



Iowa High School Athletic Association  
Iowa Cheerleading Coaches Association



August 2021

**RE: IMPORTANT INFORMATION for CHEERLEADING COACHES**

Dear Cheerleading Coach:

**THE NFHS ONLINE RULES MEETING will be available for all cheerleading coaches from AUGUST 2 - August 26 ONLY.**

**BOTH the ONLINE RULES MEETING AND CONCUSSION VIDEO are REQUIRED for ALL CHEER COACHES whose cheerleaders are entering ICCA EVENTS (All-State Tryouts, State Championships, and Honor Squad).**

Directions for completion of BOTH requirements are on the ICCA website Home Page.

**[www.iowacheercoaches.org](http://www.iowacheercoaches.org)**

- **National Federation of State High School Associations (NFHS) Online Rules Meeting**

This rules meeting is highly valuable to every cheerleading coach and lowers both the coach's and school's liability. **ALL CHEER COACHES (head, assistant, volunteer) WITH CHEERLEADERS PLANNING TO PARTICIPATE IN THE ALL-STATE TRYOUTS, STATE CHAMPIONSHIPS, AND HONOR SQUAD MUST COMPLETE THE RULES MEETING DURING THIS TIME PERIOD SO THEY MAY PARTICIPATE IN AN ICCA EVENT.** There are **NO EXCEPTIONS!** Coaches entering squads in the State Championships should also ask their choreographers to watch the rules meeting as knowing the high school rules has great benefits to the legality of routines. Schools with late hires need to contact ICCA for assistance. ALL coaches are encouraged to view the online rules meeting as soon as it is available, **preferably BEFORE their first practice and before registering for any ICCA Events.**

**Special Note:** \*\* Be sure to print three (3) copies of the completion certificate with your name on it at the end of the online rules meeting. A copy of this confirmation must be submitted to the ICCA with fees and the signature sheet on or before October 1. Give one copy to your athletic director and keep the final copy for your files.

The online rules meetings will be available again from October 25-November 29 for any coaches (such as newly hired and/or winter cheer coaches) missing the earlier meeting. The rules meeting viewed during this time **CANNOT** be used to participate in the All-State tryouts, State Competition, or Honor Squad since it occurs after the registration deadline for these events.

- **“Concussion in Sports” Video**

In an effort to lower concussions, ICCA, along with IHSAA, urges all cheerleading coaches (head, assistant and volunteer) to view the National Federation online concussion course, “Concussion in Sports.” To view this course, go to the ICCA website, or contact your athletic director for the link. While viewing the course you can stop viewing it whenever you want to, log out, log back in, and start viewing where you left off.

**If your school is planning to participate in ICCA Events, you are REQUIRED to view the online concussion course, but it is recommended for ALL CHEER COACHES in Iowa to view the course.** All cheer coaches should view this course on an annual basis, as sport coaches are required to do. **Coaches will NOT be allowed to participate in ICCA Events should they miss the NF Rules Meeting and/or Concussion Video course.**

Each person viewing the entire course will be able to print a certificate with his or her name on it. \*\* Be sure to print three (3) copies of the completion certificate with your name at the completion of the course. A copy of this confirmation must be submitted to the ICCA with fees and signature sheet on or before October 1, 2021. Give one copy to your athletic director and keep the third copy for your files.

**A NFHS Spirit Rules Book will be sent to each school.** It is important to remember that each school’s book should be shared amongst cheer coaches during the sports seasons. Cheerleading coaches or schools can order additional rule books at a price of \$10 each, if they would like. Coaches can send a check to the IHSAA (ATTN: Elisa Kahler), PO Box 10, Boone, IA 50036. Be sure to indicate on the check that it is for a cheerleading rule book. Another option is the school’s athletic director or secretary can contact the IHSAA for a rule book(s) and have it billed directly to the school. The National Federation Spirit Rules Books can also be downloaded from Kindle or Apple Books.

**It is important that your cheerleaders follow NFHS Spirit Rules for risk minimization purposes and to reduce the school’s liability. NOT following NFHS Spirit Rules creates a major liability issue for the coach(es) and the school. Cheerleading should be addressed in the same manner as all IHSAA sanctioned sports; therefore, coaches need to require the students participating to follow the NFHS rules and ICCA/IHSAA strengthened rules in practice, sideline cheer, and performances.**

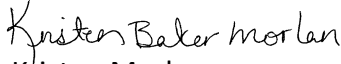
**Finally, we encourage you to become a member of the Iowa Cheerleading Coaches Association.** Active membership is one way every coach can learn new ways to promote school pride, spirit and sportsmanship. The website will assist coaches in gaining a greater understanding of coaching cheerleading and assist as coaches work to minimize the risk and improve safety to cheerleaders. Visit the ICCA website Home Page at [www.iowacheercoaches.org](http://www.iowacheercoaches.org).


If you have any questions please don’t hesitate to contact any of us.

Sincerely,

  
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