

Cheerleading Rules



Girls' & Boys' Basketball



Please share this information with your school's cheerleading coach as the rules apply to all performances during regular and post-season basketball games.

1. 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 sideline 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.
2. 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 playing surface. See NFHS Spirit Rule 1 for specific definitions.
3. Officials must be given room to move along the sidelines and baselines.
4. Athletic shoes must be worn; gymnastics slippers or shoes rated for gymnastic floors are not permitted.
5. Flyers may NOT have signs with sharp corners or be made of solid material.
6. A twist to a cradle (including log rolls) must not involve more than one rotation - this is permitted only on appropriate mats, grass, and rubberized/soft-yielding surfaces.
7. Stunting while the basketball is in play is NOT permitted; this includes free-throws.
8. The free throw line extended must remain clear of cheerleaders at all times.
9. Head-over-heels stunts are not permitted except as outlined in Section 3-3 Inversions.

All NFHS Rules must be followed. Most asked about ones are below.

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.