



UPDATED JANUARY 10, 2019

TO: ATHLETIC DIRECTORS
TRADITIONAL COMPETITIVE CHEER COACHES

FROM: ROB WIGOD, COMMISSIONER OF ATHLETICS

RE: **2019 CIF SOUTHERN SECTION
TRADITIONAL COMPETITIVE CHEER CHAMPIONSHIPS**

DATE: DECEMBER 18, 2018

DATE OF CHAMPIONSHIPS: SATURDAY, JANUARY 12, 2019

**SITE OF CHAMPIONSHIPS: COLONY HIGH SCHOOL (NOTE: NEW VENUE!)
3850 E. RIVERSIDE DRIVE
ONTARIO, CA 91761**

PERFORMANCE SCHEDULE

The performance schedule is contained within this bulletin. All competing teams are required to follow this schedule and no changes will be made after the deadline of January 8, 2019, at 12:00 Noon.

LOCATION/ DIRECTIONS

Maps to Colony High School are included at the end of this bulletin.

PARKING

The primary parking lots will be located next to the gymnasium at the back of the campus. Proceed on Riverside Drive and turn South on Mill Creek Ave. Once you do so, the parking lots will be on the right. There will be a \$5.00 charge for parking. Team busses should drop off passengers near the entrance to the gymnasium and will be directed to a parking location.

TICKET BOOTHS

Tickets will be on sale at the ticket booths at Colony High School only. Ticket sales will begin at 8:00 am.

SPECTATOR ADMISSION

Spectator admission to the Colony High School gymnasium will be at the Main Entrance.

PASS GATE

Individuals with courtesy cards, credentials, etc., will enter through the Pass Gate located at the Main Entrance to the Colony High School gymnasium.

SEATING

All seating will be general admission.

TICKET SALES

Ticket prices are: \$12.00 for adults, \$5.00 for students with a valid high school ID and \$5.00 for children 5-13. Children 4 and under are free. Admission is good for the entire day.

BUS DRIVERS

A problem arises because bus drivers come to the admission gate and demand entrance. These drivers are paid for their work and we have no obligation to admit them free of charge. If a participating school wishes to have its bus drivers attend the event, it will be necessary for the school to furnish them with tickets.

NOISEMAKERS

No mechanical noisemakers of any type will be permitted at this event.

FACE OR BODY PAINT

Face painting is acceptable from the neck up only and shall not include any inappropriate letters or symbols.

BOTTLES, CANS, ICE CHESTS

Colony High School policy requires that no outside food or beverage is allowed into the facility.

BROADCASTS

Approval for radio and/or television broadcasts of any championship competition must be secured from the CIF-SS Office. Contact Thom Simmons, Assistant Commissioner, at thoms@cifss.org.

JUDGES

The CIF Southern Section Office will provide the judges and each school will receive their judge's scoresheets after the competition in their division is concluded.

BANNERS

Colony High School has informed us that no school banners will be permitted.

TEAM ENTRANCE

Participating teams will check-in at the registration area located in the classroom to the right of the gymnasium and will be directed by the Colony High School Cheer staff to the warm-up area immediately, or if the team has arrived early, they will be directed to a participant seating area and then to the warm-up area at the appropriate time. Traditional Competitive Cheer teams (including coaches, managers, etc.) will not need admission tickets, however, two coaches will receive wristbands for entrance and any additional personnel will need to purchase an admission ticket.

ARRIVAL TIMES

The parking lots will open at 7:30 am, ticket booths and admission gates will open at 8:00 a.m. with competition beginning at 9:00 a.m. on Saturday, January 12, 2019.

MEDICAL

The CIF Southern Section will furnish certified athletic trainers throughout the completions. Colony High School will have medical personnel on site for any emergencies involving spectators.

TEAM WARMUP AREA

The warmup area will be located in the cafeteria for teams to stretch, tumble, and warm-up 34 minutes prior to their competition time. Teams will proceed to the stretch and tumble area (non-tumbling teams may use this time for additional stretch time) and then the final team warmup area. The warm-up report time is included in the performance schedule in this bulletin. In order to assist CIF Southern Section personnel and all competing teams, your complete cooperation in adhering to the warm-up and performance schedule is appreciated.

NATIONAL ANTHEM

The National Anthem will be played prior to the beginning of the competition.

TIME LIMITS

Each school's performance will be limited to a maximum of two and a half minutes.

MUSIC

Schools must furnish their own music and present it the music table upon arrival to the performance floor. All music selections must follow appropriate copyright laws and be in good taste.

AWARDS CEREMONY

The awards will be presented following each session of competition. Immediately after the competition is concluded, all teams should gather in the Colony High School Theater until called out by the public-address announcer. Teams and coaches will be identified by the announcer and awards presented. The same procedure will be followed at the end of each session of competition (please see the schedule for timing). The championship team will receive the championship plaque, patches and t-shirts. The runner-up team will receive the runner-up plaque and medals. Any schools wishing to purchase additional championship chenille patches may purchase them from JL Custom Jackets and Patches at www.jlcustomjackets.com, (951) 867-3200, or email lindseyjlcustomjackets.com. Additional runner-up medals may be purchased from All-American Trophy, (323) 725-1962, or aatrophy@sbcglobal.net.

Please refer any further questions to Rob Wigod or Sharon Hodge, CIF-SS Office, (562) 493-9500.



2018-2019 CIF Southern Section/Ford Traditional Competitive Cheer Championships

COMPETITION RULES AND REGULATIONS

(To be signed and returned to Registration Table on the day of competition)

I. GENERAL RULES

A. SCHOOL DIVISIONS

1. The categories will be based upon the individual schools' decision of placement based on their skill set and squad size.
2. There will be a Varsity and COED category for each division. COED is 2+ males.
3. Roster size is 5-36 members

B. UNIFORM GUIDELINES

1. All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners; however, fringe would not count as a cover.
2. Any team in violation of the uniform guidelines will be assessed a five (5) point deduction.

C. TIME LIMITATIONS

1. Performance Routine Divisions – performance must include at least one cheer or sideline chant. The musical portion must not exceed one minute and thirty seconds. Total time limit is two minutes and thirty seconds. Timing will begin with the first movement, voice, or note of music, whichever comes first.
2. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 1-5 seconds over, Five (5) point deduction for 6-10 seconds over and Seven (7) point deduction for 11 seconds and over.
3. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until 3 seconds over the allowed time.
4. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several second cushion to allow for variations in sound equipment.
5. Introductions
 - a. All introductions (tumbling, entrances, chants, spell outs, etc.) are considered part of the routine and will be timed as part of the performance. All team breaks, rituals and traditions need to take place prior to entering the mat.
 - b. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Stunts and Tumbling are not allowed during the team's entry to the floor or any time prior to starting the performance. Example: stunts, tumbling, running of the flags, chest bumps, hugs, handshakes, etc.
 - c. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE-point deduction.
 - d. There should not be any organized exits or other activities after the official ending of the routine.

D. MUSIC

1. I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
2. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event.
3. Each team is required to have a responsible adult remain at the music station that knows the routine and music. This representative is responsible for starting the music and stopping the music in case of technical malfunction or injury.
4. All teams must provide MP3 device for use on the event provided sound system. Music must be recorded at the correct tempo on a high-quality MP3 device.

D. MUSIC (Cont.)

5. It is not recommended that a smart phone be used for playing music, due to interference that may be caused during a routine. No cover may be on any MP3 player so that a jack may be easily inserted into the device.
6. Please make sure that all devices have a head phone jack to connect to sound system and are fully charged, volume turned up and placed in airplane mode
7. Please ensure that jacks are clean and free of any debris which may impact connectivity. You will need to acquire an adapter in advance if your player does not have a head phone jack.

E. COMPETITION PERFORMANCE AREA

1. Participants must start in the competition area with at least one foot on the ground.
2. Teams may line up anywhere inside the competition area.
3. CIF Competitions comply with the NFHS & USA Cheer/AACCA surface ruling that school-based programs may not compete on a spring floor.
4. Approximate floor size will be 54 feet wide by 42 feet deep (9 strips).
5. Deductions will not be assessed for out of bounds.

F. SPOTTER POLICY

1. In an effort to promote a higher level of safety for competing athletes, CIF Southern Section will provide spotters at the section competition provided by Varsity.

II. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.

C. INJURY

1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team must perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
 - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - c. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).

III. HOW TO HANDLE PROCEDURAL QUESTIONS

- A. **RULES & PROCEDURES** - Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.
- B. **PERFORMANCE** - Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.
- C. **MUSIC / AGE** - Any questions concerning a specific violation in music compliance must be submitted in writing to the Competition Director immediately following the team's performance.

IV. INTERPRETATIONS AND / OR RULINGS

Any interpretation of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

V. SPORTSMANSHIP

- A. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine.
- B. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
- C. When a coach is in discussion with an official, other coaches, athletes and parents/spectators, they must maintain proper professional conduct. Failing to do so may result in 1.0 deduction, removal of coach or disqualification.

VI. VIOLATIONS

Any team in violation of these Rules and Regulations or any of the above-mentioned guidelines will be assessed a ten (10) point deduction. This deduction does not apply to deduction or violations within the point deduction system. Go to uca.varsity.com for more specifics.

VII. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition.

VIII. FINALITY OF DECISIONS

By participating in this competition, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

IX. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition. Judges' decisions are final.

X. 2018-2019 SAFETY RULES

A. Rules subject to change by USA Cheer/ AACCA. Go to www.CHEERRULES.com for the most updated rules.

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE COMPETITION AND ROUTINE RULES AND GUIDELINES
AND AGREE TO ABIDE BY THESE RULES.

(School/Team Name)

(Date)

(City/State)

(Advisor / Coach's Signature)



2018-2019 CIF SOUTHERN SECTION/FORD TRADITIONAL COMPETITIVE CHEER CHAMPIONSHIPS



This order of competition is subject to change. Please check in 15 minutes prior to the assigned check-in time to verify the warm up process.

#	Division	Team Name	Check-In	Tumble	Warm Up	Perform	#	Division	Team Name	Check-In	Tumble	Warm Up	Perform
1	1A	Chino Hills	8:16 AM	8:26 AM	8:30 AM	8:00 AM	2	2AA	Great Oak	8:20 AM	8:30 AM	8:34 AM	8:04 AM
3	1A	Alemany	8:24 AM	8:34 AM	8:38 AM	8:08 AM	4	2AA	Beaumont	8:28 AM	8:38 AM	8:42 AM	8:12 AM
5	1A	Los Alamitos	8:32 AM	8:42 AM	8:46 AM	8:16 AM	6	2AA	Orange Vista	8:36 AM	8:46 AM	8:50 AM	8:20 AM
7	1A	Edison	8:40 AM	8:50 AM	8:54 AM	8:24 AM	8	2AA	Lakeside HS	8:44 AM	8:54 AM	8:58 AM	8:28 AM
9	1AA	Santiago/Corona	8:48 AM	8:58 AM	9:02 AM	8:32 AM	10	2AA	Cantwell-Sac Hrt	8:52 AM	9:02 AM	9:06 AM	8:36 AM
11	1AA	Saugus	8:56 AM	9:06 AM	9:10 AM	8:40 AM	12	2AA	Glendora	9:00 AM	9:10 AM	9:14 AM	8:44 AM
13	1AA	Mater Del	9:04 AM	9:14 AM	9:18 AM	8:48 AM	14	2AA	Northview	9:08 AM	9:18 AM	9:22 AM	8:52 AM
15	1AA	La Brea	9:12 AM	9:22 AM	9:26 AM	8:56 AM	16	2AA	Sierra Vista	9:16 AM	9:26 AM	9:30 AM	9:00 AM
17	1AA	Newport Harbor	9:20 AM	9:30 AM	9:34 AM	9:04 AM	18	2AA	Temescal Canyon	9:24 AM	9:34 AM	9:38 AM	9:08 AM
19	1AA	Centennial/Corona	9:28 AM	9:38 AM	9:42 AM	9:12 AM	20	2AA	Paloma Valley	9:32 AM	9:42 AM	9:46 AM	9:16 AM

Awards Ceremony 1A, 1AA, 2AA in the Theatre 10:45 am - 11:15 am

#	Division	Team Name	Check-In	Tumble	Warm Up	Perform	#	Division	Team Name	Check-In	Tumble	Warm Up	Perform
21	3A	Victor Valley	10:46 AM	10:56 AM	11:00 AM	11:30 AM	22	D1 COED	Granite Hills	10:50 AM	11:00 AM	11:04 AM	11:34 AM
23	3A	Inglewood	10:54 AM	11:04 AM	11:08 AM	11:38 AM	24	D1 COED	Downey	10:58 AM	11:08 AM	11:12 AM	11:42 AM
25	3A	Grand Terrace	11:02 AM	11:12 AM	11:16 AM	11:46 AM	26	D1 COED	Tahquitz	11:06 AM	11:16 AM	11:20 AM	11:50 AM
27	3A	Schurr	11:10 AM	11:20 AM	11:24 AM	11:54 AM	28	D2 COED	Kaiser	11:14 AM	11:24 AM	11:28 AM	11:58 AM
29	3A	St. Joseph/Lakewood	11:18 AM	11:28 AM	11:32 AM	12:02 PM	30	D2 COED	Santa Rosa Academy	11:22 AM	11:32 AM	11:36 AM	12:06 PM
31	3A	Palm Desert	11:26 AM	11:36 AM	11:40 AM	12:10 PM	32	D2 COED	Summit	11:30 AM	11:40 AM	11:44 AM	12:14 PM
33	3A	South Torrance	11:34 AM	11:44 AM	11:48 AM	12:18 PM	34	D3 COED	CSDD	11:38 AM	11:48 AM	11:52 AM	12:22 PM
35	3A	Diamond Bar	11:42 AM	11:52 AM	11:56 AM	12:26 PM	36	D3 COED	La Habra	11:46 AM	11:56 AM	12:00 PM	12:30 PM
37	3A	FootHill	11:50 AM	12:00 PM	12:04 PM	12:34 PM	38	D3 COED	Charter Oak	11:54 AM	12:04 PM	12:08 PM	12:38 PM
39	3A	Valley Christm	11:58 AM	12:08 PM	12:12 PM	12:42 PM	40	D4 COED	West Valley	12:02 PM	12:12 PM	12:16 PM	12:46 PM
41	3A	Bolsa Grande	12:06 PM	12:16 PM	12:20 PM	12:50 PM	42	D4 COED	Fontana	12:10 PM	12:20 PM	12:24 PM	12:54 PM
43	3A	Fountain Valley	12:14 PM	12:24 PM	12:28 PM	12:58 PM	44	D4 COED	Junipero Hills	12:18 PM	12:28 PM	12:32 PM	13:02 PM
45	3A	Cerritos	12:22 PM	12:32 PM	12:36 PM	13:06 PM	46	D4 COED	Nuview Bridge	12:26 PM	12:36 PM	12:40 PM	13:10 PM
47	3A	Beckman	12:30 PM	12:40 PM	12:44 PM	13:14 PM	48	D4 COED	Saddleback	12:34 PM	12:44 PM	12:48 PM	13:18 PM
49	3A	St. Anthony	12:38 PM	12:48 PM	12:52 PM	13:22 PM	50	D4 COED	Miller, AB	12:42 PM	12:52 PM	12:56 PM	13:26 PM
51	3A	Oak Park	12:46 PM	12:56 PM	13:00 PM	13:30 PM	52	D4 COED	La Quinta/GG	12:50 PM	13:00 PM	13:04 PM	13:34 PM

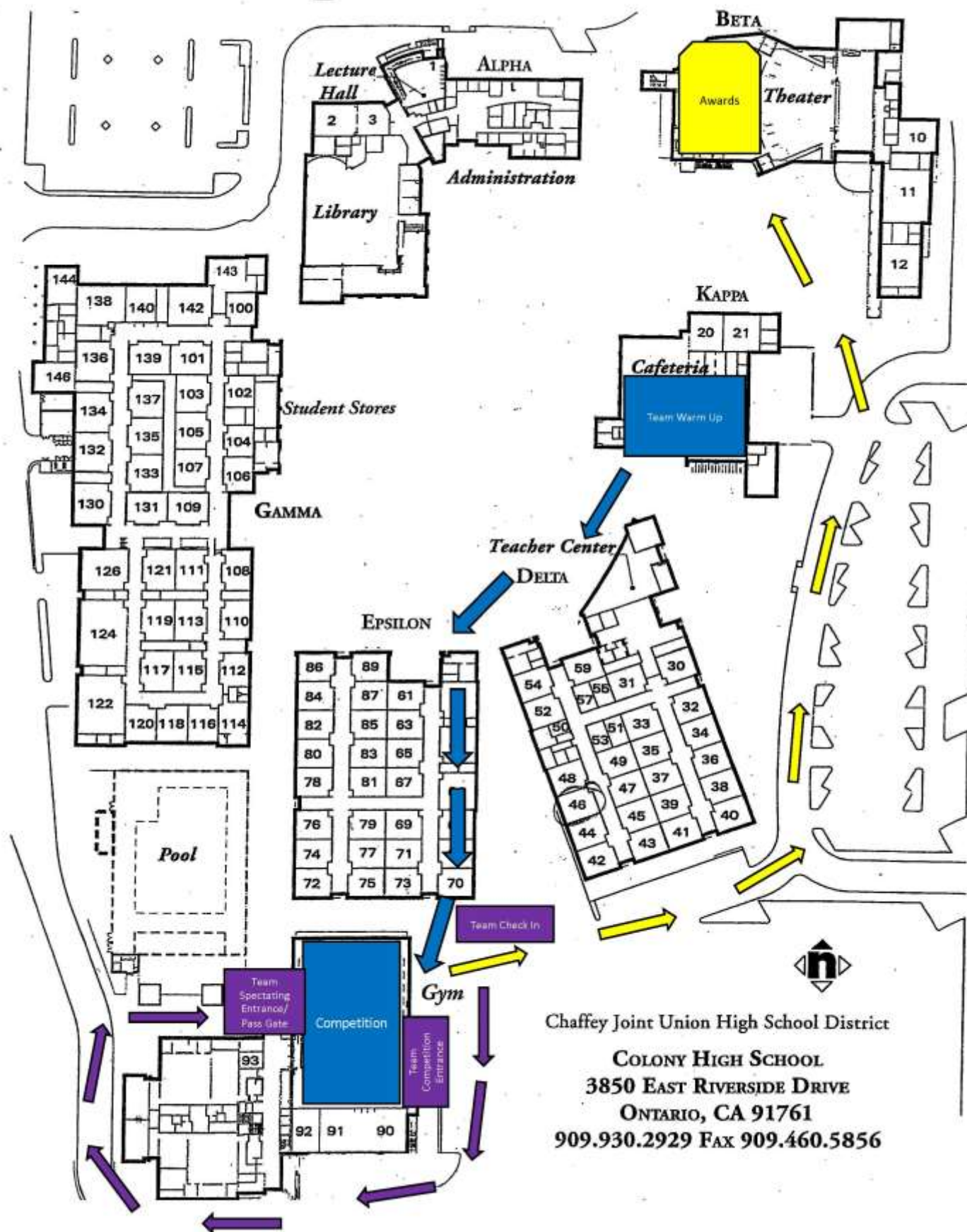
Awards Ceremony 4A, 2 AA, 3AA in the Main Gym immediately following the final performances

#	Division	Team Name	Check-In	Tumble	Warm Up	Perform	#	Division	Team Name	Check-In	Tumble	Warm Up	Perform
55	4A	Vista Del Lago	1:01 PM	1:11 PM	1:15 PM	1:45 PM	56	2A	San Clemente	1:05 PM	1:15 PM	1:19 PM	1:49 PM
57	4A	Garden Grove	1:09 PM	1:19 PM	1:23 PM	1:53 PM	58	2A	Villa Park	1:13 PM	1:23 PM	1:27 PM	1:57 PM
59	4A	Pomona Catholic	1:17 PM	1:27 PM	1:31 PM	2:01 PM	60	2A	Bishop Amat	1:21 PM	1:31 PM	1:35 PM	2:05 PM
61	4A	Sunny Hills	1:25 PM	1:35 PM	1:39 PM	2:09 PM	62	2A	Ayala	1:29 PM	1:39 PM	1:43 PM	2:13 PM
63	4A	Mary Star of the Sea	1:33 PM	1:43 PM	1:47 PM	2:17 PM	64	2A	Trabuco Hills	1:37 PM	1:47 PM	1:51 PM	2:21 PM
65	4A	Santa Ana	1:41 PM	1:51 PM	1:55 PM	2:25 PM	66	2A	Elsinore	1:45 PM	1:55 PM	1:59 PM	2:29 PM
67	4A	Rialto	1:49 PM	1:59 PM	2:03 PM	2:33 PM	68	2A	Whittier Christian	1:53 PM	2:03 PM	2:07 PM	2:37 PM
69	4A	Woodbridge	1:57 PM	2:07 PM	2:11 PM	2:41 PM	70	2A	San Dimas	2:01 PM	2:11 PM	2:15 PM	2:45 PM
71	4A	Warren	2:05 PM	2:15 PM	2:19 PM	2:49 PM	72	2A	University	2:09 PM	2:19 PM	2:23 PM	2:53 PM
73	4A	Marina	2:13 PM	2:23 PM	2:27 PM	2:57 PM	74	3AA	Notre Dame/So	2:17 PM	2:27 PM	2:31 PM	3:01 PM
75	4A	West Covina	2:21 PM	2:31 PM	2:35 PM	3:05 PM	76	3AA	Azusa	2:25 PM	2:35 PM	2:39 PM	3:09 PM
77	4A	Thousand Oaks	2:29 PM	2:39 PM	2:43 PM	3:13 PM	78	3AA	Nogales	2:33 PM	2:43 PM	2:47 PM	3:17 PM
79	4A	Valley View	2:37 PM	2:47 PM	2:51 PM	3:21 PM	80	3AA	Mayfair	2:41 PM	2:51 PM	2:55 PM	3:25 PM
81	4A	Brea Olinda	2:45 PM	2:55 PM	2:59 PM	3:29 PM	82	3AA	Godinez	2:49 PM	2:59 PM	3:03 PM	3:33 PM
							84	3AA	Cypress	2:57 PM	3:07 PM	3:11 PM	3:41 PM
							86	3AA	Portola	3:05 PM	3:15 PM	3:19 PM	3:49 PM

NOTE: NEW VENUE!!!

Colony High School 3850 E. Riverside Drive, Ontario, CA 91761





Chaffey Joint Union High School District

COLONY HIGH SCHOOL
3850 EAST RIVERSIDE DRIVE
ONTARIO, CA 91761

909.930.2929 FAX 909.460.5856



CIF SOUTHERN SECTION SCHOOL DIVISIONS

2018 - 2019 RULES AND RESTRICTIONS



DIVISION 1 SKILLS RESTRICTIONS

Division 1 teams will follow the standard AACC Safety Guidelines with no other skill restrictions.

DIVISION 2 SKILLS RESTRICTIONS

Division 2 teams will follow AACC Safety Guidelines with these additional skill restrictions:

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Flips may ONLY be performed in tuck position only and from a round off or round off back handspring prior to the round off or round off back handspring are allowed. Punch fronts are not allowed.

No twisting while airborne. (Exception: Aerial cartwheels are allowed.) No tumbling is allowed after a flip or an aerial cartwheel.

Cartwheel tucked flips and/or cartwheel — back handspring(s) — tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed $\frac{1}{2}$ twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

PYRAMIDS: Braced flips are not allowed.

DISMOUNTS: Only straight pop downs, back straight rides, and $\frac{1}{4}$ turns are allowed from any single leg stunt. Up to $1\frac{1}{4}$ twists are allowed from any two-leg stunt.

TOSSES: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

DIVISION 3 SKILLS RESTRICTIONS

Division 3 teams will follow AACC Safety Guidelines with these additional skill restrictions:

STANDING TUMBLING: Standing tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

STUNTS: Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a $\frac{1}{2}$ twist by the top person. Exception: Log Rolls/Barrel rolls are allowed. All release moves must land in a cradle. The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed.

Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.

Example: Going from a cradle to a handstand or from a prone position to a forward roll is not allowed.

PYRAMIDS: Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg extended stunt and must be made at prep level or below. Anytime a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. Inversions in pyramids are not allowed with the exceptions of the inversions allowed under Novice Stunts. Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.

DISMOUNTS: Only straight pop downs, back straight cradles and $\frac{1}{4}$ turns are allowed.

TOSSES: The only body position allowed is a straight ride.

DIVISION 4 NON-TUMBLING SKILLS RESTRICTIONS

Division 4 Non-Tumbling teams will follow the standard AACC Safety Guidelines with no other skill restrictions.

RULES AND RESTRICTIONS TO TAKE EFFECT FOR THE 2018-2019 SEASON

CIF SOUTHERN SECTION SCHOOL CHEER JUDGING SHEET



Team Name _____

Division _____

Judge No. _____

Crowd Leading - (15 Points)	Points	Score
<i>Crowd Effective Material - Voice, Pace & Flow</i>	5	
<i>Ability & Energy to Lead the Crowd</i>	5	
<i>Proper Use of Signs, Poms or Megaphones & Motion Technique</i>	5	

Skill Incorporations - (15 Points)	Points	Score
<i>Proper Use of Skills to Lead the Crowd</i>	5	
<i>Execution - Proper Technique, Synchronization & Spacing</i>	10	

Overall Impression - (5 Points)	Points	Score
<i>Transitions, Formations, Crowd Effectiveness & Visual Appeal</i>	5	

Total	Possible	35	
-------	----------	----	--

CIF SOUTHERN SECTION SCHOOL BUILDING JUDGING SHEET



Team Name _____

Division _____

Judge No. _____

Partner Stunts - (25 Points)		Points	Score
<i>Perfection of Skill - Proper Technique, Synchronization & Spacing</i>		15	
<i>Difficulty - Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety</i>		10	
Pyramids - (15 Points)		Points	Score
<i>Perfection of Skill - Proper Technique, Synchronization & Spacing</i>		10	
<i>Difficulty - Level of Skills, Number of Stunts Performed, Number of Bases Used</i>		5	
Building Overall Impression - (5 Points)		Points	Score
<i>Transitions & Creativity</i>		5	
Total		Possible	45

CIF SOUTHERN SECTION SCHOOL OVERALL JUDGING SHEET



Team Name _____

Division _____

Judge No. _____

Standing / Running Group Tumbling - (10 Points)		Points	Score
<i>Execution - Proper Technique, Form & Synchronization</i>		5	
<i>Difficulty - Difficulty of Skills Performed in Groups</i>		5	
Jumps / Dance - (5 Points)		Points	Score
<i>Performance - Proper Technique, Form, Height, Synchronization, Type of Jump(s), Connections / Combos or Variety</i>		3	
<i>Motions / Dance - Technique, Sharpness, Placement, Timing, Spacing, Use of Levels, Overall Choreography & Visual Appeal</i>		2	
Overall Impression - (5 Points)		Points	Score
<i>Routine Creativity, Flow & Use of Formations / Transitions</i>		5	
Total		Possible	20

CIF SOUTHERN SECTION NON-TUMBLING CHEER JUDGING SHEET



Team Name _____

Division _____

Judge No. _____

Crowd Leading - (15 Points)		Points	Score
<i>Crowd Effective Material - Voice, Pace & Flow</i>		5	
<i>Ability & Energy to Lead the Crowd</i>		5	
<i>Proper Use of Signs, Poms or Megaphones & Motion Technique</i>		5	
Skill Incorporations - (15 Points)		Points	Score
<i>Proper Use of Skills to Lead the Crowd</i>		5	
<i>Execution - Proper Technique, Synchronization & Spacing</i>		10	
Overall Impression - (5 Points)		Points	Score
<i>Transitions, Formations, Crowd Effectiveness & Visual Appeal</i>		5	
Total		Possible	35

CIF SOUTHERN SECTION NON-TUMBLING BUILDING JUDGING SHEET



Team Name _____

Division _____

Judge No. _____

Partner Stunts - (25 Points)		Points	Score
<i>Perfection of Skill - Proper Technique, Synchronization & Spacing</i>		15	
<i>Difficulty - Level of Skills, Number of Stunts Performed, Number of Bases Used, Transitions & Variety</i>		10	
Pyramids - (15 Points)		Points	Score
<i>Perfection of Skill - Proper Technique, Synchronization & Spacing</i>		10	
<i>Difficulty - Level of Skills, Number of Stunts Performed, Number of Bases Used</i>		5	
Building Overall Impression - (5 Points)		Points	Score
<i>Transitions & Creativity</i>		5	
Total		Possible	45

CIF SOUTHERN SECTION NON-TUMBLING OVERALL JUDGING SHEET



Team Name _____

Division _____

Judge No. _____

Jump(s) - (10 Points)		Points	Score
<i>Performance - Proper Technique, Form, Height & Synchronization</i>		5	
<i>Type of Jump(s), Connections / Combos or Variety</i>		5	
Dance - (5 Points)		Points	Score
<i>Motions / Dance - Technique, Sharpness, Placement, Timing, Spacing, Use of Levels, Overall Choreography & Visual Appeal</i>		5	
Overall - (5 Points)		Points	Score
<i>Routine Creativity, Flow & Use of Formations / Transitions</i>		5	
Total		Possible	20



2018-2019 Point Deductions

DEDUCTION

POINTS

INDIVIDUAL ATHLETE	
Minor Fall(s)	0.25
Examples: Hands down on tumbling Knees touching ground on tumbling	
Major Fall(s)	0.5
Examples: Head, Shoulders, Back down on tumbling	
STUNTS / PYRAMIDS	
Bobbie (s)	0.5
Examples: Stunts, Tosses and Pyramids that almost drop / fall but are saved (includes excessive movement of bases)	
Stunt Minor Fall(s)	2
Examples: Drop from individual stunt to a load in, cradle, prone, flatback, on backspot or the ground etc. (Includes Top, Base and/or Spot)	
Stunt Major Fall (s)	3
Examples: Drop from individual stunt in a compromising position or multiple bases land on the ground. (Includes Top, Base and/or Spot)	
Pyramid Fall (s)	4
School / Rec Teams - 2 or more connected stunts falling from the intended position. College Teams - 2 or more top persons or middle layers falling from the intended position.	

Out of bounds	0.5
Unsportsmanlike Behavior - when a coach is in a discussion with an official, other coaches, athletes and parents / spectators they must maintain professional conduct. Failing to do so may result in 2.0 deduction, removal or disqualification.	2
Excessive Celebration / Team Introductions	1
Add Time Limit Deductions	
General Safety Violations - Illegal Execution of a Legal Skill	2
Specific Safety Violations - Illegal Skill	5



**CIF SOUTHERN SECTION PLAYOFF/CHAMPIONSHIP
ADDITIONAL/CUSTOM POST SEASON AWARDS
2018-19**



PARTICIPATION CERTIFICATES:

Each member of a team participating in the CIF-SS playoffs can receive a Participation Certificate. These certificates will be downloaded and printed solely by your school. The certificate is in a 'Type-In' format and may be downloaded from the CIFSSHOME website under FORMS.

NEED ADDITIONAL AWARDS:

Feel free to order additional directly.

Medals and Plaques:

If your team won or was a runner-up in a CIF-SS championship and you need to purchase any additional champion/runner-up plaques and runner-up medals contact **All American Trophy by contacting Paul Purdum at (323) 725-1962.**

**Patches: "Champion", "Runner Up"
"ALL-CIF" Team Patches**

Schools may order additional CIF-SS Team Champion & Runner Up patches (Octagon Red or Football shaped) "exclusively" ordered through **JL Custom Jackets and Patches at www.jlcustomjackets.com, (951) 867-3200, or email lindseyjlcustomjackets.com.**

CUSTOM AWARDS/ RINGS/BANNERS/APPAREL SOUVENIRS USING CIF-SS:

Schools often seek to create custom patches, gym banners and championship rings that include both the school and CIF-SS marks/logos/names. Example: 'ACME BOYS BASKETBALL 2016 CIF-SS CHAMPIONS'. Schools may create these items using CIF-SS marks only through a CIF-SS licensed vendor.

CIF-SS 'registered' trademark: The "CIF Southern Section", "CIF-SS", "Southern Section" and "CIF" marks and logos are registered trademarks with the State of California. Schools may only use the CIF Southern Section marks on rings, patches and banners by doing business with a CIF-SS licensed vendor. Schools creating items with CIF-SS registered marks from a non-licensed vendor will face sanction and/or will be required to purchase any unsold shirts/items at the Championship final if similar non-licensed items appear at the contest. A list of the currently licensed vendors for these products is included and regularly updated on www.cifss.org.

Please note: The use of only "CIF" is strictly prohibited per the State CIF registered trademarks. Only those teams in State regionals, bowl games and individual sport finals actually qualify to use CIF without Southern Section attached. Any such use must be approved in advance by the CIF State office.

CIF-SS vendors who are licensed to create custom items for schools that include CIF-SS:

Championship Patches (circle shape) Playoffs or Prelims, Finals Patches (shape of a shield) for participation in Cross Country, Track & Field or Swimming Finals, Masters Patches (oval shaped) for participation in a Masters Track & Field or Wrestling event and Wrestling Dual Meet (rectangle shaped) are sold "ON-SITE" by the CIF-SS vendor. Additional patches post event can be ordered through any of the licensed CIF-SS patch vendors:

•Chenille Patches

JL Varsity Jackets & Patches	www.jlcustomjackets.com	(951) 867-3200
CIF Tshirts	www.cifsstshirts.com	(951) 789-5858
C&L Custom Jackets	www.cljackets.com	(714) 828-6900
Embroidery & More	www.embroideryandmoredesign.com	(951) 471-5200
Fancy Stitchin'	www.fancystitchin.com	(951) 656-6505

Jostens	www.jostens.com	
Sports Jackets Unlimited	www.sportsjacketsunlimited.com	(562) 693-9894
Neff	www.neffco.com/School-Patches	(800) 232-6333 x3417
We Got 'Em Tees	www.wegotemtees.com	(760) 983-6087
TAS - The Advertising Specialists	www.tassigns.com	(626) 966-4770

- **Custom Banners/Souvenirs** Your school may now create custom items that include the CIF-SS mark or logo (championship banner, banners for your gym, etc...) through a licensed CIF-SS vendor (and their specialty).

C&L Varsity Jackets	(Souvenirs)	www.cljackets.com	Larry Westbrook	(714) 828-6900
Integrity Design	(Banners)	www.IntegrityDesignUSA.com	Larry Shoppa	(855) 341-8817
Jostens		www.jostens.com		
NEFF	(Banners)	www.neffco.com		(800) 232-6333
Cabana Banners	(Souvenirs)	www.cabanabanners.com	Mike Cook	(800) 697-3139

- **Rings**

J. Lewis Small	www.jlewissmall.com
Jostens	www.jostens.com
National Recognition Products	www.nrprings.com
Signature Style Jewelry	www.signaturestylejewelry.com

PROTECT YOUR SCHOOL TRADEMARKS: The CIF Southern Section strongly suggests you double-check the status of **your school** licensed/registered marks and logos now. Some schools have permanently lost control of others selling their merchandise with no royalty or approvals because the proper State of California licensing/registering process had not previously occurred or been enforced.

For additional vendors licensing information, please contact CIF Southern Section Marketing Manager Jackie Gibson at jackieg@cifss.org or 562-493-9500.