



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

unbottled.

2025-26 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 IHSA 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

| | | | |
|----|----------------|----|---------------|
| 6A | 1,400 and over | 4A | 699-and under |
| 5A | 1,399-700 | | |

Eligibility

1. **Competitive Dance:** Members of dance teams that compete are subject to IHSA 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 IHSA 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. IHSA rules and regulations must be followed at all Idaho dance competitions.

Contact Limitations

Dance teams must comply with IHSA Rule 17-1-3 (summer programs) and 17-2-4 (no-contact period).

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 IHSA. 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 IHSA 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 IHSA.
8. 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.
9. No high school team may participate as "exhibition only" at any competition unless they are the host school of the 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 shall use traditional pom choreography with emphasis 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.

Point of Emphasis: Competitions that 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. 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) Time limit: 2-3 minutes. 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; c) 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 within 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, pelvis/groin, or midriff shall be visible. Note: If the base of

the costume is a leotard, it is highly recommended that the participant(s) wear tights.

3. Footwear must comply with NFHS rules.
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: 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 Championships.



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 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

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 DANCE CLASSIFICATION & ALIGNMENT

| District | 6A 1400 & Above | 5A 1399-700 | 4A 699 & Below |
|--------------------|--|--|---|
| I (4) | Post Falls | Lakeland Sandpoint | Kellogg |
| II (0) | | | |
| III (23) | Boise Borah Capital Centennial Eagle Kuna Meridian Mountain View Nampa Owyhee Ridgevue Rocky Mountain Timberline-B | Bishop Kelly Columbia Emmett Middleton Skyview Vallivue | Idaho Arts Charter Nampa Christian New Plymouth Payette |
| IV (8) | Canyon Ridge | Burley Jerome Minico Twin Falls | Declo Oakley Raft River |
| V (9) | Highland-P | Century Pocatello Preston | American Falls Malad Snake River Soda Springs West Side |
| VI (8) | Madison Rigby Thunder Ridge | Blackfoot Bonneville Hillcrest Shelley | Teton |
| (52) | (19) | (19) | (14) |

*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' |



IHSAA

Dance Score Sheet

DANCE

School _____

Class: **6A** **5A** **4A**

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.)

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

Judge Signature _____



IHSAA

Dance Score Sheet

MILITARY

School _____

Class: **6A** **5A** **4A**

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

Judge Signature _____



IHSAA

Dance Score Sheet

HIP HOP

School _____

Class: **6A** **5A** **4A**

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.)

| (✓) denotes superior performance (0) denotes improvement needed | | (Rubric) | Score |
|--|--|---|-------|
| <u>CHOREOGRAPHY</u> | | | |
| <ul style="list-style-type: none"> ‣ Originality ‣ Transitions ‣ Creativity/Uniqueness ‣ Dynamics ‣ Level Changes ‣ Formations ‣ Hip Hop Style Dominant | | <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"> ‣ 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 | | <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"> ‣ 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 | | <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 ‣ Energy/Stamina ‣ Strong/Powerful ‣ Facial Expressions ‣ Emotions ‣ Confidence ‣ Audience Appeal ‣ Convey/Maintain Style ‣ 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> | | | |
| | | <u>TOTAL SCORE</u> | (100) |

Judge Signature _____



IHSAA

Dance Score Sheet

KICK

School _____

Class: **6A** **5A** **4A**

Competition _____

Date _____

Time Limit: 2-3 minutes. Kicks must be performed for at least 75% of routine length and include all performing team members (evaluated by routine judge). Emphasis is on technique, style, variety of kicks, presentation. Permitted: hand props Not permitted: stage props, backdrops (penalties deducted by technical judge).

| (✓) denotes superior performance (0) denotes improvement needed | | | (Rubric) | Score |
|---|--|-------------------|---------------------------|--------------|
| <u>CHOREOGRAPHY</u> | | | | |
| ‣ Originality | ‣ Level Changes | | <i>Superior 19-20</i> | (20) |
| ‣ Appropriate for Team's Ability | ‣ Creativity | ‣ Dynamics | <i>Good 18-16</i> | |
| ‣ Kicks 75% of Routine | ‣ Transitions | ‣ Formations | <i>Fair 15-13</i> | |
| ‣ Musical Interpretation | ‣ Style | | <i>Poor 12-below</i> | |
| <u>DIFFICULTY</u> | | | | |
| ‣ Team vs Sm Group Difficulty | | | <i>Superior 19-20</i> | (20) |
| ‣ Flow of Transitions | ‣ Technical Kick Elements | | <i>Good 18-16</i> | |
| ‣ Directional Changes | ‣ Variety of Kicks / All performers involved | | <i>Fair 15-13</i> | |
| ‣ Pace | ‣ Strength of Style | | <i>Poor 12-below</i> | |
| <u>EXECUTION</u> | | | | |
| ‣ Extension of Arms/Legs/Feet | | | <i>Superior 30-28</i> | (30) |
| ‣ Precision | ‣ Spacing/Alignment | | <i>Good 27-24</i> | |
| ‣ Timing | ‣ Body Control/Placement | | <i>Fair 23-20</i> | |
| ‣ Transitions | ‣ Uniformity of Kicks | | <i>Poor 19-below</i> | |
| ‣ Kick Technique | ‣ Completion of Moves | | | |
| ‣ Team Unison | | | | |
| <u>SHOWMANSHIP/APPEARANCE</u> | | | | |
| ‣ Projection/Posture | ‣ Energy | ‣ Strong/Powerful | <i>Superior 30-28</i> | (30) |
| ‣ Facial Expressions | ‣ Emotions | ‣ Confidence | <i>Good 27-24</i> | |
| ‣ Audience Appeal | | | <i>Fair 23-20</i> | |
| ‣ Hair | ‣ Makeup | ‣ Uniformity | <i>Poor 19-below</i> | |
| ‣ Costume | ‣ Accessories | ‣ Neatness | | |
| ‣ Appropriateness | | | | |
| <u>COMMENTS</u> | | | | |
| | | | <u>TOTAL SCORE</u> | (100) |

Judge Signature _____

IHSAA Dance Score Sheet SOLO

School _____

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

Competition _____

Date _____

Time Limits: 1:30-2:00 minutes. Routine emphasis: technique, style, interpretation, max. of two airborne tumbling elements or passes. Hand props, stage props are permitted but not encouraged. (Penalties deducted by technical judge.)

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

(Rubric)

Score

CHOREOGRAPHY

| <u>CHOREOGRAPHY</u> | | | | |
|----------------------------|---------------|----------------|-----------------------|-------------|
| ‣ Appropriate for Ability | ‣ Creativity | ‣ Dynamics | <i>Superior</i> 19-20 | |
| ‣ Level Changes | ‣ Transitions | ‣ Style | <i>Good</i> 18-16 | |
| ‣ Musical Interpretation | ‣ Originality | ‣ Use of Space | <i>Fair</i> 15-13 | |
| | | | <i>Poor</i> 12-below | |
| | | | | (20) |

DIFFICULTY

| | | | |
|--------------------------|----------------------------|-----------------------|-------------|
| <u>DIFFICULTY</u> | | <i>Superior</i> 19-20 | (20) |
| ‣ Athletic Moves | ‣ Technical Dance Elements | <i>Good</i> 18-16 | |
| ‣ Directional Changes | ‣ Variety in Turns & Leaps | <i>Fair</i> 15-13 | |
| ‣ Flow of Transitions | ‣ Strength of Style | <i>Poor</i> 12-below | |
| | | | |

EXECUTION

| | | | |
|-------------------------|-------------------------------|-----------------------|-------------|
| <u>EXECUTION</u> | | <i>Superior</i> 30-28 | (30) |
| ‣ Precision | ‣ Extension of Arms/Legs/Feet | <i>Good</i> 27-24 | |
| ‣ Timing | ‣ Body Control/Placement | <i>Fair</i> 23-20 | |
| ‣ Turns | ‣ Completion of Moves | <i>Poor</i> 19-below | |
| ‣ Technique | ‣ Leaps/Jumps | | |

SHOWMANSHIP/APPEARANCE

| | | | | |
|--------------------------------------|---------------|-------------------|---|-------------|
| <u>SHOWMANSHIP/APPEARANCE</u> | | | <i>Superior</i> 30-28 <i>Good</i> 27-24 <i>Fair</i> 23-20 <i>Poor</i> 19-below | (30) |
| ‣ Projection/Posture | ‣ Energy | ‣ Strong/Powerful | | |
| ‣ Facial Expressions | ‣ Emotions | ‣ Confidence | | |
| ‣ Audience Appeal | | | | |
| ‣ Hair | ‣ Makeup | ‣ Neatness | | |
| ‣ Costume | ‣ Accessories | ‣ Appropriateness | | |

COMMENTS

TOTAL SCORE

(100)

Judge Signature _____



DANCE TECHNICAL SCORE SHEET

School _____

Classification 6A 5A 4A

Division/Category _____

Competition _____

MAJOR NFHS VIOLATIONS *Rules 4-2 through 4-8, 4-10, 4-11, 4-12*

Penalty: 2.0 pts. per judge /per violation

Deduction

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

MINOR NFHS VIOLATIONS *Rules 2-1, 2-2, 4-1 & 4-9*

Penalty: 1.0 pt. per judge /per violation

Deduction

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

IDAHO RULES

Deduction

TIMING: Routine Time _____ Entrance/Exit _____

*Penalty – 0.5 pt. per judge/each 5 sec. (or fraction of)
(5 sec. grace period)*

DIVISION CRITERIA: *Penalty – 2.0 pts. per judge/per violation*

DROP PROP/ACCESSORY: *Penalty – 0.5 pt. per judge/per drop* # Drops _____

DRESS STANDARD: *Penalty – .5 pt. per judge/total*

Tabulator: Deduct penalties from each judge's score before assigning ordinal points. **TOTAL PENALTIES**

Comments:

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!

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 IHSA 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, IHSA 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.