



Dance By-Law FAQ's

Dance Tryouts

When can an IHSA Competitive Dance Team conduct team tryouts?

- Competitive Dance team tryouts must be held October 23, 2023, the first day of the Competitive Season.

Can a Competitive Dance Team conduct tryouts in early October, so they are ready to learn choreography on October 23, 2023?

- No. Competitive Dance team tryouts must be held October 23, 2023, the first day of the Competitive Season.

When can my Halftime Dance Team conduct tryouts?

- Halftime Dance Teams can host their tryouts at any time throughout the year. Halftime Teams are performance teams at school events. Halftime teams follow the IHSA Activity By-laws 4.000. For example, if a school has a Halftime Dance Team that performs during football games that school may conduct tryouts at any time. (For example: April, May or any other date that the district designates.)

Does an IHSA member school Dance Team still have to comply with the IHSA By-laws even if they are not going to enter the IHSA State Series but plan to compete at other contests?

- Yes. All IHSA member schools must comply with all IHSA By-laws, regardless if they are entering the IHSA State Series. (This applies to: Eligibility, Season Limitations, Contest Limitations, Qualifications of Coaches, etc.)

Choreography

Can a choreographer or a dance studio instructor also coach at a high school?

- Yes, provided that he or she meets the requirements of IHSA By-law 2.070 Qualifications of Coaches.

IHSA By-law 2.070 QUALIFICATIONS OF COACHES

To serve a member school as a Head or Assistant Coach, athletic coaches in member schools must:

- (a) be regularly certified by the ISBE as a teacher, administrator, or school service personnel (i.e. counselor, social worker, speech therapist, etc., including substitute teachers), or
- (b) be a retired teacher/coach from an IHSA member school, or
- (c) be a college student coaching as part of an official student teaching assignment, or
- (d) be certified through ASEP, NFHS or other IHSA Board approved coaches certification program (see IHSA Policy Number 9 for a complete list of approved programs), and
- (e) be at least 19 years of age, and
- (f) be officially employed by the local school board of the member school.

IHSA By-law 2.071 All remuneration for high school athletic coaching must be from the Board of Education of the member school employing the coach.

Can an IHSA Competitive Dance Team use a choreographer during the summer?

- Yes. Choreographers can be used in the summer and do not have to be ASEP certified if they are working with coaches or teams during the 25 days of IHSA allowable summer contact.

IHSA By-law 3.153 Persons who coach a sport at a member school may have a maximum of 25 days of contact in that sport with students from that school during the period between the last day of classes or Monday of Week 49 (June 3, 2024) in the IHSA Standardized Calendar (whichever date is earlier) in the spring each year and Sunday of Week 5 (Aug 4, 2024) in the IHSA Standardized Calendar. Students may have a maximum of 25 days of contact per sport with persons who coach that sport at the school they attend during the same time period. A day of contact is defined as any date on which any coaching or instruction in the skills and techniques of any sport takes place. These limitations apply to all sports except Baseball and Softball. An exception may be made by the Executive Director under the guidelines adopted by the Board of Directors for competition sponsored and conducted directly by the National Governing Body for the sport.

Can an IHSA Competitive Dance Team use a choreographer during the IHSA Competitive Dance Team Season?

- Yes, after October 23, 2023. If the choreographer meets with the school dance team during the Competitive Dance Season (3.351) he/she will have to be a certified coach (By-law 2.070).

Studio Competition and Lessons

Will IHSA member school students be allowed to compete for a school's IHSA Competitive Dance Team and compete for a dance studio during the IHSA Competitive Dance Season, Monday, October 23, 2023 through Saturday, March 30, 2024?

- No, IHSA member school students will not be able to compete for a studio and compete for their high school during the Competitive Dance Season (Monday, October 23 of Week 17 through Saturday, March 30 of Week 39). After the IHSA Competitive Dance Season, dancers are allowed to compete for a studio or after their school's last competition date, whatever comes first.

IHSA By-law 3.101: During the school season for a given sport, in a school which maintains a IHSA Competitive Dance team in that sport, a student shall not participate on any non-school team, nor as an individual unattached in non-school competition, in that given sport or in any competition that involves the skill of the sport in question. Violation shall cause ineligibility for a period not to exceed 365 days.

Can a high school competitive team dancer attend a recital class during the IHSA Competitive Dance Season?

- Yes, you can take recital class during the season or learn choreography that will only be used for performances, not competitions. By-law 3.101 refers to competition, not to a performance or recital class.

Can a high school competitive team dancer attend a recital class during the season and then compete the choreography they learned during the high school season after the IHSA Competitive season?

- No, violation of By-law 3.103

IHSA By-law 3.103: The phrase, "participate on any non-school team," as utilized in By-law 3.101, is defined to mean engaging in any team activity, including but not limited to, tryouts (except as defined in Section 3.102), drills, physical practice sessions, player evaluations, team meetings, etc.

Are dancers allowed to compete for studios during the high school season in Tap, Ballet and Folk Dancing?

- Yes, Tap, Ballet, and Folk Dancing are excluded from the IHSA dance skill of the sport definition. Therefore, dancers can compete, take lessons, etc. in Ballet, Tap, etc., during the IHSA season.

Skill of the Sport, Competitive Dance — Movement of the body to rhythm. Movement includes body placement, alignment, posture, expression of style, control, extension, flow and continuity. (Excluding: Ethnic or Folk Dancing, Ballet and Tap.)

Are dancers permitted to take lessons at a studio and compete for their IHSA Competitive Dance Team?

- Yes, as long as they are taking lessons from someone other than a coach from their high school Competitive Dance Team. If a coach from the high school Competitive Dance Team is conducting the lesson then no more than (2) students from the same school can be involved in a given lesson.

IHSA By-law 3.111: During the school year, a person who is a coach at any IHSA member school may not be involved in any respect with any coaching school, camp, or clinic for any interscholastic sport or which provides instruction in any skill of an interscholastic sport and is attended by more than two (2) persons from the coach's school. Violation shall cause ineligibility for a period not to exceed 365 days. Programs that involve only demonstration of skills and sports theory without providing instruction and requiring active participation by attendees are not considered coaching schools.

Season Limitations

When can a team conduct their first Competitive Dance Team Practice?

- Competitive Dance Team practices and tryouts can begin on **October 23, 2023**.
<http://www.ihsa.org/SportsActivities/CompetitiveDance/5YearSeasonCalendar.aspx>

IHSA BY-LAW 5.351 SEASON LIMITATION

- a. No school belonging to this Association shall conduct its Competitive Dance team practice earlier than **Monday of Week 17 (October 23, 2023)** or later than **Saturday of Week 39 (March 30, 2024)** in the Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Dance team to participate in interscholastic contests earlier than Monday of Week 17 or later than Saturday of Week 39 in the Standardized Calendar.

How many times can a Competitive Dance Team compete during the IHSA Season?

- Competitive Dance Teams are allowed to compete on **6 dates** not including the IHSA Sectional and State Competitions.

IHSA BY-LAW 5.352 CONTEST LIMITATION

No Competitive Dance team representing a member school shall, in any one season, participate in more than **6 dates** exclusive of the IHSA state series.

How does another organization's contest count towards a teams allowed 6 dates if they conduct a contest over Thursday, Friday, and Saturday?

- 3 dates (one date for Thursday, one date for Friday, and one date for Saturday)

Travel Policy

Can high school dance team miss multiple days of school if they are traveling to a contest out of state?

- Yes. IHSA By-law 2.180 TRAVEL POLICY School teams may travel out of state any distance provided the participating students miss no more than two school days, including travel to and from the competition. The number of instances that any single school team can use this provision is limited to two occasions per school year

Soloists

If an individual from a school team (ex. Pleasant Hill) wants to perform a solo representing (ex. Pleasant Hill High School) and it is on the same date that the (ex. Pleasant Hill High School) dance team is performing in that invitational, it is allowable, per the individual and also the team limits below.

However, if the individual is going to perform a solo on Friday at an invite representing (ex. Pleasant Hill High School) and the (Ex. Pleasant Hill High School) team is performing on Saturday at an invite then that individual would use 2 of their allowable (6) dates.

5.350 COMPETITIVE DANCE

5.351 Season Limitation

- a. No school belonging to this Association shall conduct its Competitive Dance team practice earlier than Monday of Week 17 or later than Saturday of Week 39 in the Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Dance team to participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 39 in the Standardized Calendar.

5.352 Contest Limitation

No Competitive Dance team representing a member school shall, in any one season, participate in more than six (6) dates exclusive of the IHSA state series.

5.353 Individual Limitation

- a. No Individual shall be permitted to participate on a member school's Competitive Dance team unless he/she is a rostered participant on the member school's winter (basketball) game day performance team.
- b. No member of a Competitive Dance Team representing a member school shall, in any one season, participate on more than six (6) dates, exclusive of the IHSA series.