

MYERSTOWN PANTHERS *cheerleading*

 LIZ MARTIN - PRESIDENT  STEVIE DOMAGALSKI - VICE PRESIDENT  TONYA GOODISON - TREASURER  JESSICA GALZARANO - SECRETARY

Safety Rules 2026

Cheerleading is a sport; and as in any sport injury can occur. In the history of cheerleading in the United States serious injury and deaths have occurred. In an ongoing effort to reduce the likelihood of cheerleading injury, the National Council for Spirit Safety and Education has developed a set of safety rules based on the NFHSA Spirit Rules to make cheerleading as safe as possible for participants. Although these rules were originally written to govern high school varsity cheerleading, they are pertinent to the youth as well. The Myerstown Panther Cheerleading organization has adopted the NCSSE rules to apply to all cheerleaders who participate in this program.

The Myerstown Panther Cheerleading organization will strictly enforce the following safety rules. Any intentional violation of these rules can result in immediate dismissal from the squad.

1. All practices will be held at the officially designated practice site
2. All practices will be supervised by the designated cheerleading coaches.
3. No stunts will be performed unless a certified coach is present.
4. All cheerleaders must wear appropriate practice clothing. At games, all cheerleaders must wear the designated uniform.
5. All cheerleaders must wear their hair away from their face and off their shoulders.
6. Ponytails are preferred. If a ponytail is long enough to rest on the shoulders the hair must be arranged in a different style to keep it off the shoulders.
7. All hair fasteners and ornaments must be soft. No hard objects may be worn in the hair.
8. Absolutely no jewelry is allowed. All earrings, necklaces, bracelets, ankle bracelets, watches, etc. must be removed before all practices and games. The only exception will be for medic alert tags, and or religious symbols, which have been worn since birth or baptism or that will violate the church's rules if removed.
9. No "friendship strings" will be allowed. They must be removed from wrists and ankles.



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Safety Rules cont.

10. All fingernails must be sufficiently short for safe participation. Guideline: hold your hand up in front of your face, palm facing you. If you can see your fingernails over the tips of your fingers they are too long. NO ARTIFICIAL NAILS while stunting.
11. All cheerleaders must warm up and stretch properly before each practice or game.
12. All injuries incurred at a practice or game, no matter how minor, must be reported to the coach immediately. This includes insect bites or stings, and dust in the eyes.
13. Any pre-existing medical conditions such as asthma, allergies, seizures, pre-existing injuries, bleeding disorders, or any other condition that could affect a cheerleader's participation; must be reported to the organization before a participant begins the cheerleading season.
14. Inappropriate physical contact (i.e. horseplay or "fooling around") will not be tolerated under any circumstances.
15. In addition to these safety rules specific rules that apply to the safety of each stunt or pyramid will be taught when the stunt itself is taught. Each participant must agree to abide by the rules of each stunt as well as these general safety rules.



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