds** Stepping/tumbling off the mat during performance is illegal (*"off the mat" means: any part of body actually touching the floor beyond the mat*). Placing props (ie., poms, signs, etc.) off the mat is legal prior to performance; placing or gently tossing props off the mat during performance is legal provided the performer does not go off the mat to do so.
11. **Judging:** All competitions must provide Idaho-certified technical judges who are given no other responsibilities. Competitions in which no team is larger than 12 members may use two technical judges. Otherwise, three technical judges are required.

Safety Violations at Non-Competition Events

If a cheerleading team is observed violating a NFHS Spirit safety rule during non-competition cheerleading activities:

1. The coach/administrator who observed the violation will notify the IHSAA administrator or the district interpreter.
2. The IHSAA (or dist. interpreter) will review the allegation and notify the principal and coach of the team in violation.
3. If a second violation is reported and confirmed, a referral will be made to the District Board of Control. The Board of Control will determine what action, if any, will be taken. Recommended penalties include "benching" (squad not allowed to cheer) or "grounding" (no stunting) for a designated period of time.

Sanctioning of Competitions

All in-state cheerleading competitions sponsored by anyone other than member schools must be sanctioned by the IHSAA.

Dress Standard

Idaho cheerleaders are expected to wear uniforms which are appropriate for participation at the high school level.

1. When standing at attention, no part of the midriff (front or back), breasts, or briefs shall be visible.
2. Single-shoulder uniform tops are not permitted.

Coach/Advisor

1. Cheer head coaches/advisors must be certified to teach in Idaho or have completed the NFHS Fundamentals of Coaching or ASEP Coaching Principles course.
2. All coaches/advisors must complete a first aid and CPR course from a school district recognized provider, as outlined in IHSAA Rule 3-2.
3. All coaches/advisors are strongly encouraged to complete the AACCA Safety Certification course and to attend available professional education training in both spirit program administration and technical development.
4. All coaches (includes head, volunteer and assistant coaches of all IHSAA activities) must take the NFHS online concussion course prior to the first day of practice. Volleyball, soccer and football coaches will be allowed to complete the course before the first competition.

Rules Clinics / Technical Judge Training

1. Coaches must participate in an online rules clinic or attend a rules clinic in his/her district. District Boards of Control may fine schools whose coaches do not meet this requirement.
2. Technical judges must be certified by a regional technical coordinator.
3. Regional technical coordinators will assign technical judges at all competitions held in their region.