



**Idaho High School Activities
Association
2026-2027
Cheer Coaches Packet**

dairy west®

2026-27 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. JV and varsity divisions are considered separate competitions. 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 for 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 Coaching Mental Wellness 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.

2026-28 CHEER CLASSIFICATION & ALIGNMENT

District	6A 1400 & Above	5A 1399-700	4A 699-360	3A 349 & Below
I (10)	Coeur d'Alene Lake City Post Falls	Lakeland Sandpoint	Bonnars Ferry Timberlake	Kootenai Priest River St. Maries
II (9)		Lewiston Moscow		Deary** Grangeville Lapwai Orofino Potlatch Prairie Troy**
III (39)	Boise Borah Capital Centennial Eagle Kuna Meridian Middleton Mountain View Owyhee Ridgevue Rocky Mountain Timberline-B	Bishop Kelly Caldwell Columbia Mountain Home Nampa Skyview Vallivue	Cole Valley Christian Emmett Fruitland Homedale McCall-Donnelly** Weiser	Cascade Idaho Arts Charter Idaho City Marsing Meadows Valley** Melba Nampa Christian New Plymouth Notus Parma Payette Rimrock Wilder
IV (26)	Canyon Ridge	Burley Jerome Minico Twin Falls Wood River	Filer Gooding Kimberly	Buhl Camas County Carey Castleford Declo Glenns Ferry Hagerman Hansen ISBD Lighthouse Christian Murtaugh Oakley Raft River Richfield Shoshone Valley Wendell
V (16)	Highland-P	Century Pocatello	American Falls Bear Lake Marsh Valley Preston Snake River	Aberdeen Grace Malad North Gem Rockland Sho-Ban Soda Springs West Side
VI (21)	Madison Rigby Thunder Ridge	Blackfoot Bonneville Hillcrest Idaho Falls Shelley Skyline	South Fremont** Sugar-Salem Teton	Butte County Challis Firth Mackay North Fremont** Ririe Salmon Watersprings West Jefferson
(121)	(21)	(24)	(19)	(57)

*Was Previously in a Co-op

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.



Safety courses are required for all coaches on even numbered years. Courses must be taken after May 1, 2026. Submit certificate of completion to your administration.

Required Safety Courses:

- *Coaching Mental Wellness**
- *Sudden Cardiac Arrest**
- *St. Luke's Concussion Course**

Follow these instructions to access the free, courses.

- ✓ Go to the IHSA 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



NEWS RELEASE

High School Spirit Rules Adjusted to Provide Increased Clarity While Maintaining Focus on Minimizing Risk

FOR IMMEDIATE RELEASE

Contact: Chris Paulson

INDIANAPOLIS, IN (July 13, 2026) — Adjusted language in high school spirit rules helps to clarify how participants may perform certain stunts while still minimizing risk. While some rules have been modified to allow a natural progression of skills to continue within the sport, others have been revised to ensure consistency among similar skills.

Eight changes and two definitions were among the revisions recommended by the NFHS Spirit Rules Committee at its February 8-10 meeting in Orlando, Florida. All recommended changes were subsequently approved by the NFHS Board of Directors and take effect with the 2026-27 high school spirit season.

“While participant safety remains the most significant priority for the NFHS Spirit Rules Committee, we are also working diligently to ensure that rules and expectations are consistent between similar skills,” said Chris Paulson, NFHS director of performing arts and sports and liaison to the NFHS Spirit Rules Committee. “This year’s rule changes reflect current trends and incorporate input from across the country, all while maintaining a commitment to safety and education. These changes will ensure that young people can participate in Spirit as safely as possible.”

One of the rules being adjusted is Rule 2-3-5, regarding inversions. Rule 2-3-5a previously required a hand-to-hand/arm connection to be maintained during a braced flip. New language now allows either a hand-to-hand/arm or a hand-to-foot/feet connection. However, new Rule 2-3-5k states

that if the only connection is hand-to-foot, the top person cannot perform any twists; the bracer must be in a double-based prep with a spotter, and the top person must be caught by the original bases.

Another adjusted rule regards release stunts and tosses. Rule 2-5-6c now allows for a single twist during a vertical release from an extended position to an extended position. This rule change from a quarter-turn is a natural progression of the stunt, which allows a full twist from prep level to extended level.

Dismounts in the cheer and dance sections are also being addressed. Rules 2-7-8d (cheer) and 3-7-8d (dance) now allow a $\frac{1}{4}$ twist in all dismounts to catchers who are not the original bases. This change allows a forward-facing top person to cradle dismount to new catchers who are standing to the side, completing a common pyramid dismount visual without increased risk.

Other rules changes include:

- Rule 2-3-5d notes that, during braced flips in a pyramid, bracers can now release the top person or move to a loading position if the flip ends in a horizontal position at prep level.
- Rules 2-4-2c (cheer) and 3-4-3c (dance) clarify that in non-release stunts/lifts, catchers who are not the original bases (cheer) or supporting dancers (dance) must not be involved with any other skill when the transition is initiated.
- Rule 2-5-5g is added to clarify that a top person may not pass over the torso of another top person or bracer. While Rule 2-2-10 allows for that movement when helping to build, stabilize or dismount a pyramid, this rule change clarifies that action is illegal in braced release transitions.
- Rule 2-5-6e now requires that a single-based stunt falling from a vertical to horizontal position has at least two catchers.
- Rule 3-1-3a clarifies that when footwear is required, dancers must wear footwear on each foot.
- The definition of “Loading Position/Load” is being modified in both sections to state that the top person (cheer) or executing dancer (dance) is supported under their foot/feet below the bases’ (cheer) or supporting dancers’ (dance) shoulder level. The previous definition did not precisely define this position as it is commonly understood.

Additionally, this change clarifies that this position is not limited to the beginning of a skill or position but can also be used in transition.

- The definition of “Tumbling” is being modified to refer to any hip-over-head skill that is not supported by a base (cheer) or supporting dancer (dance) that begins and ends on the performing surface. This change clarifies that there are several "acrobatic" skills that aren't considered tumbling (e.g., seat rolls, side rolls, etc.) because they aren't inverted and are less of a safety concern. This change will clarify confusion about whether these skills are allowed or restricted in rules involving "tumbling" or "non-tumbling" divisions.

A complete listing of the spirit rules changes will be available on the NFHS website at www.nfhs.org. Click on the “Sports” at the top of the home page and select “Spirit” and then “Rules.” The print version of the 2026-27 Spirit Rules Book will be available for purchase in late May at www.NFHS.com, and the digital version will be available in the same timeframe via NFHS Digital at www.NFHS.org.

According to the most recent NFHS High School Athletics Participation Survey, spirit is the sixth-most popular sport for girls with 206,262 participants in 8,465 schools nationwide.

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About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 18 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,800 high schools and 12 million participants in high school activity programs, including more than 8.2 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at www.nfhs.org.

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 to a Cradle</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>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> surface 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 and not 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. If prop moves (wheels or rounded surface), 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'



CHEER

TECHNICAL SCORE SHEET

School _____

Classification 6A 5A 4A 3A

Division/Category _____

Competition _____

MAJOR NFHS VIOLATIONS

Rules 2-2 through 2-8; 2-10-4

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

Deduction

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

MINOR NFHS VIOLATIONS

Rules 1-1; 1-2; 2-1; 2-9; 2-10-1 thru 2-10-3; 2-10-5 & 2-10-6

Penalty: 2 pts. Show 1 pt. 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 _____

IDAHO DRESS STANDARD

Penalty: 2 pts. Show 1 pt. 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 _____

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!



LICENSING MUSIC FOR CHEER, DANCE, AND GYMNASTICS

Copyright compliance is an important part of using any material that you did not create. When another person's work is used it is important the creator of that work is compensated for the way it is being used. [Copyright law in the United States](#) is clear in what rights a copyright owner has when it comes to protecting their work and the income that work can generate.

MASHUPS

When a school creates a mashup, permission must be secured. The most common uses for mashups are used in Cheer and Dance. A mashup license allows the team to change the original work and create a new work by either combining works or changing them in a way to fit the intended use. Because these changes are beyond a minor edit, the copyright owner has exclusive rights to allow these changes or not.

PERMISSIONS NEEDED TO USE MUSIC IN A ROUTINE

Anytime music that is not originally created is used in a routine, permission must be received. There are many ways to obtain the permissions needed, permissions should include:

- Editing if looking to combine songs, or to add sound effects, drum tracks, new lyrics, ect.
- Choreography
- Public Performance
- Mechanical license if a recording of your school band will be used.

Simply purchasing the song, have a streaming subscription, or taking it from YouTube does not provide the permissions needed.

UNALTERED MUSIC EXCEPT FOR TIME

Teams may use music that is unaltered in their routines as long as the music begins at the start of the song and is only ended for timing purposes. No other edits may be used. A public performance license is required for this type of use.

PUBLIC PERFORMANCE RIGHTS

Public performance licenses can be obtained to cover an entire school and all public performance needs by visiting the copyright resources page at <https://copyright.nfhs.org/>