



TO: ATHLETIC DIRECTORS  
TRADITIONAL COMPETITIVE CHEER COACHES

FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER

RE: **2024 CIF SOUTHERN SECTION  
TRADITIONAL COMPETITIVE CHEER CHAMPIONSHIPS**

**REVISED 1/10/24**

DATE: JANUARY 9, 2024

**DATE OF CHAMPIONSHIPS: SATURDAY, JANUARY 20, 2024**

**SITE OF CHAMPIONSHIPS: M.L. KING HIGH SCHOOL  
9301 WOOD ROAD  
RIVERSIDE, CA 92508**

### **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 Friday, December 15, 2023, at 12:00 Noon. Teams needing to be removed from the competition must notify the office by 12:00 noon on Wednesday, December 13, 2023. The finalized championship performance schedule will be sent out to head cheer coach and athletic director listed on the registration form. Once the schedule is posted, no changes will be made to the schedule. **Any school that appears on the revised final schedule and does not compete on January 20<sup>st</sup> will be fined a \$1,000 no-show penalty.**

### **SKILLS LEGALITY VIDEO REVIEW**

Schools wishing to have the legality of skills for their performance division reviewed must submit videos to [cheerrulesCA@gmail.com](mailto:cheerrulesCA@gmail.com) no later than 6:00 p.m. on Monday, December 4, 2023. Please include your school name, performance division, and time stamp of the specific move(s) for proper review. Any videos received after 6:00 p.m. on Monday will not be reviewed.

### **LOCATION/ DIRECTIONS**

Maps to M.L. King High School are included at the end of this bulletin.

### **PARKING**

The primary parking lots will be located next to the gymnasium at the front of the campus. Proceed on Van Buren Boulevard and turn South on Wood Road. Once you do so, the parking lots will be on the right. There will be a \$5.00 charge for parking. Team buses should drop off passengers near the entrance to the gymnasium and will park in the far reaches of the lots.

### **SPECTATOR ADMISSION**

Spectator admission to the M.L. King 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 M.L. King High School gymnasium.

### **SEATING**

All seating will be general admission.

### **TICKET SALES**

All ticket sales will be through the GoFan QR code and a smartphone will be required to purchase and validation of tickets via a QR code the day of the event onsite. 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**

M.L. King 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](mailto: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**

M.L. King 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 courtyard on the left in front of the gymnasium and will be directed by the M.L. King 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, only 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 7:30 a.m. with competition beginning at 8:30 a.m. on Saturday, January 20, 2024.

### **MEDICAL**

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

### **TEAM WARMUP AREA**

The warmup area will be located in the multi-purpose room 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 warm-up 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. Only official coaches with wristbands will be allowed in the warm-up area.

### **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 and will be responsible playing the music. Music must be on MP3 or phone. Competitors must have all adapters to play from phone if it is not a standard AUX input cable. REMINDER: Music should be downloaded, and phones should be in airplane mode when playing music in warm-up area and on main competition 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 remain in the M.L. King High School Gymnasium 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](http://www.jlcustomjackets.com), (951) 867-3200, or email [lindsey@jlcustomjackets.com](mailto:lindsey@jlcustomjackets.com). Additional runner-up medals may be purchased from All-American Trophy, (323) 725-1962, or [aatrophy@sbcglobal.net](mailto:aatrophy@sbcglobal.net).

Please refer any further questions to Kristine Palle (KristineP@cifss.org) or Tamara Towgood (TamaraT@cifss.org), CIF-SS Office, (562) 493-9500.



# 2023-2024 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 1+ 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 forty-five 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. **One (1) point deduction for 1-5 seconds over, Two (2) point deduction for 6+ or more seconds 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 or phone 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. No cover may be on any MP3 player or phone 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.
8. Any questions concerning a specific violation in music compliance must be submitted in writing to the Competition Director immediately following the team's performance.

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 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.

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.

### 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. 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.

### VII. 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. *There will be NO video review.*

### VIII. 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.

### IX. 2023-2024 SAFETY RULES

- A. Rules subject to change by USA Cheer. Go to [www.usacheer.org](http://www.usacheer.org) 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)



**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	City	Mascot	Check-In	Tumble	Warm Up	Perform	#	Division	Team Name		Check-In	Tumble	Warm Up	Perform	
1	4A	Norwalk	Norwalk	Lancers	7:50 AM	8:02 AM	8:10 AM	8:30 AM	2	3A	Torrance	Torrance	Tartars	7:54 AM	8:06 AM	8:14 AM	8:34 AM
3	4A	Rancho Mirage	Rancho Mirage	Rattlers	7:58 AM	8:10 AM	8:18 AM	8:38 AM	4	3A	Avala, Ruben	Chino Hills	Bulldogs	8:02 AM	8:14 AM	8:22 AM	8:42 AM
5	4A	West Covina	West Covina	Building	8:06 AM	8:18 AM	8:26 AM	8:46 AM	6	3A	Villa Park	Villa Park	Spartans	8:10 AM	8:22 AM	8:30 AM	8:50 AM
7	4A	Lakeside/Lake Elsinore	Lake Elsinore	Lancer	8:14 AM	8:26 AM	8:34 AM	8:54 AM	8	3A	United Christian Academy	Rancho Cucamonga	Eagles	8:18 AM	8:30 AM	8:38 AM	8:58 AM
9	4A	Fontana	Fontana	Steelers	8:22 AM	8:34 AM	8:42 AM	9:02 AM	10	3A	Palm Desert	Palm Desert	Aztec	8:26 AM	8:38 AM	8:46 AM	9:06 AM
11	4A	San Gorgonio	San Bernardino	Spartans	8:30 AM	8:42 AM	8:50 AM	9:10 AM	12	3A	Shadow Hills	Indio	Knights	8:34 AM	8:46 AM	8:54 AM	9:14 AM
13	4A	Upland	Upland High School	Highlanders	8:38 AM	8:50 AM	8:58 AM	9:18 AM	14	3A	Orange	Orange	Panthers	8:42 AM	8:54 AM	9:02 AM	9:22 AM
15	4A	California	Whittier	Condors	8:46 AM	8:58 AM	9:06 AM	9:26 AM	16	3A	Arlington	Riverside	Lion	8:50 AM	9:02 AM	9:10 AM	9:30 AM
17	4A	Ocean View	Huntington Beach	Seahawks	8:54 AM	9:06 AM	9:14 AM	9:34 AM	18	3A	Portola	Irvine	Bulldogs	8:58 AM	9:10 AM	9:18 AM	9:38 AM
19	4A	Woodbridge	Irvine	Warriors	9:02 AM	9:14 AM	9:22 AM	9:42 AM	20	3A	Mayfair	Lakewood	Monsoons	9:06 AM	9:18 AM	9:26 AM	9:46 AM
21	4A	Marshall	Pasadena	Eagles	9:10 AM	9:22 AM	9:30 AM	9:50 AM	22	3A	Whittier Christian	La Habra	Herads	9:14 AM	9:26 AM	9:34 AM	9:54 AM
23	4A	Valencia/Placentia	Placentia	Tigers	9:18 AM	9:30 AM	9:38 AM	9:58 AM	24	3A	Fountain Valley	Fountain Valley	Knights	9:24 AM	9:36 AM	9:44 AM	10:02 AM
25	4A	Marino	Huntington Beach	Vikings	9:26 AM	9:38 AM	9:46 AM	10:06 AM	26	3A	El Modena	Orange	Vangards	9:30 AM	9:42 AM	9:50 AM	10:10 AM
27	4A	Glendale	Glendale	Nitros	9:34 AM	9:46 AM	9:54 AM	10:14 AM	28	3A	Schurr	Montebello	Spantars	9:38 AM	9:50 AM	9:58 AM	10:18 AM
29	4A	Costa Mesa	costa mesa	mustangs	9:42 AM	9:54 AM	10:02 AM	10:22 AM	30	3A	El Rancho	Pico Rivera	Dons	9:46 AM	9:58 AM	10:06 AM	10:26 AM
31	4A	Brea Old Mesa	Brea	Wildcats	9:50 AM	10:02 AM	10:10 AM	10:30 AM	32	3AA	Yucaipa	Thunderbirds	Thunderbirds	9:54 AM	10:06 AM	10:14 AM	10:34 AM
33	4A	Sunny Hills	Fullerton	Lancers	9:58 AM	10:10 AM	10:18 AM	10:38 AM	34	3AA	Notre Dame/Sherman Oaks	Sherman Oaks	Knights	10:02 AM	10:14 AM	10:22 AM	10:42 AM
35	4A	Monrovia	Monrovia	Wildcats	10:06 AM	10:18 AM	10:26 AM	10:46 AM	36	3AA	Citrus Valley	Redlands	Blackhawks	10:10 AM	10:22 AM	10:30 AM	10:50 AM
37	4A	Palm Springs	Palm Springs	Indians	10:14 AM	10:26 AM	10:34 AM	10:54 AM	38	3AA	Charter Oak	Covina	Chargers	10:18 AM	10:30 AM	10:38 AM	10:58 AM
									39	3AA	Redlands	Redlands	Terrier	10:26 AM	10:38 AM	10:46 AM	10:66 AM
									40	3AA	Western Christian	Upland	Lancers	10:34 AM	10:46 AM	10:54 AM	11:14 AM
									41	EXHIBITION	Rosary Academy	Fullerton	Royals	10:40 AM	10:52 AM	11:00 AM	11:20 AM

**Awards Ceremony 11:45am - 12:15 pm**

42	4AA	Sonora	La Habra	Raiders	11:50 AM	12:02 PM	12:10 PM	12:30 PM	43	4 Coed	Pacific/Oxnard	Oxnard	Tritons	11:54 AM	12:06 PM	12:14 PM	12:34 PM
44	4AA	Lakewood	Lakewood	Lancers	11:58 AM	12:10 PM	12:18 PM	12:38 PM	45	4 Coed	Tustin	Tustin	Tiller	12:02 PM	12:14 PM	12:22 PM	12:42 PM
46	4AA	Segerstrom	Santa Ana	Jaguars	12:06 PM	12:18 PM	12:26 PM	12:46 PM	47	4 Coed	Bolsa Grande	Garden Grove	Matadors	12:10 PM	12:22 PM	12:30 PM	12:50 PM
48	4AA	Banning	Banning	Broncos	12:14 PM	12:26 PM	12:34 PM	12:54 PM	49	4 Coed	Orange Vista	Perris	Coyotes	12:18 PM	12:30 PM	12:38 PM	12:58 PM
50	4AA	Befflower	Befflower	Buccaneers	12:22 PM	12:34 PM	12:42 PM	1:02 PM	51	4 Coed	Poly/Long Beach	Signal Hill	Jackrabbits	12:26 PM	12:38 PM	12:46 PM	1:06 PM
52	4AA	Grand Terrace	Grand Terrace	Titan	12:30 PM	12:42 PM	12:50 PM	1:10 PM	53	4 Coed	Cantwell-Sacred Heart of Mary	Montebello	Cardinals	12:34 PM	12:46 PM	12:54 PM	1:14 PM
54	4AA	California Military Institute	Perris	Rough Rider	12:38 PM	12:50 PM	12:58 PM	1:18 PM	55	4 Coed	Miller, A.B.	Fontana	Rebels	12:42 PM	12:54 PM	1:02 PM	1:22 PM
56	4AA	Burroughs/Ridgecrest	Ridgecrest	Burro	12:46 PM	12:58 PM	1:06 PM	1:26 PM	57	4 Coed	South El Monte	South El Monte	Eagles	12:50 PM	1:02 PM	1:10 PM	1:30 PM
58	4AA	Channel Islands	Oxnard	Raiders	12:54 PM	1:06 PM	1:14 PM	1:34 PM	59	4 Coed	San Jacinto	San Jacinto	Tigers	12:58 PM	1:10 PM	1:18 PM	1:38 PM
60	EXHIBITION	Crescenta Valley	La Crescenta	Falcons	1:02 PM	1:14 PM	1:22 PM	1:42 PM	61	4 Coed	Saugus	Saugus	Centurion	1:06 PM	1:18 PM	1:26 PM	1:46 PM
62	4AA	Garden Grove	Garden Grove	Argonauts	1:10 PM	1:22 PM	1:30 PM	1:50 PM	63	4 Coed	Desert Mirage	Thermal	Rams	1:14 PM	1:26 PM	1:34 PM	1:54 PM
64	4AA	Beckman, Arnold	Irvine	Patriots	1:18 PM	1:30 PM	1:38 PM	1:58 PM	65	4 Coed	St. Paul	Santa Fe Springs	Swordsmen	1:22 PM	1:34 PM	1:42 PM	2:02 PM
66	4AA	Irvine	Irvine	Vaqueros	1:26 PM	1:38 PM	1:46 PM	2:06 PM	67	4 Coed	Indio	Indio	Rajahs	1:30 PM	1:42 PM	1:50 PM	2:10 PM
68	4AA	Warren	Downey	Bears	1:34 PM	1:46 PM	1:54 PM	2:14 PM	69	4 Coed	University	Irvine	Trojans	1:38 PM	1:50 PM	1:58 PM	2:18 PM
70	4AA	Santa Fe	Santa Fe Springs	Chiefs	1:42 PM	1:54 PM	2:02 PM	2:22 PM	71	4 Coed	Paloma Valley	Menifee	Wildcats	1:46 PM	1:58 PM	2:06 PM	2:26 PM
72	4AA	Rialto	Rialto	Knights	1:50 PM	2:02 PM	2:10 PM	2:30 PM									
73	4AA	Mira Costa	Manhattan Beach	Mustangs	1:55 PM	2:07 PM	2:15 PM	2:35 PM									
74	4AA	Buena Park	Buena Park	Coyotes	2:00 PM	2:12 PM	2:20 PM	2:40 PM									
					2:05 PM	2:17 PM	2:25 PM	2:45 PM									
					2:10 PM	2:22 PM	2:30 PM	2:50 PM									

**Awards Ceremony 3:15 - 3:45 pm**

#	Division	Team Name			Check-In	Tumble	Warm Up	Perform	#	Division	Team Name			Check-In	Tumble	Warm Up	Perform
75	2A	Laguna Hills	Laguna Hills	Hawk	3:20 PM	3:32 PM	3:40 PM	4:00 PM	76	3 Coed	Jurupa Hills	Fontana	Spartans	3:24 PM	3:36 PM	3:44 PM	4:04 PM
77	2A	Aliso Niguel	Aliso Viejo	Wolverine	3:28 PM	3:40 PM	3:48 PM	4:08 PM	78	3 Coed	Savanna	Anaheim	Rebels	3:32 PM	3:44 PM	3:52 PM	4:12 PM
79	2A	Chino Hills	Chino Hills	Husky	3:36 PM	3:48 PM	3:56 PM	4:16 PM	80	3 Coed	San Bernardino	San Bernardino	Cardinal	3:40 PM	3:52 PM	4:00 PM	4:20 PM
81	2A	Serrano	Diamondbacks	Phelan	3:44 PM	3:56 PM	4:04 PM	4:24 PM	82	3 Coed	Northville	Covina	Vikings	3:48 PM	4:00 PM	4:08 PM	4:28 PM
83	2A	Bishop Amat	Lancers	La Puente	3:52 PM	4:04 PM	4:12 PM	4:32 PM	84	3 Coed	Silverado	Victorville	Hawk	3:56 PM	4:08 PM	4:16 PM	4:36 PM
85	2A	Valencia/Valencia	Valencia	Vikings	4:00 PM	4:12 PM	4:20 PM	4:40 PM	86	3 Coed	Santa Ana	Santa Ana	Saints	4:04 PM	4:16 PM	4:24 PM	4:44 PM
87	2A	Yorba Linda	Yorba Linda	Mustangs	4:08 PM	4:20 PM	4:28 PM	4:48 PM	88	3 Coed	Glendora	Glendora	Scotty dog	4:12 PM	4:24 PM	4:32 PM	4:52 PM
89	2A	St. Joseph/Lakewood	Lakewood	Jesters	4:16 PM	4:28 PM	4:36 PM	4:56 PM	90	3 Coed	Colton	Colton	Yellowjackets	4:20 PM	4:32 PM	4:40 PM	5:00 PM
91	2A	South Hills	West Covina	Huskies	4:24 PM	4:36 PM	4:44 PM	5:04 PM	92	3 Coed	La Quinta/Westminster	Garden Grove	Aztecs	4:28 PM	4:40 PM	4:48 PM	5:08 PM
93	2A	San Clemente	San Clemente	Tritons	4:32 PM	4:44 PM	4:52 PM	5:12 PM	94	3 Coed	Kaiser	Fontana	Cats	4:36 PM	4:48 PM	4:56 PM	5:16 PM
95	2AA	Newport Harbor	Newport Beach	Sailor	4:40 PM	4:52 PM	5:00 PM	5:20 PM	96	3 Coed	Sierra Vista	Baldwin Park	Dons	4:44 PM	4:56 PM	5:04 PM	5:24 PM
97	2AA	King, Martin Luther	Riverside	Wolves	4:48 PM	5:00 PM	5:08 PM	5:28 PM	98	3 Coed	Victor Valley	Victorville	Jack Rabbit	4:52 PM	5:04 PM	5:12 PM	5:32 PM
99	2AA	Huntington Beach	Huntington Beach	Oilers	4:56 PM	5:08 PM	5:16 PM	5:36 PM	100	3 Coed	Elsinore	Wildomar	Tiger	5:00 PM	5:12 PM	5:20 PM	5:40 PM
101	2AA	Beaumont	Beaumont	Cougar	5:04 PM	5:16 PM	5:24 PM	5:44 PM	102	3 Coed	Sultana	Hesperia, CA	Sultans	5:08 PM	5:20 PM	5:28 PM	5:48 PM
103	2AA	Tesoro	Las Flores	Titans	5:12 PM	5:24 PM	5:32 PM	5:52 PM	104	3 Coed	Claremont	Claremont	Wolfpack	5:16 PM	5:28 PM	5:36 PM	5:56 PM
105	2AA	Temescal Canyon	Lake Elsinore	Titans	5:20 PM	5:32 PM	5:40 PM	6:00 PM	106	3 Coed	La Habra	La Habra	Highlanders	5:24 PM	5:36 PM	5:44 PM	6:04 PM

**Awards Ceremony 6:15 pm - 6:45 pm**

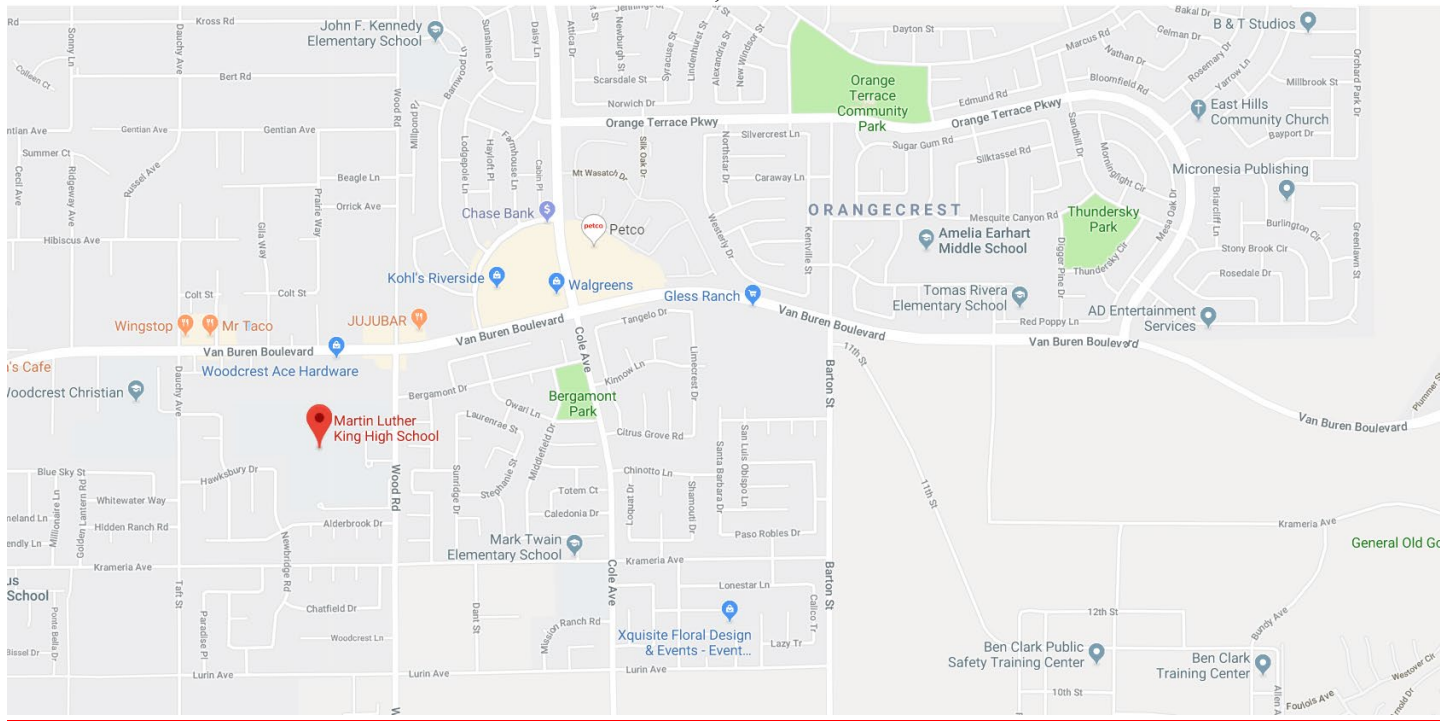
107	1A	Mary Star	San Pedro	Stars	6:20 PM	6:32 PM	6:40 PM	7:00 PM	108	2 Coed	Santa Rosa Academy	Menifee	Rangers	6:24 PM	6:36 PM	6:44 PM	7:04 PM
109	1A	West Ranch	Valencia	Wildcats	6:28 PM	6:40 PM	6:48 PM	7:08 PM	110	2 Coed	Nordhoff	Ojai	Rangers	6:32 PM	6:44 PM	6:52 PM	7:12 PM
111	1A	Los Alamitos	Los Alamitos	Griffins	6:36 PM	6:48 PM	6:56 PM	7:16 PM	112	2 Coed	Colony	Ontario	Titans	6:40 PM	6:52 PM	7:00 PM	7:20 PM
113	1A	Canyon/Anaheim	Anaheim	Comanches	6:44 PM	6:56 PM	7:04 PM	7:24 PM	114	2 Coed	Landwale	Landwale	Cardinal	6:48 PM	7:00 PM	7:08 PM	7:28 PM
115	1A	La Serna	Whittier	Lancers	6:52 PM	7:04 PM	7:12 PM	7:32 PM	116	2 Coed	Burroughs/Burbank	Burbank	Bears	6:56 PM	7:08 PM	7:16 PM	7:36 PM
117	1A	Mater Dei	Santa Ana	Monarch	7:00 PM	7:12 PM	7:20 PM	7:40 PM	118	2 Coed	Liberty/Winchester	Winchester	Bison	7:04 PM	7:16 PM	7:24 PM	7:44 PM
119	1A	Indian Springs	San Bernardino	Coyotes	7:08 PM	7:20 PM	7:28 PM	7:48 PM	120	2 Coed	Summit	Fontana	SkyHawks	7:12 PM	7:24 PM	7:32 PM	7:52 PM
121	1A	Santa Margarita	Rancho Santa Margarita	Eagles	7:16 PM	7:28 PM	7:36 PM	7:56 PM	122	2 Coed	Cypress	Cypress	Centurion	7:20 PM	7:32 PM	7:40 PM	8:00 PM
123	1A	Cerritos/Corona	Cerritos	Knights	7:24 PM	7:36 PM	7:44 PM	8:04 PM	124	2 Coed	Valley	Valley	Puente	7:28 PM	7:40 PM	7:48 PM	8:08 PM
125	1A	El Dorado	Placentia	Golden Hawk	7:32 PM	7:44 PM	7:52 PM	8:12 PM	126	1 Coed	Downey	Downey	Pirates	7:36 PM	7:48 PM	7:56 PM	8:16 PM
127	1A	San Juan Hills	San Juan Capistrano	Stallions	7:40 PM	7:52 PM	8:00 PM	8:20 PM	128	1 Coed	Paramount	Paramount	Vikings	7:44 PM	7:56 PM	8:04 PM	8:24 PM
129	1A	Edison	Huntington Beach	Chargers	7:48 PM	8:00 PM	8:08 PM	8:28 PM	130	1 Coed	Murieta Valley	Murieta	Nighthawks	7:52 PM	8:04 PM	8:12 PM	8:32 PM
									131	1 Coed	Tahquitz	Hemet	Titans	8:00 PM	8:12 PM	8:20 PM	8:40 PM

## Awards Ceremony 8:45 pm

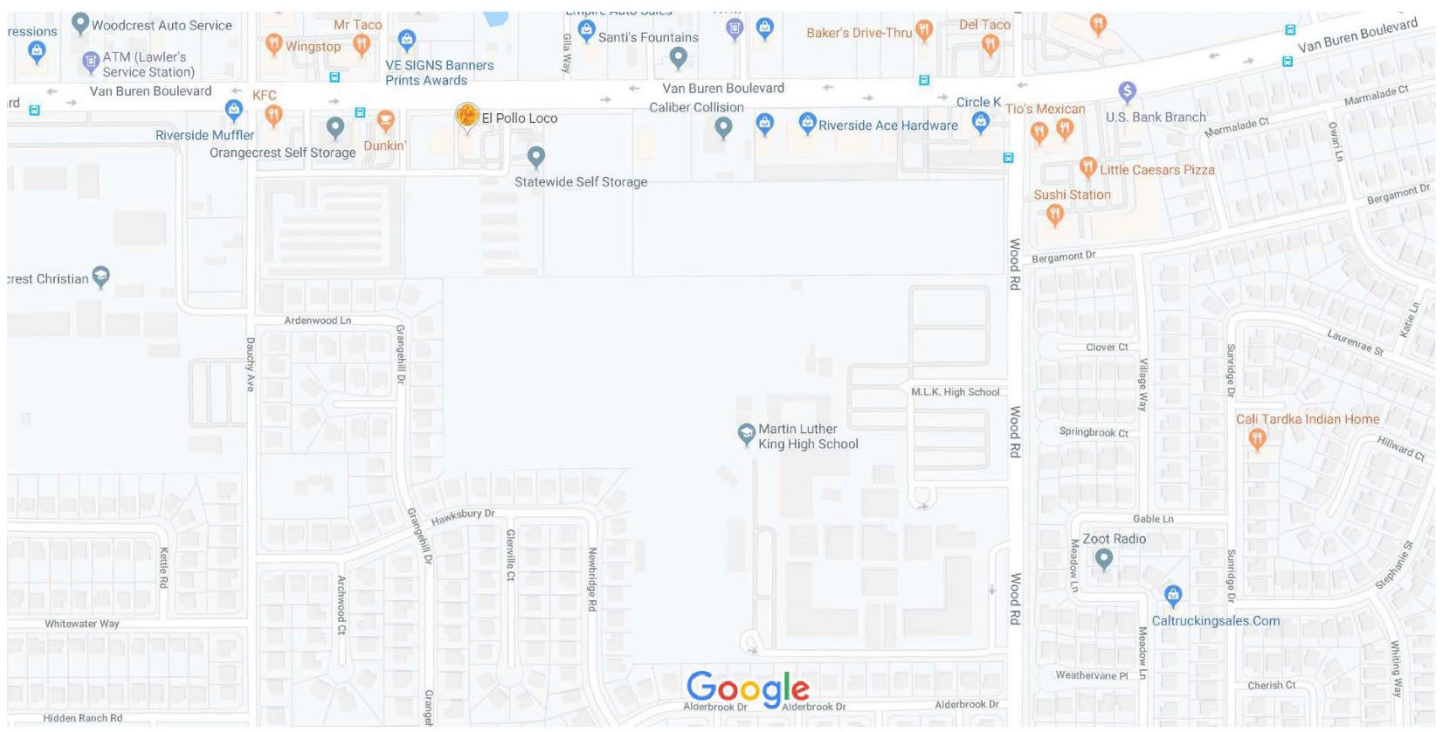


## Martin Luther King High School

9301 Wood Road  
Riverside, CA 92508



Martin Luther King HS, 9301 Wood Road, Riverside, CA 92508





## 2023 - 2024 CIF Southern Section Competition Divisions

### DIVISIONS

Division 1A	• 9th grade - 12th grade	• Female	• 5 - 19 Members	
Division 1AA	• 9th grade - 12th grade	• Female	• 20 - 36 Members	
Division 1 COED	• 9th grade - 12th grade	• Female/1+ Males	• 5 - 36 Members	<i>Note: 1 or more males allowed.</i>
Division 2A	• 9th grade - 12th grade	• Female	• 5 - 19 Members	
Division 2AA	• 9th grade - 12th grade	• Female	• 20 - 36 Members	
Division 2 COED	• 9th grade - 12th grade	• Female/1+ Males	• 5 - 36 Members	<i>Note: 1 or more males allowed.</i>
Division 3A	• 9th grade - 12th grade	• Female	• 5 - 19 Members	
Division 3AA	• 9th grade - 12th grade	• Female	• 20 - 36 Members	
Division 3 COED	• 9th grade - 12th grade	• Female/1+ Males	• 5 - 36 Members	<i>Note: 1 or more males allowed.</i>

### NON-TUMBLING DIVISIONS

*The Non-Tumbling division will prohibit all tumbling with feet over head rotation. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division.*

Division 4A	• 9th grade - 12th grade	• Female	• 5 - 19 Members	
Division 4AA	• 9th grade - 12th grade	• Female	• 20 - 36 Members	
Division 4 COED	• 9th grade - 12th grade	• Female/1+ Males	• 5 - 36 Members	<i>Note: 1 or more males allowed.</i>



# CIF SOUTHERN SECTION

2023-2024 RULES & RESTRICTIONS



## DIVISION 1 SKILLS RESTRICTIONS

*Teams will follow the standard NFHS Spirit Rules Book Guidelines with no other skill restrictions.*

## DIVISION 2 SKILLS RESTRICTIONS

*Teams will follow the standard NFHS Spirit Rules Book Guidelines with no other skill restrictions.*

**STANDING TUMBLING:** standing back handspring series and/or jump/handspring(s) combinations. Flips are not allowed. i.e., a standing back tuck or standing back handspring back tuck is not allowed.

**RUNNING TUMBLING:** limited in difficulty to tucks. Tucks (flips) can ONLY be performed in a tuck position and ONLY from a cartwheel, round off, or back handspring(s). Punch fronts are not allowed. No twisting is allowed while airborne (exception: aerial cartwheels are allowed). The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a tuck (flip) or aerial skills.

**STUNTS:** extended single leg stunts are allowed. Only a  $\frac{1}{2}$  twist is allowed to any extended single leg stunt. All other twisting transitions may not exceed 1 twisting transition. Stunt release moves must start at or below prep level and must be caught at prep level or below. Release moves may not pass above the bases/bases' extended arm level.

**PYRAMIDS:** All pyramid twisting transitions must follow all dismount and stunt twisting transition rules. Pyramid inversions: A braced forward, or backward flip is allowed while adhering to the NFHS Spirit Rules Book rules on braced flips; however, two bracers are required, no twisting is allowed, and the flip must end in a cradle dismount or cradle transition position. Extended single leg stunts may not be braced by other extended single leg stunts.

**DISMOUNTS:** Only straight pop downs, basic straight rides, and  $\frac{1}{4}$  turns and transitions in and out of cradles are allowed from any single leg stunt. Up to  $1\frac{1}{4}$  twists are allowed from any two-leg stunt.

**TOSSES:** Limited to one trick only during a toss (i.e., one toe touch). Examples of skills not allowed: A kick followed by a twist, or a ball to an X. Tosses may not exceed 1 twisting rotation.

## DIVISION 3 SKILLS RESTRICTIONS

*Teams will follow the standard NFHS Spirit Rules Book Guidelines with no other skill restrictions.*

**STANDING TUMBLING:** Limited to a standing single back handspring. Jump/handspring combinations and standing handspring series are not allowed. Standing tucks and/or aerials are not allowed.

**RUNNING TUMBLING:** Limited in difficulty to front and/or back handspring series. Flips (tucks), aerials, and punch fronts are not allowed.

**STUNTS:** Extended stunts are limited to both feet in the base(s) hands at all times. Single leg stunts may not be held or pass through an extended position. Twisting stunt transitions are limited to a  $\frac{1}{2}$  twist. Exception: A single full twisting log/barrel roll is allowed if it starts and ends in a cradle position, does not involve any skill other than the twist, and is not assisted by and/or connected to another top person. All release moves must land in a cradle. The only stunt inversions allowed are: *a.* Transitions from ground level inversions up to non-inverted positions. *Example:* Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed. *b.* Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand contact to a stunt, two-person cradle, loading position, or the performing surface. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved in any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released. *c.* Dismounts to the performing surface from waist level stunts. *Example:* Waist level prone to forward roll dismount or cradle position to back walkover dismount.

PYRAMIDS: All single leg extended stunts must be braced by two top persons at prep level or lower. The braced connection must be established at prep level or lower before the stunt passes into the extended level, and constant contact between the top person and the bracers must be maintained while the top person is on one leg above prep level. Any time a top person is released by bases during a pyramid transition, the top person must be braced by two top persons at prep level or below with hand-arm connection only and constant contact between the top person and the bracers must be maintained throughout the transition. Twisting pyramid transitions are limited to a ½ twist. Pyramid inversions are not allowed.

DISMOUNTS: Only straight pop downs/bump downs, basic straight cradles, ¼ turn dismounts, and dismounts from waist level inversions are allowed. All other dismounts are prohibited.

TOSSES: The only body position allowed is a straight ride

## **DIVISION 4 SKILLS RESTRICTIONS**

*Teams will follow the standard NFHS Spirit Rules Book Guidelines with no other skill restrictions.*

Any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division. Exception: a back handspring entry into stunts / pyramids will not be allowed.





**CIF SOUTHERN SECTION PLAYOFF/CHAMPIONSHIP  
REQUIREMENTS - ALL TEAMS AND HOST SITES  
2023-2024**



**Rosters & Scores:**

- Complete schedules are to be submitted to CIFSSHOME prior to each season.
  - Update scores following every contest direct to CIFSSHOME
- Additional directions on accessing CIFSSHOME are included in this document.

**TV/Web/Radio Rights:**

Any TV or streaming webcast (video or audio) or radio transmission of a CIF-SS playoff or championship event requires a contract and rights fees through the CIF-SS office prior to the contest. The only 'exceptions' are: Games broadcast via The NFHS Network, Bally Sports West or Bally Sports SoCal.

**'Official' Championship Souvenirs:**

The exclusive vendor for CIF Southern Section Championship souvenirs (t-shirts, scarfs, pins, beanies, hats, etc...) is our long-time partner *CIF T-shirts*. These are the official items sold each year per sport. You are likely familiar with their annual shirts at the finals. You can order team and individual items through them at [www.ciftshirts.com](http://www.ciftshirts.com).

**Official Ball Required:**

Only the approved official ball in each ball sport may be played by either school during CIF-SS playoff contests. Violation of this rule will result in loss of your next home playoff game. The current Official Ball list for each sport is included and available at [www.cifss.org](http://www.cifss.org) in the "Resources" drop down. This policy has been in effect since 2002.

**Gatorade Only:**

Only Gatorade jugs, cups, bottles, ice chests may be used or visible during any CIF-SS playoff contest. (No Powerade, Body Armor, etc). The only acceptable alternative is a plain-wrap or Igloo labeled products. This rule does not apply to the actual liquid distributed to athletes. This policy has been in effect since 1995.

**CIF-SS on Souvenirs:**

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 may only use the CIF Southern Section marks on apparel and other souvenir items exclusively through [ciftshirts.com](http://ciftshirts.com). 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.** A list of the currently licensed vendors for these products is included and regularly updated on [www.cifss.org](http://www.cifss.org).

Please note: The use of only "CIF" is strictly prohibited per the State CIF registered trademark. The "CIF", is not just the CIF Southern Section. 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.

## **Host Site Requirements:**

- Playoff Tickets:** (This pertains to revenue sports of basketball, football and volleyball): It is mandatory to sell tickets for admission to all CIF-SS playoffs and championship contests. Through the CIF-SS partnership with GoFan, all playoff tickets will be made available online for digital purchase and presented electronically at the event gate for entry. Patrons can purchase in advance via [gofan.co](http://gofan.co), via private links made available by the participating schools or via QR code at the entry gate of the playoff event. All playoff revenue will be sent directly to CIF-SS. Both the host and visiting schools will be required to submit a financial/expense report following each playoff game in an effort to receive reimbursement for game expenses and revenue share split in the case of a profit game.
- CIF-SS/FORD Banner:** It is a requirement of each host school (including off-site) that the CIF-SS/Ford Championship banner be displayed at every playoff home game in football and the gymnasium sports post football season (or on the electronic signage where schools/venues do not display banners). If you need a banner please contact [jackieg@cifss.org](mailto:jackieg@cifss.org)
- Gatorade:** It is a requirement of each school use only Gatorade product/jugs/cups/squeeze bottles during CIF-SS championship events. No other competitive product shall be used. Water can be placed in Gatorade merchandise.
- PA Announcements:** As a host of a CIF-SS playoff contest, the CIF-SS announcements take precedence over the host school's messaging and must be read in entirety at each playoff contest. Home schools are the host of a CIF-SS event in the playoffs. For contractual requirements, please read all the provided PA's each contest. PA's for each sport can be found on [cifss.org](http://cifss.org) under the designated sports page.
- Media Credential Access:** Accredited working media should be given admission to all playoff games by showing their CIF-SS Media credential.
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