



## **SIDELINE CHEER**

REVISED 11/3/10

### **RULES AND REGULATION FOR SIDELINE CHEER**

#### **I. GENERAL GUIDELINES**

- A. Cheerleaders are reminded that they have an important role to play in the area of good sportsmanship during the games. Booing and other inappropriate cheers should be discouraged by cheerleaders at all times.
- B. Cheerleaders are urged to use cheers that are brief, so that delay of the game will not occur.
- C. At basketball games:
  - 1. During foul shooting, cheerleaders must remain quiet.
  - 2. Time-outs last one minute. Coordination is needed between the competing schools so as to clear the floor in time for the resumption of play. Cheerleaders should meet prior to the start of the game to determine the order of cheers.
  - 3. An unlimited number of cheerleaders may be on the floor during half- time and time-outs, at both varsity and junior varsity games. However, only one squad may cheer per game.
  - 4. During play, a maximum of twelve (12) cheerleaders may participate in sideline cheers.
- D. For football there is no limitation. Both varsity and junior varsity squads may cheer at the varsity contest.
- E. All cheerleaders must enter an away athletic contest in a group, and be accompanied by a faculty representative/sponsor or coach.
- F. At the conclusion of contests, cheerleaders will shake hands only with other cheerleaders and not with other game participants.

#### **II. MHSAA TOURNAMENTS**

- A. A maximum of twelve ( 12 ) cheerleaders in uniform, including mascots, from each competing school may be admitted without charge on the night their school competes and a maximum of twelve ( 12 ) may lead cheers from the field. Schools with more than twelve varsity cheerleaders may include those cheerleaders during the playoffs, but sub-varsity cheerleaders may not be brought up for post season games to number more than 12. Cheerleaders should not be allowed to stand or sit too close to the playing court during the game.
- B. All cheer squads shall follow the stunting guidelines as listed in the MHSAA COMPETITIVE CHEERLEADING HANDBOOK, or the safety guidelines approved by their school districts for sideline cheerleading, whichever is more restrictive and limiting.
- C. All cheer squads shall adhere to all guidelines provided by the manager of the tournament.

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## III. STANDARDS AND LIMITATIONS

- A. Sideline cheer is strictly a Non-Competitive Sport and tryouts can be set at the discretion of the individual school district as there is no MHSAA regulation on their season start or end.
- B. Individual members of a squad must have ten (10) days of practice before participating in an interscholastic cheerleading activity.
- C. A cheerleader shall represent the school only at events approved by the school.
- D. A cheerleader shall wear the school approved uniform and/or insignia only at events approved by the school.
- E. COMPETITIVE CHEER is a winter sport and as such is governed by MHSAA Handbook regulations for team membership ( Regulation I, Section 13) and competitions ( Regulation II, Section 5). COMPETITIVE CHEER teams are allowed to assume the dual role of Sideline and Competitive Cheerleaders during the winter season. Recommendations for dual role teams are listed in the Competitive Cheer Rules and Regulations.