



**Idaho High School Activities
Association
2023-2024
Cheer Coaches Packet**

unbottled.

IHSAA Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. Interscholastic programs should be designed to promote citizenship and enhance the academic mission of the school.

The Coach Will

- Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- Uphold the honor and dignity of the profession. The coach shall strive to set an example of the highest ethical and moral conduct. The coach/school will honor contracts regardless of possible inconvenience or financial loss.
- Master the contest rules and shall teach them to his or her team. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Demonstrate respect and support for officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. The coach will not make statements concerning officials' decisions after a game.
- Work with school faculty to promote overall educational growth of the student. The coach shall not exert pressure on faculty members to give student-athletes special consideration.
- Honor the commitment to student based programs that supplement the educational growth of each student-athlete.
- Be professional in association with other coaches. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- Exert his or her influence to enhance sportsmanship of all extracurricular activities.
- Cooperate with different media sources in an appropriate manner that promotes all aspects of the sport, school and community. Public criticism of officials, opponents or players is unethical.
- Uphold all policies and procedures of the school, district, IHSAA and the National Federation.

2022-24 GENERAL CLASSIFICATION & ALIGNMENT

| District | 5A 2500-1281 | 4A 1280-640 | 3A 639-320 | 2A 319-160 | 1A Div. I 159-85 | 1A Div. II 84 & below |
|------------------------|---|--|--|--|--|--|
| I (18) | Coeur d'Alene Lake City Post Falls | Lakeland Sandpoint | Bonners Ferry <small>(Boulder Creek co-op)</small> CdA Charter Timberlake | Kellogg Priest River St. Maries | Genesis Prep Lakeside North Idaho STEM Wallace | Clark Fork Kootenai Mullan |
| II (19) | Lewiston | Moscow | | Grangeville Orofino | Clearwater Valley Genesee Kamiah Lapwai Logos Pottlatch Prairie Troy | Culdesac Deary Highland-C Kendrick Nezperce St. John Bosco Timberline-W |
| III (56) | Boise Borah Capital Centennial Eagle Kuna Meridian Middleton Mountain View Nampa Owyhee Rocky Mountain Timberline-B | Bishop Kelly Caldwell Columbia Emmett Renaissance Ridgevue Skyview Vallivue | Fruitland Homedale McCall-Donnelly Parma Payette Weiser | Ambrose Cole Valley Christian Compass Charter Idaho Arts Charter Marsing Melba Nampa Christian New Plymouth North Star Charter Sage International | Centennial Baptist Gem State Academy Greenleaf Friends Idaho City Liberty Charter Notus Rimrock Riverstone Int'l Victory Charter Vision Charter Wilder | Cascade Council Forge Int'l Garden Valley Horseshoe Bend Meadows Valley Salmon River Tri-Valley <small>(Cambridge/Midvale co-op)</small> |
| IV (32) | | Burley Canyon Ridge Jerome Minico Mountain Home Twin Falls Wood River | Buhl Filer Gooding Kimberly | Declo Magic Valley Sun Valley Community Wendell | Carey Castleford Glenns Ferry Hansen Lighthouse Christian Murtaugh Oakley Raft River Shoshone Valley Xavier Charter | Bliss Camas County Dietrich Hagerman ISDB Richfield |
| V (17) | Highland - P | Century Pocatello Preston | American Falls Marsh Valley Snake River | Aberdeen Bear Lake Malad Soda Springs West Side | Grace | Grace Lutheran North Gem Rockland Sho-Ban |
| VI (26) | Madison Rigby Thunder Ridge | Blackfoot Bonneville Hillcrest Idaho Falls Shelley Skyline | South Fremont Sugar-Salem Teton | Firth North Fremont Ririe Salmon West Jefferson | Butte County Challis | Alturas Prep American Heritage Charter Clark County Leadore Mackay Taylor's Crossing Charter Watersprings |
| (168) | (21) | (27) | (19) | (29) | (37) | (35) |

2023-24 Cheerleading

Governance

1. The National Federation Spirit Safety Rules must be followed during all cheerleading activities including practices, games, performances and competitions.
2. IHSAA Rules of Competition must be followed at all in-state cheerleading competitions.

Purpose

The primary role of cheerleaders is to serve as a support group for the interscholastic athletic program of the school. Cheer teams should strive to boost school spirit, promote good sportsmanship, develop positive crowd involvement and help student participants and spectators achieve the educational objectives of the total interscholastic program.

Competition / Performance

Cheerleading includes athletic competition and performances that are accepted secondary roles of cheerleaders. They can effectively promote school spirit when included at appropriate times and serve to develop skill, teamwork and self-confidence. Competition and/or performance activities must not interfere with the cheerleaders' primary role, which to serve as a support group for the interscholastic athletic program.

Eligibility

1. **Competitive Cheer:** Members of cheer teams that participate in competition are subject to IHSAA eligibility rules 8-1 through 8-15, except Rule 8-4, Amateur Status, Rule 8-5, Awards, and Rule 8-11, Outside Competition. Non traditional students must comply with IHSAA Rule 8-16.
2. **Sideline Cheer:** Members of cheer teams that do not compete must be regularly enrolled students of the school at the time of participation. Non traditional students must comply with Rule 8-16.
3. **All cheerleaders** must have a physical examination on file with the school as outlined in IHSAA Rule 13 prior to the first practice of the season.
4. **All cheerleaders:** Tryouts/auditions are not allowed prior to the third Monday in April the spring proceeding the school year.

Contact Limitations

Cheer teams must comply with IHSAA Rule 17-1-3 (summer programs) and 17-2-4 (moratoriums).

Competition Rules & Regulations

1. Competitions:
 - a. In-state cheer competitions must follow both the NFHS spirit safety rules and the IHSAA competitive cheer rules.
 - b. In-state competitions sponsored by anyone other than member schools must be sanctioned by the IHSAA.
2. Season: Idaho cheerleaders may attend competitions only between November 1 and the completion of the state tournament. Any competition after the state tournament requires permission of the principal or superintendent and the IHSAA.

3. Number of Competitions: No school or individual may enter more than four competitions during the season. Exceptions: a district-qualifying competition and the state championships do not count towards the allowed number of competitions.

4. Competition Classifications:

5A: 1280 & over 3A: 639-320
4A: 1279-640 2A: 319 & under

Contiguous classifications may be combined at the tournament manager's discretion if fewer than three schools enter a division. Combining schools that are not in contiguous classifications requires approval from those schools.

5. Team Categories:

- a. Team Sizes: A maximum of 24 team members (including mascots) are allowed on the floor in show cheer, sideline and pom divisions.
- b. Coed: In the show cheer division, teams with one boy may elect to compete in either the coed or all-girl category. Teams with two or more boys must compete as coed. In sideline cheer and pom divisions, coed teams and all-girl teams compete together.

6. Divisions of Competition: All Idaho invitational competitions must offer show cheer, sideline cheer and pom divisions. Additional divisions of competition are permitted – see Specialty Divisions below. ***NOTE: Props, poms, megaphones, signs, banners, etc...cannot contain glass, have an outside power source or have lights.**

Show Cheer: Time: 2:30 max. Routine must contain at least one cheer or chant and a musical segment of at least 45 seconds, but not greater than 2:00. Permitted: partner stunts, pyramids, tosses, tumbling, jumps, dance, poms, megaphones, signs and banners (see *NOTE above).

Sideline Cheer: Time: 1:00 max. This routine should emphasize crowd involvement. Routine must include a minimum of one continuous two-jump series performed by the entire team in unison. Permitted: Traditional cheer props (poms, signs, flags, banners and megaphones), standing tumbling (limited to single skill at a time), stunts that are prep level or below, and multi base extended stunts (limited to extensions, liberty hitches and basic liberties without any variations as listed in the NFHS rules book definition).

Not Permitted: Music, running tumbling, basket tosses, inversions, twisting or spinning dismounts or load-ins, load-ins that are airborne (i.e. toss to hands, toss to stunt), cradle dismounts, pyramids of three or more braced stunt groups, extended partner stunts, cheer boxes, non-traditional or theatrical type props (see *NOTE above).

Pom: Time: 1:00 max. Routine should include a variety of motions, dance and transitions. Music is required for the entire routine. Poms (see *NOTE above) must be used throughout a majority of the routine and by a majority of the team members. Permitted: vocals, jumps, kicks, leaps, turns, and non-airborne tumbling. Not permitted: airborne

tumbling, stunts, pyramids, tosses, and other props of any type.

Specialty Divisions

Specialty divisions may be offered at all invitational competitions. Tournaments should specify, in the initial invitation, which specialty divisions will be offered and provide guidelines for those events. Specialty divisions:

1. May include events such as stunt group.
2. May be offered as “open” classifications.
3. Must follow all NFHS and IHSAA general rules.

Specialty Division Guidelines

The following specialty division guidelines are provided to ensure consistency from competition to competition:

1. Stunt Group: a) Time limit 1:00 max; b) Routine should include a variety of stunts with emphasis on technique, transitions and creativity; c) Music is required or the entire routine; d) Tumbling, jumps, chants, megaphones, poms, sign, or banners are not permitted.
7. **Routine Modification Limits:** Teams shall not significantly change choreography or music for any routine between district and state without written permission of the IHSAA.
8. **Scoring:** All Idaho competitions will use adjusted total points (penalties deducted) to determine the winners of each division. Ties will be broken using judge preference.
9. **Score sheets:** IHSAA technical score sheets and routine score sheets must be used for show cheer, sideline cheer, pom and stunt group divisions.
10. **Routine Timing:** Routine timing starts with the first beat of the music or when performance begins. Timing ends with the last beat of the music or when a final position is hit if the music has already stopped. A five-second grace period is allowed.
11. **Opponents:** High school cheerleaders (9-12) may not compete with or against non-high school cheerleaders. (i.e., 8th graders, all-star squads)
12. **Matting:** All sites must provide an appropriately matted (at least 40'x40') competition area. Warm-up areas must include adequate matting for warming up stunts.
13. **Out of Bounds:** Stepping/tumbling off the mat during performance is illegal (*“off the mat” means: any part of body actually touching the floor beyond the mat*). Placing props (ie. poms, signs, etc.) off the mat is legal prior to performance; placing or gently tossing props off the mat during performance is legal provided the performer does not go off the mat to do so.
14. **Technical Judging:** All competitions must provide Idaho-certified technical judges who are given no other responsibilities. Competitions in which no team is larger than 12 members may use two technical judges. Otherwise, three technical judges are required.

15. **Rule Violations During Competition:** Violation of NFHS safety rules and/or IHSAA rules of competition will result in technical deductions from that routine’s score. Repeated intentional violations of NFHS safety rules or IHSAA rules of competition will result in disqualification of that routine.

16. **Music Copyright Verification:** Teams are required to upload proof of appropriate music copyright licensure on nfhs.clicknclear.com for all competitive routines prior to the first competition. Non-compliance will result in the team being ineligible for competition.

Tumbling Restriction at Basketball / Volleyball Games

Cheerleaders / Mascots are not allowed to tumble past half-court at basketball and volleyball games.

Safety Violations at Non-Competition Events

If a cheerleading team is observed violating an NFHS Spirit safety rule during non-competition cheerleading activities:

1. The coach/administrator who observed the violation will notify the IHSAA administrator or the district interpreter.
2. The IHSAA (or dist. interpreter) will review the allegation and notify the principal and coach of the team in violation.
3. If a second violation is reported and confirmed, a referral will be made to the District Board of Control. The Board of Control will determine what action, if any, will be taken. Recommended penalties include “benching” (squad not allowed to cheer) or “grounding” (no stunting) for a designated period of time.

Dress Standard

Idaho cheerleaders are expected to wear uniforms that are appropriate for participation at the high school level.

1. When the participant is standing at attention and throughout the majority of the routine, no part of the buttocks, breasts, or midriff shall be visible.
2. Single-shoulder uniform tops are not permitted.

Coach/Advisor

1. Cheer head coaches/advisors must be certified to teach in Idaho or have completed the NFHS Fundamentals of Coaching course.
2. All coaches/advisors must complete a first aid and CPR course from a school district recognized provider, as outlined in IHSAA Rule 3-2.
3. All coaches/advisors are **strongly** encouraged to complete the USA Cheer Safety and Risk Management course and to attend available professional education training in both spirit program administration and technical development.
4. All coaches (includes head coaches, directors, assistant coaches, and volunteers of all IHSAA activities) are required to complete the St. Luke’s online Concussion Course, the NFHS online Sudden Cardiac Arrest course and the NFHS online Student Mental Health and Suicide Prevention course upon hiring and on even numbered years prior to the first day of practice. IHSAA Statewide Review dates: 2024-25, 2026-27, etc.
5. All head coaches must take the NFHS online Understanding Music Copyright course upon hiring.

Rules Clinics / Technical Judge Training

1. Coaches must participate in an online rules clinic or attend a rules clinic in his/her district. District Boards of Control may fine schools whose coaches do not meet this requirement.
2. Technical judges must be certified by a regional technical coordinator.
3. Regional technical coordinators will assign technical judges at all competitions held in their region.
4. Routine judges will be trained prior to the state tournament.

Spirit Rules Changes - 2023-24

By NFHS on March 21, 2023

Rule 1 – The definition of hanging pyramid was revised to hanging stunt for clarification.

Rationale: Diamond Heads and Whirlybirds are technically not pyramids, since they are not connected to other stunts. This change would clarify that they are subject to the restrictions dealing with Hanging Stunts.

3-3-5d – New language was added to clarify the connection required for a bracer in a flip inversion pyramid, where the connection is not hand to hand/arm. The bracer with non-arm contact must be at prep level or below.

Rationale: This change clarifies the requirement for a bracer that does not have hand to hand contact with the top person. As the inversion rule has evolved and the connection between the top person and the bracer has changed from two arms to one arm, there is a need for further clarification for bracers who do not have hand to hand contact with the flipping top person.

3-3-6a – Allows inversions to release to non-inverted dismount, loading position, or stunt with no more than a full twist.

Rationale: Allows for a consistent rule for the same twisting allowance for each type of landing.

3-3-6b, 4-3-6b – Clarified requirements for the contact between stunt personnel for inversion that begin and remain below prep.

Rationale: Would enable a wider variety of below prep level inversions to be performed legally, mirroring the language in prep level inversions. The change clarifies the rule that was changed in 2018.

3-4-5 – Revised rule to reflect new definition of hanging stunts.

Rationale: A true hanging pyramid would be subject to this rule just like an extension in a braced pyramid and would still require a spotter. Letter “c” is no longer necessary. The revised rule reflects the new definition of a hanging stunt.

3-5-4 – Allows a toss to be caught in a horizontal or vertical stunt by the original bases. The toss must not go significantly higher than the point of contact with the bases.

Rationale: Allows a toss to be caught in a horizontal or vertical stunt by the original bases while clarifying only a ball up position is allowed during the release of a toss caught in a non-inverted stunt.

3-5-6, 4-5-4 – Allows a helicopter to be performed by three bases.

Rationale: Decreasing the number of tosser/catchers brings the personal requirement in line with similar skills. Helicopters will continue to require a tosser/catcher to be in position to support the top person’s head and shoulders at the beginning and end of the skill.

3-5-7 – Deleted redundant log roll rule. The criteria for a log roll is addressed in the release transition rule (3-5-5).

Rationale: 3.5.7.a is unnecessary, as that is the normal rotation for a single base. 3.5.7.b conflicts with popping from a cradle or flat back and performing a half twist to the prone position.

4-4-4 B and D– Allows a top person to pass through an extended position when moving from a vertical position to a horizontal or cradle position.

Rationale: Allows for a skill in Dance that has been proven effective with minimal risk in a corresponding Cheer skill.

Surface Restriction Chart

Stunts, Tosses & Tumbling Skills with Restricted Surfaces

| PERMITTED ONLY ON MATS / GRASS / RUBBER TRACKS | RULE | PERMITTED ON ANY APPROPRIATE SURFACE |
|---|-------------------------------|---|
| <p>Partner Stunts <i>Cheer Only</i></p> <p>A. A single base supports a top person with only one hand. <i>(This stunt is illegal for dance.)</i></p> | 3-4-9 | <p>Partner Stunts <i>Cheer & Dance</i></p> <p>A. All other partner stunts not specifically limited to mats, grass or rubber tracks.</p> |
| <p>Tosses <i>Cheer Only</i></p> <p><i>Toss: Throwing motion; bases' hands under top's feet; starts below shoulder level. (Tosses are illegal for dance.)</i></p> | 3-5-3 | <p>Release Stunts <i>Cheer & Dance</i></p> <p><i>Release Stunt: Top person becomes free of contact from all personnel on the performing surface.</i></p> |
| <p>Cradle Dismounts <i>Cheer Only</i></p> <p>A. From Tosses <i>(Tosses are illegal for dance.)</i></p> | 3-5-3d 4-7-6 | <p>Cradle Dismounts <i>Cheer & Dance</i></p> <p>A. All cradles that are not from tosses. <i>(Twisting cradles are illegal for dance.)</i></p> |
| <p>Tumbling <i>Cheer & Dance</i></p> <p>A. Airborne twisting tumbling <i>except for round-offs & aerial cartwheels.</i></p> | 3-8-6 4-8-6 | <p>Tumbling <i>Cheer & Dance</i></p> <p>A. Non-airborne tumbling B. Non-twisting airborne tumbling C. Round-offs; aerial cartwheels</p> |

Dance – Props as Bases – Height & Dimension Chart

*Restrictions for Props Used as Bases in Dance/Drill/Pom
(See Rule 3-10 for cheer restrictions.)*

| Rule | Restriction | Ht / Dim |
|----------------|---|----------------|
| 4-10-1 | Dance – Max height for <u>weight-bearing</u> portion of prop. | 5' |
| 3-10-1 | Cheer - Max height for prop used as bases (i.e., cheer boxes) | 3' |
| 4-10-3a | Inverted position OK if one foot is in weight-bearing contact with prop at least 2' x 2'. | 2' x 2' |
| 4-10-3b | Inverted position OK if LYING on prop at least 1' wide x no more than 3' high. | 1' x 3' |
| 4-10-5 | If prop is higher than 3', top person must maintain contact <u>except</u> if the performance area is at least 3' x 3' for each participant. | 3' x 3' |
| 4-10-6 | Width required for forward roll while on a prop. | 1' |
| 4-10-7 | Head arching back - OK if on prop at least 2' x 2' <u>or</u> top person grasps a secure portion of the prop | 2' x 2' |
| 4-10-8 | Height of support surface if prop suspended between two people. | Waist |
| 4-10-9 | Top person is dancing or moving feet on stationary prop higher than 3' and less than 1' wide, a spotter is required. | 3' x 1' |
| 4-12-4 | Dismounts to performing surface from higher than 3' must have assisted landing. No skill from prop higher than 3' without hand-to hand or hand to prop contact. | 3' |
| 4-12-5 | Cradle dismounts from prop are not permitted from above 3' | 3' |



Stunt Group Division

Coed or All Girl

School _____ Classification _____ Date _____

(+) denotes superior performance (✓) denotes good performance (0) denotes improvement needed

| Skills/Fundamentals | Score Rubric | | Comments & Score |
|---|---|--|--|
| Stunts ___ Building ___ Transitions/Fluidity ___ Reloads ___ Technique ___ Stability/Recoveries ___ Dismounts ___ Incorporation of Athletes (variety) ___ Difficulty Skills/Fundamentals Execution Score | (25 pts) <i>S 23-25</i> <i>G 21-24</i> <i>F 16-20</i> <i>B 15 & below</i> (15 pts) <i>S 14-15</i> <i>G 12-13</i> <i>F 10-11</i> <i>B 9 & below</i> | | <i>Superior 37-40</i> <i>Good 33-36</i> <i>Fair 26-32</i> <i>Basic 25 and below</i> <div style="border: 1px solid black; width: 100px; height: 50px; float: right; text-align: center; margin-top: 20px;">(40)</div> |
| Presentation | Score Rubric | | Comments & Score |
| Overall ___ Appropriate for Team's Ability ___ Energy ___ Showmanship/Entertainment ___ Transitions/Fluidity ___ Creativity/Originality ___ Variety of Skills ___ Incorporation of Music | (10 pts) <i>S 9-10</i> <i>G 7-8</i> <i>F 5-6</i> <i>B 4 & below</i> | | <i>Superior 9-10</i> <i>Good 7-8</i> <i>Fair 5-6</i> <i>Basic 4 and below</i> <div style="border: 1px solid black; width: 100px; height: 50px; float: right; text-align: center; margin-top: 20px;">(10)</div> |

Judges Signature: _____

Total Score: (50)



Sideline Cheer Division

School _____ Classification _____ Date _____

(+) denotes superior performance (√) denotes good performance (0) denotes improvement needed

| Skills/Fundamentals | Score Rubric | Comments & Score |
|--|---|---|
| Cheer ___ Synchronization/Sharpness of motions ___ Formations/Spacing ___ Use of Floor ___ Transitions/Fluidity ___ Difficulty ___ Incorporation of Props Crowd Leading ___ Clear Understanding of Cheer (words) ___ Opportunities for crowd responses Stunts / Standing Tumbling ___ Incorporation into cheer ___ Technique ___ Stability/Recoveries ___ Incorporation of Props in stunts Jumps ___ Variety/Difficulty ___ Height/flexibility ___ Technique | (15 pts) <i>S 14-15</i> <i>G 12-13</i> <i>F 10-11</i> <i>B 9 & below</i> (10 pts) <i>S 9-10</i> <i>G 7-8</i> <i>F 5-6</i> <i>B 4 & below</i> (10 pts) <i>S 9-10</i> <i>G 7-8</i> <i>F 5-6</i> <i>B 4 & below</i> (5 pts) <i>S 5</i> <i>G 4</i> <i>F 3</i> <i>B 2 & below</i> | Superior 37-40 Good 30-36 Fair 23-29 Basic 22 and below <div style="border: 1px solid black; width: 100px; height: 50px; float: right; margin-top: 20px;"></div> <div style="text-align: right;">(40)</div> |
| Presentation/Execution | Score Rubric | Comments & Score |
| Overall ___ Appropriate for Team's Ability ___ Energy ___ Showmanship ___ Uniformity/Unity ___ Creativity/Originality ___ Execution of routine | (10 pts) <i>S 9-10</i> <i>G 7-8</i> <i>F 5-6</i> <i>B 4 & below</i> | Superior 9-10 Good 7-8 Fair 5-6 Basic 4 and below <div style="border: 1px solid black; width: 100px; height: 50px; float: right; margin-top: 20px;"></div> <div style="text-align: right;">(10)</div> |

Judges Signature: _____

Total Score: (50)



Show Cheer Division

Coed or All Girl

School _____ Classification _____ Date _____

(+) denotes superior performance (√) denotes good performance (0) denotes improvement needed

| Skills/Fundamentals | Score Rubric | Comments & Score |
|---|--|--|
| <p>Stunts/Partner Stunts/Pyramids/Tosses</p> <p>___ Difficulty ___ Sequences/Transitions/Timing ___ Technique ___ Releases/Inversions ___ Stability/Recoveries ___ Dismounts ___ Variety</p> <p>Jumps</p> <p>___ Variety/Difficulty ___ Height/Flexibility ___ Technique ___ Combinations</p> <p>Tumbling</p> <p>___ Variety/Difficulty ___ Height/flexibility ___ Technique ___ Incorporation of athletes</p> <p>Skills/Fundamentals Execution Score</p> | <p>(25 pts) S 23-25 G 21-24 F 16-20 B 15 & below</p> <p>(10 pts) S 9-10 G 7-8 F 5-6 B 4 & below</p> <p>(10 pts) S 9-10 G 7-8 F 5-6 B 4 & below</p> <p>(15 pts) S 14-15 G 12-13 F 10-11 B 9 & below</p> | <p>Superior 55-60 Good 47-54 Fair 36-46 Basic 35 and below</p> <div style="border: 1px solid black; width: 100px; height: 50px; margin-left: auto; margin-right: auto; text-align: center;">(60)</div> |
| Presentation | Score Rubric | Comments & Score |
| <p>Cheer</p> <p>___ Crowd leading/Use of Voice/Volume ___ Formations and Spacing ___ Transitions ___ Creativity/Originality</p> <p>Dance</p> <p>___ Movement/Synchronization ___ Formations and Spacing ___ Transitions and Level Changes ___ Creativity/Originality ___ Incorporation of athletes</p> <p>Overall</p> <p>___ Appropriate for Team's Ability ___ Energy/Showmanship ___ Uniformity/Unity ___ Use of Floor ___ Execution of routine</p> | <p>(15 pts) S 14-15 G 12-13 F 10-11 B 9 & below</p> <p>(10 pts) S 9-10 G 7-8 F 5-6 B 4 & below</p> <p>(15 pts) S 14-15 G 12-13 F 10-11 B 9 & below</p> | <p>Superior 37-40 Good 31-36 Fair 25-30 Basic 24 and below</p> <div style="border: 1px solid black; width: 100px; height: 50px; margin-left: auto; margin-right: auto; text-align: center;">(40)</div> |

Judges Signature: _____

Total Score: (100)



CHEER TECHNICAL SCORE SHEET

School _____ Classification **5A** 4A 3A 2A

Division/Category _____ Competition _____

MAJOR NFHS VIOLATIONS Rules 3-2 through 3-8, 3-10

Penalty: 8 pts. Show 4 pts. Sideline/Pom/ Stunt Group Deduction

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

MINOR NFHS VIOLATIONS Rules 2-1, 2-2, 3-1, 3-9

Penalty: 4 pts. Show 2 pts. Sideline/Pom/ Stunt Group Deduction

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

MINI NFHS VIOLATIONS Fully Step on Sign/Pom/Accessory Rule 2-1-7a

Penalty: 2 pts. Show 1 pt. Sideline/Pom/ Stunt Group Deduction

Rule 2-1-7a pg. 14 v Fully step on: _____

IDAHO RULES

Penalty: 4 pts. Show 2 pts. Sideline/Pom/ Stunt Group Deduction

Violation _____

Violation _____

DRESS CODE

Penalty: 2 pts. Show 1 pts. Sideline/Pom/ Stunt Group Deduction

Violation _____

TIMING

Routine Time _____

Music Time _____

Timing Deduction

Penalty: 2 pts. Show; 1 pt. Sideline/Pom/Stunt Penalize each 5 sec (or fraction of) under/over (5 seconds grace period for routine timing)

OUT OF BOUNDS

Number of OB _____

OB Deduction

Penalty: 2 pts. Show; 1 pt. Sideline/Pom/Stunt Penalize each occurrence

COMMENTS:

TOTAL DEDUCTIONS

Tabulators: deduct penalties from total raw score before determining placement.

Technical Judge Signature _____

IDAHO CHEER STUNT RUBRIC

ALL GIRL or COED

| | BASIC | FAIR/GOOD | SUPERIOR |
|--------------------------|--|--|--|
| GENERAL | <ul style="list-style-type: none"> ▪ Poor technique ▪ Limited variety ▪ Limited difficulty ▪ Many beginner stunts ▪ Low variety of dismounts ▪ No sequences/transitions ▪ Many dropped stunts | <ul style="list-style-type: none"> ▪ Average technique ▪ Average variety ▪ Average difficulty ▪ Most intermediate stunts ▪ Some variety of dismounts ▪ A few sequences/transitions ▪ Few dropped stunts OR Many unstable stunts | <ul style="list-style-type: none"> ▪ Above average technique ▪ Multiple Variety/Advanced ▪ High level of difficulty ▪ Great variety and advanced skills in dismounts ▪ Many sequences/transitions ▪ Release Stunts ▪ Braced Rolls/Flip Stunts ▪ Advanced inversions/Spinning ▪ Elite body positions of top person ▪ High Stability in all stunts |
| RELEASE STUNTS* | <ul style="list-style-type: none"> ▪ Prep level and below variations | <ul style="list-style-type: none"> ▪ Quick toss to two leg stunts ▪ Low to high tick tock variations to extended liberty stunts ▪ Release moves caught at prep level or below ▪ Single skill basket tosses | <ul style="list-style-type: none"> ▪ Quick toss to single leg extended stunts ▪ Release moves from prep level to extended stunts ▪ Low to high tick tock variations with extended elite body positions ▪ Spinning quick tosses to stunts ▪ Elite Basket tosses (more than 1 skill) |
| INVERSION STUNTS* | <ul style="list-style-type: none"> ▪ Prep level and below variations | <ul style="list-style-type: none"> ▪ Suspended rolls ▪ Inversion transitions to prep level and below | <ul style="list-style-type: none"> ▪ Spinning suspended rolls ▪ Inversions that transition to extended stunts ▪ Released inverted stunts to prep level |
| PYRAMIDS* | <ul style="list-style-type: none"> ▪ Prep level and below variations (braced non-released transitions, inverted stunts at prep level and below, rolling or flipping transition landing at or below prep level) | <ul style="list-style-type: none"> ▪ Inverted stunts to extended with bracers ▪ Some full up variations ▪ Release transition landing extended ▪ Braced inverted stunts landing at prep level ▪ Braced Flipping/rolling transition landing at prep level | <ul style="list-style-type: none"> ▪ Release transition involving spinning or inversion with bracers that transition to extended positions ▪ Advanced full up variations ▪ Flipping/rolling transitions landing at prep and transition to extended positions with bracers |
| COED SKILLS* | <ul style="list-style-type: none"> ▪ Multi-base stunts ▪ Assisted co-ed skills at prep level ▪ Assisted walk in toss to chairs or toss to hands at prep level | <ul style="list-style-type: none"> ▪ Some partner stunts ▪ Walk in or toss to hands then press to extension ▪ Assisted full up variations to prep then extended levels | <ul style="list-style-type: none"> ▪ Incorporation of many partner stunts throughout ▪ Toss hands press to single leg stunts ▪ Walk in to extended single leg stunts ▪ Toss extensions ▪ Toss variations to single leg stunts ▪ Full up entry to partner stunts ▪ Elite body positions of top person |

***Note: All High School Teams in the state of Idaho must follow all stunting rules as outlined in the current NFHS Spirit Rules Book at all times and under all conditions of participation.**

IDAHO CHEER JUDGING RUBRIC

ALL GIRL or COED

| | BASIC | FAIR/GOOD | SUPERIOR |
|--------------------------|--|--|--|
| JUMPS | <ul style="list-style-type: none"> ▪ Poor technique ▪ Below average difficulty ▪ Limited variety ▪ Below average height ▪ Little to no flexibility ▪ No combinations | <ul style="list-style-type: none"> ▪ Average technique ▪ Average difficulty ▪ Variety of single jumps ▪ Average height ▪ Average flexibility ▪ Limited combinations | <ul style="list-style-type: none"> ▪ Above average technique ▪ High level of difficulty ▪ Multiple variety ▪ Excellent height ▪ Excellent flexibility ▪ Multiple combinations ▪ Excellent synchronization of whole team |
| TUMBLING | <ul style="list-style-type: none"> ▪ Below average technique ▪ Below average difficulty ▪ Limited variety ▪ A few members tumble | <ul style="list-style-type: none"> ▪ Average technique ▪ Average variety ▪ Average difficulty (<i>stand and/or running springs, walkovers, aerials</i>) ▪ Average combinations ▪ Some members tumble | <ul style="list-style-type: none"> ▪ Advanced technique ▪ Multiple varieties ▪ High level of difficulty (<i>jump & tumble combs, standing and/or running spring tuck/layout/full</i>) ▪ Advanced combinations ▪ Most members tumble |
| CHEER | <ul style="list-style-type: none"> ▪ Limited ability to lead a crowd ▪ No level of difficulty ▪ No variety ▪ Sloppy movement ▪ Limited formations ▪ Poor spacing ▪ Poor use of voice ▪ Poor use of incorps ▪ Limited creativity/originality | <ul style="list-style-type: none"> ▪ Average crowdleading ▪ Average level of difficulty ▪ Average variety ▪ Average movement ▪ Few formations ▪ Average spacing ▪ Average use of voice ▪ Average incorps ▪ Average creativity/originality | <ul style="list-style-type: none"> ▪ Superior crowdleading ▪ High level of difficulty ▪ Multiple variety (<i>to include a variety footwork, floor work, motions/movement</i>) ▪ Above average movement ▪ Multiple formations/level changes/transitions ▪ Excellent spacing ▪ Superior use of voice/volume ▪ Excellent incorporation of props ▪ Excellent creativity/originality |
| DANCE | <ul style="list-style-type: none"> ▪ Limited use of floor ▪ No level of difficulty ▪ Little to no variety ▪ No level changes ▪ Sloppy movement ▪ Poor synchronization ▪ Limited formations | <ul style="list-style-type: none"> ▪ Average use of floor ▪ Average level of difficulty ▪ Average variety ▪ Few level changes ▪ Average movement ▪ Average synchronization ▪ Average formations | <ul style="list-style-type: none"> ▪ Excellent use of floor ▪ High level of difficulty ▪ Multiple variety ▪ Multiple level changes ▪ Excellent movement ▪ Excellent synchronization ▪ Superior formations ▪ Extremely clean, sharp and precise ▪ Excellent creativity/originality |
| OVERALL EXECUTION | <ul style="list-style-type: none"> ▪ Limited creativity ▪ Little to no fluidity ▪ Limited energy ▪ Sloppy transitions ▪ Little to no showmanship ▪ Skills were not appropriate for teams ability ▪ Little to no uniformity & unity | <ul style="list-style-type: none"> ▪ Average creativity ▪ Average fluidity ▪ Average energy ▪ Average transitions ▪ Average showmanship ▪ Most skills were appropriate for teams ability ▪ Average uniformity & unity | <ul style="list-style-type: none"> ▪ Excellent creativity ▪ Superior fluidity ▪ Exceptional energy ▪ Great transitions ▪ Lots of showmanship ▪ Nearly all skills were appropriate for teams ability ▪ Exceptional uniformity & unity ▪ Superior incorporation of all skills ▪ Superior incorporation of all team members |

IHSAA Protocol for Submitting Dance/Cheer Questions for Review

1. Before you send your video clip and/or questions in for review:
 - Do not expect the rules interpreters to do all the work. The better you know the rules, the safer your team will be... and if you compete, the fewer safety violations you will receive!
 - You must do all the research you can in the rules book, reading any rule and situation that you think may apply to your question. (You may find your answer and alleviate the need for review!)
2. Rules interpretation questions and/or video clips for review should be sent to your District Rules Interpreter first.
 - Always identify yourself and your school that you are affiliated with in your email to the interpreter.
 - Never send a video of the entire routine! Only send the clip of the stunt you have a question about. Reference anything else that will help with the review.
 - You should reference the rule you feel applies or you are confused about in the rules book or Idaho Rules. (*Reference example: Rule 3-5-2 a. on page 25*)
 - Expect a few days turn around for your questions to be reviewed.
3. The district interpreter will send the question(s) on to the State Interpreter(s) for further review if needed.

Make it a great school year!

2023-24 Idaho Invitational Cheer Competitions

| | |
|-------------------------------------|---|
| November 18, 2023 | River Rampage |
| Location: | Burley High School |
| Sponsor: | Burley High School, Randy Winn, AD |
| Contact: | Brook Jensen, burley.hscheer@gmail.com |
| December 2, 2023 | Idaho Classic Dance and Cheer Competition |
| Location: | Pocatello High School |
| Sponsor: | Pocatello High School, Robert Parker, AD |
| Contact: | Carly Johnson, idahoclassiccomp@gmail.com |
| December 9, 2023 | Stampede Showdown |
| Location: | Blackfoot High School |
| Sponsor: | Blackfoot High School, Cody Shelley, AD |
| Contact: | Christa Stufflebeam, blackfootcheer@gmail.com |
| December 15-16, 2023 | Shake It Up Cheer and Dance Competition |
| Location: | Nampa High School |
| Sponsor: | Nampa High School, Greg Carpenter, AD |
| Contact: | Wes Nelson, wnelson8@gmail.com |
| December 17, 2022 | Lewiston Cheer Competition |
| Location: | Lewiston High School |
| Sponsor: | Lewiston High School, Corey Williams, AD |
| Contact: | Heidi Hagen, hydee78@yahoo.com |
| December 18, 2021 | Two:Three-O (sanction approved) CANCELLED FOR 2022-23 |
| Location: | Nampa High School |
| Sponsor: | TeeCo LLC |
| Contact: | Angie Smith, angie@teccolc.com, (480) 540-5198 |
| January 5-6, 2024 | Upper Valley Classic Dance & Cheer |
| Location: | Madison High School |
| Sponsor: | Madison High School, Shayne Proctor, AD |
| Contact: | Ludy Navarette, madisonbobcatcher@gmail.com |
| January 6, 2024 | Post Falls Cheer Competition |
| Location: | Post Falls High School |
| Sponsor: | Post Falls High School, Craig Christensen, AD |
| Contact: | Tiffany Duce, tiffany.duce@sd273.com |
| January 13, 2024 | Vandal Spirit Challenge (sanction required) |
| Location: | University of Idaho, Memorial Gym |
| Sponsor: | University of Idaho Cheer |
| Contact: | Katie Doman, kdoman@uidaho.edu |
| January 19-20, 2024 | Cupid's Cheer Challenge |
| Location: | Pocatello High School |
| Sponsor: | Highland High School, Travis Bell, AD |
| Contact: | Jessica Gallup, jessgallup@gmail.com |
| January 20, 2024 | LC Valley Cheer Invitational |
| Location: | Lewiston High School |
| Sponsor: | Lewiston High School, Doug Henderson, AD |
| Contact: | Heidi Hagen, hydee78@yahoo.com |

January 26, 2024 **Battle at the Border**
Location: Preston High School
Sponsor: Preston High School, Brent Knapp, AD
Contact: Deanza King, keanza.king@psd201.org

January 27, 2024 **Prairie Classic**
Location: Lakeland High School
Sponsor: Lakeland High School, Matt Neff, AD
Contact: Cynthia Peck, cpeck@lakeland272.org

January 27, 2024 **Treasure Valley Cheer Invitational (TVCI)**
Location: Mountain View High School
Sponsor: West Ada School District, Jason Warr, District AD
Contact: Kara Louie, louie.kara@westada.org

January 27, 2024 **Rumble in the Jungle**
Location: Jerome High School
Sponsor: Jerome High School, Scott Burton, AD
Contact: Kira Capps, kira.capps@jeromeschools.org, (208) 539-3776

February 3, 2024 **Timberlake Tiger Tournament**
Location: Timberlake High School
Sponsor: Timberlake High School, Catey Walton, AD
Contact: Sharon Meador, smeador.sm@gmail.com

February 3, 2024 **State Qualifier – Dist IV**
Location: Jerome High School
Sponsor: District IV Board of Control
Contact: Sharlene Taylor, Sharlene.taylor@hjsd.org

February 9, 2024 **State Qualifier – Dist V**
Location: Snake River High School
Sponsor: District V Board of Control
Contact: Jessica Gallup, jessgallup@gmail.com

February 10, 2024 **State Qualifier – Dist I & II**
Location: Lewiston High School
Sponsor: District I and II Boards of Control
Contact: Sharon Meador, smeador.sm@gmail.com and Heidi Hagen, hydee78@yahoo.com

February 10, 2024 **State Qualifier – Dist III**
Location: Ridgevue High School
Sponsor: District III Board of Control
Contact: Marshanne Bates, marshannebates@gmail.com

February 10, 2024 **State Qualifier – Dist VI**
Location: Skyline High School
Sponsor: District VI Board of Control
Contact: Cathy Owen, owencath@gmail.com

February 24, 2024 **State Cheer Championships**
Location: Ford Idaho Center, Nampa
Sponsor: IHSAA
Contact: Julie Hammons, hammonsj@idhsaa.org
 Lisa Hahle, hahle.lisa@westada.org



Safety courses are required for all coaches on even numbered years. New coaches are required to take safety courses for the 23-24 school year. Courses must be taken after May 1, 2023. Submit certificate of completion to your administration.

Required Safety Courses:

- *Student Mental Health & Suicide Prevention**
- *Sudden Cardiac Arrest**
- *St. Luke's Concussion Course**

Follow these instructions to access the free, courses.

- ✓ Go to the IHSAA website - www.idhsaa.org
- ✓ Click school / Coaches
- ✓ Fill in required information to sign-in or create account
- ✓ Follow instructions to start course
- ✓ At the conclusion of the course, **PRINT / SAVE CERTIFICATE.**

NFHS Learn Help Desk
(317) 565-2023

To: All head cheer and dance team coaches

From: IHSAA

RE: Music Copyright Compliance



Dear Coach,

Please be advised that the IHSAA will continue to implement music copyright requirements for all head coaches. Please see the information, including timelines, below:

1. All **NEW** head coaches will be **required** to complete the NFHS online course "*Understanding Copyright and Compliance*" available at www.NFHSLearn.com. Deadline for completing the course will be November 1. Certificates of completion should be given to the school activities director.
2. All schools will be asked to create an account and upload their performance and competition music to www.nfhs.clicknclear.com prior to any public performance or competition.
3. Competition directors will be asked to create an event on the site.
4. Schools will select which competitions they will be attending.
5. Competition directors will verify that all participating schools have the proper licensures.
6. All steps listed above will be mandatory and required for competition eligibility.

Link:

General guidelines/explanation of copyright law and how it affects cheer and dance teams:

<https://www.nfhs.org/articles/cheerleading-and-dance-squad-music-copyright-law-issues/>



Music Copyright Information

The use of music in Cheer and Dance has become foundational to routines as well as the general production of our events. As a result, we must act responsibly in respecting the music copyrights of the artists and writers who create the music. State Associations across the country have had to address the use of copyrighted music in their events.

Why License Music?

1. It's the law
2. It helps grow the sport through the legal online sharing of content
3. It supports music creators so they can continue making music you love

The **IHSAA** requires all participating groups in competitions to comply with copyright laws regarding performance and/or use of arrangements (mashups) of copyrighted music, visual images and other materials, as well as the use of copyrighted audio, spoken text and display of copyrighted words and images.

Using musical selections in video recordings and live performances requires licenses to a number of rights in order to comply with copyright law, in addition to the normal 'performing rights' for public venues, for each country in which you use the music. Please click the website with your activity [Cheer](#) / [Dance](#) for further educational information [and check out the NFHS Copyright Compliance Course](#).

Other Legal Options Include:

- Using original music - Teams can provide music once they are granted the necessary rights via a license.
- Using public domain music - Music where it can be shown that the copyright has expired, in the United States this is typically with recording prior to 1928.

To solve this licensing problem the IHSAA is working with the NFHS and [ClicknClear](#). ClicknClear is a company that works with the music licensing industry. We strongly recommend purchasing your music through this page [ClicknClear](#).

Here are some key benefits for Cheer/Dance teams to use music from [ClicknClear](#):

- Obtain official music industry licenses at a pre-cleared affordable rate that is far lower than currently available.
- Instantly license music via ClicknClear's website – pay and receive the license immediately, from both the recording artists and all songwriters.

- Legally create a music mix to accompany your routine, protecting yourself and the activity as a whole.
- Additional video rights become available for further licensing.
- Share routine content online using your freestyle music, to help grow Cheer/Dance.
- ClicknClear gives a legal indemnity with each license to their music.

ClicknClear

ClicknClear - <https://nfhs.clicknclear.com/>

ClicknClear is a professional music industry licensing company with the backing of music industry rightsholders – they have created a one-stop [online marketplace](#) where you can quickly and easily license from a large and rapidly-growing catalogue of great original music with all the rights you need to use in your sports mix, alongside your performances.

ClicknClear has many genres of music, as well as music from around the world. You'll find tracks from iconic and current stars as well as up-and-coming artists and producers. They are actively working on continually expanding their catalog.

Purchasing music through ClicknClear allows you to license and download your music tracks instantly. The license purchased includes all the rights you need from the original recording artists and songwriters.

Licenses to recorded tracks from ClicknClear include:

- Rights to edit and adapt the tracks either alone or in a mix to accompany your performance.
- Rights to distribute audio copies of the track/mix to up to 35 individual students for training purposes.
- Rights to put a choreographed routine to the track/mix.
- Rights to perform the routine in public with the mix.

Selected tracks also have commercial synchronization licensing as an optional "add on" purchase if your group wishes to post a video recording on your website or for other uses.

When teams license music from ClicknClear for their mix, IHSAA and other competition organizers are then able to license the further online music rights we need to help popularize our sport and eliminate the need to mute video or live streams of performances.