

ART. 10 . . . One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on uniform apparel without compromising the integrity of the uniform.

SITUATIONS AND RULINGS

RULE 3, SECTION 1

3.1.1 SITUATION A: A participant is wearing: (a) a watch; (b) post earrings covered by tape; (c) a religious medal on a chain; (d) a navel ring; (e) plug or spacer in a piercing; (f) a dermal piercing with the jewelry adornment; (g) gauge in stretched ear piercing; (h) hair tie on the wrist. **RULING:** All are illegal. **COMMENT:** (f) If the jewelry adornment of a dermal piercing is removed, it is legal. (g) Participants may cover the opening with tape after removing the gauge jewelry.

3.1.1 SITUATION B: Cheerleaders are wearing: (a) rhinestones woven into their hair; (b) rhinestones glued on their faces; (c) uniforms with rhinestones sewn, punched or glued on. **RULING:** (a) and (b) illegal; (c) legal.

3.1.3 SITUATION A: A cheerleader is wearing: (a) hair interwoven with beads; (b) a hair bow secured with an alligator clip; (c) a hair bow with tails that fall over the eyes; (d) bobby pins and small flat barrettes; (e) hair ribbon with soft pliable wire. **RULING:** (a) (b) and (c) illegal; (d) and (e) legal.

3.1.3 SITUATION B: While executing a braced flip, the hair of a: (a) base is long and unsecured; (b) top person is in a long, high ponytail that falls forward over her eyes. **RULING:** Both are illegal. **COMMENT:** Hair must be worn in a manner that does not interfere with the safe execution of stunting or tumbling. Long hair that is not secured or that restricts vision presents significant risk during partner stunts, pyramids, tosses and airborne tumbling.

3.1.4 SITUATION: A spirit team executes extended stunts while wearing: (a) wristbands; (b) hooded sweatshirts; (c) mittens; (d) stunt gloves; (e) adhesive paw print stickers. **RULING:** (a), (b), and (c) illegal; (d) and (e) legal.

3.1.6 SITUATION: Cheerleaders are wearing uniforms that have sheer, "see through" material around the midriff. **RULING:** Illegal.

3.1.7 SITUATION: A participant is wearing: (a) loose glitter sprinkled in her hair; (b) glitter-infused makeup that does not easily flake off; (c) glittery eye shadow. **RULING:** (a) illegal; (b) and (c) legal.

3.1.8 SITUATION: A participant in a walking boot (a) bases a stunt; (b) spots a stunt; (c) executes a cartwheel. **RULING:** (a) and (b) illegal; (c) legal. **COMMENT:** (c) Participating in individual skills while wearing a walking boot does not present risk to other participants. A medical professional is the appropriate person to determine whether such activities are safe for the injured participant.

ART. 6 . . . Use of mini-tramps, springboards, spring-assisted floors or any height-increasing apparatus is not permitted for use during performances and/or competitions.

ART. 7 . . . Participants must not chew gum or have candy in their mouths during practice or performance.

ART. 8 . . . Participants must not stunt or tumble during a basketball or volleyball game when the ball is in play, including free throws in basketball and just prior to the serve in volleyball.