

**COLONIAL LEAGUE**  
**SIDELINE CHEERLEADING**

1. Cheerleaders are encouraged to cheer, chant, and perform dance routines at school sponsored sporting events according to the following conditions:
  - a. Cheers must be positive motivators which support players.
  - b. Cheerleaders shall be hospitable to the visiting team.
  - c. The away squad has the right to report out on the floor first. The home squad will then alternate performances for time-outs and quarters. (Basketball)
  - d. There will be no cheering done—or other distractions from the PA, while another squad is on the court.
  - e. Cheerleaders are not to obstruct the warm-up or the warm-up area at the pre-game or half-time warm-up of a basketball game.
  - f. There is to be no kicking of bleachers – (use of hands on bleachers and feet on the floor permitted except during foul shooting).
  - g. Mascots should remain on their own side and be there to provide school spirit.
  - h. Cheerleaders are not permitted to hit the mat or the floor during a wrestling match. (Wrestling)
  - i. All members must maintain PIAA eligibility.
  
2. For cheerleaders to perform stunts, it is strongly recommended that:
  - a. All stunting and related rules described in the National Federation of State High Schools Association Spirit rulebook are followed.
  - b. The coaches have certification from a nationally recognized cheerleading organization.
  - c. Cheerleaders are involved in a strength training and conditioning program.
  - d. Cheerleaders demonstrate and document progression in stunting skill. No cheerleader may attempt more difficult stunts without demonstrating mastery of the previous level of stunting. The Partner Stunt skill levels (intermediate, advanced, elite) and Tumbling skill levels (fundamental, advanced, elite) are described in the Universal Cheerleaders Association Advisor/Coach Manual.
  
3. Schools shall maintain the right to limit stunts performed by both home and visiting schools due to the physical condition of their facilities.
  
4. Cheerleading coaches will notify the Colonial League of any illegal stunts that are being done at any event. Form must be completed and faxed to the chairperson of Colonial League cheerleading.

**COLONIAL LEAGUE CHEERLEADING INCIDENT REPORT**

Date: \_\_\_\_\_

Coach Submitting Report: \_\_\_\_\_

School of Submitting Coach: \_\_\_\_\_

Date and Location of Incident: \_\_\_\_\_

Report: (Please report in detail illegal stunt that was performed and reason why stunt is illegal)

Signature of Submitting Coach: \_\_\_\_\_

Date \_\_\_\_\_

Copy to Reporting School Athletic Director

**Fax to 610-838-5594**