

The following is taken from the 2020 ACAA Manual.
ACAA Standard of Dress and Appearance for Cheerleaders

**THE FOLLOWING APPLIES DURING
REGULAR SEASON and COMPETITION**

If your cheer skirts are shorter than 2 inches above the knee, ACAA request that your cheerleaders wear cheer pants during both home and away games when playing ACAA schools, and during cheer competition. Cheer pants should fit modestly with care given to make sure the pants are not too tight.

ARTICLE 4.0 – STANDARD OF DRESS AND APPEARANCE

4.1 The Alabama Christian Athletic Association believes that schools participating in the various activities sponsored by this organization should meet standards of dress and grooming for participating students. Dress and appearance should be modest according to conservative Christian standards as taught in the Bible.

ACAA makes no attempt to govern the standards of the local school, but we feel it necessary to have a common standard for sanctioned competition between participating member schools in order to avoid conflict and create a comfort level for everyone involved. Therefore, all students and athletic personnel who participate in any activity sponsored by and sanctioned by ACAA are required to meet the following basic standards.

4.3 GIRLS – CHEERLEADER:

- Cheerleader uniforms may be either skirt or cheer pants.
- The hem of the skirt should be no further than two inches from the top of the knee. If skirts have side "kick slits," the opening should not exceed 2 inches.
- Cheer pants should be modestly fitted.
- Athletic bras are required for cheerleaders.
- Matching thigh length spandex must be worn.
- The top of the uniform should be long enough that when the arms are raised above the head the abdomen does not show.
- No jewelry may be worn by any athlete during athletic contest.
- Refer to the *USA Cheer/AACCA School Cheer Safety Rules* for rules regarding hair and nails, etc.

4.5 The appearance of participants in ACAA Athletic events should be inoffensive, appropriate, and should represent the goals and objectives of ACAA member schools. Students recognized publicly receiving awards at ACAA sponsored championship events should either be dressed in their uniform or dress that meets the ACAA Standard for Dress (Article 4.0 – 4.5).

4.6 ACAA considers tattoos unacceptable particularly on high school aged students. However, it is not our desire to prevent students that have tattoos from participating in ACAA events. ACAA, therefore, requires temporary tattoos, at a minimum, to be removed and permanent tattoos to be covered in compliance with *National Federation of State High School Associations Rules* that govern uniforms.

Waivers may be considered by a committee of three, appointed by the Executive Director, for benign or non-offensive tattoos that cannot be covered. It would be the responsibility of the requesting school to provide pictures to the committee at least ten days preceding the first game. The request must be made in writing and will require a \$50 non-refundable fee before the request will be considered; otherwise the tattoo should be covered.