



**Idaho High School Activities
Association
2023-2024
Dance 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 Dance

Dance Teams

Dance teams are divided into two distinct groups for governance, season and competition purposes. 1) Winter season competitive and performance dance teams must follow all IHSAA and NFHS Spirit rules and regulations. 2) Marching band auxiliaries (Color Guards) are governed by marching band regulations.

Purpose

The primary role of dance teams is to provide entertainment at halftimes of athletic contests and perform at school/community events. Dance teams should work to enhance the educational objectives of the total interscholastic program.

Classification — based on grades 9-12

5A	1,280 and over	3A	639-and under
4A	1,279-640		

Eligibility

1. **Competitive Dance:** Members of dance teams that compete 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 Rule 8-16.
2. **Performance Dance:** Members of dance 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** dance participants must have a physical examination on file with the school prior to the first team practice of the season. (See IHSAA Rule 13—Physical Exams)
4. **All dance teams:** Tryouts/auditions are not allowed prior to the third Monday in April the spring proceeding the school year.

Governance

1. NFHS Spirit Safety Rules must be followed during any competitive or non-competitive dance activity, including practices, performances, and competitions.
2. IHSAA rules and regulations must be followed at all Idaho dance competitions.

Contact Limitations

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

Competitive Season

The dance competitive season begins November 1 and ends with the completion of the state tournament. Any competition after the state tournament requires permission of the principal or superintendent and the IHSAA. No school or individual shall participate in more than four (4) competitions during the season. Exceptions: a district-qualifying competition and the state championships do not count towards the allowed number of competitions.

General Competition Rules

1. Official IHSAA score sheets must be used.
2. Two certified technical judges are required.
3. Sweepstakes awards and/or event finals are not permitted.

4. Tournaments may elect to declare overall team champions by classification. Procedure: Combine the cumulative ordinal score of each school's top three team events. If tied, use raw score totals. If still tied, use execution score totals.
5. 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.
6. High school dance teams (9-12) shall not compete with or against non-high school teams (i.e. 8th graders, studios).
7. Teams shall not significantly change choreography or music for any routine between district and state without written permission of the IHSAA.
8. 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.

Scoring

The ordinal (ranking) system of scoring shall be used.

1. Each routine judge's raw score is ranked (1-2-3, etc.) after first deducting any penalties from technical score sheets.
2. If a judge's adjusted scores are tied, first add then divide the total of the tied scores' ordinal placements. Both teams will receive the same ordinal rank.
3. Ordinal ranks are added together - lowest score wins.
4. Placement ties shall be broken by first using raw score totals and then, if still tied, execution scores.

Required Divisions of Competition

The following events must be offered at all in-state competitions:

Dance Time limit: 2-3 minutes. Routine emphasis: technique, style, interpretation. Not permitted: storylines, character development, costume changes, hand props, stage props, or backdrops.

Military Time limit: 2-3 minutes. Routine emphasis is on precision, maneuvering, and formations. Not permitted: storylines, character development, costume changes, hand props, stage props, or backdrops.

Hip Hop Time limit: 2-3 minutes. Routine emphasis: synchronization, technique, style, musicality. All aspects of the routine, including music, choreography, costuming and concept must be appropriate for public performance at the high school level. Permitted: hand props. Not permitted: stage props or backdrops.

Pom Time limit: 2-3 minutes. Poms must be used for at least 75% of routine length and include all performing team members. Routine emphasis is on synchronization, visual effects and clean/precise motions. Visual effects include level changes, group work, opposing motions, formation changes, etc. Not Permitted: storylines, character development, costume changes, hand props other than poms, stage props or backdrops.

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 Solo, Prop, Kick, Lyrical, etc.
2. May be offered as “open” classifications.
3. Must follow all NFHS and IHSA general rules.

Specialty Division Guidelines

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

1. Solo: a) Time limits 1:30-2:00; b) A maximum of two airborne tumbling elements or passes; c) hand props/stage props permitted but not encouraged.
2. Kick: a) Kicks must be performed for at least 75% of routine length and include all performing team members; b) Routine emphasis is on technique, style, variety of kicks, presentation. Permitted: hand props. Not permitted: stage props or backdrops.
3. Prop: a) Props must be used for at least 80% of routine length and include all performing team members; b) Poms may not be used as the primary prop; c) Routine emphasis is on skill and creativity in utilization and manipulation of props and staging. Permitted: stage props as bases only. Not permitted: backdrops, poms as the primary prop.
4. Small Dance division shall use the same guidelines and requirements as the required Dance division.
5. Team Divisions: Time limits 2-3 minutes.
6. Team Sizes: Small Dance – maximum of 9, all others – no set number defined.
7. Score Sheets: a) Solo, kick, prop, lyrical shall use designated IHSA score sheets; b) Others: use appropriate IHSA score sheets with adjustments as necessary, but maintain categories and point values.

Definitions

Performance Area	The area within the side and end boundary lines of a basketball court. Also called “the floor”.
Backdrops	Stationary objects located <u>behind</u> performance area used for visual enhancement only. Backdrop limitations: Maximum of two, not to exceed 8’ high or combined length of 20’.
Hand Props	Items manipulated on or off the performance area for the purpose of routine enhancement. <i>Note: Costumes are considered hand props if they are taken off and manipulated by the performer or if they are manipulated for an extensive portion of the routine.</i>
Kick	The rhythmic opening and closing of the leg to at least 45 degrees.
Stage Props	Objects located <u>within</u> the performance area used for visual enhancement, as bases, or in other ways such as entrances/exits.
Character Development	Creating a specific character where performers “act out” behaviors of that character within the choreography. Personality and intent of the character will be evident.

Storyline Conveying a specific message, idea, or event with choreography. The routine progresses through various stages within the story.

Timing Regulations

1. **Entrance/exit timing** includes setting hand props (if allowable) as well as getting the team to ready position and also off the floor (with or without music). Timing begins when the first person/prop enters the performance area and ends when the last person/prop leaves the performance area. Entrance/Exit time limits: one minute combined time
2. **Routine timing** begins with the first beat of the music or when performance begins if music has not started. Timing ends with the last beat of the music or when the final position is hit if music has already stopped. Routine timing does not include entrances or exits unless exit is part of routine and no end pose is hit.
3. **Grace periods** A five second grace period is allowed. Timing penalties will not be assessed if a team is in violation due to circumstances beyond its control. Exception: variations in speed of music systems.

Penalties for Rules Violations

Penalties will be assessed by technical judges and deducted from each routine judge’s raw score prior to tabulation of scores.

Prop Coverings / Inspection / Storage

1. All props and shoes will be inspected by tournament personnel. Any prop or shoe that does not meet the following criteria will not be allowed on the floor:
Hand props: Any hard or sharp edges, ends or points that will intentionally hit or rest on the floor must have sufficient protective covering.
Shoes: Must have non-marking soles.
2. If inadequately covered props cause damage to a gym floor, the routine may be disqualified and the offending school may be required to pay damages to the host school.

Dress Standard

Idaho dance teams are expected to wear costumes that are appropriate for participation at the high school level.

1. Bare skin or nude-colored coverings shall not be part of the costume from below the armpits in the front, nor from below the waist in the back. If colored, sheer material is used, it must not appear as bare skin from a distance.
2. 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.
3. Footwear must comply with NFHS Rule 4-1-3.
4. Footwear must have non-marking soles.

Appropriateness of Content

Idaho dance teams are expected to perform routines that are appropriate for participation at the high school level. This includes music selection, choreography, costuming, and concepts.

1. Music shall not contain inappropriate or vulgar language.
2. Choreography shall not contain any movement of a sexual nature.
3. Ideas/concepts of routines shall be appropriate for the school environment.
4. Plagiarizing choreography or routine concepts/ideas is a violation of the coaches Code of Ethics.

Coach/Advisor

1. Dance head coaches/advisors must be certified to teach in Idaho or have completed the NFHS Fundamentals of Coaching course as outlined in Rule 3-1.
2. All coaches/advisors must complete a first aid and CPR course from a school district recognized provider, as outlined in Rule 3-2.
3. All coaches/advisors are strongly encouraged to complete the USA Safety Certification 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 Championships.

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

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'

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!



IHSAA

Dance Score Sheet

DANCE

School _____

Class: **5A 4A 3A**

Date _____

Competition _____

Time Limit: 2-3 minutes. Routine emphasis: technique, style, interpretation. Not permitted: storylines, character development, costume changes, hand props, stage props, or backdrops. (Penalties deducted by technical judge.)

		(Rubric)	Score
(✓) denotes superior performance (0) denotes improvement needed			
<u>CHOREOGRAPHY</u> , Originality , Use of Space , Appropriate for Team's Ability , Creativity , Dynamics , Level Changes , Transitions , Formations , Musical Interpretation , Style		<i>Superior 19-20</i> <i>Good 18-16</i> <i>Fair 15-13</i> <i>Poor 12-below</i>	(20)
<u>DIFFICULTY</u> , Team vs Sm Group Difficulty , Athletic Moves , Technical Dance Elements , Directional Changes , Variety in Turns & Leaps , Flow of Transitions , Strength of Style , Pace		<i>Superior 19-20</i> <i>Good 18-16</i> <i>Fair 15-13</i> <i>Poor 12-below</i>	(20)
<u>EXECUTION</u> , Extension of Arms/Legs/Feet , Precision , Spacing/Alignment , Timing , Body Control/Placement , Turns , Team Unison , Technique , Completion of Moves , Transitions , Leaps/Jumps		<i>Superior 30-28</i> <i>Good 27-24</i> <i>Fair 23-20</i> <i>Poor 19-below</i>	(30)
<u>SHOWMANSHIP/APPEARANCE</u> , Projection/Posture , Energy , Strong/Powerful , Facial Expressions , Emotions , Confidence , Audience Appeal , Hair , Makeup , Uniformity , Costume , Accessories , Neatness , Appropriateness		<i>Superior 30-28</i> <i>Good 27-24</i> <i>Fair 23-20</i> <i>Poor 19-below</i>	(30)
<u>COMMENTS</u>			(100)
<u>TOTAL SCORE</u>			(100)

Judge Signature _____



IHSAA

Dance Score Sheet

MILITARY

School _____

Class: **5A** **4A** **3A**

Competition _____

Date _____

Time Limit: 2-3 minutes. Emphasis is on precision, maneuvering, and formations. Not permitted: storylines, character development, costume changes, hand props, stage props, or backdrops. (Penalties deducted by technical judge.)

(✓) denotes superior performance (0) denotes improvement needed			(Rubric)	Score
<u>CHOREOGRAPHY</u> , Appropriate for Team's Ability , Tech. Military Elements , Musical Interpretation , Variety in Transition Styles	, Originality , Creativity , Military Transitions , Appropriate Style , Floor Patterns/Use of Area	, Military Focus , Dynamics , Formations , Level Changes	<i>Superior 19-20</i> <i>Good 18-16</i> <i>Fair 15-13</i> <i>Poor 12-below</i>	(20)
<u>DIFFICULTY</u> , Athletic Moves , Directional Changes/Pace	, Variety in Armwork/Footwork , Rhythmic Timing/Movements , Flow of Transitions		<i>Superior 19-20</i> <i>Good 18-16</i> <i>Fair 15-13</i> <i>Poor 12-below</i>	(20)
<u>EXECUTION</u> , Precision , Timing/Team Unison , Out of Step , Technique , Transitions/Maneuvering , Completion of Moves	, Strength of Movements , Spacing/Alignment , Body Control/Placement , Arm/Hand Position/Angles , Head Angles , Military Technique		<i>Superior 30-28</i> <i>Good 27-24</i> <i>Fair 23-20</i> <i>Poor 19-below</i>	(30)
<u>SHOWMANSHIP/APPEARANCE</u> , Projection/Posture , Facial Expressions , Audience Appeal , Hair , Costume , Appropriateness	, Energy , Emotions , Military Focus , Makeup , Accessories	, Strong/Powerful , Confidence , Carriage , Uniformity , Neatness	<i>Superior 30-28</i> <i>Good 27-24</i> <i>Fair 23-20</i> <i>Poor 19-below</i>	(30)
<u>COMMENTS</u>			TOTAL SCORE	(100)

Judge Signature _____



IHSAA

Dance Score Sheet

HIP HOP

School _____

Class: **5A** **4A** **3A**

Competition _____

Date _____

Time limit: 2 - 3 minutes Routine emphasis: synchronization, technique, style, musicality. All aspects of the routine, including music, choreography, costuming and concept must be appropriate for public performance at the high school level. Permitted: hand props. Not Permitted: stage props or backdrops. (Penalties deducted by technical judge.)

	(Rubric)	Score
<p>(✓) denotes superior performance (0) denotes improvement needed</p> <p>CHOREOGRAPHY</p> <ul style="list-style-type: none"> ‣ Originality ‣ Transitions ‣ Appropriate for Team's Ability ‣ Creativity/Uniqueness ‣ Dynamics ‣ School Appropriate ‣ Level Changes ‣ Formations ‣ Musical Interpretation ‣ Hip Hop Style Dominant 	<p><i>Superior 19-20</i> <i>Good 18-16</i> <i>Fair 15-13</i> <i>Poor 12-below</i></p>	<p>(20)</p>
<p>DIFFICULTY</p> <ul style="list-style-type: none"> ‣ All Members Performing Difficult Moves ‣ Challenging Elements ‣ Rhythmic Movements ‣ Directional Changes ‣ Variety in Armwork/Footwork ‣ Complex Flow of Transitions ‣ Strength of Style ‣ Complexity and Intricacy of Hip Hop Movements 	<p><i>Superior 19-20</i> <i>Good 18-16</i> <i>Fair 15-13</i> <i>Poor 12-below</i></p>	<p>(20)</p>
<p>EXECUTION</p> <ul style="list-style-type: none"> ‣ Uniform Hip Hop Style ‣ Precision/Strength of Moves ‣ Spacing/Alignment ‣ Timing/Team Unison ‣ Body Control/Placement ‣ Technique/Low Center ‣ Clear Transitions ‣ Completion of Moves ‣ Quality/Intensity 	<p><i>Superior 30-28</i> <i>Good 27-24</i> <i>Fair 23-20</i> <i>Poor 19-below</i></p>	<p>(30)</p>
<p>SHOWMANSHIP/APPEARANCE</p> <ul style="list-style-type: none"> ‣ Projection/Posture ‣ Energy/Stamina ‣ Strong/Powerful ‣ Facial Expressions ‣ Emotions ‣ Confidence ‣ Audience Appeal ‣ Convey/Maintain Style ‣ Hair ‣ Makeup ‣ Uniformity ‣ Costume ‣ Accessories ‣ Neatness ‣ Appropriateness 	<p><i>Superior 30-28</i> <i>Good 27-24</i> <i>Fair 23-20</i> <i>Poor 19-below</i></p>	<p>(30)</p>
<p>COMMENTS</p>		<p>TOTAL SCORE</p> <p>(100)</p>

Judge Signature _____



IHSAA

Dance Score Sheet

POM

School _____

Class: **5A 4A 3A**

Date _____

Competition _____

Time Limit: 2-3 minutes. Poms must be used for at least 75% of routine length and include all performing team members. Routine emphasis: synchronization, visual effects, clean/precise motions. Not permitted: storylines, character development, costume changes, hand props other than poms, stage props, or backdrops. (Penalties deducted by technical judge.)

(✓) denotes superior performance (0) denotes improvement needed (Rubric) Score

<u>CHOREOGRAPHY</u>	<ul style="list-style-type: none"> ‣ Variety in Transitions ‣ Floor Pattern/Use of Area ‣ Poms 75% of Routine ‣ Level Changes 	<ul style="list-style-type: none"> ‣ Creativity ‣ Dynamics ‣ Originality 	<i>Superior 19-20</i> <i>Good 18-16</i> <i>Fair 15-13</i> <i>Poor 12-below</i>	(20)	
<u>DIFFICULTY</u>	<ul style="list-style-type: none"> ‣ Team vs Sm Group Difficulty ‣ Technical Pom Elements ‣ Variety in Arm Work/Pom Skills ‣ Strength of Style ‣ Intricacy of Movement 		<i>Superior 19-20</i> <i>Good 18-16</i> <i>Fair 15-13</i> <i>Poor 12-below</i>	(20)	
<u>EXECUTION</u>	<ul style="list-style-type: none"> ‣ Extension of Arms/Legs/Feet ‣ Spacing/Alignment ‣ Body Control/Placement ‣ Team Unison ‣ Completion of Moves ‣ Dance Technique: Leaps/Jumps/Turns 		<i>Superior 30-28</i> <i>Good 27-24</i> <i>Fair 23-20</i> <i>Poor 19-below</i>	(30)	
<u>SHOWMANSHIP/APPEARANCE</u>	<ul style="list-style-type: none"> ‣ Projection/Posture ‣ Facial Expressions ‣ Audience Appeal ‣ Hair ‣ Costume ‣ Appropriateness 	<ul style="list-style-type: none"> ‣ Energy ‣ Emotions ‣ Makeup ‣ Accessories 	<ul style="list-style-type: none"> ‣ Strong/Powerful ‣ Confidence ‣ Uniformity ‣ Neatness 	<i>Superior 30-28</i> <i>Good 27-24</i> <i>Fair 23-20</i> <i>Poor 19-below</i>	(30)
<u>COMMENTS</u>				TOTAL SCORE	(100)

Judge Signature _____

2023-24 Idaho Invitational Dance Competitions

November 17, 2023	River Rampage
Location:	Burley High School
Sponsor:	Burley High School, Randy Winn, AD
Contact:	Brook Jensen, burley.hscheer@gmail.com
December 1-2, 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 8, 2023	Stampede Showdown
Location:	Blackfoot High School
Sponsor:	Blackfoot High School, Cody Shelley, AD
Contact:	Caroline Anderson, carandersen@hotmail.com
December 8-9, 2023	Western States Dance Classic (<i>sanction required</i>)
Location:	Blackfoot Performing Arts Center
Sponsor:	Scott and Maria Brian
Contact:	Scott or Maria Brian, westernstatesdancecompetition@yahoo.com
December 9, 2023	Lakeland Dance Competition
Location:	Lakeland High School
Sponsor:	Lakeland High School, Matt Neff, AD
Contact:	Laura Kelly, laura.Kelley@lakeland272.org
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 16, 2023	Winter Spirit
Location:	Post Falls High School
Sponsor:	Post Falls High School, Craig Christensen, AD
Contact:	Savannah Caimi, savannah.caimi@sd273.com
January 5-6, 2024	Canyon County Dance Challenge (CCDC)
Location:	Columbia High School
Sponsor:	Columbia High School, Todd Cady, AD
Contact:	Jacci Markham, jacci.markham@novitasdata.com
January 5-6, 2024	Upper Valley Classic Dance & Cheer
Location:	Madison High School
Sponsor:	Madison High School, Shayne Proctor, AD
Contact:	Ludy Navarette, madisonbobcatchcheer@gmail.com
January 12, 2024	Battle at the Border
Location:	Preston High School
Sponsor:	Preston High School, Brent Knapp, AD
Contact:	Patricee Moffitt, patriceemof@yahoo.com

January 15, 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 **Idaho Showcase Invitational**
 Location: Rocky Mountain High School
 Sponsor: West Ada School District, Jason Warr, District AD
 Contact: Amanda Quinlan, quinlan.amanda@westada.org

January 26, 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 2, 2024 **State Qualifier – Dist V**
 Location: Century High School
 Sponsor: District V Board of Control
 Contact: Hallie Hanohano, hallie.hano@gmail.com

February 3, 2024 **State Qualifier – Dist I**
 Location: Lakeland High School
 Sponsor: District I Board of Control
 Contact: Brianna White, bcwhite@cdaschools.org

February 3, 2024 **State Qualifier – Dist IV**
 Location: Jerome High School
 Sponsor: District IV Board of Control
 Contact: Ashley Howard, ashbea30@gmail.com

February 10, 2024 **State Qualifier – Dist III**
 Location: Columbia High School
 Sponsor: District III Board of Control
 Contact: Kjirsten Lawton, lawton.kjirsten@westada.org

February 10, 2024 **Sixth District Festival (State Qualifier – Dist VI)**
 Location: Bonneville High School
 Sponsor: District VI Board of Control
 Contact: Krista Briggs, briggsco6@hotmail.com

<p>February 23, 2024 State Dance Championships Location: Ford Idaho Center, Nampa Sponsor: IHSAA Contact: Julie Hammons, hammonsj@idhsaa.org Lisa Hahle, hahle.lisa@westada.org</p>
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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.