

**ORANGE COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION  
CHEERLEADING REGULATIONS  
Adopted October 8, 2008**

1. The current year National Federation Spirit Rule Book and the following OCIAA modifications shall apply.
2. The following cheers are recommended before a contest:
  - a. Welcome Cheer: At this time, all directions for halftime preliminaries, flag salute and National Anthem and introducing players should be taken care of. In the interest of safety, line-ups for welcome cheer and introduction of players should be limited to the center of the floor or on the side/end of the field.
  - b. To clarify above: At the time of the "Hello" cheer, if not before, the visiting squad should be made aware of all procedures that will effect them. Especially, the timing of the National Anthem in relation to the introduction of the players. Band performances at all football games as they relate to banner displays and the arrival of football players.
  - c. During Basketball: Other cheers before the varsity and junior varsity games as time allows before the buzzer to clear the floor.
3. As a host school, the Athletic Director or Cheerleading Advisor should see that a place be provided for coats, etc. Visiting cheerleaders must have a dressing room that has security.
4. The home school is responsible for reserving seats for the visiting cheerleaders and their advisors. Schools are recommended to mark areas for the home and visiting team cheerleading squads. Cheerleading squads must sit together at all sports contests or events.
5. Use of the floor or field at halftime is the priority of the home team. Prior arrangements should be made by visitors through the Athletic Director, if they would like to use it also.
6. The visiting cheerleaders shall lead a cheer first during a timeout or between the first and second quarters, whichever occurs first. Thereafter, alternate timeouts and between quarters. Only one squad will be on the floor during a time out and between quarters.

7. Individual cheers for players going out of the game and cheers before the foul shots are not to be done on the playing area AND shall be done by ONLY one cheerleader. Cheerleading advisors/coaches are asked to strictly enforce this regulation. When the ball is in play, no cheers may be done on or near the playing area, but shall be done as close to the bench as possible. Under no circumstances shall acrobatic routines (cartwheels, splits, handsprings, etc.) be used in sideline cheers, “for the safety of all concerned.” “If space is available, any number of cheerleaders may lead cheers by standing on the sideline next to the bench BUT, must be keep off the playing area at all times. Under normal game conditions two (2) is the suggested number. When cheering or leading a cheer during a live ball, cheerleaders should not turn their back to the playing area if they are close to the sidelines. If game becomes close of more exciting, more cheerleaders may be used. Please use discretion.
8. Cheerleading squads are allowed more than 20 cheerleaders on the floor before the game and at halftime. At all other times during the game there shall be no more than 20 cheerleaders on the floor (including spotters) at one time.
9. If there is no interruption of the game, a high school student, dressed in costume, is permitted during all sports seasons but must adhere to the same rules as the cheerleaders. Small children are not permitted at anytime.
10. No noisemakers, or confetti are to be used in the gym during the basketball season.
11. ALL signs are to be prohibited in the gym during the basketball season and wrestling season. Signs used for seating arrangements, exits and crowd control are permitted. This rule applies to visitors and home spectators alike, at all indoor athletic events and at all grade levels. Signs and banners are permissible during outdoor season. For indoor contests, cue cards are permissible if used by cheerleaders and are not of a derogatory nature.
12. During basketball, cheers that lead to kicking and stomping in the bleachers are not to be used at anytime. Enforcement of this regulation is the responsibility of the cheerleading advisors, cheerleaders and athletic director.

#### SAFETY CONCERNS:

1. In an effort to minimize risk of injury to high school cheerleaders, the National Federation of State High School Associations (NFHS) has stated that basket tosses and other similar multi-base tosses may only be performed on appropriate mats, grass, rubberized and soft-yielding surfaces.
2. For Safety Reasons, No Jewelry including Body Piercing is allowed. No pins are to be worn, including award pins.

3. Fingernails should be no longer than the length of the finger.
4. Hair must be off the face and shoulders.

TYPE OF CHEERS:

1. Cheers should be of a positive nature.
2. Hand-shakers and pom-poms may be used during outdoor activities, but not during indoor sports. Pom-poms may be used as part of a halftime routine at home games.

OCIAA CHAMPIONSHIP:

1. Competition is open to OCIAA members and associate members only.
2. Competition will be held annually to determine the Division Champions.
3. Awards will be presented as follows:
  - a. Team – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place for Cheer if more than four (4) teams register per Division.  
If only four (4) teams register in a Division then only 1<sup>st</sup> and 2<sup>nd</sup> place awards will be given.
  - b. Individual – Members of the Division in each category will receive medals.
  - c. OCIAA Patches – Each individual school may purchase their own patches if they choose to do so.
4. Schools will compete in two (2) Divisions based on the BEDS numbers.

Division I     600 – up

Division II     0 – 599

These Divisions may be split into two (2) sections (Large/Small) if (a.) minimum of four (4) Large Squad and four (4) Small Squad teams register within that Division. A Large Squad is 17 – 26 members and a Small Squad in 16 and below members. Once a team registers for the event their squad size cannot be changed.

- a. Small Varsity will consist of squads with up to 16 students including spotters.
- b. Large Varsity will consist of squads with 17-26 students including spotters.