TRADITIONAL COMPETITIVE CHEER

PLAYOFF BULLETIN

2025

F-150 Mustang Mach-E Bronco Explorer

Our vehicles. Your athletes.

The Southern California Ford Dealers proudly support SoCal High School Athletics.

SoCalFordDealers.com | CIFSS.org

10932 Pine Street
Los Alamitos, CA, 90720
(562) 493-9500 - Phone

TO: CIF-SS Traditional Competitive Cheer Coaches

FROM: Kristine Palle, Assistant Commissioner

DATE: November 2024 (updated 11/19/24)

RE: 2024-2025 Traditional Competitive Cheer Championship Bulletin

DIVISIONS
The 2024-2025 CIF Southern Section Traditional Competitive Cheer Championships will be conducted in twelve divisions: (1A, 1AA, 1 COED, 2A, 2AA, 2 COED, 3A, 3AA, 3 COED, 4A, 4AA & 4 COED)

CIF SOUTHERN SECTION/FORD TRADITIONAL COMPETITVE CHEER CHAMPIONSHIPS
The CIF Southern Section/Ford Championships will be held on January 24 & 25, 2025 at Martin Luther King High School in Riverside.

2024-25 TRADITIONAL COMPETITIVE CHEER CALENDAR DATES

CIF-SS ENTRIES OPEN	MONDAY, OCTOBER 28TH AT 12:00 PM (NOON)
CIF-SS ENTRIES CLOSE	DUE FRIDAY, DECEMBER 13TH BY 12:00 PM (NOON) **NO EXCEPTIONS**
SCHEDULE RELEASE	WEDNESDAY, JANUARY 8TH Championship schedule can be found at www.cifss.org **No changes will be accepted once the schedule is released.**
CIF-SS FINALS	FRIDAY & SATURDAY, JANUARY 24TH & 25TH

CIF SOUTHERN SECTION CHAMPIONSHIPS REGISTRATION

CIF-SS REGISTRATION DATES

Registration for the CIF Southern Section Ford Traditional Competitive Cheer Championships will open on CIFSS Home beginning on ***October 28, 2024 at 8:00 a.m***. Registration will ***close on December 13, 2024 at 12:00 noon*****, if your team needs to withdraw from the competition this the last date to do so without the $1,000 penalty**. There is no registration fee for this event. Timestamp will determine order of performance with the first to register performing last in their division. Get your registration in early. ***NO LATE REGISTRATIONS WILL BE ACCEPTED!***

REGISTRATION PROCEDURES

Registration will be available on the CIFSS Home. The tab will be available during the above time frame under "Forms" > TCC Registration. Only those with access to the CIFSS Home will have access to this registration form. Traditional Competitive Cheer Head Coaches wishing to have access to the form must contact their Athletic Director for that permission.

This is a varsity competition. Only register your varsity traditional competitive cheer team for this event.

Contained in the registration process is a disclaimer regarding the licensing of performance music. Clicking this box confirms that proper licensing of your performance music has been obtained and a copy of such licensing will be made available at the event, should it be requested. Music should be brought to the venue on various media to ensure playability at the event.

CHAMPIONSHIP PERFORMANCE SCHEDULE

The finalized championship performance schedule will be emailed to the schools that registered for the event and posted on the Traditional Competitive Cheer sports page on www.cifss.org. Please be sure the email addresses entered into the system are accurate. Once the schedule is posted, no changes will be made to the schedule. **When registering, you acknowledge that you will be available to participate on January 24 & 25, 2025. If your squad is a no show on the day of the event, regardless of reason, there will be a $1,000 penalty assessed to your school.**

SKILLS LEGALITY VIDEO REVIEW

Schools wishing to have the legality of skills for their performance division reviewed must submit videos to 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.

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

The following awards will be given during the playoffs:

A. Championship Plaques - All first-place teams.
B. Runner-up Plaques - All second-place teams.
C. Championship Patches - 19 individual patches for members of all championship teams in Division 1A, 2A, 3A & 4A. 36 individual patches for members of all championship teams in Divisions 1AA, 1 COED, 2AA, 2 COED, 3AA, 3 COED, 4AA & 4 COED.
D. Championship T-shirts - 19 t-shirts for members of all championship teams in Division 1A, 2A, 3A & 4A. 36 t-shirts for members of all championship teams in Divisions 1AA, 1 COED, 2AA, 2 COED, 3AA, 3 COED, 4AA & 4 COED.

E. Certificates - Individual participation certificates for members of each team participating in the playoffs are available at CIFSS Home (www.cifsshome.org), under the Forms tab.

Each member of a team participating in the CIF Southern Section playoffs can receive a CIF SOUTHERN SECTION PARTICIPATION CERTIFICATE. These certificates will be printed by your school. The document is in a "type-in" PDF format and can be found on CIFSSHOME.

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.

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.

ADMISSION CHARGES

Martin Luther King Jr. High School — Friday & Saturday, January 24 & 25

Ticket Prices
$14.00 Adults
$7.00 High School Students (w/HS ID)
$7.00 Children (13 & under)

Through the CIF-SS partnership with GoFan, all championship tickets will be made available online for digital purchase and presented electronically at the event gate for entry.

All seating at the Martin Luther King, Jr. High School will be general admission (first come, first served). This will allow the fans of competing schools to have an equal opportunity for seats. Schools are responsible for securing their own valuables. Valuables should not be left unattended. Each team should designate someone to secure those valuables and keep them in their possession at all times.

SEATING

All seating will be general admission.

CHEERING SECTIONS

Fan/Student cheering sections are encouraged to cheer and support their own team and should display proper sportsmanship with respect to the opposing team and the game officials. They are expected to follow the following guidelines and failure to do so may lead to removal from the contest and/or forfeiture of the contest.

1. No noisemakers (horns, bells, victory bells, sirens, chimes, wooden blocks, balloons, thunder sticks, etc.). Megaphones may only be used by the school's uniformed cheer squads.
2. Cheering devices such as rally towels, pom poms and pennants are acceptable when used within the bounds of good sportsmanship.
3. It is the expectation that cheering section behavior will be monitored by the assigned school staff of the school that they represent. All improper behavior/language should be addressed and corrected immediately by school staff supervisors.
4. Face painting is acceptable from the neck up only and will not include any inappropriate letters or symbols. Assigned school staff shall monitor their cheering sections in regard to face painting.

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.

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.

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.

ELEVATING THE

STUDENT EXPERIENCE

FOR 50 YEARS

Varsity Spirit is proud to be the official partner of the CIF for cheer uniforms, cheer campwear and practice uniforms, and cheer camps and clinics.

Your local Varsity Rep provides personalized service to outfit your team in the highest quality apparel. Your State Director helps find a camp to set the foundation for your season, then find performance opportunities to showcase school spirit at a regional competition or national championship.

VARSITY SPIRIT

OFFICIAL PARTNER *of* CIF

CHEER COACHES,

Want to get connected with Varsity Spirit?

LET'S TALK FASHION

Your local Varsity Rep is here to help.

GET IN TOUCH

with your State Director about camp and competitions!

CIFSSHOME REQUIREMENTS

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Traditional Competitive Cheer coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than WEDNESDAY, December 11th, 2024.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
- Click on the **"Users"** tab, click on "**User Manager**", click on the in the upper right hand corner to add Coaches and Assistant Coaches.
Enter the information requested on the "Add School User" page. Choose "Active" to provide the coach with access to CIFSSHome or "Inactive" for directory purposes only. Choose Yes or No to give the coach access to all sport, click **Submit**.
Choose the applicable options on the Assign Coach to Team page, click Save or Add Another to add additional coach(s).

VARSITY TEAM INFORMATION (TEAM PHOTO)

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
- Click on the **"Teams"** tab, click "**Teams Manager**", click on "**Traditional Competitive Cheer**", click on the "**Team Photo**" tab,
Click on the under "**TEAM PICTURE"**, choose the file, click **Submit.**

VARSITY TEAM INFORMATION (ROSTERS)

Attention Athletic Directors/Coaches: It is very important that you enter your entire Traditional Competitive Cheer Varsity roster into CIFSSHome (www.cifsshome.org) no later than WEDNESDAY, December 11th, 2024.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
- Click on the **"Teams"** tab, click on "**Teams Manager**", click on "**Traditional Competitive Cheer**", select
You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).

Required roster information for Traditional Competitive Cheer is:

First Name, Last Name, Birth date, Year, & Eligibility

(1) To ADD roster players one by one:
- Click on + Add Players One by One and complete fields required for Traditional Competitive Cheer.

(2) To Import a Roster using an Excel sample file:
- Download the sample file **and** delete the "contents only".
- Copy and paste or type your roster information into the file as the contents and save the file to your computer.
- Only an excel file (xls) can be uploaded that is the exact same format as the sample file.
- Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.
- Required Columns for Traditional Competitive Cheer are:

First Name, Last Name, Birth date, Year, & Eligibility

- Click on to find your file, then Choose File click on Import
- To confirm the roster has been uploaded, your players' names will be uploaded in the "**Official Roster**" section.
- Click on the next

SCHOOL LOGO

Log in @ www.cifsshome.org
- Click on the **"Configuration"** tab
- Click on "**School Info**"
- Click on "**Choose File**" (.PNG file format is preferred)
- Choose the "**No**" option for Hide from Directory?
- Click Save

SOCIAL MEDIA ACCOUNTS

Log in @ www.cifsshome.org
- Click on the **"Configuration"** tab
- Enter all school account names available next to the social media options (ie. Facebook, Instagram, Twitter)
- These accounts are used during playoffs and for Games of the Week

THE
BEST
USE
THE
BEST
GATORADE
GATORADE
FROST
COOL
THIRST QUENCHER
GLACIER CHERRY

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+ Male	5-36 Members	*Note: 1 or more males allowed.*
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+ Male	5-36 Members	*Note: 1 or more males allowed.*
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+ Male	5-36 Members	*Note: 1 or more males allowed.*
NON- TUMBLING DIVISIONS				
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+ Male	5-36 Members	*Note: 1 or more males allowed*

***See each divisions specific skills restrictions**

TRADITIONAL COMPETITIVE CHEER 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 the additional skill restrictions below.
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 ½ 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. May not be braced by other extended single leg stunts.
DISMOUNTS: Only straight pop downs, basic straight rides, and ¼ turns and transitions in and out of cradles are allowed from any single leg stunt. Up to 1¼ 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 the additional skill restrictions below.

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 ½ 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.

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 the additional skills restrictions below.

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-SS Division Scoring Guidelines for Stunts & Pyramids

NOVICE	INTERMEDIATE	ADVANCED
3.0 – 5.0	**3.0 – 5.0**	**3.0 – 5.0**
Prep	Extension One leg stunt variation at prep level	Full up Switch ups (released)
5.0 – 7.5	**5.0 – 7.5**	**5.0 – 7.5**
Extensions ½ to prep level One leg stunt at prep level	Release inversion below prep level ½ twist to extended Cross leg full up/Ruby slipper at prep level Extension Single Leg	Full twisting release Inversions to extended Hand in hand release to extended Tik toc
7.5 – 10	**7.5 – 10**	**7.5 – 10**
½ twist to extended Connected ground inversion to extended One leg stunt variation at prep level	Extended Full up to extended Prep level full around Release inversion to prep level Extended full around to extended	Extended full around single leg Hand in hand release to extended ½ to full twisting inversions release to stunt Full Up Switch up

Scoring Factors

Creativity, Percentage of Team Participation, Connection of Skills/Variety, Place and Speed of Skills

Stunt Group Expectations

The minimum stunt groups by any individual team should be total number of participants on the floor divided by 4 rounded down.

Additional Difficulty Considerations

Landing position can increase degree of difficulty of a skill. Positions in order from prep, extended, single leg, to body position.

Number of bases affects the difficulty of the skill. It is harder to do a skill with less bases.

Credit for inversion stunts is only given when weight of the top person is held in the upper portion of the body and the skill is inverted at the dip.

When comparing inversions, the entry style is a factor that affects difficulty. See “Inversions” column on page 1 for a reference of various inversion entry styles listed in order.

Other factors that affect difficulty: variety of skills, pace between and connection of skills, the total number of skills performed, and types of dismounts.

Coed styles/single based skill difficulty is affected by the stunt being assisted or unassisted.

Coed divisions stunt difficulty is driven by coed/single-based skills. Small Coed and Coed Non-Tumbling divisions should include multi-based stunts, difficulty is driven first by coed and then by multi-based skills.

CIF-SS Division Scoring Guidelines for Tumbling		
Factors when considering range: **Degree of Difficulty, Percentage of Team Participation, Combination of Skills, Variety of Skills		
NOVICE	**INTERMEDIATE**	**ADVANCED**
1.0 – 2.0	**1.0 – 2.0**	**1.0 – 2.0**
Forward Roll Cartwheel	Cartwheel Round Off Front/Back Walkover	Standing Back Handspring Rounf Off Back Handspring Standing BHS Series
2.0 – 3.5	**2.0 – 3.5**	**2.0 – 3.5**
Round Off Front/Back Walkover	Standing Back Handspring Round Off Back Handspring	RO BHS Back Tuck Ro OR Cartwheel Tuck
3.5 – 5.0	**3.5 – 5.0**	**3.5 – 5.0**
Standing Back Handspring Running Back Handspring	RO BHS Back Tuck Ro OR Cartwheel Tuck Standing BHS Series Jumps/BHS Combo	Standing Tuck Layout Full

CIF-SS Division Scoring Guidelines for Jumps			
75% of team needs to be involved in a clear jump section Two jumps are required. (Combo Jump or Variety)			
Traditional Divisions Novice, Intermediate, Advanced			
0.0 – 2.0	**2.0 – 3.0**	**3.0 – 4.0**	**4.0 – 5.0**
Less than 75% of team involved in clear jump section	75% of team involved + executed with below average precision and form	75% of team involved + executed with average precision and form	75% of team involved + executed with excellent precision and form
Non - Tumbling			
Execution			
0.0 – 2.0	**2.0 – 3.0**	**3.0 – 4.0**	**4.0 – 5.0**
Less than 75% of team involved in clear jump section	75% of team involved + executed with below average precision and form	75% of team involved + executed with average precision and form	75% of team involved + executed with excellent precision and form
Difficulty			
0.0	**3**	**4**	**5**
No Jumps	Single Jump	Double Jump	Double Jump + additional jump OR Triple Jump

2024-2025 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.
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. DISQUALIFICAION

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.

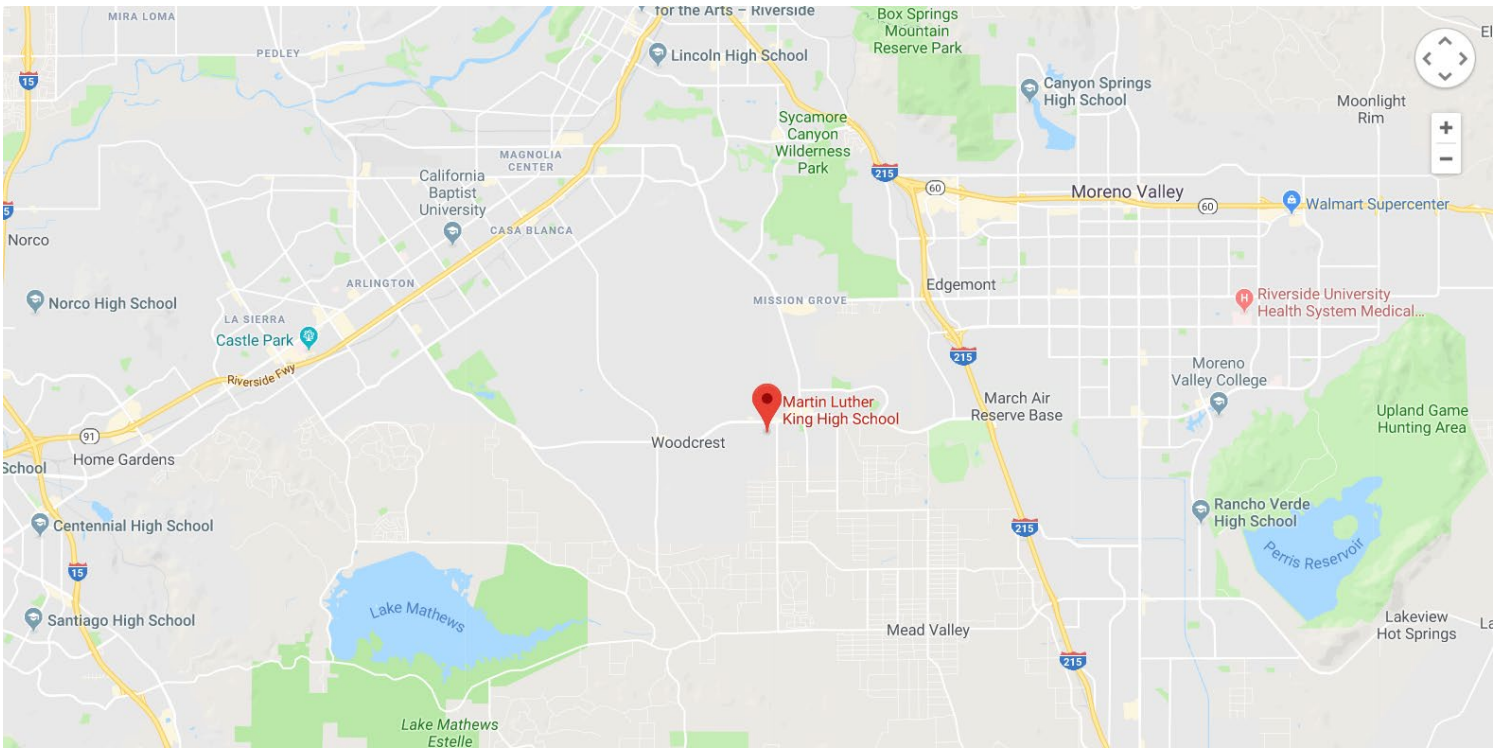
IX. 2024-2025 SAFETY RULES

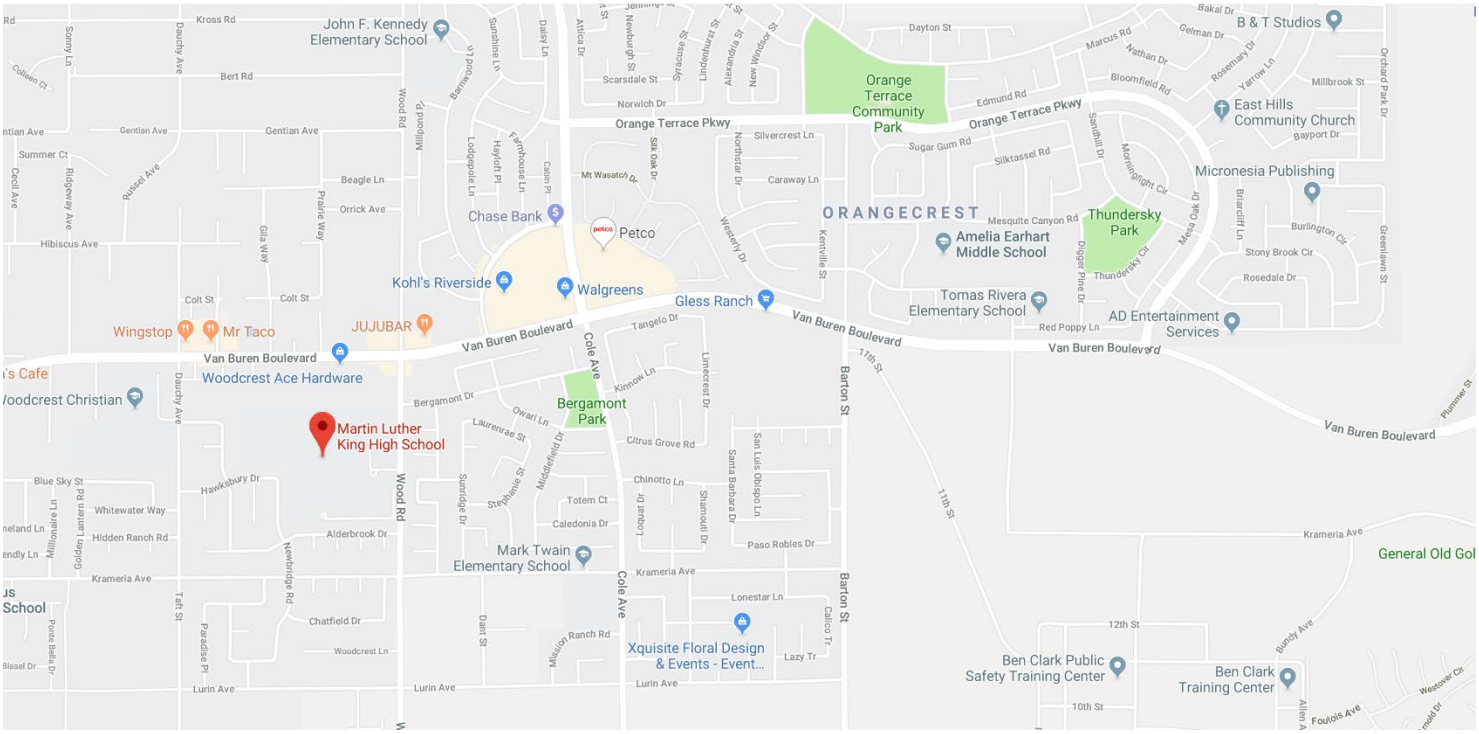
A. Rules subject to change by USA Cheer. Go to www.usacheer.org for the most updated rules.

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)

MARTIN LUTHER KING HIGH SCHOOL
9301 Wood Road, Riverside, CA 92508





NO *OPEN* WARM-UP FACILITY WILL BE AVAILABLE AT THE VENUE.

(See Performance Schedule for scheduled warm-up time in the warm-up facility)

JL CUSTOM JACKETS

Official CIF Licensed Patch & Jacket Manufacturer

- ONE STOP SHOP FOR CIF PATCHES, VARSITY LETTERS, CUSTOM PATCHES & EMBLEMS
- COMPETITIVE PRICING
- ALL ORDERS 2 - 3 WEEK TURNAROUND TIME
- BANQUET DATES GUARANTEED
- ALL PRODUCTS MADE IN THE UNITED STATES

You can design and purchase your own custom patches on our website.

JL Custom Jackets and Patches

To Order Call: 951-867-3200

customerservice@jlcustomjackets.com

or visit us on the web:

www.jlcustomjackets.com

7161 Old 215 Frontage Road, Moreno Valley, CA

Fax (951) 867-3277

EXCLUSIVE DISTRIBUTOR FOR ALL
CHAMPIONS
FINALISTS
RUNNER-UP &
ALL CIF Patches

* Prices subject to change without notice

CIF-SS HISTORY RECORD BOOK

The CIF-SS Record Book is updated on a yearly basis and can be found here.
https://cifss.org/record-book/

The CIF-SS Communications Office will automatically update information on championship teams, scores, and Players of the Year. Should your team, an athlete on your team, or a coach, meet a milestone record, then please complete this form.
https://cifss.org/record-book-request/
Please note we only record the top 10 in each category.

ALL CIF-SS

The All CIF-SS teams are decided by the coaches' advisory committees for each sport.
To be considered, your coach must attend the divisional meeting to submit their nominations to the committee. **NO EXCEPTIONS.**

The CIF-SS will receive the first team list from the committee and release those on www.cifss.org.
We will also mail the first team certificates to the athlete's school.
The CIF-SS office does not collect 2nd or 3rd team information. If the sport has a 2nd or 3rd team, that information will be available through the coaches committee.

CIF SOUTHERN SECTION PLAYOFF/CHAMPIONSHIP REQUIREMENTS - ALL TEAMS AND HOST SITES 2024-2025

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**.

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 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. 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.

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, 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

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 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.

CIF SOUTHERN SECTION PLAYOFF/CHAMPIONSHIP
ADDITIONAL/CUSTOM POST SEASON AWARDS
2024-2025

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 **AWARDS**.

NEED ADDITIONAL AWARDS: Feel free to order directly.

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

"Champion", "Finalist" "ALL-CIF" Patches Champion, Finalist and ALL-CIF patches must be 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 2022 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
Funky Monkey Designs	www.getfunkymonkey.com	(909) 592-2622
PC & C Embroidery	https://pccembroidery.com/	(909) 403-4558
The Advertising Specialists	https://www.tassigns.com/page/cif-southern-section-licensed-patch-provider	(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).

Integrity Design	www.IntegrityDesignUSA.com	Larry Shoppa	(855) 341-8817

- **Rings**

J. Lewis Small	www.jlewissmall.com
Jostens	www.jostens.com
Signature Style Jewelry	www.signaturestylejewelry.com
Baron Championship Rings	https://baronrings.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, Director of Marketing & Corporate Partnerships, Jacqulyn Gibson at jackieg@cifss.org or 562-493-9500.

2025 State Cheer Invitational Information

State Championship Invitational
Saturday, February 1, 2025
at Mira Costa HS
Registration Deadline - 4 p.m. on Friday, January 17, 2025

Pre-Registration Procedures

- The CIF State Cheer Invitational will be conducted using an invitational format.
- Registration for the 2025 Competitive Cheer Invitational will be capped at 100 teams. Once full, a waiting list will be created.
- ***REGISTRATION OPENS November 4, 2024, at 9 a.m.*** *Registration deadline is 4 p.m., Friday, January 17, 2025.*
- Final performance divisions will be announced the week of January 27, 2025.
- Divisions subject to change based on registration numbers. There will be no walk-up registration allowed.
- The CIF State Blue Pages contain sports-specific championship information. **https://cifstate.org/governance/constitution/Blue_Pages.pdf**

In order to participate in the CIF State Cheer Invitational teams must participate in their CIF Section Championship (if one is offered). Failure to participate in your CIF Section Championship will result in no participation in the CIF State Invitational event.

For more information, go to www.cifstate.org

When pain gets in the way of doing what you love ...

Trust the experts at Hoag & Hoag Orthopedic Institute Sports Medicine to get you back on the field.

Hoag & Hoag Orthopedic Institute Sports Medicine are proud to be the Official Orthopedic & Sports Medicine Partner of the CIF Southern Section.

hoag. | Hoag Orthopedic Institute

Sports Medicine

© 2023, Hoag is a registered trademark of Hoag Memorial Hospital Presbyterian. All Rights Reserved.