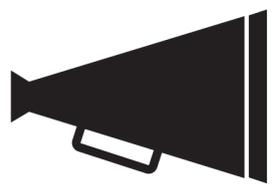


# ACTIVITY UPDATE



# 2025-2026

# CHEER

## 2026 IESA State Cheer Competition



**When:** February 11, 2026

**Where:** Peoria Civic Center

**Entry fee:**

Game Day Cheer - \$80.00

Routine Division - \$80.00



## Important Dates



October 31st - Entry Deadline

November 11th - Co-operative Agreements Due

December 1st - Final Entry Deadline (Routine divisions split by enrollment after this deadline).

January 14th - Online Roster & Photo Deadline

February 11th - State Competition

## Game Day Cheer Division

For the 2026 competition, teams will compete in **ONE Game Day Cheer** division.



See the IESA Cheer Terms & Conditions for details.

## IESA Recommended Cheer Season

The IESA recommended Cheer Season would need to be adopted by each member's school board.

- Mandatory No Contact Period - Monday following the IESA Cheer Championships through March 31st
- April / May - Tryouts allowable
- June/July - Camps / Open Gyms allowable - can't be made mandatory
- Monday Week 4 of IESA Calendar - Season Begins

## NFHS Rule Changes - 2025-26

**Rule 1 Definitions** - All definitions that were previously found in Rule 1 have been removed and are now incorporated into their respective rules for Cheer (Rule 2) and Dance (Rule 3). Additional cheer-specific definitions including assisted walkover, kip up, and nugget have been added for clarification.

**2-2-7:** New language added to allow an extended single-based stunt supported at the waist as an exception for requiring a spotter.

**2-3-5d:** 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 or the performance surface.

**2-3-9:** New language added to prohibit a participant from landing or being caught in an inverted position in a stunt or pyramid from an unassisted airborne position.

**2-5-3e:** New language added to clarify restrictions on use of props during tosses to a cradle. **(IESA does not allow tosses)**

**2-5-3f:** New language added to clarify a top person must not be inverted during tosses to cradles. **(IESA does not allow tosses)**

**2-5-6d/e:** New language added to clarify release from extended vertical position and to permit a release from a vertical position at prep level to land in a vertical or horizontal position.

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

[NFHS Spirit Rule Changes 2025-26](#)



## Frequently Asked Questions



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

*A reference chart is posted on the Cheer page of the IESA website.*

**Q:** Can squads participate in both the Game Day Division and the Routine Division?

**A:** Yes, the entry fee would be paid for both.

## 2025 State Results

### 1A Routine

- 1 Braidwood Reed Custer
- 2 Greenville
- 3 New Berlin JHS

### 2A Routine

- 1 Washington Central
- 2 Jacksonville MS
- 3 Highland MS

### 3A Routine

- 1 Lemont Old Quarry
- 2 Frankfort Hickory Creek
- 3 Edwardsville Liberty



### Game Day Cheer

- 1 Washington Central
- 2 O'Fallon Carriel
- 3 Jacksonville MS

## 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.

## 2nd Year of the Routine Division Split by Enrollment.

Schools in the 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.



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