

**Mid-month bulletin for clarification!**

Hello Coaches and Athletic Directors, we have received a multitude of questions regarding hair, jewelry, apparel and accessories so far this year and we wanted to be clear on the legality of some common items. As a team, myself and the other safety judges want to put **safety at the forefront** when determining whether something is legal or not. There are some rules, that although not a safety risk, will still apply as they are foundational rules. This clarification primarily relates to **stunting** with these items, as just cheering at a game, many of these items wouldn't be a safety concern.

**Main rules that apply:**

Per rule **2.1.5** - Hair must be worn in a manner that is appropriate for the activity involved.

Per rule **3.1.1** - Jewelry of any kind is prohibited.

Per rule **3.1.2** - Apparel and accessories must be appropriate for the activity involved.

The verbiage in these rules leaves A TON of room for interpretation, and as stated above, we will look first at the safety risk of each item when interpreting. Both rules 2.1.5 and 3.1.2 indicate that the activity involved is taken into account when deciding legality.

**Some of the decisions outlined below are different from past bulletins and legality emails I have sent out, which is why I felt this clarification was needed.**

<b>Examples of LEGAL items</b>	<b>Examples of ILLEGAL items for stunting</b>
Beads on laces (not on the loops or ends)	Non-athletic footwear (including only socks)
Ribbon looped or laced through center of laces (no clips, chains, does not dangle, etc)	Jewelry of any kind ( <b>Rule 3-1-1</b> )
	Hats
Head warmers (not loose or impacting eyesight)	Capes
	Dangling charms and bows
Hair adornments attached with hair ties, bobby pins, or small flat barrettes	Hair must not cover the eyes and if long, pulled back
Sweat wristbands	Leg warmers
Buttons (similar to rhinestone situation 3-1-1, must be sewn, punched or glued to uniform)	Hair adornments with alligator clips
	Body flags while stunting
	Loose/baggy clothes or clothing with loops or straps (including hooded sweatshirts/jackets)
	Celebratory items such as Senior/homecoming sashes, crowns, etc.

**PICTURE EXAMPLES:**



LEGAL



LEGAL



LEGAL



ILLEGAL



ILLEGAL



ILLEGAL

**REMIINDER:**

Per rule **3.10.5** - Hands-free poms are allowed

- All rules regarding poms/objects in stunts and tumbling still apply.
  - Example 1: Bases and spotters cannot stunt or spot while wearing hands-free poms; with the exception of rule 3.2.1b.
  - Example 2: Any tumbling skills in which hand(s) are not being used for support can be executed while wearing hands-free poms.
  - Example 3: Cheering at a game with hands-free poms without tumbling or stunting is legal.

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As always, feel free to reach out via email or through the google form. Hopefully this clarification has helped as we prepare for All-State weekend. Thanks so much for your patience while we have re-evaluated some of these common issues.

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**Google form QR for all stunt legality / safety inquiries.**