

On-line Request for Complimentary Copy of the National Federation Spirit Rulebook

If you would like to receive a complimentary copy of the National Federation Spirit rule book, please go to the IESA website and access the rule book request link on the cheerleading page of the IESA website. Even if you do not enter the IESA cheerleading competition, your school cheer squad must abide by the rules contained in the NFHS Spirit Rule book. Therefore, the rule book is a necessity for all.

Complete all portions of the on-line form. Once the information is received at the IESA Office, the NFHS Spirit Rulebook will be sent to your school. Please be sure to complete the form in its entirety.

Please keep in mind the following for the 2009-10 school year:

By-law 3.138: All cheers, performances, routines, or other activities conducted by a school's spirit squads (i.e. cheerleaders, pom poms, flags, drill team) shall be conducted in accordance with the Spirit Rules published by the National Federation of State High School Associations.

NFHS Spirit Rule 2-1-10: Spirit participants must remain outside the playing area during a 30 second time-out in a basketball game.

By-law 3.140: Limits on free passes to the IESA state tournament series shall be two managers, two statisticians, one scorekeeper, and 12 cheerleaders (except volleyball and wrestling) for all athletic activities. Cheerleaders must be in uniform to be admitted free. There shall be a maximum of 12 cheerleaders performing sideline cheers on the floor at one time, provided the facility can safely accommodate this number. A game official may always ask for the sidelines (endlines) to be kept clear and reduce this number for the safety of the players. Cheerleaders are not allowed for the IESA state series in volleyball and none may be admitted free. Due to space restrictions, cheerleaders are not permitted on the floor during the state series in wrestling.

IESA will hold its ninth annual cheerleading competition on Saturday, January 23, 2010 (THIS IS A DATE CHANGE) at the Civic Center in Peoria, Illinois. The entry fee is \$45.00 for each division. Only school squads are eligible and every school which participates in the event must be a member of the IESA. Registration for the competition must be done online. Please contact the IESA Office for additional information/registration.

