

**ARTICLE 180  
COMPETITIVE CHEER**

---

**1800. COMPETITIVE CHEER DEFINITIONS**

---

- A. Traditional Competitive Cheer (TCC)**  
For all CIF Bylaws, Traditional Competitive Cheer (TCC) will be defined as any competition using or following the traditional competitive format. TCC coaches must meet education requirements and safety of Article 22.B.9 and Bylaw 1802. (Ca. Education Code 35179-35179.7, 49032 and 45125.01-45125.1)
- B. Competitive Sport Cheer (CSC) (STUNT)**  
For all CIF Bylaws, Competitive Sport Cheer (CSC) (STUNT) will be defined as any cheer competition that consist of four quarters of play with a halftime in between the second and third quarters. CSC coaches must meet education and safety requirements of Article 22.B.9 and Bylaw 1802. (Ca. Education Code 35179-35179.7, 49032 and 45125.01-45125.1)
- C. Competition Cheer (see A. and B. above) shall not be counted towards a school Title IX compliance unless the U.S. Department of Education Office for Civil Rights deems Competition Cheer compliant with its definition of a sport.**

---

**1801. OFFICIAL RULES BOOKS**

---

As per Bylaw 1201 A., the National Federation of High Schools (NFHS) Spirit Rules Book shall be the official rule book.

---

**1802. SAFETY CERTIFICATION OF COACHES**

---

Schools must ensure that all TCC and CSC coaches paid and unpaid, will have completed safety education program that emphasizes the following components:

- A. A philosophy of safety awareness.**
- B. Understanding and assessing legal liability in cheerleading.**
- C. Knowledge of cheerleading safety equipment, including apparel and training aids such as spotting belts and mats.**
- D. Spotting techniques for tumbling and partner stunts.**
- E. Skill progressions for tumbling, partner stunts, and pyramids.**
- F. Physical and psychological performer readiness.**
- G. Medical responsibilities, including injury prevention, the development of an emergency plan, and the assessment, treatment, and rehabilitation of injuries. (See also Article 22.B(9))**

(Approved April 2017 Federated Council)

---

**<>1803. TRADITIONAL COMPETITIVE CHEER REGIONAL INVITATIONAL CHAMPIONSHIPS**

---

A Regional Invitational Championship will be held on January 28. Regional Invitational Championship entries will be placed into the appropriate regions.

(Approved January 2020 Federated Council)

---

**<>1804. 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 (STUNT), no interscholastic contest (non-league, tournament or league) may be scheduled prior to February 1.

---

**<>1805. END OF COMPETITION**

---

For Competitive Sport Cheer (STUNT), all competition must end on or before Tuesday, April 30.

**QUESTION:** Will contest(s) played after the completion of league play and/or submission of league entries impact seeding or rankings?

**ANSWER:** No, once the league entries have been submitted a school will be seeded and ranked based on a team's results as of April 30.

---

**1806. OUTSIDE COMPETITION BY AN INDIVIDUAL**

---

*During Individual's Season of Sport* - A member of a high school Traditional Competitive Cheer team may, during his or her season of sport (Fall, Winter and Spring), *compete* for an outside team in the sport of Traditional Competitive Cheer. A member of a high school Competitive Sport Cheer (STUNT) team may not, during his or her season of sport (Spring), *compete* for an outside team in the sport of Competitive Sport Cheer (STUNT). A season of sport is defined as that period which begins with student's first interscholastic competition (non-league, tournament or league game) and ends with that student's last interscholastic contest (non-league, tournament or CIF Southern Section playoff). (See Bylaw 504.)

---

**<>1807. PLAYOFFS**

---

Refer to Article 35 (Playoffs) details regarding playoff information. (Specific information will be contained in playoff information bulletins.).