



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

dairy west®

2026-27 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. 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.

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 initiates the entrance 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 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 Championships.

2026-28 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 Middleton Mountain View Owyhee Ridgevue Rocky Mountain Timberline-B	Bishop Kelly Columbia Nampa Skyview Vallivue	Emmett 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	American Falls Malad Preston Snake River Soda Springs West Side
VI (8)	Madison Rigby Thunder Ridge	Blackfoot Bonneville Hillcrest Shelley	Teton
(52)	(19)	(17)	(16)

*Member of combined 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 14, 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'



IHSAA

Dance Score Sheet

DANCE

School _____

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

Competition _____

Date _____

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>				
‣ Appropriate for Team's Ability	‣ Originality	‣ Use of Space	<i>Superior 19-20</i>	(20)
‣ Level Changes	‣ Creativity	‣ Dynamics	<i>Good 18-16</i>	
‣ Musical Interpretation	‣ Transitions	‣ Formations	<i>Fair 15-13</i>	
	‣ Style	‣ Age-Appropriate	<i>Poor 12-below</i>	
<u>DIFFICULTY</u>				
‣ Athletic Moves	‣ Team vs Small Group Difficulty		<i>Superior 19-20</i>	(20)
‣ Directional Changes	‣ Technical Dance Elements		<i>Good 18-16</i>	
‣ Flow of Transitions	‣ Variety in Turns & Leaps		<i>Fair 15-13</i>	
‣ Pace	‣ Strength of Style		<i>Poor 12-below</i>	
<u>EXECUTION</u>				
‣ Precision	‣ Extension of Arms/Legs/Feet		<i>Superior 30-28</i>	(30)
‣ Timing	‣ Spacing/Alignment		<i>Good 27-24</i>	
‣ Turns	‣ Body Control/Placement		<i>Fair 23-20</i>	
‣ Technique	‣ Team Unison		<i>Poor 19-below</i>	
‣ Transitions	‣ Completion of Moves			
	‣ Leaps/Jumps			
<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>	
			<i>Poor 19-below</i>	
‣ 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>				
▶ Appropriate for Team's Ability	▶ Originality	▶ Age-Appropriate	<i>Superior</i> 19-20 <i>Good</i> 18-16 <i>Fair</i> 15-13 <i>Poor</i> 12-below	
▶ Tech. Military Elements	▶ Creativity	▶ Dynamics		
▶ Musical Interpretation	▶ Military Transitions	▶ Formations		
▶ Variety in Transition Styles	▶ Appropriate Style	▶ Level Changes		
	▶ Floor Patterns/Use of Area			
				(20)
<u>DIFFICULTY</u>				
▶ Athletic Moves	▶ Variety in Armwork/Footwork		<i>Superior</i> 19-20 <i>Good</i> 18-16 <i>Fair</i> 15-13 <i>Poor</i> 12-below	
▶ Directional Changes/Pace	▶ Rhythmic Timing/Movements			
	▶ Flow of Transitions			
				(20)
<u>EXECUTION</u>				
▶ Precision	▶ Strength of Movements		<i>Superior</i> 30-28 <i>Good</i> 27-24 <i>Fair</i> 23-20 <i>Poor</i> 19-below	
▶ Timing/Team Unison	▶ Spacing/Alignment			
▶ Out of Step	▶ Body Control/Placement			
▶ Technique	▶ Arm/Hand Position/Angles			
▶ Transitions/Maneuvering	▶ Head Angles			
▶ Completion of Moves	▶ Military Technique			
				(30)
<u>SHOWMANSHIP/APPEARANCE</u>				
▶ Projection/Posture	▶ Energy	▶ Strong/Powerful	<i>Superior</i> 30-28 <i>Good</i> 27-24 <i>Fair</i> 23-20 <i>Poor</i> 19-below	
▶ Facial Expressions	▶ Emotions	▶ Confidence		
▶ Audience Appeal	▶ Military Focus	▶ Carriage		
▶ Hair	▶ Makeup	▶ Uniformity		
▶ 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>			
▶ Appropriate for Team's Ability ▶ School and Age Appropriate ▶ Musical Interpretation	▶ Originality ▶ Creativity/Uniqueness ▶ Level Changes ▶ Hip Hop Style Dominant	▶ Transitions ▶ Dynamics ▶ Formations	<i>Superior</i> 19-20 <i>Good</i> 18-16 <i>Fair</i> 15-13 <i>Poor</i> 12-below
			(20)
<u>DIFFICULTY</u>			
▶ Challenging Elements ▶ Directional Changes ▶ Complex Flow of Transitions ▶ Complexity and Intricacy of Hip Hop Movements	▶ All Members Performing Difficult Moves ▶ Rhythmic Movements ▶ Variety in Armwork/Footwork ▶ Strength of Style		<i>Superior</i> 19-20 <i>Good</i> 18-16 <i>Fair</i> 15-13 <i>Poor</i> 12-below
			(20)
<u>EXECUTION</u>			
▶ Precision/Strength of Moves ▶ Timing/Team Unison ▶ Technique/Low Center ▶ Completion of Moves	▶ Uniform Hip Hop Style ▶ Spacing/Alignment ▶ Body Control/Placement ▶ Clear Transitions ▶ Quality/Intensity		<i>Superior</i> 30-28 <i>Good</i> 27-24 <i>Fair</i> 23-20 <i>Poor</i> 19-below
			(30)
<u>SHOWMANSHIP/APPEARANCE</u>			
▶ Projection/Posture ▶ Facial Expressions ▶ Audience Appeal ▶ Hair ▶ Costume ▶ Appropriateness	▶ Energy/Stamina ▶ Emotions ▶ Convey/Maintain Style ▶ Makeup ▶ Accessories	▶ Strong/Powerful ▶ Confidence ▶ Uniformity ▶ Neatness	<i>Superior</i> 30-28 <i>Good</i> 27-24 <i>Fair</i> 23-20 <i>Poor</i> 19-below
			(30)
<u>COMMENTS</u>			
			<u>TOTAL SCORE</u>
			(100)

Judge Signature _____



IHSAA

Dance Score Sheet

POM

School _____

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

Competition _____

Date _____

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

			(Rubric)	Score
<u>CHOREOGRAPHY</u>				
▶ Appropriate for Team's Ability ▶ Visual Effect Elements ▶ Musical Interpretation	▶ Variety in Transitions ▶ Floor Pattern/Use of Area ▶ Poms 75% of Routine ▶ Level Changes	▶ Creativity ▶ Dynamics ▶ Originality ▶ Age-Appropriate	<i>Superior 19-20</i> <i>Good 18-16</i> <i>Fair 15-13</i> <i>Poor 12-below</i>	(20)
<u>DIFFICULTY</u>				
▶ Athletic Moves ▶ Directional Changes ▶ Flow of Transitions ▶ Pace	▶ Team vs Sm Group Difficulty ▶ Technical Pom Elements ▶ Variety in Arm Work/Pom Skills ▶ Strength of Style ▶ Intricacy of Movement		<i>Superior 19-20</i> <i>Good 18-16</i> <i>Fair 15-13</i> <i>Poor 12-below</i>	(20)
<u>EXECUTION</u>				
▶ Precision ▶ Timing ▶ Pom Technique ▶ Clear Visual Effects ▶ Transitions	▶ Extension of Arms/Legs/Feet ▶ Spacing/Alignment ▶ Body Control/Placement ▶ Team Unison ▶ Completion of Moves ▶ Dance Technique: Leaps/Jumps/Turns		<i>Superior 30-28</i> <i>Good 27-24</i> <i>Fair 23-20</i> <i>Poor 19-below</i>	(30)
<u>SHOWMANSHIP/APPEARANCE</u>				
▶ Projection/Posture ▶ Facial Expressions ▶ Audience Appeal ▶ Hair ▶ Costume ▶ Appropriateness	▶ Energy ▶ Emotions ▶ Makeup ▶ Accessories	▶ Strong/Powerful ▶ Confidence ▶ Uniformity ▶ Neatness	<i>Superior 30-28</i> <i>Good 27-24</i> <i>Fair 23-20</i> <i>Poor 19-below</i>	(30)
<u>COMMENTS</u>			<u>TOTAL SCORE</u>	(100)

Judge Signature _____



DANCE TECHNICAL SCORE SHEET

School _____

Classification 6A 5A 4A

Division/Category _____

Competition _____

MAJOR NFHS VIOLATIONS Rules 3-2 thru 3-8; 3-10-6 thru 3-10-19; 3-11; 3-12

Penalty: 2.0 pts. per violation

Deduction

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

MINOR NFHS VIOLATIONS Rules 1-1; 1-2; 3-1; 3-9; 3-10-1 thru 3-10-5

Penalty: 1.0 pt. per violation

Deduction

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

Rule _____ pg. _____ v _____

IDAHO RULES

Deduction

TIMING: Routine Time _____ Entrance/Exit Time _____

Penalty – 0.5 pt. each 5 sec. (or fraction of)
(5 sec. grace period)

DIVISION CRITERIA: Penalty – 2.0 pts. per violation

DROP PROP/ACCESSORY: Penalty – 0.5 pt. per drop

Drops

EXCESSIVE DEBRIS: Penalty – 0.5 pt.

IDAHO DRESS STANDARD: Penalty – 0.5 pt.

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!



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/>