

CHEER COACH REQUIREMENTS:

- Attendance (virtual) and participation in the 2021 Spiritline Coaches Conference
 - AIA Information Course (held annually at the Spiritline Coaches Conference)
 - NFHS Rules Interpretation Course (held annually at the Spiritline Coaches Conference)
 - NFHS Cheer Rules Exam (taken and passed annually)
- ✓ A fully compliant CHEER coach must be present in order for the athletes to practice or perform **any** skill work (i.e. jumps, tumbling, stunts, etc.).
- Only sideline chants and motion work will be permitted with a NON-compliant coach.
- ✓ Only fully credentialed CHEER coaches will be permitted to receive a cheer coach wristband, go through warm ups, and to the performance floor with their cheer team at AIA Events.

DANCE COACH REQUIREMENTS:

- Attendance (virtual) and participation in the 2021 Spiritline Coaches Conference
 - AIA Information Course (held annually at the Spiritline Coaches Conference)
 - NFHS Rules Interpretation Course (held annually at the Spiritline Coaches Conference)
 - NFHS Dance Rules Exam (taken and passed annually)
- ✓ A fully compliant DANCE coach must be present in order for the athletes to practice or perform **any** skill work (i.e. turns, jumps, leaps, tumbling, etc.).
- Only sideline chants and motion work will be permitted with a NON-compliant coach.
- ✓ Only fully credentialed DANCE coaches will be permitted to receive a dance coach wristband, go through warm ups, and to the performance floor with their dance team at AIA Events.

The **NFHS Spirit Rules Interpretation Course** is completed at the Coaches Conference and must be taken annually. After attending the course, coaches must complete their designated **NFHS Online Exam** (Cheer or Dance) and PASS with a score of 75 or higher. Information on completing the exam will be given out at the Spiritline Workshop.