GROSSMONT UNION HIGH SCHOOL DISTRICT

C H E E R L E A D I N G

DISTRICT REGULATIONS



April 2025

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GROSSMONT *District Cheer*

CHEER COACHES

2025-26

GROSSMONT HIGH SCHOOL (01) - Foothillers
Jill Clark (Advisor/Coach)

HELIX CHARTER HIGH SCHOOL (02) - Highlanders
Heather Meyers

EL CAJON VALLEY HIGH SCHOOL (03) - Braves
Tyan Green

MOUNT MIGUEL HIGH SCHOOL (04) - Matadors
Jessica Redding (Advisor/Coach)

EL CAPITAN HIGH SCHOOL (05) - Vaqueros
Kendra Lozano (Advisor/Coach)

GRANITE HILLS HIGH SCHOOL (06) - Eagles
Angela Scott (Advisor)
Nic Tomas (Coach)

MONTE VISTA HIGH SCHOOL (07) - Monarchs
Joey Fontenot (Advisor & Coach)

SANTANA HIGH SCHOOL (08) - Sultans
Trisha Bertussi (Advisor/Coach)

VALHALLA HIGH SCHOOL (09) - Norsemen
Steve Bulette (Advisor)
Bailey Tetrault(Coach)

WEST HILLS HIGH SCHOOL (10) – Wolf Pack
Stacy Heffelfinger (Advisor)

STEELE CANYON HIGH SCHOOL (11) - Cougars
Lindy Tyler (Advisor/Coach)

TABLE OF CONTENTS

		PAGE
I.	Purpose	5
II.	Philosophy	5
III.	Letter to Cheerleading Advisors and Cheerleaders	6
IV.	Action Steps for Cheerleaders	7
V.	Safety	8
VI.	CIF Cheer (Beginning 2017-18)	9
VII.	Competitions	10
VIII.	Cheer Squad Advisor Job Description	11-12
IX.	Recommended Cheer Coach/Advisor Hours and Responsibilities	13
X.	Cheer Uniforms	13
XI.	Cheer Coach Responsibilities	14
XII.	Cheer Coach Stipend Range	14
XIII.	Cheer Coach Stipend Regulations	15-16
XIV.	Cheer Coach Training/Requirements	17
XV.	Recommended Number of Days/Hours for Cheer Coaches	17
XVI.	Freshman Cheer Regulations	18
XVII.	Recommended Cheer Season/No-contact Period	19
XVIII.	Physical Practices/Workouts/Eligibility Requirements	20
XIX.	Tryouts	20
XX.	Cheer Advisor Meetings	20
XXI.	Safety Reminders	21
XXII.	Rules, Penalties for Violations, and Appeals Procedures For Cheerleading: 2021-2022 and Beyond	22-23
XXIII.	Other Eligibility Considerations/Requirements	24

TABLE OF CONTENTS (continued)

APPENDIX (Forms taken from CIFSDS website) 25

A. Ethics in Sports (Coach) 26-28

B. Ethics in Sports (Athlete-Parent/Guardian/Caregiver) 29-31

PURPOSE

TO ENCOURAGE SCHOOL SPIRIT

TO PROMOTE GOOD SCHOOL MORALE

TO PROMOTE CROWD SPORTSMANSHIP

TO SUPPORT INTERSCHOLASTIC ATHLETICS

TO DEMONSTRATE HIGH STANDARDS OF LEADERSHIP

PHILOSOPHY

The Governing Board and the District Superintendent are committed to academic excellence and encourage participation in extended curricular activities. The primary focus of cheerleading must be to support and promote school spirit. Schools desiring to expand the focus of cheerleading to include competition may do so, as long as the District's participatory standards and primary focus are followed.

Letter to Cheerleading

Advisors and Cheerleaders

The role of cheerleaders for our athletic teams is an important one. The support you provide helps shape the atmosphere of our contests.

As a student-leader the benefits of athletic involvement are the same for you as for those participating in the game. Integrity, fairness, respect, and the principles of good sportsmanship are lifetime values. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results. Remember it is a game and should therefore be a fun experience for contestants and fans alike.

A cheerleader should be a true leader within the school and the community. A cheerleader knows that athletic competition builds character and shapes lifetime attitudes.

Goals for cheerleaders should include:

- Realizing that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
- Leading our spectators in positive cheers that encourage our athletes; and actively discouraging any cheers that would redirect that focus—including those that taunt and intimidate opponents, their fans and officials;
- Learning, understanding and respecting the rules of the game, the officials who administer them and their decisions;
- Respecting cheerleaders and athletes from opposing schools as fellow students; and acknowledging them for striving to do their best;
- Developing a sense of dignity under all circumstances; and
- Educating other students and fans about the rules of the game, and the value of sportsmanship.

Cheerleaders are spokespersons for our schools. Cheerleaders' actions are viewed by family and friends, opposing fans, the local community, and the media. Your display of good sportsmanship will show the most positive things about you and our school.

I look forward to watching you in the year ahead and appreciate your continued support and contributions to the athletic programs in our schools.

Sincerely,

Donnie Carroll

Donnie Carroll
Director, Extended Curricular Programs
President, Grossmont Athletic Conference

Action Steps for Cheerleaders

Since the cheerleaders are the chosen representatives of the student body, they have an unusual opportunity and a significant responsibility for promoting sportsmanship.

Cheerleaders should be chosen who are respected by fellow students. The most aggressive and vocal individual does not necessarily make the best cheerleader.

By setting a good example, the cheerleaders can influence and help control the reactions of student spectators.

- Establish standards of desirable behavior for the "rooting sections."
- Select positive cheers, which praise their own team without antagonizing their opponents.
- Use discretion in selecting when to cheer. Give the opposing team's cheerleaders equal opportunity to execute their cheers.
- Give encouragement to injured athletes and recognition of outstanding performances for either team.
- Serve as hosts to the visiting cheerleaders. Meet them upon arrival.
- Hold a series of well-planned spirit meetings in which students are reminded that the reputation of the school depends largely upon the behavior of its students at athletic contests. It should be emphasized that no derogatory remarks or booing should be made at any time.
- For desired spectator response, cheers should be executed with precision and ease.
- Develop a large repertoire of desirable and timely cheers, which may be called upon at appropriate moments.
- Always maintain enthusiasm and composure, especially in trying circumstances, remembering your responsibilities for leadership.

SAFETY

Safety as an idea assumes that, if all precautions are taken, there will be no accidents.

Risk assumes that, no matter what we do, accidents will occur and we should be prepared for them when they do happen and ensure that our safety standards are reasonable.

Schools electing to participate in competitions (optional activity) must comply with the following guidelines:

- Employ a qualified coach. (See requirements for coach.)
- Ensure that proper practice facilities are utilized.
  (See *2025-26 Spirit Rules Book*.)
- Ensure that proper adult supervision is provided for school-sponsored trips (ref. AR6153).
- Ensure the coach, and/or qualified advisor, is present at all practices and events involving stunts (i.e., gymnastics, pyramids, back handsprings). Mats are required for stunting. No gymnastics on wet grass.
- Ensure the coach is familiar with the *2025-26 Spirit Rules Book*, published by The National Federation of State High School Associations (each Cheer Coach is provided with a copy.)
- Ensure that each cheerleader/parent has signed a parent permission form and informed consent form (see samples).
- Ensure that the coach/advisor has current CPR/1st Aid/AED certification.
- Ensure that coach/advisor has completed the NFHS Concussion, Sudden Cardiac Arrest, and Heat Illness training.
- Ensure transportation permits are signed by parents or custodians.

Practice involving cheers and chants only (no stunts) can occur on grass or in a quad-type area. Mats are required for all stunting. Supervision (advisor/coach) is required.

Practice and/or events involving gymnastics (not jumps) and / or stacking stunts must be conducted according to the *2025-26 Spirit Rules Book*. **A coach or qualified advisor must be present.**

CIF Cheer (Beginning 2017-18)

The State CIF has identified three types of Cheer squads.

1) **Sideline Cheer.** This is an ASB club activity which supports other sports and is not subject to CIF "Sport" rules. CIF rules governing conduct at a sanctioned sport activity still apply.
2) **Traditional Competitive Cheer.** See Article 180. Currently not subject to Bylaw 600.
3) **Competitive Sport Cheer**. See Article 180. Currently a Spring Sport.

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 consists 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 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)

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

COMPETITIONS

DISTRICT SHOWCASE

Each year schools may participate in the District Cheer Showcase. Schools desiring to participate are expected to actively participate in the planning process throughout the school year and be attending the assigned meetings (mandatory).

Proceeds raised by the showcase will be apportioned among participating schools who donated "organizational time" (advisor/coach) prior to and during the event.

Revenues received by host school are to be used to offset outstanding expenditure prior to the distribution of proceeds.

OUTSIDE COMPETITION

Schools electing to attend competitions greater than 325 miles must comply with the requirements in the District's policy/regulation relating to long-distance student travel (ref. AR6153).

PLAYOFF COMPETITION (Optional)

Coaches may submit documented travel expenses and entry fees for reimbursement if such an agreement is made with the cheer advisor prior to the event.

CHEER SQUAD COACH/ADVISOR JOB DESCRIPTION

1. Develops, supervises, and monitors the selection and/or tryouts of varsity, JV, and freshman cheer and the school mascot, if applicable, in accordance with the site cheer constitution.

2. Audits the eligibility of members of the cheer squads and verifies participation for credits in coordination with the principal or his/her designee in charge of cheer.

3. Discusses uniform options with the team, understanding that any required uniform or dress cannot be mandated for purchase under California state law.

4. Develops and administers the cheer budget (ASB and fundraisers, where appropriate).

5. Maintains and updates the cheer constitution and petitions for trying out in coordination with the ASB Advisor.

6. Keeps parents updated by convening meetings and sending letters regarding the cheer program, expectations, finances, practices, transportation, and cheer camp.

7. Assigns students to activities so as to maintain a balance of representation of the students at activities.

8. Coordinates cheer activities with the ASB Advisor and student officers related to spirit in developing a school-wide spirit program.

9. Responsible for coordinating the supervision of the cheer squad at games, practices, and competitions, e.g., by assigning self or certified volunteer or by verifying that the site administrator (home school) has assigned a certificated person to this activity to include supervision of the cheer squad.

10. Coordinates the cheer camp selection process in terms of the needs of the squad, assists with the reservation process, transportation, and adult supervision.

11. Arranges for a suitable facility or area for all practices.

12. Conducts meetings with the squad.

13. Requires that each cheerleader has a current medical release form on file (physical examination and consent to treatment included) prior to tryouts, verification of family medical policy or accident insurance on file, and release for student provided a transportation form has been signed by parent.

Cheer Squad Coach/Advisor Job Description (Continued)

14. Sets standards of behavior and deals with discipline/consequences.

15. Meets or exceeds CPR/First Aid certification, including Concussion, Sudden Cardiac Arrest, and Heat Illness training. (Contact the GUHSD Extended Curricular Programs office.)

16. Selects qualified coaches for squads.

17. Performs other job-related duties as assigned by the principal or his/her designee.

18. All advisors (and varsity coaches) shall attend a training on the concepts of Pursuing Victory With Honor and the Six Pillars of Character. (Contact your school site administration.)

RECOMMENDED HOURS AND RESPONSIBILITIES

PRE-SEASON TRYOUTS
Spring of Prior Year
Conditioning & Practice for Cheer Camp

SUMMER SEASON

July (Mid-Late)	Practice for cheer camp	Attend ONE practice
August	Summer practice	Attend TWO practices
July/August		Attend camp (Optional)

HOURS: 48 hours

FALL SEASON — **FOOTBALL/WATER POLO/GIRLS VOLLEYBALL**
13 Weeks
2 hours/week to include: meetings/practice
2 hours/week to include: miscellaneous, discipline, phone, dealings with parents
HOURS: 52 hours

WINTER SEASON — **BOYS & GIRLS BASKETBALL/WRESTLING**
10 Weeks
2 hours/week to include: meetings/practice
2 hours/week to include: miscellaneous, discipline, phone, dealings with parents
HOURS: 40 hours

GAMES, EVENTS, AND SUPERVISION
Must be attended by cheer coach/advisor or designee (home administrator in charge of event, teacher assigned duty, or coach). This means that the advisor will not be expected to attend all activities, since this is not physically possible. There are designated individuals assigned to monitor/supervise games.

NOTE: If stunts are going to be involved, the coach/advisor must be in attendance.

HOURS: Will Vary

TRYOUTS
Cheer Coaches are responsible for the coordination of the selection process.

HOURS: 15 hours

UNIFORMS
Coordinates the selection of vendor and supervises the design of the uniforms.

HOURS: 20 hours

TOTAL HOURS ALLOCATED FOR CHEER COACH/ADVISOR: 175 hours (not including attendance at games or events).

CHEER COACH RESPONSIBILITIES

The cheer coach will be responsible for the following:

1. To conduct practices under the district's facility usage guidelines (see the Manager of School Facilities at your site).

2. To work within the *2025-26 Spirit Rules Book*, as adopted by the Grossmont Union High School District. Also reference the USA Cheer guidelines. Hard copies will be distributed at the first Cheer meeting.

3. To be present at ***ALL*** scheduled practices and events involving gymnastics and stunts.

4. To coordinate all practices and events.

5. To coordinate behavior expectations/consequences.

6. To assess the skills of each individual cheerleader to ensure that no student is allowed to perform beyond his/her physical skills or capabilities.

CHEER COACHES STIPEND RANGE

The following table is an effort to have all persons understand the **MAXIMUM** coaches may receive per season (based on years of experience) from any and all sources. The percentages can be converted to dollar amounts by multiplying the percentage times the value of Class 3, Step 1 of the Certificated salary schedule. **(Note: Currently Class 3, Step 1 = $67,159.00.)**

	1 - 3 Years	4 - 6 Years	7-9 Years	10+ Years
Head Varsity Coach(no assistant)	($4,701)	8% ($5,373)	10% ($6,716)	11% ($7,387)
JV Coach(no assistant)	5% ($3,358)	6% ($4,030)	8% ($5,373)	9% ($6,044)
Frosh Coach (10 weeks instead of 12)	5% ($2,797)	6% ($3,357)	8% ($4,475)	9% ($5,035)

CHEER COACHES STIPEND REGULATIONS

Effective July 1, 2023, the Cheer Advisor was removed in lieu of a Cheer Coaching stipend on the Extended Curricular Assignment payscale. Personnel Requisitions must be completed and approved at each site, via the Business Plus program, and are automatically routed to the GUHSD Human Resources office. No district funds are available to pay coaches' stipends. The Cheerleading Coaching stipend is tied to the Traditional Competition Cheerleading team.

Items Negotiable at Each Site:

1. The length of time the cheer coach employed expires at the end of each season.

2. Each site will determine how optional money is to be spent, if such money is available through the trust account.

3. All coaching assignments may be terminated by either party at the end of the assignment.

Cheer Coaches Stipend Regulations (Continued)

Agreement

I have read the regulations governing the cheer coach stipend. I understand that:

I, _____, will receive an amount not to exceed
(Cheer Coach)

$_____ as compensation for coaching the _____ squad at
(Varsity, JV, Frosh)

_____ and will be employed from _____ to _____.
(High School)

The stipend amount received is dependent upon availability of funds raised.

I understand that if I were to receive monies in excess of those mandated under these regulations, the cheer squad I coach will be disqualified from the next District Cheer Showcase and I will be removed from this coaching position. (Not to exceed the current compensation for negotiated coaching stipends, with placement at appropriate level. See page 14.)

I HAVE READ AND UNDERSTAND THE GROSSMONT UNION HIGH SCHOOL DISTRICT CHEERLEADING DISTRICT REGULATIONS PROVIDED TO ME BY THE PRESIDENT OF THE GROSSMONT ATHLETIC CONFERENCE.

_____	_____
Cheer Coach	Principal or Designee
_____	_____
School	School
_____	_____
Date	Date

THE CHEER ADVISOR IS RESPONSIBLE FOR SUBMITTING A COPY OF THIS COMPLETED DOCUMENT TO THE EXTENDED CURRICULAR PROGRAMS OFFICE WHERE IT WILL REMAIN ON FILE.

CHEER COACH TRAINING/REQUIREMENTS

1. Possess current CPR and First Aid certification. (Contact the GUHSD Extended Curricular Programs office.)

2. Complete Concussion, Sudden Cardiac Arrest, AND Heat Illness training course (ref. State CIF website for link to free NFHS online courses).

3. Successful completion of cheer training or coach training, such as USA Cheer/NCA/UCA/USA/COA. Coaches do not have to be certified instructors in any one of the aforementioned organizations.

4. Must be fingerprinted and meet all GUHSD clearance requirements prior to contact with students. (Contact the GUHSD Human Resources office.)

5. Must have a current TB test on file with the GUHSD Human Resources office; these must be renewed every four years. (Contact the GUHSD Human Resources office.)

6. Once all coaching requirements have been satisfactorily met, coaches will be issued picture identification cards. **Identification cards must be worn at all times**, while on campuses and/or working with students.

7. All varsity coaches shall attend a training on the concepts of Pursuing Victory with Honor and the Six Pillars of Character. (Contact your school site cheer administrator.)

NOTE: **SQUADS DESIRING TO PARTICIPATE IN COMPETITIONS MUST EMPLOY A COACH OR QUALIFIED ADVISOR WHO MEETS THE MINIMUM STANDARDS AS DESCRIBED IN THE ABOVE REQUIREMENTS.**

RECOMMENDED NUMBER OF DAYS/HOURS FOR CHEER COACHES

SUMMER

Days: 30 days of practice - physical practices not to exceed 3 days/week for 2.5 hours maximum.

FALL

Days: 13 weeks - physical practices not to exceed 3 days/week for 2.5 hours maximum.

WINTER

Days: 13 weeks - physical practices not to exceed 3 days/week for 2.5 hours maximum.

NOTE: **NO PRACTICES/MEETINGS OR PERFORMANCES MAY BE CONDUCTED ON SUNDAYS PURSUANT TO GOVERNING BOARD POLICY.**

FRESHMEN CHEER REGULATIONS

Incoming freshman cheer tryouts may be conducted after the Open Enrollment/Choice period ends. Before trying out each student must have proof of adequate medical insurance (a completed Extracurricular Participation form) and an approved Physical Examination on file with the school. Once these requirements are met the student may try out.

No freshman may try out, practice or participate in cheer without meeting the following requirements for "enrollment".

Enrollment means that a student is accompanied by a parent/guardian; has verification of residence; and completes enrollment information sufficient to be assigned a student identification number. Only after the preceding has occurred can athletic clearance procedures be completed.

1. Freshmen squads are optional at each comprehensive school site.

2. **Cheerleaders must attend at least a one-day cheer camp in order to compete and do stunts.**

3. No stunting or gymnastics unless supervised by a cheer coach or advisor.

4. Competition is optional.

5. Must have an adult adviser/coach (requires fingerprinting, TB testing, etc.).

6. After every grading period, each participant must meet the eligibility requirements as listed in the *GUHSD Athletic Conference Constitution, By-Laws, Rules and Regulations (A.K.A. "Yellow Book")*.

7. Freshman squads cheer only for freshman football games and may participate in other stipend supported frosh sports, school assemblies and rallies, homecoming and during the school year.

8. Incoming freshman tryouts are for sideline cheerleading only. This tryout does not automatically qualify for Traditional Competitive Cheerleading. Traditional Competitive Cheerleading tryouts will be held after August 1.

RECOMMENDED CHEER SEASON

It is recommended that cheer coaches explore the possibility of limiting the appearance of cheerleaders at specified games/activities. There should be a plan to limit the number of games and hours, per week, that are required for each cheerleader.

It is recognized that the main purpose of cheerleaders is to promote spirit at ***ALL*** fall and winter season sporting events, however, this task places an enormous burden on cheerleaders.

The reduction in cheerleader hours will also result in the hours needed to provide supervision of the cheerleaders.

PROPOSED SEASON		RECOMMENDED PARTICIPATION
Fall Season:	Volleyball	One-half squad at HOME games
	Water Polo	One-half squad at HOME games
	Football	Full squad at HOME games Full squad at AWAY games
Winter Season:	Wrestling	One-half squad at HOME games
	Boys Basketball	Full squad at Friday HOME games One-half squad at mid-week HOME games One-half squad at AWAY games
	Girls Basketball	Full squad at Friday HOME games One-half squad at mid-week HOME games One-half squad at AWAY games

NO-CONTACT PERIOD

Each school site shall declare fourteen consecutive days of no-contact during the summer. The exact dates are to be determined and reported to the Extended Curricular Programs office.

PHYSICAL PRACTICES/WORKOUTS

Summer: Recommended 30 total days for the summer season, excluding Cheer Camp attendance. Physical practices to last for no more than 2.5 hours each.

No Contact Period: Advisors must establish a two week no contact period. It is recommended this period coincide with the San Diego Section CIF no contact period.

During Regular Season: Two weekly physical practices of 2.5 hours each.

Before Competitions: Allow an increase of four additional physical practices of 2.5 hours each the two weeks prior to a competition.

TRYOUTS

At the GUHSD Cheer Advisors meeting(s), time will be devoted to the discussion of cheer tryouts. An attempt should be made to standardize key elements of the tryout process, while maintaining the individual needs of each site.

Incorporate those elements of the different tryout systems that have been successful, causing minimal public complaints, and producing the best quality squads.

Note: Students must be enrolled at the school in order to participate in tryouts.

See page 18 for "Freshmen Cheer Regulations."

The CIF has identified three levels of Cheer with the following tryout restrictions:

Sideline Cheer - Tryouts may be held in Spring for the following school year, for students enrolled at your site for the following school year. This may include current 8th graders.

Traditional/Competitive Cheer – Tryouts may be held coinciding with the first date of Fall practice for Football. Open only to 9th-12th grade students enrolled for the current school year. Tryouts must take place after August 1.

Competitive Sport Cheer – This is a Spring Sport. Earliest date to tryout is found on CIFSDS Master Calendar.

CHEER COACH/ADVISOR MEETINGS

Meetings will be scheduled throughout the school year, commencing in August, and will be posted on the GUHSD Cheer webpage.

SAFETY REMINDERS

1. Understand that the *2025-26 Spirit Rule Book and USA Cheer* guidelines only cover what occurs at a sanctioned athletic event. What students do outside that event must be controlled. Practices are school policy priority and injuries occurring in practice may not be subject to the *2025-26 Spirit Rule Book* as a standard of care. Supervision is mandatory when stunts are being practiced. What will be looked at, however, are the rules. The correct reasoning is, "If we know it's illegal, why practice it?" The bottom line is: Never allow a student to perform or practice anything that is illegal according to the rule book.

2. Be aware of attire. This is an improbable cause of injury but it has more than its share of lawsuits for the number of injuries it causes. In practice make sure that all shirts are tucked in and that no attire can catch a finger. Check belt buckles and objects in pockets such as keys. Athletic shoes with gripping soles are recommended. No jewelry, including post earrings, should be worn at practices, performances, or **any** cheer activity or event.

3. Encourage a warm-up period at the beginning of each practice. Many lawsuits have been won because a proper warm-up was never established or adhered to. Make a proper warm-up a part of the workout routine.

4. Never leave students unsupervised. More cases are won or settled for high amounts because the sponsor left. If you leave, for any reason, get another staff member to be in attendance, or cease all activity until your return. Note: If you are not sure, refer to the *2025-26 Spirit Rule Book*, published by the National Federation of State High School Associations.

5. The following regulations must be followed:
   a. No climbing on goal posts.
   b. All cheers are positive and sportsmanlike, supporting your team.
   c. No tumbling on wet grass.
   d. No stunting on damp mats.

6. Each cheerleader and mascot must have insurance coverage. *"School time"* coverage is **not** satisfactory. Cheerleaders and mascots can also meet this requirement through their own private insurance carrier.

7. When stunting mats MUST be used. Springy, rubberized track surfaces are not designed to take the place of tumbling mats for stunts. If you choose to stunt at football games, your safety mats must be in place. "Shoulder sits" are approved for run-through holding only on grass and non-matted surfaces. **OK for Stunting:** turf fields, on tracks with mats, can practice on grass w/**large** mats that have a textured material on one side to prevent them from sliding.

RULES, PENALTIES FOR VIOLATIONS, AND APPEALS PROCEDURES FOR CHEERLEADING: 2025-2026 AND BEYOND

Should any Grossmont Athletic Conference school allege that a squad, coach, mascot or an individual is in violation of any of the below listed rules, he/she shall submit a written objection to the Grossmont Athletic Conference President, who will investigate the matter and rule upon the alleged violation. The squad, coach, mascot or individual shall remain in good standing until such time as the Conference President makes his/her ruling.

Cheer advisors, coaches, mascots and students participating in cheerleading are expected to abide by the following rules:

CIF-SDS RULES

Article XI: SPECIAL RULINGS FOR ALL SPORTS

SPIRIT SIGNS:

Only positive booster or spirit signs, posters, etc., are to be used at the sites of San Diego Section contests. No references to opponents, either directly or indirectly, shall be made except in a positive manner. School site administration or supervision is responsible for monitoring and enforcing this provision.

SPORTSMANSHIP:

Spectator noise should be positive. Booing and other unsportsmanlike actions such as offensive cheers and chants and provocative and/or inciting acts or negative noise are to be actively discouraged and guarded against. School site administration or supervision is responsible for monitoring and enforcing this provision.

NOISEMAKERS:

No noisemakers (miniature megaphones, cowbells, air horns, blocks, whistles, cannons, drums, thunder sticks, etc.) of any kind will be permitted at the site of any CIF-SDS contest (interscholastic scrimmage, practice, league, tournament or playoff). Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections and shall not be used toward the athletes or the opposing side. Amplification by cheerleaders will be permitted if the speakers are directed toward their own rooters. At gymnasium venues for CIFSDS-hosted events or contests, there shall be no electronic amplification of pep bands or other artificial amplification of sound. Balloons that impair line of sight are prohibited at all CIFSDS-hosted sites.

RULES FOR CHEERLEADING

- The *CIF – San Diego Section Green Book* applies to all cheer activities and/or events. (Reference CIF-SDS website at cifsds.org.)

- Adhere to the GUHSD maximum stipend paid to coaches and/or qualified advisers.

Rules, Penalties for Violations, and Appeals Procedures for Cheerleading: 2025-2026 and Beyond (Continued)

- There shall be no unauthorized stunting, tumbling, or gymnastics that is in violation of the *2025-26 Spirit Rule Book and USA Cheer* guidelines.

- The inclusion of stunting in cheer routines will be on matted surfaces only (as outlined on page 21, #7) except for competitions hosted outside the Grossmont District.

- There will be no practices and/or meetings conducted on Sundays (ref. BP6145).

- Schools may not allow single replacement of ineligible or dropped cheerleaders during the school year (September - June) unless the school allows tryouts for the open position.

- Schools may not move individual cheerleaders up or down (i.e., JV to Varsity, etc.) during the school year OR for any competitions within or outside the District. Under extenuating circumstances this will be handled on a case by case basis by referral to the Grossmont Conference President.

- In order to compete in competitions, squads must require all participating members to attend a Cheer Camp during the preceding summer or prior to the first scheduled competition.

PENALTIES FOR VIOLATIONS AND APPEALS PROCEDURES

Should the President of the Grossmont Athletic Conference determine that a squad, coach, or an individual is in violation of one or more of the above rules, the penalty may include the following:

- Verbal warning.

- Written reprimand.

- Suspension of the squad, coach, advisor, or an individual from one or more practices, events, or competitions.

- Exclusion of squad, coach, advisor, or an individual from the District Cheer Showcase.

- Loss of revenue for the squad from the District Cheer Showcase.

Should the squad, coach, advisor, or an individual wish to appeal the Conference President's decision, a written appeal must be submitted within three (3) school days of the decision to the President of the Grossmont Conference. The President will then convene an Appeals Committee, composed of members from the Cheer Council, to review the action taken by the Conference President. The Appeals Committee will investigate the written appeal and meet to render a decision. Notification regarding the Appeal Committee's decision will be sent within five (5) school days from the date of the meeting.

OTHER ELIGIBILITY CONSIDERATIONS/REQUIREMENTS

See *GUHSD Constitution, By-Laws, Rules and Regulations (A.K.A. Yellow Book),* Section II, The By-Laws, Article V, Eligibility and Residence Requirements. (Cheerleaders and mascots must meet eligibility and residence requirements.)

APPENDIX

CIF-San Diego Section
3470 College Avenue
San Diego, CA 92115
Phone 858-292-8165
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www.cifsds.org

ETHICS IN SPORTS (COACH) – 2025-2026

(Revised 3/09)

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- **Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season**.
- **Coaches are responsible to know and abide by the rules of sport, the CIFSDS, and CIF State rules, regulations, and policies and penalties for violation of these rules**.
- **Coaches agree to accept and abide by determination of the CIFSDS and to demand compliance by parents and athletes under their supervision with any penalties imposed.**
- **It is the coach's responsibility to support the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, and spectators**.
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:

1. Athlete	Ineligibility for participation in CIF-San Diego Section athletics
2. Coach	Restricted from coaching in CIF-San Diego Section contests
3. Officials Association	Not approved to officiate in the CIF-San Diego Section
4. Parent	Prohibition/Removal from attendance at CIF or CIFSDS event

- **Failure to abide by the standards of behavior as agreed with result in a referral to school-site administration for discipline.**

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
B. Be courteous at all times with school officials, opponents, game officials, and spectators.
C. Exercise self-control.
D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
E. Show respect for self, players, officials, coaches, and spectators.
F. Refrain from the use of foul and/or abusive language at all times.
G. Respect the integrity and judgment of game officials.
H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
I. **Win with character; lose with dignity**.

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

Signature – Coach Printed Name Date

PURSUING VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS RESPECT RESPONSIBILITY FAIRNESS CARING GOOD CITIZENSHIP

SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressure to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid and CPR. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.)

	ACT	MINIMUM PENALTIES*
1.	Behavior resulting in ejection of athlete or coach from contest	EJECTION POLICY: Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. **Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension. (*Approved June 3, 2008, Board of Managers).*** Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted. Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (*Approved June 7, 2005, Board of Managers*).
2.	Illegal participation in next contest by athlete ejected from previous contest.	Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner. A coach, who permits participation by a player ejected from a previous contest, knowingly violates a CIF or San Diego Section rule, and penalty may include a sanction to the school, coach, or suspension of membership.
3.	Second ejection of athlete or coach from any contest during one season.	Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.
4.	When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.	Ejection from the contest for those designated by the official, ineligibility for the next contest, probation for remainder of season. Those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner. A similar infraction of this act by the same athlete(s) during the same season will result in termination of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.
5.	When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.	Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner. If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.
6.	Other acts committed by individuals or teams or acts committed at end of season.	Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.
7.	Use of an ineligible player in a contest.	If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum permitted in accordance with the CIFSDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDS playoffs. If an ineligible individual is permitted to participate in an individual sport, that individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.

CIF-San Diego Section
3470 College Avenue
San Diego, CA 92115
Phone 858-292-8165
Fax 858-292-1375
www.cifsds.org

ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2025-26

(Revised 3/09)

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season.
- It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators. The principal shall demand strict adherence to all the CIF State and CIFSDS rules, regulations, and procedures.
- **Participation in interscholastic athletics and section playoffs is a privilege.**
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:

1. Athlete	Ineligibility for participation in CIF-San Diego Section athletics
2. Coach	Restricted from coaching in CIF-San Diego Section contests
3. Officials Association	Not approved to officiate in the CIF-San Diego Section
5. Parent	Prohibition/Removal from attendance at CIF or CIFSDS event

- **Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.**

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
B. Be courteous at all times with school officials, opponents, game officials, and spectators.
C. Exercise self-control.
D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
E. Show respect for self, players, officials, coaches, and spectators.
F. Refrain from the use of foul and/or abusive language at all times.
G. Respect the integrity and judgment of game officials.
H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
I. **Win with character; lose with dignity.**

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

_____ _____ _____

Signature – Athlete | Printed Name | Date

Signature – Parent/Guardian/Caregiver	Printed Name	Date

PURSUING VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS RESPECT RESPONSIBILITY FAIRNESS CARING GOOD CITIZENSHIP

SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressure to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid and CPR. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.)

	ACT	MINIMUM PENALTIES*
1.	Behavior resulting in ejection of athlete or coach from contest	EJECTION POLICY: Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. **Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension. (*Approved June 3, 2008, Board of Managers).*** Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted. Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (*Approved June 7, 2005, Board of Managers*).
2.	Illegal participation in next contest by athlete ejected from previous contest.	Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner. A coach, who permits participation by a player ejected from a previous contest, knowingly violates a CIF or San Diego Section rule, and penalty may include a sanction to the school, coach, or suspension of membership.
3.	Second ejection of athlete or coach from any contest during one season.	Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.
4.	When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.	Ejection from the contest for those designated by the official, ineligibility for the next contest, probation for remainder of season. Those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner. A similar infraction of this act by the same athlete(s) during the same season will result in termination of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.
5.	When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.	Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner. If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.
6.	Other acts committed by individuals or teams or acts committed at end of season.	Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.
7.	Use of an ineligible player in a contest.	If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum permitted in accordance with the CIFSDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDS playoffs. If an ineligible individual is permitted to participate in an individual sport, that individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.