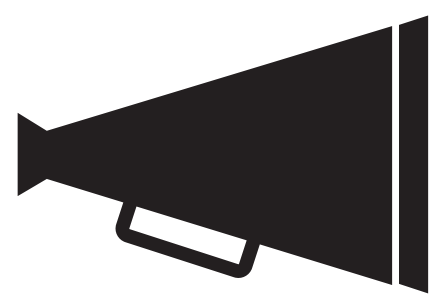


# ACTIVITY UPDATE



## 2024-2025

### 2025 IESA State Cheer Competition

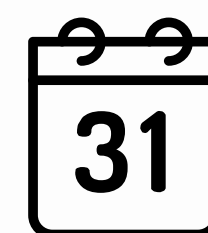


When: Wednesday, February 12, 2025

Where: Peoria Civic Center

Entry fee: \$80.00 per division

### Important Dates



November 11 Co-operative Agreements Due

November 20 Entry Deadline

December 1 Final Entry Deadline

**Game Day Cheer Division or Routine Division**

January 22 Online Roster & Photo Deadline

February 12 State Competition

### Game Day Cheer Division

For the 2025 competition, teams will compete in **ONE Game Day Cheer division.**



See the IESA Cheer Terms & Conditions for details.

### IESA Cheer Exceptions

**A. The National Federation of High School Associations (NFHS) Spirit Rules Book will be followed for the state competition.**

1. The IESA has adopted the following exceptions to the NFHS Spirit Rules Book:

a. All tosses (sponge and basket) are prohibited. For the purpose of clarification, a quick toss is permitted because the top person's feet begin with contact on the performing surface. See NFHS Spirit rule 1 for specific definitions.

2. Any squad in violation of safety regulations or any NFHS Spirit Rules Book major infraction will be assessed a deduction for each infraction as outlined in the technical scoresheet.

### NFHS Rule Changes - 2024-25

**Rule 1** – The definition of jewelry was added for clarification.

**3-2-10** – New language added to Rule 3 to permit a top person in a T-lift to move over a participant in a nugget position.

**3-3-5c/d** - New language added to clarify a bracer may release the top person or move to a load position during a flip inversion when the top is descending and goes to a cradle.

**3-3-6c3**– Permits an inverted top person to be moved to the performing surface.

**3-5-5** – Separates and clarifies braced and non-braced releases to make it easier to locate.

**3-5-6** – New language added to permit stunts to be released to or from a vertical piked/seated position to a stunt at any level.

**3-7-2** – Removed requirement of a spotter on dismounts to the performing surface from prep level or above.

**3-8-2** – New language added to permit soft props to be held during airborne tumbling.

**3-10** – Several items have been moved from 2-1, 3-1, and 4-1 to align prop rules and provide clarity on the use of props.

**4-1-3** - Expanded the exceptions for footwear during airborne tumbling to allow for kip ups and headsprings.

**4-4-8, 4-4-10, 4-4-11** - Deleted rules that were redundant.

**4-5-3** - Prohibits non-braced release skills.

**4-10** - Several items have been moved from 2-1, 3-1, 4-1 to align prop rules and provide clarity on the use of props.

For more information about the rationale for each change, please visit:

<https://nfhs.org/sports-resource-content/spirit-rules-changes-2024-25/>



## Frequently Asked Questions



### Q: Is there a "season" for IESA cheerleading (with a start and end date?)

A: There is **NOT** a designated IESA season. The fee covers the entry into the IESA State Cheerleading Championships.

Define Majority - **Majority is half plus one!**

## 2024 State Results

### Small Team Routine

1st Place - Jacksonville MS  
2nd Place - New Berlin JHS  
3rd Place - Bourbonnais UGC

### Cheer

1st Place - O'Fallon Carriel  
2nd Place - Metamora GS  
3rd Place - Jacksonville MS

### Medium Team Routine

1st Place - Lemont Old Quarry  
2nd Place - Washington Central  
3rd Place - St. Jacob Triad

### Large Team Routine

1st Place - Frankfort Hickory Creek  
2nd Place - Edwardsville Liberty  
3rd Place - Edwardsville Lincoln



## Basketball Cheer Reminders

- During play, only 12 cheerleaders may be cheering on the sideline/end line at one time provided the space can safely accommodate 12 cheerleaders.
- A game official may always ask for the sidelines and/or end lines to be kept clear and this number may be reduced for the safety of the players.
- During full timeouts, between quarters, and at halftime, more than 12 cheerleaders may perform provided the squad can complete their performance without stopping or delaying play.
- Stunting while the basketball is in play is not permitted; this includes free throws.
- The free throw line extended must remain clear of cheerleaders.

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**NFHS Rule 2-1-10** Cheerleaders must remain outside the playing area during a 30-second or less time-out and whenever the ball is in play.

**NFHS Rule 2-1-12** Cheerleaders may not stand behind the free throw lane extended during a basketball game - THIS APPLIES FOR THE ENTIRE GAME. Cheerleaders are permitted to stand on either side of the free throw line extended.

**NFHS Rule 3-1-1** Jewelry may not be worn. Religious or medical medals must be taped to the body.

**NFHS Rule 3-1-3** Hair must be worn in a manner that does not interfere with the execution of a stunt or tumbling. Long hair that is not secured presents significant risk during partner stunts, pyramids, tosses and airborne tumbling. Hair devices and accessories must be secured out of a cheerleader's face and appropriate for the activity.

## Routine Division Changes for 2024-2025

**Schools in the IESA Routine division will be split into 3 classes by school enrollment.**

**1A Routine** will be the smallest 1/3 of the schools.

**2A Routine** will be the middle 1/3 of the schools.

**3A Routine** will be the largest 1/3 of the schools.

After the final entry deadline of December 1st. The IESA office will divide the number of entries into thirds to create the splits.

**There is No longer an option to change divisions.**

## Request for Accommodation Policy

Students who need accommodations are encouraged to work with their member schools to complete and submit the **Request for Accommodation Form**. This form is available to member schools in their member center. Schools should fill out the form and submit it to the IESA office. Additional information about the process can be found in the Policies section of the IESA handbook.



1015 Maple Hill Rd.  
Bloomington, IL 61705  
309.829.0114  
www.iesa.org