

Idaho High School Activities Association

2025

# State Dance and Cheer Manual

## IDAHO HIGH SCHOOL STATE CHAMPIONSHIPS



**IHSAA**

*unbottled.*

February 28 – March 1, 2025  
Ford Idaho Center, Nampa

DAIRY PROTEIN THAT POWERS YOUR PERFORMANCE 

Dairy West  
Official Sponsor of  
IHSAA State Championship Events

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION  
8011 Ustick Rd Boise, ID 83704  
208-375-7027 idhsaa.org

This manual has been prepared to provide information for the IHSAA State Dance and Cheer Championships. Although intended as a guideline to establish uniformity, it specifically addresses state tournament rules and regulations.

**2024-25 State Tournament Host Hotel**

The following hotel has agreed to serve as the 2024-25 State Tournament Host Hotel by providing discounted rooms for tournament judges and staff. We appreciate their generous support and urge all IHSAA member schools to patronize these Partners in Youth Development.

Nampa		
Everhome Suites	16183 N Idaho Center Blvd.	208-207-8192

**2025 STATE DANCE AND CHEER CHAMPIONSHIPS**  
**Ford Idaho Center, Nampa February 28 – March 1**

**TOURNAMENT PERSONNEL**

CO-DIRECTOR Julie Hammons, IHSAA, [hammonsj@idhsaa.org](mailto:hammonsj@idhsaa.org)

CO-DIRECTOR Lisa Hahle, State Spirit Interpreter, [hahle.lisa@westada.org](mailto:hahle.lisa@westada.org)

**MANDATORY COACHES MEETINGS – ZOOM – Tuesday, February 25<sup>th</sup>, 7:00 pm MT**

It is important that all schools be represented at the pre-tournament coaches meeting. **This meeting is for both cheer and dance coaches.**

Please click the link below to join the webinar:

<https://us02web.zoom.us/j/88418571544>

Webinar ID: 884 1857 1544

**TEAM PACKETS**

Team packets will be available for pick up at the Ford Idaho Center (Entry #6) during team check in.

**CREDENTIALS**

Each team packet will have 2 coaches' badges and 2 support personnel badges. Additional coaches or necessary team support personnel must have an online ticket or coaches' card (check in at pass gate). **COACHES SHOULD NOT BRING THEIR CHILDREN OR ADDITIONAL PEOPLE TO TEAM CHECK IN.**

**STATE TOURNAMENT GENERAL RULES & PROCEDURES**

1. The state dance championships consist of four divisions: military, kick, hip hop and dance. The state cheer championships consist of three divisions: show cheer (all girl or coed), sideline and pom.
2. NFHS and IHSA Spirit rules will be followed at the state tournament.
3. Official IHSA score sheets will be used.
4. Routine judges for both dance and cheer shall attend training prior to the start of competition.
5. Technical judges shall be certified. A minimum of two technical judges will be used for dance. A minimum of three technical judges will be used for cheer.
6. Tech penalty sheets will be available for review by **head coaches** prior to announcement of awards. Appeals may be submitted no later than the end of the following division of competition.
7. Plaques will be awarded by classification in each division of competition. Number of plaques awarded will be based on the number of teams competing in that division/classification.
8. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place State Champions (by classification) will be determined using the following procedure:  
 Dance – combined ordinal score from a team’s top three divisions  
 Cheer – Teams will earn placement points in show, sideline and pom categories. Teams with the highest total placement points will be the state champions.

**Placement Points**

<p>Show:</p> <p>1<sup>st</sup> place – 10 points          2<sup>nd</sup> place – 8 points          3<sup>rd</sup> place – 6 points          4<sup>th</sup> place – 4 points          5<sup>th</sup> place &amp; higher – no points</p>	<p>Sideline:</p> <p>1<sup>st</sup> place – 5 points          2<sup>nd</sup> place – 4 points          3<sup>rd</sup> place – 3 points          4<sup>th</sup> place – 2 points          5<sup>th</sup> place &amp; higher – no points</p>	<p>Pom:</p> <p>1<sup>st</sup> place – 5 points          2<sup>nd</sup> place – 4 points          3<sup>rd</sup> place – 3 points          4<sup>th</sup> place – 2 points          5<sup>th</sup> place &amp; higher – no points</p>
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*In the event of a tie, the show cheer placement points will be used. If a tie still exists, the sideline + pom total points will be used.*

9. Score sheets will be available for coaches to pick up immediately following the competition.
10. IHSA State Tournament Sportsmanship rules will be in effect (see page 7).

**TENTATIVE TOURNAMENT SCHEDULE**

*All times are approximate and subject to change. Final schedule will be posted on the IHSA website the week of the event.  
 Doors for spectators will open 30 minutes prior to competition time.*

**FRIDAY, FEBRUARY 28**

<b>3A CHEER</b>	<b>TIME</b>
Team Check-In ( <i>Entrance #6</i> )	6:30 a.m.
Competition	7:30 a.m.
Awards	10:00 a.m.

<b>4A CHEER</b>	<b>TIME</b>
Team Check-In ( <i>Entrance #6</i> )	10:00 a.m.
Competition	11:00 a.m.
Awards	1:30 p.m.

<b>5A CHEER</b>	<b>TIME</b>
Team Check-In ( <i>Entrance #6</i> )	1:30 p.m.
Competition	2:30 p.m.
Awards	5:30 p.m.

<b>6A CHEER</b>	<b>TIME</b>
Team Check-In ( <i>Entrance #6</i> )	5:30 p.m.
Competition	6:30 p.m.
Awards	9:00 p.m.

**SATURDAY, MARCH 1**

<b>4A DANCE</b>	<b>TIME</b>
Team Check-In ( <i>Entrance #6</i> )	6:30 a.m.
Competition	7:30 a.m.
Awards	10:00 a.m.

<b>5A DANCE</b>	<b>TIME</b>
Team Check-In ( <i>Entrance #6</i> )	10:30 a.m.
Competition	11:30 a.m.
Awards	3:30 p.m.

<b>6A DANCE</b>	<b>TIME</b>
Team Check-In ( <i>Entrance #6</i> )	4:00 p.m.
Competition	5:00 p.m.
Awards	8:30 p.m.

## **TEAM PICTURES, ROSTERS AND SWEATSHIRT ORDERS**

We are still experiencing troubles with all of the data from MaxPreps syncing with the IHSAA website. Below is a modification of our normal instructions, and these steps must be followed for the program and for Dairy West sweatshirt ordering as well.

- Upload Team Photo on MaxPreps
  - Go to MaxPreps.com and sign into your School Administrator/Coach Account
  - On the left side of the page CLICK “Manage Teams”
  - Locate appropriate sport and CLICK “Manage” - SELECT “Varsity”
  - Select “Login to Coach Admin”
  - On the right side of the page, CLICK “Photo” box
  - UPLOAD and SUBMIT team picture
  
- Submit roster and sweatshirt order at [www.idhsaa.org](http://www.idhsaa.org) (this step must be completed by AD)
  - Under the “Schools” tab CLICK “Rosters”
  - Log in with Username and Password used to update school directory
  - Select appropriate activity
  - Verify School Details – If changes are needed; CLICK “Edit My School” If correct; CLICK “My School is Correct”
  - Add Assistant Coaches
  - Enter your team’s Roster
    - Click the plus sign to add additional lines, if needed
  - Submit Sweatshirt Order – The total number of shirts requested must be no more than the number of participants listed on the roster. \*\* To purchase additional sweatshirts, contact Nancy at McU Sports [nancy@mcusports.com](mailto:nancy@mcusports.com)

If you have questions regarding any part of this process please email Amanda, [quinlana@idhsaa.org](mailto:quinlana@idhsaa.org).

**TEAM ENTRY** All teams will enter through **Entry #6** and will exit through Entry #3. Venue will not be cleared after each session and teams **may stay** in the venue when they are not competing. However, they must remove all performance items from the team seating area.

**BUSSES** Busses should drop off teams at Entry #6 and then park outside the gates below Entry #3.

**ADMISSION** Available at [www.idhsaa.org](http://www.idhsaa.org) or go directly to (<https://gofan.co/app/school/IDHSAA>)

ALL TICKETS GO ON SALE FEBRUARY 24<sup>th</sup> AT 10 AM (MST)

### **Ticket Prices:**

RESERVED SEATING\* – Good for one session only; must vacate the seat and move to a non-reserved seat at the conclusion of the session. *\*Available online only; subject to convenience fees*

Adults: \$15.00          Students w/Activity Card & Sr. Citizens: \$15.00          5 & Under: NC

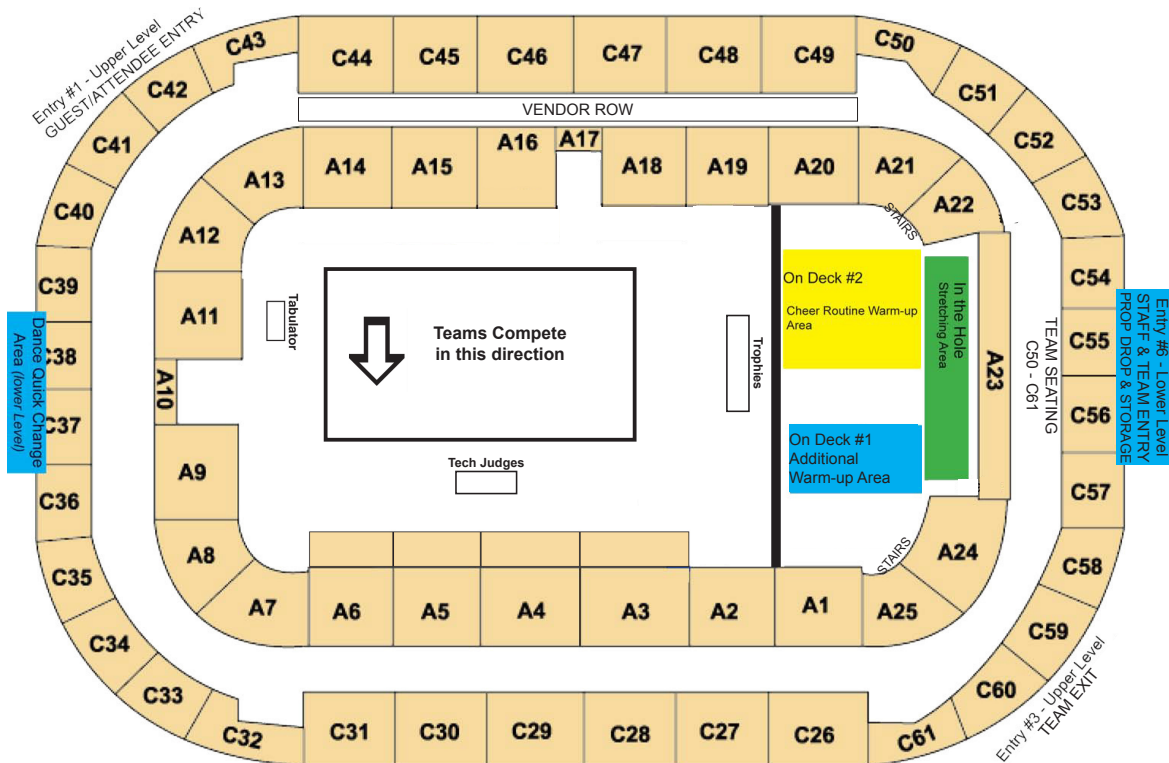
### GENERAL ADMISSION SEATING

Adults: \$12.00          Students w/Activity Card & Sr. Citizens: \$9.00          5 & Under: NC

**DAIRY WEST PASSES, IHSAA COACHES’ CARDS/LIFETIME PASSES** Must enter through the pass gate near the spectator entrance. Passes may not be used for reserved seats.

**WEBCASTING** The State Dance & Cheer Championships will be streamed at [www.NFHSNetwork.com](http://www.NFHSNetwork.com).

# FORD IDAHO CENTER MAP



## ORDER OF PERFORMANCE

The order of performance is determined by the IHSAA. Every effort will be made to rotate teams to ensure teams do not always have to perform early in their categories. The order of performance must also take into account number teams in each category, costume changes, warm up times, and adequate time between performances. This year, the time between performances will be very short – be prepared!

Preliminary order of performance will be posted on the IHSAA website one week prior to State. This is a tentative schedule and is subject to change. **Final schedules will be available upon arrival at the tournament.**

## DIRECTION OF PERFORMANCE

All performances will face the south side of the arena. See map above.

## JUDGES

Judges will be seated on a platform at the top of section A4-A5. Technical judges will be seated at floor level.

## MUSIC

Coaches should bring their performance music to the sound table at least two routines ahead of their performance time. **A team representative must remain at the sound table during the performance.** Music should be digital (phone, tablet, etc...). Please bring back up copies of your music. There will be no sound checks.

## TRAINING STAFF

Trainers will be available at the tournament. However, schools must bring their own tape, pre-wrap and other supplies.

## LOCKER ROOMS

Locker rooms will be available if needed. Dance teams will be assigned a locker room; cheer teams can use the locker rooms on a first-come, first-served basis but should not leave personal belongings unattended.

## ASSIGNED TEAM SEATING

Teams must sit in their assigned, upper-level seats on the east end of the arena when they are not performing. Assignments will be in the team packets. **Participants may not sit with their parents!** Personal items/bags may be left in the upper seats when teams are performing, but please do not bring valuables as those areas will not be secure.

## DANCE - PROP & SHOE INSPECTION

Technical judges will inspect all props and shoes in order to ensure that the competition floor is protected from damage. Any prop or shoe that does not meet the following criteria will not be allowed on the floor:

1. **Hand Props (hip hop only):** Any hard or sharp edges, ends or points of a prop that will intentionally strike or rest on the floor must have sufficient protective covering.
2. **Shoes:** All shoes must have non-marking soles.

## STATE AWARDS

1. **Academic State Champions:** A plaque will be awarded to teams in each classification with the highest combined GPA. Grades must be cumulative, non-weighted GPA's. The athletic director/principal from each school is responsible for submitting an Academic State Champion application on or before the deadline.
2. **Division Awards:** Plaques will be awarded by classification in each division of competition. Number of plaques awarded will be based on the number of teams competing in that division/classification.
3. **Overall State Champions:** The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place state champion teams for each classification will receive IHSAA state championship trophies with the 1<sup>st</sup> place team also receiving a Dairy West State Championship banner. Overall state champions will be determined by:
  - a. CHEER – combining each team's placement points in show, pom and sideline (see page 3 for details).
  - b. DANCE – combining the ordinal scores of each team's top three events.
4. **Sweatshirts:** Each performing participant will receive a free state championship sweatshirt provided by Dairy West.

## AWARDS PRESENTATIONS

Awards will be presented at the conclusion of each session. All team members and coaches will be allowed down on the floor for awards. **Parents are not allowed on the floor at any time** and teams should plan to meet parents outside the venue at Entry #3.

## TEAM MEALS

Teams are prohibited from bringing in team meals (including cases of water). All bulk food and beverage must be kept outside the venue. Concessions will be available.

## VENDORS

Vendor Row will be located on the upper level, north side of the venue.

## T-SHIRTS / SOUVENIR MERCHANDISE

Souvenir t-shirts, sweatshirts, hats and other miscellaneous items will be sold onsite by McU Sports.

## **FORD IDAHO CENTER RULES**

### 1. Prohibited Items

- Weapons of any kind, including pocket knives and mace
- Sticks of any kind – wooden, plastic, etc... (on handheld signs, poms, etc...)
- Artificial noise makers
- Balloons
- Glass (exceptions will be made for small, hand-held mirrors)
- Outside food or beverage (exceptions will be made for small snacks/water in individual participant bags for personal use)

2. Gift Policy Team gifts are discouraged, but if coaches/parents wish to supply gifts for their students, they must be submitted and stored at the table outside the administration office on the upper level.

## **CROWD CONTROL/SPORTSMANSHIP**

The practice of good sportsmanship by all participants, coaches, and fans is imperative. The IHSAA expects close supervision of students and adult fans, and asks for the continued support and cooperation of administrators in enforcing all state tournament sportsmanship rules.

The following sportsmanship rules are in effect at all IHSAA state championship events:

1. Face Painting Full and/or half face painting is not permitted. Partial face painting is permitted such as small markings on the cheeks, nose, or forehead.
2. Posters/Banners/Signs All signs must show only positive support for one's own team. Those that direct negative comments towards opponents or are unsportsmanlike or vulgar are not permitted.
3. Artificial Noisemakers Artificial noisemakers are prohibited. Artificial noisemakers are items such as (but not limited to) megaphones, air horns, bells, whistles, and clickers. Exception: Cheerleaders (only) may use megaphones at football games.
4. Balloons Balloons are not permitted at any IHSAA state play off or championship event.
5. Attire Bare chests are not permitted. Shirts must be worn.
6. Inappropriate Behaviors The following behaviors are not permitted:
  - a. Throwing objects onto the playing area before, during, or after a contest.
  - b. Entering the playing area before, during, or after a contest.
  - c. Verbal harassment or derogatory remarks directed toward an opponent or official.

## **High School Media Credential Protocol**

Members of the school media (school newspaper/yearbook) – **STUDENTS ONLY** - must be issued IHSAA tournament credentials by the school's Athletic Director prior to the tournament and must comply with mainstream media guidelines. Team parents (or any other adult) **may not** serve as a school media person.

### **Broadcasting/Webcasting**

Live video and audio broadcasting of IHSAA State events (full or condensed versions) is strictly prohibited and in direct violation of the IHSAA's agreement with the NFHS Network and Idaho Sports.com.

IHSAA Webcast Partner: [NFHS Network](#)

Exclusive video broadcast rights of IHSAA-sponsored State Tournament events are contracted through the NFHS Network. Permission for cable operators, newspapers, radio stations, television stations, school broadcasting, private individual or Internet sites in relation to video broadcast of IHSAA-sponsored State Tournament events must be done by contacting NFHS Network. Credentials will not be granted to media not receiving clearance from the IHSAA through NFHS Network.