

2021-2022

AIA

CHEER & DANCE

Workshops

SPIRITLINE COORDINATORS

Ashley Gronewold

Tournament Coordinator

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Lindsey Larsen

Assistant Tournament Coordinator

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ADVISORY BOARD

A group of individuals from within the Arizona cheer and dance community that will serve as a resource for coaches as well as have a vote in any decisions or agenda items requiring one. The Advisory Board members also serve as your division representatives. The division representatives have taken on an education role this year and will be your point of contact for cheer and dance knowledge, advice and general coaching needs.

<u>DIVISION</u>	<u>CATEGORY</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>EMAIL</u>
DIVISION 1	CHEER	Chanelle Mariner	Mountain View Mesa	cmariner.spirit@gmail.com
	DANCE	Ashley Parcell	Highland	aparcell.spirit@gmail.com
DIVISION 2	CHEER	Emily DesJardins	Hamilton	edesjardins.spirit@gmail.com
	DANCE	Megan Besch	Hamilton	mbesch.spirit@gmail.com
DIVISION 3	CHEER	Cassie Markham	Higley	cmarkham.spirit@gmail.com
	DANCE	Megan Nolen	Mountain Ridge	mnolen.spirit@gmail.com
DIVISION 4	CHEER	Annie Valencia	Florence	annie.valenciaspirit@gmail.com
	DANCE	Kelsey Tomlinson	Chaparral	ktomlinsom.spirit@gmail.com

CONFERENCE CHAIRS

A group of individuals from within the Arizona cheer and dance community that together will represent each of the 6 conferences. Each conference will have a cheer representative and a dance representative. Your conference chair will be your point of contact for all topics or items you would like discussed and brought to both the advisory board and tournament coordinators.

<u>CONFERENCE</u>	<u>CATEGORY</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>EMAIL</u>
6A	CHEER	Cathi Harrison	Perry	charrison.spirit@gmail.com
	DANCE	Kaley Nowaczyk	Pinnacle	knowaczyk.spirit@gmail.com
5A	CHEER	AudraLee Scofield	Desert Mountain	ascofield.spirit@gmail.com
	DANCE	Haley Vago	Centennial	hvago.spirit@gmail.com
4A	CHEER	Danielle Neumann	Mica Mountain	dneumann.spirit@gmail.com
	DANCE	Norma Tiongson	-	ntiongson.spirit@gmail.com
3A	CHEER	Cameron Gibson	Northwest Christian	cgibson.spirit@gmail.com
	DANCE	Taylor Nielsen	ALA – Gilbert North	tnielsen.spirit@gmail.com
1/2A	CHEER & DANCE	Becky Orona	St. Johns	borona.spirit@gmail.com

WEBSITE

- <http://aiaonline.org/activities/spirit-lines>
- All resources posted on the site
 - Compliance List
 - Tournament Guide
 - Divisions & Categories
 - Score Sheets
 - Progression and Quantity Charts
- Check frequently for updates!
- Past results can be found on AZ Preps
 - <http://www.azpreps365.com/results/spiritline>

SOCIAL MEDIA

- Facebook
 - *AIA Cheer and Dance Coaches*
 - Search in GROUPS, not PAGES.
 - *Must answer all questions to be approved.*
 - Additional communication for updates.
 - Additional resource for coaches.

SOCIAL MEDIA

- Instagram
 - @aiaspirit
 - Additional communication for updates.
 - Additional resource for coaches.
 - Interaction from Ashley and Lindsey.
 - Frequently doing Q&A's, Polls, and Feedback requests.

SOCIAL MEDIA

- BAND App
- *AIA Cheer and Dance*
 - Download the Band App
 - Search for the name
 - Click *Join this Band*
 - Another way to communicate updates
 - Another resource for coaches

SEASON

The Spiritline season runs through Fall, Winter, and Spring.

- Start of season – first permissible week of football practice
 - Regardless of when your football team starts, Spiritline begins when the first programs begin -typically end of July.
 - **July 26, 2021**
- End of season is the last day of the school year

CHEER COMPLIANCE

In order for a **CHEER** coach to be in compliance, the following requirements must be met:

- Virtual attendance and participation in the 2021 Spiritline Coaches Workshop
- AIA Information Course
 - taken annually at the Spiritline Coaches Workshop
- NFHS Cheer Rules Interpretation Course
 - taken annually at the Spiritline Coaches Workshop
- NFHS Cheer Rules Exam
 - taken annually online through <https://exams.nfhs.org>
 - must have a passing score of 75 or higher

DANCE COMPLIANCE

In order for a **DANCE** coach to be in compliance, the following requirements must be met:

- Virtual attendance and participation in the 2021 Spiritline Coaches Workshop
- AIA Information Course
 - taken annually at the Spiritline Coaches Workshop
- NFHS Dance Rules Interpretation Course
 - taken annually at the Spiritline Coaches Workshop
- NFHS Dance Rules Exam
 - taken annually online through <https://exams.nfhs.org>
 - must have a passing score of 75 or higher

COMPLIANCE

- Two compliance lists will be posted – cheer and dance
- Compliance Lists will be on the Spiritline page of the AIA Website
 - Beginning August 10, lists will be updated weekly as exam scores come in.
- *If you and your program counter part ever share responsibilities, it is a good idea to gain compliance in BOTH cheer and dance in case a situation arises.*
 - Your CHEER coach is sick for a football game so the DANCE coach is overseeing both teams. If that dance coach is not also CHEER compliant, the cheer team may not execute any skills (stunts, tumbling).
- The online NFHS exam must be completed no later than **August 25**.
 - Scores will be sent to me automatically every week
 - Exam score must be time stamped with cut off date or earlier or coach will not meet certification
 - Make sure your NFHS Profile is up to date with **current school**
 - *Do not use acronyms for your school entry!*

COMPLIANCE

- Only compliant CHEER coaches will be able to receive a coach wristband at the CHEER Qualifiers.
 - Wristbands will be required to get through warm up and to the performing floor.
- Only compliant DANCE coaches will be able to receive a coach wristband at the DANCE Qualifiers.
 - Wristbands will be required to get through warm up and to the performing floor.
- *Game Day coaches must be on the CHEER Compliance List.*
- A coach that is out of compliance will be unable to oversee and/or attend competition with the team.
- If a coach is not compliant, they will only be allowed in spectator areas.
 - Keep this in mind while planning for chaperones when traveling
- If someone who is not compliant enters an athlete and/or coach only area, without the tournament directors permission, the team will be disqualified.
- A team participant CANNOT act as a coach in place of a non-compliant coach. This will result in disqualification.

JEWELRY

- Consistent with NFHS rules concerning jewelry.
- It is the coach's responsibility to teach and enforce this rule.
- Examples include, but are not limited to:
 - Necklaces
 - Bracelets
 - Rings
 - Facial and body piercings
 - Surgically implanted piercings
 - Hair ties on wrists
 - Non compliant face masks
- *If they aren't born with it, they cannot wear it!*

FACE MASKS

- Masks may be worn, but are not required *per AIA*.
 - Follow your district rules.
- **Masks being worn during stunting, lifts, or tumbling must follow the AIA compliance guidelines:**
 - Should be snug fitting
 - Should not impede vision or movement
 - Should be soft and pliable with no exposed metal
 - Should provide adequate ventilation and protection from the spread of particle matter
 - Must be secured with over-the-head straps by a breakaway type connection (i.e. Velcro, snaps, etc).

MEDICAL NEEDS & NAILS

- Medical Alert medallions can be worn if taped to the body, under the uniform.
- Insulin pumps may be worn if affixed to the body, under the uniform.
- Eye glasses may be worn, but should be secured to the face to deter falling off.
- Nails must be kept short and near the ends of fingers
 - Rule of thumb...if you can feel it, its too long!

NEW STUDENT TRYOUTS

- Under this rule, all new students, *including freshmen and transfer students*, may not do any of the following prior to the start of season:
 - Tryout for a team
 - Be evaluated
 - Be officially placed on a team
 - Be given a *selective* invitation for any practice, camp, or clinic
- Doing any of the above will result in an AIA violation!

GAME DAY CHAMPIONSHIP

- **December 17-18, 2021**
 - Veteran's Memorial Coliseum
- Qualifying and Championship rounds will be held on the same day.
- ***NEW THIS YEAR*** - Both rounds will consist of one 3-minute performance:
 - Band Chant
 - Situational Sideline (given to you by the announcer)
 - Crowd Leading
 - Fight Song
- Limited tumbling and stunts are allowed, but not required, during the situational sideline, crowd leading and fight song sections
- Please see the Game Day Overview on the AIA website for a detailed description of each component as well as skill restrictions.

QUALIFIERS

- **January 15, 2022**
 - Location TBD
 - Division 3 - Show Cheer, AGS
 - Division 4 – Show Cheer, AGS
 - Division 3/4 – Coed Cheer, Partner Stunt
- **January 22, 2022**
 - Location TBD
 - Division 1, 2, 3 & 4 – Pom
 - Open Jazz
 - Open Hip Hop
- **January 29, 2022**
 - Location TBD
 - Division 1 - Show Cheer, AGS
 - Division 2 – Show Cheer, AGS
 - Division 1/2 – Coed Cheer, Partner Stunt

STATE CHAMPIONSHIP

- March 12, 2022
 - Veteran's Memorial Coliseum
 - Show Cheer
 - Coed Cheer
 - All Girl Stunt
 - Partner Stunt
 - Pom
 - Jazz
 - Hip Hop

TIMELINE AND FEES

- **NEW THIS YEAR** - We will be drawing for performance order!
 - Will be done live over Zoom
 - Registered coaches will be sent link to watch
- Fees for AIA Spiritline Competitions
 - **NEW THIS YEAR** - All fees are per program (cheer or dance), not school.
 - Game Day Championship - \$100 per school
 - Cheer State Qualifier - \$250 per school
 - Dance State Qualifier - \$250 per school
 - State Championship - \$350 per program (separate fee for cheer, separate fee for dance)

Fees will be invoiced to your athletics department, do not send a PO.

COMPETITION MUSIC

- www.varsity.com/music-guidelines
- Get a receipt for all music purchased
 - Receipt and/or Licensing must be shown during Team Registration at each competition
- No CD's!
 - Music must be played on a Smart Device
 - Bring the adapter for your phone if one is needed

COMPETITION REGISTRATION

- Registration is done by logging in to your AIA Dashboard
 - <https://admin.aiaonline.org>
- Game Day Registration will open October 22nd and close November 5th
- Qualifier Registration will open November 19th and close December 3rd
- *No late registrations will be accepted*
- Register by TEAM, not school
 - Do not need to wait for other coaches (i.e. dance or cheer) to complete registration.
- All fields must be completed prior to submitting.

CATEGORY DESCRIPTION

- **SHOW CHEER** – Combines all the elements of cheerleading in a 2 minutes and 30 second routine, broken up into two elements – 1 minute of a crowd leading cheer, 1 minute and 30 seconds of music (also can be broken up into two sections). Teams should showcase stunts, tumbling, jumps, and a dance during music section(s). Crowd leading props such as signs, poms, megaphones, and flags are encouraged to be used during the cheer section.
- **COED CHEER** – Combines all the elements of cheerleading in a 2 minutes and 30 second routine, broken up into two elements – 1 minute of a crowd leading cheer, 1 minute and 30 seconds of music (also can be broken up into two sections). Teams should perform stunts, tumbling, jumps, and a dance during music section(s) but also focus on showcasing their male athletes with a variety of coed skills, including coed partner stunting. Crowd leading props such as signs, poms, megaphones, and flags are encouraged to be used during the cheer section.

CATEGORY DESCRIPTION

- **ALL GIRL STUNT** – A 1 minute routine set to music that utilizes 4-5 female athletes and gives programs an opportunity to showcase their best stunt skills. Groups will display a variety of stunts with little transition time and a strong execution. A focus on stunt technique, creativity, and difficulty is encouraged.
- **PARTNER STUNT** – A 1 minute routine set to music that utilizes 1 male and 1 female athlete (+ 1 additional male or female, to be used as only a spotter) and gives programs an opportunity to showcase their best coed stunt skills. Partners will display a variety of coed stunts with little transition time and strong execution. A focus on stunt technique, creativity, and difficulty is encouraged. The additional male or female is not to be used to aide or build the skills and is only there to *spot* the skills being performed by the male/female partners.

CATEGORY DESCRIPTION

- **POM** – A pom routine incorporates dance based skills such as turns, leaps and jumps but remains focused on strong and precise motions, team synchronization and visual effects. It may also include pom specific skills such as pom passes and kick lines. Poms must be used for a minimum of 80% of the 2 minute and 30 second (maximum) routine, however male dancers are not required to utilize poms.
- **HIP HOP** – A hip hop routine is a 2 minute and 30 second (maximum) performance that incorporates street style movement and/or funk choreography. There is an emphasis within choreography on style, creativity, footwork, level changes, strong movements, clear isolations, and formation changes. Execution should focus on control, rhythm, uniformity, musicality, entertainment and technique.

CATEGORY DESCRIPTION

- **JAZZ** – A jazz routine is a 2 minute and 30 second (maximum) performance that encompasses a traditional, contemporary or lyrical style routine and can incorporate the following approaches to movement: organic, pedestrian, traditional modern, and/or traditional ballet. Movements should complement the lyric and/or rhythmic value of the music. Emphasis should be placed on expressive movement, control, contraction and release, use of breath, body placement, and uniformity. Skills should be technical, hard hitting, with a crisp and/or aggressive approach to movement, but can include moments of softness while complementing musicality. Execution should focus on body alignment, extension, control, uniformity and technique.

DIVISION & CATEGORY

REMINDERS

- Coed is not split by the number of males
 - Division 1 and 2 will be combined – 6-30 athletes, 2 or more males
 - Division 3 and 4 will be combined – 6-30 athletes, 2 or more males
- Show Cheer and Pom will not split into small and large
- Open Jazz & Open Hip Hop
 - Divisions 1-4 combined, split by size
 - Small: 4-7 athletes
 - Medium: 8-10 athletes
 - Large: 11-24 athletes
- Dance teams may choose a single category or Pom plus one category
- A minimum of 75% of your Pom athletes must carry over as your Open category athletes.
- Your numbers may not increase between Qualifiers and State.

QUALIFYING FOR STATE

- CHEER

- The four score sheets will be added together to create your **RAW SCORE**.

- DANCE & STUNT

- The scores from the two like judges will be averaged and added to the average of the other two like judges to create the **RAW SCORE**.

- **NEW THIS YEAR** - Deductions and penalties will then be taken from the raw score to create the **FINAL SCORE**.

- The **top 40%** (but no more than 10) teams will qualify for the State Championship in each category.

GAME DAY CATEGORY

- The scores from the two like judges will be averaged and added to the average of the other two like judges to create the **RAW SCORE**.
- Penalties will then be taken from the raw score to create the **QUALIFYING SCORE**.
- The top 40% (but no more than 10) teams will qualify for the Championship in each division.
- 25% of your **QUALIFYING SCORE** will carry over to your **PLACING SCORE**.
 - Once your **CHAMPIONSHIP SCORE** has been determined, 25% of your **QUALIFYING SCORE** will be added to 75% of your **CHAMPIONSHIP SCORE** to determine your **PLACING SCORE**.

DEDUCTIONS – CHEER

Cheer/Stunt Deductions:

Minor Athlete Fall (0.5) – Hands/Knees down during tumbling or transition.

Major Athlete Fall (1.0) – Landing on head/shoulders/back during tumbling or transition.

Building Bobble (0.5) – Include but not limited to stunts, tosses, and pyramids that almost drop but are saved, an excessive movement of bases to save a stunt, dropping from extended to prep level, dropping a body position, and/or a small balance check.

Minor Stunt Fall (1.0) – Include but not limited to a drop from individual stunt to load in, cradle, prone, flat back, or one member of the group landing on the ground.

Major Stunt Fall (2.0) – Include but not limited to a drop from an individual stunt to a compromising position (not mentioned in minor fall) or more than one member of the group landing on the ground.

Pyramid Fall (3.0) – Two or more connected stunts falling. If multiple pyramids are built at the same time, each pyramid will be treated separately. If multiple tops fall in the same pyramid but not in direct connection, this deduction still applies.

DEDUCTIONS – DANCE

Dance Deductions:

Minor Athlete Fall (1.0) – Hands/Knees down during a transition or skill*.

Major Athlete Fall (2.0) – Landing on head/shoulders/back/backside during a transition or skill*.

**Skills include but are not limited to jumps, leaps, turns, tumbling and tricks.*

WITHDRAWAL POLICY

- If the AIA office receives a registration for the **Cheer and Dance State Qualifier** from a school and that school chooses to officially withdrawal their participation, they must do so **prior to 2 weeks before the event**. Any school that chooses to withdrawal within 2 weeks of the event will be in violation. No refunds will be given.
- If the AIA office receives a registration for the **Game Day Championship** from a school and that school chooses to officially withdrawal their participation at any time, they will be in violation. No refunds will be given.
- If a school qualifies for the **Cheer and Dance State Championship** and that school chooses to officially withdrawal their participation at any time after qualifying, they will be in violation. No refunds will be given.

NFHS EXAM

- Two separate exams
 - One 50 question CHEER exam for cheer coaches only
 - One 50 question DANCE exam for dance coaches only
- If you are seeking compliance for both Cheer and Dance, you will need to take and pass both exams.
- All coaches are required to take the exam for their program.
- Passing score is a 75 or higher
- You have 3 attempts at the exam
- Do not email me your results!

Exam opens August 7

Deadline to take and pass the exam is August 25

NFHS EXAM

- <https://exams.nfhs.org>
 - If you have an account from previous years, **Log In**
 - Make sure your profile is up to date by clicking on **Settings**
 - *Local Association is your school name, do not use acronyms*
 - If you do not have an account, click **Register** in the top right
 - **Complete Account Setup**
 - Complete **Personal Information**
 - Complete **Association Information**
 - *Local Association is your school name, do not use acronyms*
 - Under your **Dashboard**, the 2021 Arizona Spiritline Exam will be listed as two parts. Click **Take Exam** next to either the Cheer Exam or Dance Exam.
 - If you are seeking compliance for both Cheer and Dance, return to Dashboard after completing one exam to take the second.

QUESTIONS...

Send me all your questions through the BAND App now 😊

- Go to the chat room section of the [AIA Cheer and Dance Workshop](#) page
- Look for the '*AIA Information*' chat room
- Leave all your questions here
- See you at the In-Person workshop on August 7!



COMMENTS & FEEDBACK

- Scan by...

- Opening camera
- Face your screen towards the QR code
- Open the link at the top of your screen

- Or type in the following link:

- <https://qrgo.page.link/6LwzT>



THANK YOU!