

**2009-10 TSSAA Handbook**  
**SPIRIT REGULATIONS**

1. The American Association of Cheerleading Coaches and Administrators (AACCA) guidelines for cheerleaders shall be used for all spirit squads, pep squads, pom pom squads or any other similar school sponsored performance groups.
2. All members of these squads, including mascots, must be enrolled in school and under the supervision of the school principal. All participants for high school teams must be enrolled in grades 8-12. All participants for junior high teams must be enrolled in grades 7-9.
3. These regulations shall apply to all regular season, play-off or tournament games. (These regulations do not apply to competitive cheerleader competition outside of TSSAA.)