



NEW IHSA CHEER REST REQUIREMENT

A recommendation from the IHSA Sports Medicine Committee & Cheerleading Advisory Committee has been approved by the IHSA Board of Directors stating:

“Cheerleaders who jump, tumble & stunt must take one day off from cheerleading/spirit activities every IHSA calendar week”.

“Programs on the off day are limited to walk-throughs, motions, choreography, voice training, stretching/yoga, conditioning, and/or film review; no other physical activity (stunting or tumbling) can take place on the rest day”.

This applies during the school year & during the summer contact period.

This updated language is in the [IHSA Handbook](#) under Policy 39 Sport Acclimatization/Risk Minimization.

WHY?

The IHSA Sports Medicine Advisory Committee is concerned about injuries during spirit activities (sideline & competitive cheer), likely from overuse and exhaustion.

WHAT CAN WE DO?

Incorporating rest days into schedules gives the body time to recover from strenuous work such as stunting and tumbling.

Taking even one day off will lessen exposure to overuse and exhaustion to minimize the risk of injury.

LEARN MORE!

Check out these resources for more information:
Frequently Asked Questions - [Click Here](#)
IHSA Sports Medicine - [Click Here](#)
NFHS Spirit - [Click Here](#)
NFHS Learn - [Click Here](#)
USA Cheer - [Click Here](#)

QUESTIONS?

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