SPIRITLINE COMMITTEE

Ashley Gronewold – Spiritline Coordinator
Lindsey Larsen – Assistant Spiritline Coordinator

MEMBERS

Dani Behrens  Megan Besch
Emily DesJardins  Chanelle Mariner
Cassie Markham  Megan Nolen
Ashley Parcell  Norma Tiongson
Kelsey Tomlinson  Annie Valencia
Committee is made up of several current and former coaches

It is completely voluntary

Meetings are held bi-monthly and as needed throughout the year

Expectations…

- Be present and engaged in meetings
- Be a voice for all coaches
- Help to plan and run coaches conference and competition
- Ambassador and Voice as a Division Representative
Division Representatives

We have assigned 2-3 committee members to each of the 4 divisions in order to have more resources available to you.

Please use your representative for program questions, advice, concerns, and topics you want brought to our committee meetings.
SPIRITLINE COMMITTEE

- **Division 1**
  - Cheer – Chanelle Mariner (cmariner.spirit@gmail.com)
  - Dance – Megan Besch (mbesch.spirit@gmail.com)
  - Dance – Kelsey Tomlinson (ktomlinson.spirit@gmail.com)

- **Division 2**
  - Cheer – Dani Behrens (dbehrens.spirit@gmail.com)
  - Cheer – Emily DesJardins (edesjardins.spirit@gmail.com)
  - Dance – Ashley Parcell (aparcell.spirit@gmail.com)

- **Division 3**
  - Cheer – Cassie Markham (cmarkham.spirit@gmail.com)
  - Dance – Megan Nolen (mnolen.spirit@gmail.com)

- **Division 4**
  - Cheer – Annie Valencia (annie.valenciaspirit@gmail.com)
  - Dance – Norma Tiongson (ntiongson.spirit@gmail.com)
WEBSITE

- http://aiaonline.org/activities/spirit-lines
- All resources posted on the site
  - Tournament guide
  - Divisions & Categories
  - Score sheets
- Check frequently for updates
- Past results can be found on AZ Preps
  - http://www.azpreps365.com/results/spiritline
FACEBOOK PAGE

- AIA SPIRITLINE COACHES
  - Search in PAGES, not GROUPS
  - Must answer all questions to be approved
  - Another way to communicate updates
  - Another resource for coaches
BAND APP

• AIA CHEER AND DANCE

• Download the Band App
• Click Join this Band
• Another way to communicate updates
• Another resource for coaches
The Spiritline season runs through Fall, Winter, and Spring.

- Start of season – first week of football practice
  - typically end of July (7/27/20)
  - As of right now, this date has been pushed back to **August 17, 2020** for this year…
    - ...and could get pushed back again
- End of season – last day of the school year
CHEER COMPLIANCE

- In order for a CHEER coach to be in compliance, the following requirements must be met:
  - USA Safety and Risk Management Certification
    - Taken online through USAcheer.org or NFHSLearn.com
    - Cost of $75-$85
    - Valid for 4 years
    - Send certificate to agronewold@aiaonline.org
  - NFHS Rules Interpretation Course by AIA
    - Must be taken every academic year
    - Held at the annual Coaches Workshop
  - NFHS Rules Online Exam
    - Taken online through https://exams.nfhs.org
    - Passing Score of 75 or higher
In order for a DANCE coach to be in compliance, the following requirements must be met:

- NFHS Rules Interpretation Course by AIA
  - Must be taken every academic year
  - Held at the annual Coaches Workshop
- NFHS Rules Online Exam
  - Taken online through https://exams.nfhs.org
  - Passing Score of 75 or higher
Two compliance lists will be posted – cheer and dance.

Compliance Lists will be on the Spiritline page of the AIA Website.

- List will be updated weekly as NFHS exam scores come in.

If you and your program counterpart 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 pom (DANCE) coach is overseeing both teams. If that pom 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 September 24.

- 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.
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.
- 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
• If they aren’t born with it, they cannot wear it!
FACE MASKS

- Consistent with NFHS Rules & Guidelines
- It is the coach’s responsibility to teach and enforce this rule.
- Masks may be worn, but are not required per NFHS rules.
- No masks may be worn while stunting or performing lifts.
- Masks worn while tumbling must be taped and secured to the face.
• 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!
8th Grade Tryouts

• This rule has STILL NOT CHANGED…and probably will not.
• Under this rule, current 8th grade 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!
Can we cheer if there are no fans?

This is a site based decision!

If you and your administration choose to cheer/dance at the football games, it is the recommendation of the AIA that athletes are practicing socially distancing on the sidelines.
It is our hope that we can have a competition season for our athletes.

The slides to follow outline our first (and normal) plans. However, with the unknown of what’s to come and what guidelines will be put in place from our State Officials, we are continuing to work on numerous back up plans.

Please trust that our athletes, coaches, and officials safety and well being is our top priority when making all decisions. We will continue to adjust as guidelines and mandates change and will update all coaches and administration throughout the season.
QUALIFIERS

**Qualifier 1 – Date TBD**
- Chaparral High School
  - Division 1 - Show Cheer, AGS
  - Division 2 – Show Cheer, AGS
  - Division 1/2 – Coed Cheer, Partner Stunt

**Qualifier 2 – Date TBD**
- Desert Ridge High School
  - Division 1, 2, 3 & 4 – Pom
  - Open Jazz
  - Open Hip Hop

**Qualifier 3 – Date TBD**
- Verrado High School
  - Division 3 - Show Cheer, AGS
  - Division 4 – Show Cheer, AGS
  - Division 3/4 – Coed Cheer, Partner Stunt
STATE TOURNAMENT DATES

- **Currently set for December 19th, 2020**
  - Game Day Qualifying and Championship

- **Currently set for January 23rd, 2021**
  - Show Cheer
  - Coed Cheer
  - All Girl Stunt
  - Partner Stunt
  - Pom
  - Jazz
  - Hip Hop
Performance Timeline will be created based off registration date
- First to register, last in division
  - Only exception is if a performance time needs to be adjusted due to multiple performances
    - example: stunt performance time overlaps with team warm up time

Fees for AIA Spiritline Competitions
- State Qualifier - $250
- Game Day Championship - $100
- State Championship - $350
- All fees are per school, not team
- 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
Registration is done by logging in to your AIA School Page
- https://admin.aiaonline.org

Qualifier Registration will open September 5th and close September 24th

Game Day Registration will open October 3rd and close October 8th

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.
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 DESCRIPTIONS**

- **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 stunt 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 spotter, male or female) 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.
**CATEGOR Y DESCRIPTIONS**

- **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.
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.
**Category Descriptions**

- **Game Day** - Inspired by what teams do at their home football games and is a limited tumbling and building routine. Teams will perform 3 separate routines in the Qualifying Round – Band Chant, Crowd Leading, and Fight Song – each with a 1 minute time limit. For the Championship Round, teams will put those three elements together, plus a situational sideline that will be given during the performance, to execute a 3 minute routine.
We have adjusted the divisions based off school enrollment and now have 4 instead of 3.

Coed will no longer be split by number of males or size.

- 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

Partner Stunt is no longer only one division

- Division 1 and 2 will be combined
- Division 3 and 4 will be combined
We have adjusted the divisions based off school enrollment and now have 4 instead of 3.

Division 1, 2, & 3 Pom will be split into small and large
- Small is 4-10 athletes
- Large is 11-24 athletes

Division 4 will not be split

New Categories – Open Jazz & Open Hip Hop
- Divisions 1-4 combined, split by size
  - Small: 4-7 athletes
  - Medium: 8-10 athletes
  - Large: 11-24 athletes
• Schools may choose a single category or Pom plus one category
• If you compete in Small Pom, you must compete in Small or Medium Open
• If you compete in Large Pom, you must compete in Large Open
• A minimum of 75% of your Pom athletes must carry over as your Open category athletes.
Any categories that have a small/large split must have a **minimum of 8 teams** after the split in order for that category to stay split.

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**.

Deductions will then be taken from the raw score to create the **QUALIFYING SCORE**.

Penalties will then be taken from the qualifying score to create the **PLACING SCORE**.

The top 40% (but no more than 10) of teams will qualify for the State Championship in each category.
Qualifying and Championship will be on the same day.

Qualifier consists of 3 separate performances:
- Band Chant
- Crowd Leading
- Fight Song

Championship consists of 1 performance:
- Combine the three elements above
- Plus a situational sideline given during performance

Limited tumbling and stunts are allowed, but not required, during the crowd leading and fight song sections.

See Game Day Overview on the AIA website for skill restrictions.
The number of teams competing in the Qualifying Rounds will be capped:
- Division 1 – 28 teams
- Division 2 – 24 teams
- Division 3 – 22 teams
- Division 4 – 22 teams

If a division does not reach the cap, those available spots will be utilized for other divisions as needed.
Scores from each judge within the category will be averaged to name a champion within that category.

The average of each category’s final score will be added together to create a **RAW SCORE**.

Penalties will then be taken from the raw score to create the **FINAL SCORE**.

The number of teams competing in the Championship Rounds will be:

- Division 1 – 7 teams
- Division 2 – 6 teams
- Division 3 – 5 teams
- Division 4 – 5 teams
Cheer and Dance Qualifiers will be held on different days.

The category you qualify in is the category you compete at the State Championship in, regardless of losing athletes.

Example: Qualify in Large Cheer with 17 athletes, lose one athlete making you a team of 16...you still compete in Large.

You may not increase your competition numbers.
**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/backside 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.
Pom Deductions:

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

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

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

- If the AIA office receives a registration for the **Spiritline State Qualifier** from a school and that school chooses to officially withdraw their participation, they must do so prior to 2 weeks before the event. Any school that chooses to withdraw 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 withdraw their participation at any time, they will be in violation. No refunds will be given.

- If a school qualifies for the **Spiritline State Championship** and that school chooses to officially withdraw their participation at any time after qualifying, they will be in violation. No refunds will be given.
NFHS EXAM

- Two separate exams...yay!
  - 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!

Deadline to take and pass the exam is September 24
NFHS EXAM

- [https://exams.nfhs.org](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 2020 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 Spiritline Workshop page
- Look for the ‘AIA Information’ chat room
- Leave all your questions here
- I’ll answer them during the Live Q&A through Zoom on Saturday, August 1
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://qrco.de/aiaworkshop

SCAN ME
THANK YOU!