



## MEAC CHEERLEADING GUIDELINES

In the name of safety and good sportsmanship, the following rules and regulations for cheerleaders during any conference games are to be followed. **Failure to comply with the following rules and regulations can result in a \$500 fine.**

### **Basketball Games:**

1. Visiting cheerleaders will alternate timeouts with the home cheerleaders.
2. Visiting cheerleaders will always get the first timeout.
3. Cheerleaders are not to enter the court during 20 second timeouts.
4. Only one cheerleading squad will be on the floor at a time during timeouts.
5. During the basketball game, when the opposing team is making a free throw on your side, cheerleaders will **either kneel or be seated** and refrain from cheering until the shots are completed.

### **General Regulations:**

6. Cheerleaders shall always display good sportsmanship behavior at all times. Bad Sportsmanship is defined, but not limited to, verbal taunting, mocking other cheerleaders, verbal taunting of officials and battle cheers.
7. Cheerleading squads are prohibited from performing pyramids more than two and one half levels high and basket tosses without the use of a mat other than grass (real or artificial) or a mat.
8. Cheerleading squads are required to conform to American Association of Cheerleading Coaches and Administrators (AACCA) Cheerleading Safety Guidelines. This includes having up to date safety certification.

Any cheerleading squad or squad member will be ejected from the floor for the remainder of the game if found in violation of these guidelines. Advisors/Coaches are responsible for monitoring their teams, with final authority given to the Senior Woman Administrator to determine whether cheerleader(s) should be ejected from game.