



Cheerleading

Equipment Fitting Guide - Fit to Play the Right Way

Brought to you by:



coachsafely.org



www.helmetfitting.com

follow us @coachsafely and @Helmetfitting



All material copyright: CoachSafely Foundation and Helmetfitting.com

UNIFORMS

From AAU USA Cheerleading --

http://cheerevolution.com/wp-content/uploads/2013/07/USASF_Cheer_Safety-Rules_2017.pdf

Uniforms must be modest with no mid drifts showing when hands are by your side.

Briefs are to be worn at all times.

From US All Star Federation for Cheer & Dance 2017-2019 --

http://cheerevolution.com/wp-content/uploads/2013/07/USASF_Cheer_Safety-Rules_2017.pdf

APPROPRIATE UNIFORM

From US All Star Federation for Cheer & Dance 2017-2019 -- http://cheerevolution.com/wp-content/uploads/2013/07/USASF_Cheer_Safety-Rules_2017.pdf

All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn. In addition to the below specific guidelines, athletes must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. ALL garments must properly cover the athlete and the athlete's undergarments during the routine.

UNIFORM SKIRT/SHORTS GUIDELINES

When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.



UNIFORM TOP GUIDELINES

Uniform tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in Senior divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).

Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows etc. do not meet the standards of 'appropriate' as described in this policy.

FOOT WEAR

Shoes are designed to flex at the ball of the foot. Correct fitting properly positions the ball joint in the shoe and provides room for the toes so that they are not confined. Improperly fit shoes can cause a variety of foot problems.

Always use a Brannock Device to measure feet. A Brannock Device measures foot length (heel-to-toe), width and arch length (heel-to-ball).

For more information on using a Brannock Device visit: <https://brannock.com/pages/instructions-fitting-tips>



CHEER SHOES

Cheerleaders must wear shoes specifically designed for their sport. Cheer shoes are crucial for safety and performance

Cheer shoes typically feature the following:

- **MINIMAL WEIGHT.** Cheer shoes typically between 4 oz. and 8 oz.
- **FINGER GRIPS.** Bases need to be able to hold on to the flyer's foot, so finger grips allow for easy placement of the base's hands and eliminate risk of the flyer's foot slipping from the base's hands.
- **SMOOTH RUBBER SOLE.** While flyers are held up during stunts, the shoe is constantly in contact with the base's hands/chest, so the sole is smooth to reduce uncomfortable rubbing. Another benefit of rubber, particularly on the toe and heel pod, is that it grips better on the floor. Cheer shoes often feature non-marking rubber soles, won't leave any skid marks if slid or dragged on the flooring.
- **PADDING.** Cheerleaders are constantly moving, jumping, and tumbling so cheer shoes use EVA cushioning as a lightweight way to absorb the shock from all the movements.
- **BREATHABLE FABRICS.** To eliminate heat and swelling, cheer shoes are made of breathable material to increase comfort throughout practice and competition.
- **SYNTHETIC LEATHER.** This allows for easy cleaning, so cheerleaders can look neat, clean, and pristine down to their toes! White is hard to keep clean but synthetic leather makes it much easier to maintain a perfectly white shoe.



For more information please visit:



**WIN
WITHOUT
LOSSES**

coachsafely.org



www.helmetfitting.com



follow us @coachsafely and @Helmetfitting