



**Idaho High School Activities
Association
2025-2026
Cheer Coaches Packet**

unbottled.

2025-26 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 (no-contact period).

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.
 - c. No high school team may participate as "exhibition only" at any competition unless they are the host school of the competition.
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:

6A: 1400 & over 4A: 699-350
5A: 1399-700 3A: 349 & 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 including 3-dimensional signs (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 stunt group.
2. May be offered as “open” classifications.
3. Must follow all NFHS and IHSAA general rules.

Point of Emphasis: Competitions who offer individual skills/tricks contests must follow all Idaho guidelines and NFHS safety rules. If participants perform illegal actions, they will be immediately disqualified and the competition may be referred to their District Board of Control for further fines or sanctions.

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; e) Max 5 participants.
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 the NFHS database 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: 2026-27, 2028-29, 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.



Safety courses are required for all coaches on even numbered years. Courses must be taken after May 1, 2024. 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

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.

Spirit Rules Changes - 2025-26

By NFHS on April 30, 2025

Edits/Additions by Idaho State Spirit Rules interpreter July 1, 2026

The 2025-26 NFHS Spirit Rules Book has been redesigned to accommodate the unique nature of dance, separate from cheer, in the Spirit Rules. During this redesign, a format has been created for the entire book to make both cheer and dance more user-friendly.

The new design includes:

- **Rule 1: General Risk Management**
- **Rule 2: Cheer**
- **Rule 3: Dance**

Individual rules changes:

1. **Definitions:** All definitions that were previously found in the old Rule 1 have been removed and are now incorporated into their respective rules for Cheer (Rule 2) and Dance (Rule 3). Additional cheer-specific definitions including assisted walkover, kip up, and nugget have been added for clarification. Additional dance-specific definitions, such as executing dancer and supporting dancer, have been added for clarification. Some dance definitions were updated to reflect the new language. Tumbling definition was edited for clarity.

(**Rule 2-2-5** has a mistake in the new note: should be “top person” instead of executing dancer)

2. **2-2-7 & 3-2-7:** New language added to allow an extended single-based stunt/lift supported at the waist as an exception for requiring a spotter.
Rationale: This skill does not increase risk to participants and is a less difficult skill than a chair sit, which is currently allowed as an exception.
3. **2-3-5d:** New language added to clarify a bracer may release the top person or move to a load position during a flip inversion when the top is descending and goes to a cradle or to the performing surface.
Rationale: Landing on the performing surface with assistance from the catchers is similar to landing in the cradle position. The requirement that the top is not inverted is unnecessary since the top is rotating and would be descending.
4. **2-3-7 & 3-3-10:** Clarified exceptions for when a participant can hold props in hands.
Rationale: This would encompass partner cartwheels on the thighs or assisted walkovers. The risk is very low if the top person/executing dancer has poms/props in their hands since the base(s)/supporting dancer cannot have poms/props in their hands and can provide the support needed to safely complete the skill.

5. **2-3-9:** New language added to prohibit a participant from landing or being caught in an inverted position in a stunt or pyramid from an unassisted airborne position.
Rationale: This rule change clarifies that a performer may not perform a skill such as a back handspring with no hands and be caught by a base or bases in the inverted position. The existing inversion rules all deal with a top person who is already in a skill.
6. **2-5-3e:** (Mistake: this should be shaded) New language added to clarify restrictions on use of props during tosses to a cradle.
Rationale: This addition clarifies that someone involved in a toss to a cradle should not have any involvement with props.
7. **2-5-3f:** New language added to clarify a top person must not be inverted during tosses to cradles.
Rationale: Basket toss flips are currently illegal because they aren't made legal in the inversion section. This addition in the tosses section makes it very clear that skills like prep front flip and basket toss tucks are illegal.
8. **2-5-6d/e:** New language added to clarify release from extended vertical position and to permit a release from a vertical position at prep level to land in a vertical or horizontal position.
Rationale: Horizontal stunts like a flatback are allowed as long as the top doesn't go significantly higher than the bases' arms/hands on the catch. The tosses that are allowed go through the prep position to release. This change allows preps to release to the same position with the same restriction. (The old 2-5-6 d was split apart into d. and e. and new language added)
9. **3-10-6:** The height maximum for a weight bearing surface of props or bases must not exceed four (4) feet in height.
Rationale: The reduction from five (5) feet to four (4) feet is to align with best practices of risk minimization when height is involved.
10. **Rule 3 – Dance rewrite of entire rule:** This rule has been rewritten to provide dance/drill-specific language, rather than adapting dance rules from cheer rules. Dance-specific definitions have been added and/or modified and those definitions are applied throughout this new rule.
Rationale: The Spirit Committee has spent the past year reorganizing the rule book to distinguish between cheerleading and dance/drill more clearly, addressing long-standing concerns about confusion between the two activities. These updates aim to ensure that the language in the dance rules is more specific to dance, rather than adapted from cheer rules. By responding to years of feedback from the dance community, the committee believes this reorganization will reflect the distinct nature of each activity and provide clearer guidance for participants, coaches, and officials.

***Note:** With the Dance re-write, there will be editorial mistakes (ex: 3-2-3). If you find these issues, please let Lisa Hahle know in writing and these can be forwarded to the NFHS committee for next year's rule book review.

2024-26 CHEER CLASSIFICATION & ALIGNMENT

I (12)	Coeur d'Alene Lake City Post Falls	Lakeland Sandpoint	Bonniers Ferry Timberlake	Kellogg Kootenai Priest River St. Maries Wallace
II (10)		Lewiston Moscow		Deary Genesee Grangeville Lapwai Orofino Pottlatch Prairie Troy
III (40)	Boise Borah Capital Centennial Eagle Kuna Meridian Mountain View Nampa Owyhee Ridgevue Rocky Mountain Timberline-B	Bishop Kelly Caldwell Columbia Emmett Middleton Skyview Vallivue	Cole Valley Christian Fruitland Homedale McCall-Donnelly Payette Weiser	Cascade Garden Valley Idaho Arts Charter Idaho City Marsing Meadows Valley Melba Nampa Christian New Plymouth Notus Parma Rimrock Tri-Valley (Cambridge/Midvale) Wilder
IV (29)	Canyon Ridge	Burley Jerome Minico Mountain Home Twin Falls Wood River	Buhl Filer Gooding Kimberly	Camas County Carey Castleford Declo Dietrich Glenns Ferry Hagerman Hansen ISBD Lighthouse Christian Murtaugh Oakley Raft River Richfield Shoshone Valley Wendell
V (16)	Highland-P	Century Pocatello Preston	American Falls Bear Lake Marsh Valley Snake River	Aberdeen Grace Malad North Gem Rockland Sho-Ban Soda Springs West Side
VI (20)	Madison Rigby Thunder Ridge	Blackfoot Bonneville Hillcrest Idaho Falls Shelley Skyline	South Fremont Sugar-Salem Teton	Butte County Firth Mackay North Fremont Ririe Salmon Watersprings West Jefferson
(132)	(19)	(26)	(19)	(61)

*Member of combined co-op

Surface Restriction Chart

Stunts, Tosses & Tumbling Skills with Restricted Surfaces

PERMITTED ONLY ON MATS / GRASS / RUBBER TRACKS	RULE	PERMITTED ON ANY APPROPRIATE SURFACE
<u>Partner Stunts</u> <i>Cheer Only</i> A. A single base supports a top person with only one arm/hand. (This stunt is illegal for dance)	2-4-7	<u>Partner Stunts</u> <i>Cheer</i> A. All other partner stunts not specifically limited to mats, grass or rubber tracks.
<u>Tosses</u> <i>Cheer Only</i> Toss: Throwing motion; bases' hands under top's feet; starts below shoulder level. (Tosses are illegal for dance.)	2-5-3	<u>Release Stunts</u> <i>Cheer</i> Release Stunt: Top person becomes free of contact from all personnel on the performing surface.
<u>Cradle Dismounts</u> <i>Cheer Only</i> A. From Tosses (Tosses are illegal for dance.)	2-5-3d Dismount Rule 7 for Dance	<u>Cradle Dismounts</u> <i>Cheer & Dance</i> A. All cradles that are not from tosses.
<u>Tumbling</u> <i>Cheer & Dance</i> A. Airborne twisting tumbling except for round-offs & aerial cartwheels.	2-8-6 3-8-6	<u>Tumbling</u> <i>Cheer & Dance</i> A. Non-airborne tumbling B. Non-twisting airborne tumbling C. Round-offs; aerial cartwheels

Props as Bases – Height & Dimension Chart

Rule	Restriction	Ht / Dim
3-10-6	Dance – Max height for <u>weight-bearing</u> portion of prop.	4'
2-10-4	Cheer - Max height for prop used as bases (i.e., cheer boxes)	3'
3-10-8a	Inverted position OK if one foot is in weight-bearing contact with prop at least 2' x 2'.	2' x 2'
3-10-8b	Inverted position OK if LYING on prop at least 1' wide x no more than 3' high.	1' x 3'
3-10-10	If prop is higher than 3', executing dancer must maintain contact <u>except</u> if the performance area is at least 3' x 3' for each participant.	3' x 3'
3-10-11	Width required for forward roll while on a prop.	1'
3-10-12	Head arching back - OK if on prop at least 2' x 2' <u>or</u> executing dancer grasps a secure portion of the prop	2' x 2'
3-10-13	Height of support surface if prop suspended between two people. Spotter required if executing dancer is standing.	Waist
3-10-14	Executing dancer is dancing or moving feet on stationary prop higher than 3' and less than 1' wide, a spotter is required.	3' x 1'
3-12-4	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 base (prop) contact.	3'
3-12-5	Cradle dismounts from base (prop) are not permitted from above 3'	3'



Pom Division

School _____ Classification _____ Date _____

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

Skills/Fundamentals	Score Rubric	Comments & Score
Dance ___ Movement/Synchronization ___ Formations/Spacing ___ Use of Floor ___ Transitions ___ Level Changes ___ Difficulty ___ Athletic Skill Use of Poms ___ Difficulty ___ Incorporation (most of routine) ___ Visual Effect ___ Use by majority of team	(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>	<div> <i>Superior 37-40</i> <i>Good 33-36</i> <i>Fair 26-32</i> <i>Basic 25 and below</i> </div> <div>(40)</div>
Presentation/Execution	Score Rubric	Comments & Score
Overall ___ Appropriate for Team's Ability ___ Energy ___ Showmanship/Entertainment ___ 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>	<div> <i>Superior 9-10</i> <i>Good 7-8</i> <i>Fair 5-6</i> <i>Basic 4 and below</i> </div> <div>(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
Stunts/Partner Stunts/Pyramids/Tosses ___ Difficulty ___ Sequences/Transitions/Timing ___ Technique ___ Releases/Inversions ___ Stability/Recoveries ___ Dismounts ___ Variety Jumps ___ Variety/Difficulty ___ Height/Flexibility ___ Technique ___ Combinations Tumbling ___ Variety/Difficulty ___ Height/flexibility ___ Technique ___ Incorporation of athletes 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> (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> (15 pts) <i>S 14-15</i> <i>G 12-13</i> <i>F 10-11</i> <i>B 9 & below</i>	Superior 55-60 Good 47-54 Fair 36-46 Basic 35 and below <div style="border: 1px solid black; width: 100px; height: 50px; float: right; text-align: center; line-height: 50px;">(60)</div>
Presentation Cheer ___ Crowd leading/Use of Voice/Volume ___ Formations and Spacing ___ Transitions ___ Creativity/Originality Dance ___ Movement/Synchronization ___ Formations and Spacing ___ Transitions and Level Changes ___ Creativity/Originality ___ Incorporation of athletes Overall ___ Appropriate for Team's Ability ___ Energy/Showmanship ___ Uniformity/Unity ___ Use of Floor ___ Execution of routine	(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> (15 pts) <i>S 14-15</i> <i>G 12-13</i> <i>F 10-11</i> <i>B 9 & below</i>	Superior 37-40 Good 31-36 Fair 25-30 Basic 24 and below <div style="border: 1px solid black; width: 100px; height: 50px; float: right; text-align: center; line-height: 50px;">(40)</div>

Judges Signature: _____

Total Score: (100)



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>	<div> <div> <i>Superior 37-40</i> <i>Good 30-36</i> <i>Fair 23-29</i> <i>Basic 22 and below</i> </div> <div>(40)</div> </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>	<div> <div> <i>Superior 9-10</i> <i>Good 7-8</i> <i>Fair 5-6</i> <i>Basic 4 and below</i> </div> <div>(10)</div> </div>

Judges Signature: _____

Total Score: (50)



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	(25 pts) <i>S 23-25</i> <i>G 21-24</i> <i>F 16-20</i> <i>B 15 & below</i>	
Skills/Fundamentals Execution Score	(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>
		(40)
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>
		(10)

Judges Signature: _____

Total Score: (50)



CHEER TECHNICAL SCORE SHEET

School _____

Classification 6A 5A 4A 3A

Division/Category _____

Competition _____

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

Penalty: 6 pts. Show 3 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: 2 pts. Show 1 pts. Sideline/Pom/ Stunt Group

Deduction

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

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 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

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.**

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!

NFHS Database Instructions *for* Copyright Compliance

- 1 Go to nfhs.org.
- 2 Select “Register” (or login if you are already in their system).
- 3 Once you are set up as a user, select the “Resources” dropdown and select “Copyright Compliance”.
- 4 Select “My Schools”.
- 5 Select the “Manage Schools” button and then select “Create School” if your school name is not present.
- 6 Once your school has been created, select “Manage Ensembles” and then select “Add Ensemble”.
- 7 Once your ensemble is created, select “Manage Selections”.
- 8 Select “Add Selection”, input the needed data and upload all verifications that are needed. Verifications should be in .pdf format and should be organized before beginning this process. Repeat this step until all selections being performed have been input. Idaho requires the following verifications:
 - Stock Arrangement (provide scan of first page of music that includes the copyright).
 - Original Composition (provide letter from composer granting you permission to duplicate and perform their work).
 - Public Domain (provide scan of referring webpage showing work in the public domain).
 - Custom Arrangement (provide .pdf of custom arrangement license or permission that has been secured from the rights holder).
- 9 Select “Back to Main Page” and then select “Search Events”.
- 10 Select {State Association} from the State dropdown and select {State Sanctioned Event}.
- 11 Select View/Attend for the {State Sanctioned Event}.
- 12 **If your cheer or dance team will be attending other festivals or competitions you can select view/attend for each event you wish to attend that is using the NFHS Copyright Compliance Database.**

Please don't hesitate to contact the IHSAA office should you have any questions about this process for the NFHS Copyright Compliance Database.



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.