

*Season Preview*

# 2021- 2022

CHEERLEADING

**CIF-SS CHEER  
COMMISSIONER:**  
ROB WIGOD

**PROGRAM COORDINATOR:**  
SHARON HODGE





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# 2021-2022 COMPETITIVE CHEER SEASON PREVIEW

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# Bally SPORTS

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## **2021-22 CIF SOUTHERN SECTION CHEER ADVISORY COMMITTEE**

Katie Bowers, Mater Dei High School

Dr. Whitney D'Amico, Temescal Canyon High School

Denee Easy, Wilson/Hacienda Heights High School

Michael Henderson, Murrieta Valley High School

Kori Johnson, Costa Mesa High School

Rita Kear

Kelly McCluskey, Brea Olinda High School

Kylie Middlebrook

Sarah Peterson, Tahquitz High School

Jennifer Ramirez, Los Alamitos High School

Andi Sanchez, St. Joseph/Lakewood High School

Tom Shrake, University High School

## 2021-22 COMPETITIVE CHEER SEASONS

Following is a capsule of the CIF Southern Section calendar for the 2020-21 Competitive Cheer Seasons.

### **STARTING DATES FOR INTERSCHOLASTIC CONTESTS**

For Traditional Sport Cheer, interscholastic contests may be scheduled during the Fall, Winter, and/or Spring seasons of sport. For Competitive Sport Cheer, no interscholastic contest (non-league, tournament or league) may be scheduled prior to February 26, 2022.

### **END OF COMPETITION**

For Competitive Sport Cheer, all league competition must end on or before Friday, May 6, 2022. Schools may compete until May 6, 2022 for non-league contests.

### **TRADITIONAL COMPETITIVE CHEER CHAMPIONSHIPS**

Traditional Competitive Cheer Championships will be held on January 8, 2022 at Martin Luther King High School in Riverside. Specific information regarding this event will be posted in the playoffs bulletin posted in February.

## APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website ([www.cifss.org](http://www.cifss.org)) for the latest Sanctioned Events, as events are updated daily.

### **Sanctioned Events download directions:**

click on *GOVERNANCE TAB*,  
click on *SANCTIONED EVENTS*,  
select Traditional Competitive Cheer or Competitive Sport Cheer,  
**click Search**

This page will display the most up to date information on

**Traditional Competitive Cheer or Competitive Sport Cheer  
Approved Sanctioned Events**

## CIFSSHOMe.org REQUIREMENTS

### **VARSITY TEAM INFORMATION (ROSTER) DUE no later than WEDNESDAY, JANUARY 5, 2022.**

**Attention Athletic Directors/Coaches:** It is very important that you enter your entire Traditional Competitive Cheer Varsity roster into CIFSSHOMe ([www.cifsshome.org](http://www.cifsshome.org)) no later than **WEDNESDAY, JANUARY 5, 2022.**

Log in @ [www.cifsshome.org](http://www.cifsshome.org) (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, Click on the “**Teams**” tab, select “Traditional Competitive Cheer”

-Here are the instructions for using the 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. You can only upload an excel file (xls) 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 Girls Golf are: First Name, Last Name, Birth date, Year, & Eligibility.**

- Next - click Choose File, find your file, then click “Import Student”.

- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.

***Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”***

### **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](http://www.cifsshome.org)) no later than **WEDNESDAY, JANUARY 5, 2022.**

Log in @ [www.cifsshome.org](http://www.cifsshome.org) (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-Click on the “**Teams**” tab on the left navigation bar. Click on the corresponding varsity team (Traditional Competitive Cheer).

-Click on “Add/Edit Coaches”, select the information to add both your HEAD & ASSISTANT coaches

***Check out the Help video under the Help tab on the bottom left, “Be CIF Prepared!”***

## BLUE BOOK RULES AND SPECIAL POINTS OF INTEREST

### A) LEVEL OF COMPETITION

No student shall participate in more than one level of competition in the same sport on the same day.

### B) 1223. SUMMERTIME RULES/SUMMER DEAD PERIOD -

1223.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: Who may participate in high school summer athletic programs approved by the principal?

ANSWER: Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.

1223.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

- \* High school students and individuals from the general community can attend.
- \* The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.
- \* The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.
- \* The camp must comply with all CIF rules, including those pertaining to undue influence and dead period.
- \* Non-school sponsored camps should provide required liability insurance for the use of any school facilities.



1223.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the first Friday in June, whichever is first, and the last Monday in August. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle Baseball, etc., would be allowed to continue, until completion, during the dead period.

#### Sunday Practice Restrictions (Bylaws 310 and 504)

Coaches and players must adhere to the CIF Rule 310 which prohibits organized team practice on Sunday. Exceptions are granted only to religious schools who file the Declaration of Alternate Day of Respite form, which can be found at [www.cifss.org](http://www.cifss.org).

No practice or instruction from the school coach of any type (team or individual) may be conducted on Sunday. If a coach is transporting players on Sunday to a tournament on Monday, the coach must notify the Southern Section office and advise the Commissioner of his plans.

#### What constitutes organized practice?

Organized practice shall be interpreted as meaning the association of a coach with team members for the purpose of learning or practicing the skills of cheer. It is important to realize that a coach should also conform to the spirit as well as the letter of the rule. For example, a cheer coach who is sitting in the stands while his or her team is using the practice facilities would be in violation of this rule.

NEW 2021-22: 504.M - Exception #2: Traditional Competitive Cheer teams competing in the annual National High School Competitive Cheer (NHSCC) event. This exception may be used one-time per school year for the above event only. Schools seeking an exception for the NHSCC event should contact their local CIF Section office.

\*Schools requesting an exception must provide documentation, if requested, of Adherence to the rule of no interscholastic participation (practice and/or contest) within seven (7) consecutive 24-hour days.

(April 2021 Federated Council)

## PLAYOFF INFORMATION

### **2021-22 COMPETITIVE SPORT CHEER PARTICIPATING SCHOOLS (As of 9/1/2021)**

Agoura	Granite Hills/Apple Valley	Royal
Alemany	Hemet	Saddleback
Aquinas	Heritage	San Clemente
Arlington	Hillcrest	San Dimas
Banning	Indio	San Marino
Beaumont	King, Martin Luther	Santa Ana
Bellflower	La Habra	Santa Barbara
Blair	Lakeside/Lake Elsinore	Santa Fe
Brea Olinda	Liberty/Winchester	Santa Rosa Academy
Buena Park	Louisville	Santiago/Corona
Calabasas	Marshall	Savanna
Camarillo	Mayfair	Schurr
Centennial/Compton	Monrovia	Seegerstrom
Centennial/Corona	Moorpark	Serrano
Cerritos	Mountain View	Shadow Hills
Chaparral	Murrieta Valley	Sierra Vista
Costa Mesa	Newbury Park	Temecula Valley
Covina	Nogales	Temescal Canyon
Crean Lutheran	Norco	Thousand Oaks
Desert Mirage	North, J.W.	Trabuco Hills
Dominguez	Northview	Upland
Dos Pueblos	Nuview Bridge	Valencia/Placentia
Edgewood	Oak Park	Valencia/Valencia
Edison	Oaks Christian	Villa Park
El Modena	Orange Vista	Village Christian
El Monte	Paloma Valley	Vista Del Lago/Moreno
Elsinore	Peninsula	Valley
Gladstone	Poly/Riverside	Vista Murrieta
Glendale	Pomona Catholic	Walnut
Godinez	Rancho Verde	West Covina
Golden Valley/Santa	Redlands	Westlake
Clarita	Roosevelt, Eleanor	Wilson/Long Beach
Grand Terrace	Rosemead	Xavier Prep

# 2021-22 TRADITIONAL COMPETITIVE CHEER PARTICIPATING SCHOOLS (As of 9/1/2021)

Alhambra/Alhambra	Culver City	Jurupa Hills	Notre Dame/SO	Serrano
Aliso Niguel	Cypress	Kaiser	Nuview Bridge	Shadow Hills
Animo Leadership	Desert Mirage	Katella	Orange	Sierra Canyon
Apple Valley	Diamond Bar	Kennedy/La Palma	Orange Vista	Sierra Vista
Aquinas	Dominguez	King, Martin Luther	Pacifica/Garden Grove	Silverado
Arlington	Downey	La Mirada	Palm Desert	Sonora
Artesia	Edgewood	La Puente	Palm Springs	South El Monte
Ayala, Ruben	Edison	La Quinta/Westminster	Paloma Valley	South Torrance
Azusa	El Dorado	La Salle	Patriot	St. Anthony
Beaumont	El Modena	La Serna	Peninsula	St. Joseph/Lakewood
Beckman, Arnold	El Monte	Lakeside/Lake Elsinore	Pioneer	Sultana
Bell Gardens	El Rancho	Lawndale	Poly/Long Beach	Summit
Bishop Amat	Elsinore	Littlerock	Poly/Riverside	Tahquitz
Blair	Entrepreneur	Los Alamitos	Portola	Temescal Canyon
Bolsa Grande	Esperanza	Los Altos	Rancho Christian	Tesoro
Brea Olinda	Estancia	Lutheran/Orange	Redlands	Torrance
Burbank	Fontana	Lynwood	Redlands East Valley	Troy
Cajon	Foothill/Santa Ana	Marina	Rialto	Tustin
California	Fountain Valley	Mark Keppel	Roosevelt, Eleanor	University
Calvary Chapel/D	Fullerton	Marshall	Rosary Academy	Upland
Cantwell-Sac Heart	Gabrielino	Mary Star of the Sea	Rosemead	Valencia/Placentia
Canyon/Anaheim	Garden Grove	Mater Dei	Saddleback	Valley View
Carter	Glendora	Mayfair	San Bernardino	Victor Valley
Centennial/Corona	Glenn	Milken Community	San Clemente	Villa Park
Century	Godinez	Miller, A.B.	San Dimas	Village Christian
Cerritos	Grand Terrace	Millikan	San Geronio	Vista Del Lago
Charter Oak	Granite Hills	Montebello	San Jacinto	Warren
Chino	Hart	Muir	San Jacinto Vly Acad	West Covina
Chino Hills	Hawthorne	Murrieta Mesa	San Juan Hills	West Ranch
Citrus Valley	Heritage	Murrieta Valley	Santa Ana Valley	West Valley
Claremont	Heritage Christian	Newport Harbor	Santa Barbara	Whittier
Colton	Hoover/Glendale	Norco	Santa Fe	Wilson/HH
Compton	Huntington Beach	Nordhoff	Santa Margarita	Wilson/Long Beach
Corona	Indian Springs	North Torrance	Santa Rosa Academy	Woodbridge
Costa Mesa	Inglewood	Northview	Schurr	Yucaipa
Covina	Irvine	Norwalk	Segerstrom	

# Traditional Competitive Cheer

## Divisions/Score Sheets

The following will be the divisions and score sheets used for the inaugural Traditional Competitive Cheer Championships being held on January 8, 2022 at Martin Luther King High School in Riverside. The playoff bulletin with more details and entry information will be posted on the CIF Southern Section website in February, 2022.



### 2021 - 2022 CIF Southern Section Competition Divisions

#### DIVISIONS

Division 1A	• 9th grade - 12th grade	• Female	• 5 - 16 Members	
Division 1AA	• 9th grade - 12th grade	• Female	• 17 - 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 - 16 Members	
Division 2AA	• 9th grade - 12th grade	• Female	• 17 - 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 - 16 Members	
Division 3AA	• 9th grade - 12th grade	• Female	• 17 - 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 - 16 Members	
Division 4AA	• 9th grade - 12th grade	• Female	• 17 - 36 Members	
Division 4 COED	• 9th grade - 12th grade	• Female/1+ Males	• 5 - 36 Members	<i>Note: 1 or more males allowed.</i>

**Note:** The age of the competitor as of August 31, 2021 will be the age used for the competition purposes throughout the 2021-2022 season for all Divisions.



# CIF SOUTHERN SECTION SCHOOL DIVISIONS



## 2021 - 2022 RULES AND RESTRICTIONS

### DIVISION 1 SKILLS RESTRICTIONS

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

### DIVISION 2 SKILLS RESTRICTIONS

*Division 2 teams will follow AACCAs 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(s). Other skills with hand support 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, basic 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.

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

### DIVISION 3 SKILLS RESTRICTIONS

*Division 3 teams will follow AACCAs 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. Inversion 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, basic straight cradles and  $\frac{1}{4}$  turns are allowed.

**TOSES:** The only body position allowed is a straight ride.

### DIVISION 4 NON-TUMBLING SKILLS RESTRICTIONS

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

RULES AND RESTRICTIONS TO TAKE EFFECT FOR THE 2021-2022 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 &amp; Flow</i>		5	
<i>Ability &amp; Energy to Lead the Crowd</i>		5	
<i>Proper Use of Signs, Poms or Megaphones &amp; 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 &amp; Spacing</i>		10	
Overall Impression - (5 Points)		Points	Score
<i>Transitions, Formations, Crowd Effectiveness &amp; 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 &amp; Spacing</i>		<b>15</b>	
<i>Difficulty - Level of Skills, Number of Bases Used, Transitions &amp; Variety</i>		<b>10</b>	
Pyramids - (15 Points)		Points	Score
<i>Perfection of Skill - Proper Technique, Synchronization &amp; Spacing</i>		<b>10</b>	
<i>Difficulty - Level of Skills, Number of Bases Used</i>		<b>5</b>	
Building Overall Impression - (5 Points)		Points	Score
<i>Transitions &amp; Creativity, Number of Stunts Performed</i>		<b>5</b>	
<b>Total</b>	<b>Possible</b>	<b>45</b>	

# 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 &amp; 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 &amp; Visual Appeal</i>	2	
Overall Impression - (5 Points)	Points	Score
<i>Routine Creativity, Flow &amp; Use of Formations / Transitions</i>	5	
<b>Total</b>	<b>Possible</b>	<b>20</b>

# 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 &amp; Flow</i>		5	
<i>Ability &amp; Energy to Lead the Crowd</i>		5	
<i>Proper Use of Signs, Poms or Megaphones &amp; 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 &amp; Spacing</i>		10	
Overall Impression - (5 Points)		Points	Score
<i>Transitions, Formations, Crowd Effectiveness &amp; 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 &amp; Spacing</i>		15	
<i>Difficulty - Level of Skills, Number of Bases Used, Transitions &amp; Variety</i>		10	
Pyramids - (15 Points)		Points	Score
<i>Perfection of Skill - Proper Technique, Synchronization &amp; Spacing</i>		10	
<i>Difficulty - Level of Skills, Number of Bases Used</i>		5	
Building Overall Impression - (5 Points)		Points	Score
<i>Transitions &amp; Creativity, Number of Stunts Performed</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 &amp; 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 &amp; Visual Appeal</i>		5	
Overall - (5 Points)		Points	Score
<i>Routine Creativity, Flow &amp; Use of Formations / Transitions</i>		5	
Total	Possible	20	

# CIF SOUTHERN SECTION COED CHEER JUDGING SHEET



Team Name \_\_\_\_\_

Division \_\_\_\_\_

Judge No. \_\_\_\_\_

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

# CIF SOUTHERN SECTION COED BUILDING JUDGING SHEET



Team Name \_\_\_\_\_

Division \_\_\_\_\_

Judge No. \_\_\_\_\_

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

# CIF SOUTHERN SECTION COED OVERALL JUDGING SHEET



Team Name \_\_\_\_\_

Division \_\_\_\_\_

Judge No. \_\_\_\_\_

Standing/Running Group Tumbling - (10 Points)	Points	Score
<i>Execution - Proper Technique, Form &amp; Synchronization</i>	5	
<i>Difficulty - Difficulty of Skills Performed in Groups</i>	5	
Jump(s) / Dance - (5 Points)	Points	Score
<i>*Motions / Dance - Technique, Sharpness, Placement, Timing, Spacing, Use of Levels, Overall Choreography &amp; Visual Appeal</i>	5	
<i>*Jump(s) - Proper Technique, Form, Height &amp; Synchronization</i>		
<i>*Note: Both are not required. You will be evaluated on what is performed</i>		
Overall - (5 Points)	Points	Score
<i>Routine Creativity, Flow &amp; Use of Formations / Transitions</i>	5	
<b>Total</b>	<b>Possible</b>	<b>20</b>



## 2021-2022 Point Deductions

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





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# SPORTSMANSHIP

## THE INFLUENCE OF THE COACH

The coach is in a better position to have a positive influence on the youth of a community than any other member of the faculty. He/She has an obligation to develop a personality and character which are above reproach. The example set by the coach is of extreme importance. The character-building potential of athletics is closely related to the character of the coach.

Athletics furnish a setting for the demonstration of attitudes of players which are a direct reflection of the coach. It takes self-discipline on the part of the coach to always let reason, rather than emotions, guide conduct. To build the correct pattern for your athletes, give the following points your attention:

1. Watch your language. Obscenity and profanity have no place on the bench, in the dressing room, or, in fact, in your vocabulary. Additionally, racial or ethnic comments will never be condoned.
2. You can explain defeat, but do not alibi for it.
3. Do not gloat in victory; this is even more offensive than the alibi.
4. Do not challenge the decision of officials.
5. Do not lose your temper, because with it will go your poise.
6. Organize your work well in advance, make a work schedule and carry it out effectively.
7. Do not try to take unfair advantage of the rules.
8. Give opportunities to your players for leadership.
9. The coach's job is to develop the individual players and the team into a unit which can give a performance approaching their maximum ability as individuals and as a team. This must be done within the best meaning of the word **SPORTSMANSHIP**.
10. **SPORTSMANSHIP - PRIORITY # 1**

GOOD SPORTSMANSHIP, ETHICS AND INTEGRITY!!!

"YOU MAKE THE DIFFERENCE!!!"

Again this year, special emphasis is to be placed upon our Code of Ethics. It is requested that school administration, coaches and athletes make a special effort to review our Code this year in an effort to re-dedicate ourselves to our founding principles.

\* \* \* \* \*

# CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

- 1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- 2. To eliminate all possibilities which tend to destroy the best values of the game.
- 3. To stress the values derived from playing the game fairly.
- 4. To show cordial courtesy to visiting teams and officials.
- 5. To establish a happy relationship between visitors and hosts.
- 6. To respect the integrity and judgment of sports officials.
- 7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- 8. To encourage leadership, use of initiative and good judgment by the players on a team.
- 9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- 10. To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, fan, community, state or nation.

**GOOD SPORTSMANSHIP,  
ETHICS, AND INTEGRITY!!!**

## HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the 2021-2022 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to [www.cifss.org](http://www.cifss.org) and click on the "Sports Medicine" tab on the blue toolbar.

Additional resources can be found at [www.cifstate.org](http://www.cifstate.org) under the "Sports Medicine" tab on the white toolbar

### **PHYSICAL EXAMINATION**

An annual physical examination, or a statement by a medical practitioner, is required for a student to take part in any authorized school practice session and/or pre-season conditioning period. This physical examination will be valid for a period of one year from the date of the examination. A student will be excused from this physical examination only if there is compliance with the Education Code (parent's refusal to consent). CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American orthopedic Sports Medicine and the American osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

### **CONCUSSION PROTOCOL**

A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at the time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return to play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

Question: What is meant by "licensed health care provider?"

Answer: the "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

## **STEROID PROHIBITION**

All schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

## **SUDDEN CARDIAC ARREST PROTOCOL**

A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted while participating in or immediately following an athletic activity, must be removed immediately from participating in a practice or game for the remainder of the day. A student-athlete who has been removed from play after displaying signs and symptoms associated with sudden cardiac arrest may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider. On a yearly basis, a Sudden Cardiac Arrest information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition.

Question: What is meant by "licensed health care provider?"

Answer: the "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).