

## 2025 ~ 2026 MSAA Cheerleading Rules & Regulations Changes

We are alerting you to a number of changes made to the current rulebook for cheerleading. For your convenience, we have included a summary of the major changes below. The 2025-26 MSAA Cheerleading Rules & Regulations posted online will highlight this new language and should be reviewed by coaches each season.

### 8. Medical Coverage:

Each member school should employ a licensed certified athletic trainer. Licensed physicians, athletic trainers, and coaches should receive sport medicine training. **For all MSAA sanctioned events/competitions, the host school must employ a licensed physician, licensed athletic trainer or certified EMT for the event.** The host site is required to have an AED onsite (and accessible) or with their medical provider.

### 11. Coaches Education:

**The MSAA recommends that all coaches (stipend or volunteer) first serving as an interscholastic coach after July 1, 2025 complete a cheer/dance specific course from the NFHS Learn catalog within the first 12 months of hire.**

***\* Rosters no longer need to be submitted to the MSAA at the beginning of the season. A competition roster (see below) must be submitted with the school's Intent to Enter Regionals/States. The tournament roster may include up to three (3) coaches recognized by school administrators as an approved representative of their school.***

### 12. Team Rosters:

The school administrator must maintain a current roster for each team registered with the MSAA. All participants must be listed on the roster (including alternates). Student-athletes not listed on the roster are ineligible for competition.

A. Competition Rosters – Sanctioned teams are allowed to compete at MSAA sanctioned tournaments. When a coach submits a competition roster for purposes of competing at a sanctioned tournament, they are verifying that all members listed have been actively participating in practices and games throughout the current season. Competition rosters are limited as follows:

- Performance Division = maximum of twenty-four (24) members with no more than twenty (20) athletes on the competition floor
- Game Day Division = maximum of thirty (30) members with no more than twenty-four (24) athletes plus no more than two (2) mascots on the competition floor
- Up to three (3) coaches

***\* Teams in the Game Day division will advance directly from their league competition to the Game Day State Championship.***

- 31 B. Competition Limits: Cheerleading teams are allowed participation in a maximum of seven (7) MSAA sanctioned competitions per season which includes: (a) up to four (4) open or invitational tournaments, (b) league tournament, (c) regional competition and (d) state championship. Teams competing but not advancing from league or regional competitions may choose to attend extra open or invitational tournaments but may not exceed a total of seven competitions per season. **All teams (both performance and game day) must enter and compete in their league competition/qualifier in order to qualify for their respective regional or state tournament.**

**38. Qualifying for Regional Competition (Performance Division):**

- G. Upon qualification, the school administrator must submit an Intent to Enter form and tournament roster. The tournament roster is limited to a maximum of twenty-four (24) athletes and three (3) coaches. The Intent to Enter form can be found on the MSAA website.

When a school administrator submits a roster to the MSAA, it is verifying that it has determined that the students listed are eligible to participate and all coaches meet the requirements set forth in the Coaches' Education section of this Rulebook.

**40. Qualifying for State Championships (Performance Division):**

- B. The 3<sup>rd</sup> place team will qualify providing they obtain a score of 75 (75% of total possible score of 100) or more.
- D. At-Large Bids: Each regional tournament has three bids per division to advance teams to the State Championship. If a division does not advance three teams to the State Championship pursuant to paragraphs A, B and C of this Section, the bids that are not filled shall become At-Large Bids to be awarded to teams in that division from other regions. At-Large Bids shall be awarded following the completion of all regional competitions to teams, based on their score at their respective regional tournament, that have 1) not qualified under paragraphs A, B, or C above; and 2) **obtained a minimum score of 75 (75% of total possible score of 100).**

**41. Qualifying for State Championship (Game Day Division):**

- A. All teams must enter and compete in their league competition/qualifier in order to qualify for the Game Day State Championship tournament. Teams not participating in its league competition are not eligible for state competition.
- B. A school may enter only one (1) varsity team in the game day division at its league competition.
- C. All teams in the game day division at the league competition will qualify for the state championship regardless of score.
- D. The MSAA divisional alignments do not apply to the game day division. There will be no differentiation of coed and all-girl in this division.

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- E. Upon qualification, the school administrator must submit an Intent to Enter form and tournament roster. The tournament roster is limited to a maximum of thirty (30) athletes/mascots and three (3) coaches. The Intent to Enter form can be found on the MSAA website.

When a school administrator submits a roster to the MSAA, it is verifying that it has determined that the students listed are eligible to participate and all coaches meet the requirements set forth in the Coaches' Education section of this Rulebook.