

**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. STUNT

For all CIF Bylaws, 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. STUNT 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 Traditional Competitive Cheer and STUNT coaches, paid and unpaid, will have completed a 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 STATE CHAMPIONSHIPS

A State Championship will be held in January. School team entries will be placed into the appropriate divisions based on registration forms and participation in their Section Championships, when offered.

(Approved April 2024 Federated Council)

<>1804. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

For Traditional Competitive Cheer, interscholastic contests may be scheduled during the Fall, Winter, and/or Spring seasons of sport starting on or after September 1. For STUNT, no interscholastic contest (non-league, tournament or league) may be scheduled prior to February 15.

<>1805. END OF COMPETITIONS

For STUNT, all competition must end on or before Friday, April 23.

QUESITON: Are contest(s) at any level allowed after the submission of league entries?

ANSWER: No, once the league entries have been submitted no other contest(s) are allowed to be played. See last allowable contest date on the sports calendar.

<>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). The season of sport is defined as that period from the CIF Southern Section championship date(s) and ends with that student's last interscholastic contest. (See Bylaw 504.)

Beginning with the 2026-2027 school year, Traditional Competitive Cheer will be considered a Winter sport and Bylaw 600 will apply during the Winter sport season.

1807. PLAYOFFS

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