

## GENERAL SPORT CHEER GUIDELINES

1. Follow the rules in the NFHS Spirit Rules Book.
2. All cheer teams must be supervised by a school sponsored/appointed cheer coach at all state tournaments. SDHSAA state events should take precedence over regular and/or sub-state events.
3. Cheer teams must wear/cheer in appropriate school issued/sponsored uniforms during all district, region and state events (no camp wear).
4. NO JEWELRY – If you were not born with it, it is jewelry and you cannot wear it while cheering. Only religious or medical medals may be taped to the body (no chains).
5. The hair shall be worn up off of the shoulders and out of the face in a manner to ensure safety while performing. This includes both sideline and competitive cheer squads. Bows, ribbons, and hair extensions must be secure at all times..
6. Shoes and socks must be worn at all times during a game, match or practice.
7. Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. The appropriate length means the fingernails are not visible beyond the end of the fingers when viewed from the palm side of the hands.
8. Glitter that does not readily adhere on the hair, face, uniform, costume or the body is illegal. Glitter may be used on signs, props or backdrops if laminated or sealed.
9. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in a stunt except a legal forward roll.
10. No gum chewing or candy in the mouth during practice or performance.
11. Basket tosses are illegal to perform in South Dakota.

### **Basketball:**

1. Stunts shall not be performed during a basketball game when the ball is in play.
2. Spirit participants must not stunt on the court or sideline area during player warm-up if an alternate area is available. If no appropriate alternate area is available, the coach must take reasonable precautions to minimize the risk to participants. Suggestions for stunting warm-ups at basketball game when an alternate area is not available may include:
  - Arrive early to warm up stunts before player warm-ups begin.
  - The coach could enlist others to stand between player warm-up and stunting warm-ups on the sidelines to deflect balls or individuals.
  - Warm-up stunts when players return to dressing room after their warm-ups.
  - Stunting might have to be delayed until after halftime of the first game if halftime is the first time an appropriate warm-up area is available.
3. Cheerleaders shall remain out side the playing area during a 30-second time-out in a basketball game.
4. When a player is shooting free throws, cheerleaders shall not cheer.
5. Stunting during the school song – cheerleading is a secondary activity during the basketball game, the warm-ups for the teams take precedence, if the teams don't go into the locker room until the 20 minutes is up, then the cheer teams do the school songs without stunts – if the teams do go in the locker rooms early, then the cheer teams may stunt.
6. Whenever possible, cheerleaders should be at least 3-4 feet from any boundary line.
7. Along the end line at a basketball game, cheerleaders shall not stand within the area of the free throw lane extended.
8. Basketball cheer team members must be listed on the final roster posted on the SDHSAA website. Cheerleaders not listed will not be allowed to cheer in post season (district, region and state) events.
9. Reminder: No children younger than 7<sup>th</sup> grade are permitted to cheer at a basketball game.