



Iowa High School Athletic Association  
Iowa Cheerleading Coaches Association



November 3, 2022

**TO: ATHLETIC DIRECTORS AND FOOTBALL CHEERLEADING COACHES**

**RE: 2022 IHSAA FOOTBALL GAMES IN THE UNI-DOME**

Dear Athletic Director and Football Cheerleading Coach:

On behalf of the Iowa Cheerleading Coaches' Association (ICCA) and the Iowa High School Athletic Association (IHSAA), we would like to say – Congratulations on your football team advancing to this level of the football playoffs, and welcome to the UNI Dome!

If your cheerleaders have not cheered in the UNI Dome before, it is warm and dry! It will be a great experience for them to be able to cheer in such an awesome venue.

To make your experience memorable, the IHSAA has teamed up with the ICCA to offer help and assistance to you and your cheerleaders. Below are some basic instructions and expectations of the IHSAA and ICCA. ICCA representatives will be in the UNI-Dome for every semi-final and championship game to assist you and answer your questions.

- \* All cheerleaders and cheerleading coaches should enter through the pass gate entrance that is located at the ticket office between the UNI-Dome and the McLeod Center. There is not a locker room available for cheerleaders to change. Here is a link to a UNI map that may be helpful – <http://www.vpaf.uni.edu/eventcomplex/mcleod/parking.shtml>
- \* Sixteen (16) bona fide varsity cheerleaders and one mascot will be admitted free. Every other cheerleader will need a ticket or pay admission. Those admitted free will be asked to sign in and any others will have tickets taken. Once inside the UNI-Dome, cheerleaders will be allowed admission to the sideline before the game **only** if they are in uniform and if they are cheering the first half of the game.
- \* Two cheerleading coaches are admitted free and allowed access to the sideline. Cheerleading coaches must be wearing a sideline pass. **They are required to remain on the sidelines for supervision and safety purposes.**
- \* **Up to twenty (20) cheerleaders and one mascot may cheer on your sideline at one time.** Schools may switch/substitute cheerleaders at HALFTIME ONLY. It is up to the cheer coach to make sure the new cheerleaders who are cheering the second half are ready for a safety check at the START of HALFTIME. It is also the coach's responsibility to make sure the cheerleaders who are not cheering go to the stands. Cheerleaders may NOT take another role (other than cheering or being a mascot) on the sidelines during the first half or second half (example: school photographer, manager, etc.).
- \* Everyone coming into the UNI-Dome will have their bags searched and all food and drink are confiscated. Cheerleaders in uniform will be allowed to bring an **EMPTY** water bottle to the sidelines that can be filled from the water coolers on their team's sideline. They are not permitted to bring water bottles filled with any liquids into the UNI-Dome.

\* Cheering will seem different to your cheerleaders because the fan seating is higher than usual and the cheerleaders are on the sideline, near the players. They will not see as much of the crowd as they are used to at other venues. Knowing this and having a plan will help.

\* Do simple cheers and crowd favorites to make it easier to encourage the fans to cheer with the cheerleaders.

\* Make signs to help your crowd know what to cheer.

\* **Keep all cheers positive.** We need your cheerleaders to help keep sportsmanship at its highest level possible by cheering only for your team.

\* **No boxes are allowed for cheerleaders to stand on because there is limited space on the sidelines.**

\* **Cheerleaders in the stands** are considered a part of the crowd or student section. They may remain in uniform and just enjoy cheering for their team in the stands.

\* **No stunting during LIVE BALL play.** All squads **must have a coach on the sideline during the game.**

\* **All uniforms must be in compliance the NFHS Spirit Rules Book and the ICCA Uniform Requirements** (enclosed with this letter). This would include **wearing school issued uniforms meant for cheerleading.** Football jerseys are not appropriate for cheerleading. Cheerleaders should also wear athletic shoes meant for cheerleading. Cheerleading shoes provide support for jumping, stunting, and tumbling.

\* Be sure to follow the ICCA/IHSAA Strengthened National Federation Rules (enclosed with this letter). All other National Federation Rules will also be followed. **Coaches, please be sure your cheerleaders comply with all NFHS and ICCA/IHSAA safety rules at all times.** Someone from the ICCA will visit with your cheerleaders to complete a safety check of hair, nails, uniform, shoes, and jewelry before the game begins. Remember – NO GLITTER! ICCA representatives will also be available to assist your cheerleaders if they need something during the game.

\* Most important, **have fun cheering!** This is an experience of a lifetime, so enjoy it!

Again, we'd like to congratulate your cheerleaders and you for your efforts this fall. Your football team has experienced a lot of success, but your efforts have also made a positive impact on your school and entire community. If you have any questions, please call Kenna Johnson at 515-250-8968 or email her at [kennajohnson47@gmail.com](mailto:kennajohnson47@gmail.com).

We look forward to seeing you in the UNI-Dome!

Sincerely,

Jared Chizek  
IHSAA Assistant Director

Kenna Johnson, Kristen Morlan, Melissa Hatfield  
ICCA Executor Directors

*Attachments:*

*ICCA/IHSAA Strengthened NFHS Spirit Rules*

*Clarifying the Hair Rule for Cheerleaders*

*Cheer Uniform Requirements Along With Recommendations*