



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

From the 2023 IHSA Sports Medicine Advisory Committee and IHSA Cheerleading Advisory Committee and approved by the IHSA Board of Directors, the following policy has been adopted with implementation in 2023.

IHSA Policy 39 - Sport Acclimatization/Risk Minimization

COMPETITIVE AND SIDELINE CHEERLEADING REST REQUIREMENT

One (1) calendar day of rest must be taken every IHSA calendar week where jumping, tumbling, and building skills take place.

Frequently Asked Questions

1. What can occur at practice during the “Rest” day?

Tumbling and pyramids/stunting are prohibited on the rest day. Walk-throughs, motion work, learn choreography, mark routines, voice training, stretching/yoga, physical conditioning/weightlifting, and/or film review can occur. No other physical activity (pyramids, stunting, or tumbling) can take place on the “rest day.”

2. How does the IHSA define a calendar week?

IHSA By-law 5.001 – The IHSA Standardized Calendar week runs Sunday through Saturday.

3. How long does the “Rest” requirement apply to cheerleading?

The required one rest day per calendar week from tumbling/pyramids/stunting is for the entire calendar year.

Per IHSA By-law 6.010 PENALTY FOR VIOLATING RULES - Failure to comply with this requirement may be penalized by the IHSA Board of Directors which could include, but not be limited to, written warning or reprimand, requisite affirmative corrective action, probation, restrictions, or suspension from participation. Failure to take the corrective action required by any penalty shall be the basis for further action, up to and including suspension.