

## HEAD CHEER COACH REQUIREMENTS:

- Completion of the AIA Information Course
- Completion of the NFHS Cheer Rules Interpretation Course
- NFHS Cheer Rules Exam - taken annually with a required passing score of 75%
- Completion of the NFHS Concussion in Sports Course – taken one time

## LOWER LEVEL/ASSISTANT CHEER COACH REQUIREMENTS:

- NFHS Cheer Rules Exam - taken annually with a required passing score of 75%
- Completion of the NFHS Concussion in Sports Course – taken one time

## HEAD DANCE COACH REQUIREMENTS:

- Completion of the AIA Information Course
- Completion of the NFHS Dance Rules Interpretation Course
- NFHS Dance Rules Exam - taken annually with a required passing score of 75%
- Completion of the NFHS Concussion in Sports Course – taken one time

## LOWER LEVEL/ASSISTANT CHEER COACH REQUIREMENTS:

- NFHS Dance Rules Exam - taken annually with a required passing score of 75%
- Completion of the NFHS Concussion in Sports Course – taken one time

- ✓ A CHEER/DANCE coach that has completed the requirements must be present in order for the athletes to practice or perform **any** skill work (i.e. turns, jumps, stunts, lifts, leaps, tumbling, etc.).
  - Only sideline chants and motion work will be permitted with a coach that has NOT completed the above requirements.
- ✓ A **HEAD** CHEER/DANCE coach that has completed the requirements must accompany their team to the AIA Championship events, through warm ups, and to the performance floor.
- ✓ Only **CHEER** coaches that have completed the requirements will be permitted to receive a cheer coach wristband, go through warm ups, and to the performance floor with their dance team at AIA Cheer Events.
- ✓ Only **DANCE** coaches that have completed the requirements will be permitted to receive a dance coach wristband, go through warm ups, and to the performance floor with their dance team at AIA Dance Events.

Both the **NFHS Cheer/Dance Rules Interpretation Course** and the **AIA Information Course** can be completed **either in person or virtually** during the Coaches Workshop and must be taken annually. While both courses are required for head coaches, we invite all lower level and assistant coaches to complete them as well.