



2015-16 FOOTBALL PREVIEW





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TO: CIF-SS FOOTBALL COACHES
FROM: GLENN MARTINEZ, ASSISTANT COMMISSIONER
RE: **2015 CIF-SS FOOTBALL SEASON**
DATE: AUGUST 2015

WELCOME TO THE 2015 FOOTBALL SEASON!

We hope the contents of this bulletin will answer many of your questions and be useful throughout the upcoming year. Please share this information with the other members of your coaching staff. Please note there are several rule changes for 2015. Good luck in the upcoming season. If I can be of assistance to you during the year, please do not hesitate to contact me at the CIF-SS office.

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2015 CIF-SS FOOTBALL COACHES ADVISORY COMMITTEE

The CIF-SS is continuing to utilize the concept of advisory committees for virtually all sports. The role of the advisory committee, comprised of coaches in their respective sports and an administrator from the CIF-SS office, may or may not include the following:

- ✓ Meetings
- ✓ Recommendations for playoff sites, procedural changes and rule changes.
- ✓ Assistance to coaches and/or officials organizations
- ✓ Liaison between coaches and the CIF-SS office

We ask that if you have suggestions or questions, make use of this channel of communication and contact one of the committee members. We will be meeting on a regular basis during the current football season and your items will become part of our agenda. For your reference, members of this year's Football Coaches Advisory Committee are:

Tony Barile	Roosevelt HS	(909) 648-6828	Abarile@cnusd.k12.ca.us
Ken Batdorf	Norte Vista HS	(951) 310-6823	Kenneth.batdorf@alvord.k12.ca.us
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Jahmal Wright	Culver City HS	(213) 308-0144	jahmalwright@ccusd.org

2015-16 FOOTBALL ADVISORY COMMITTEE

Central	Chris Brown – Chaffey HS Mike Maggiore – West Covina HS	
Eastern	Ken Batforf – Norte Vista HS Ray Maholchic – Serrano HS	
East Valley	Josh Henderson – Grace Brethren HS Mario Morales – Santa Fe HS	
Inland	Kurt Bruich – Redlands East Valley HS Tony Peralta – Elsinore HS Burt Esposito – Paloma Valley HS	
Mid-Valley	Joel Sanchez – El Monte HS Joseph Scherf – Azusa HS	
Northern	Tom Goossen – Arroyo Grande HS Josh McClurg – Santa Ynez HS Jeff Williams – Palmdale HS	
Northwest	Ken Drain – Rio Hondo Prep HS Dave Griffiths – Big Bear HS	
PAC-5	Tony Barile – Roosevelt HS Jim Benkert – Oaks Christian HS Steve Hagerty – Bishop Amat Matt Logan – Centennial/Corona HS Scott Morrison – Santiago/Corona HS Jason Negro – St. John Bosco HS	
Southeast	Jim Bonds – St. Francis HS Raul Lara – Warren HS Greg Marshall – Gahr HS	
Southern	Mike Enright – Rancho Alamitos HS Ted McMillen – Westminster HS	
Southwest	Mark Cunningham – University HS	
West Valley	Aaron Flowers – San Juan Hills HS Mike Herrington – Hart HS Eric Lo – Huntington Beach HS Tim Salter – Upland HS	
Western	Steve Shevlin – El Segundo HS Jahmal Wright – Culver City HS	
Football Management	Dick Billingsley Dick Bruich Steve Mitchell	Carter Paysinger Rick Sherwood

8 MAN FOOTBALL ADVISORY COMMITTEE

Committee Members	School	Phone Number	E-Mail Address
Al Allen	Maricopa HS		aallen@maricopaschools.org
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Robbie von Pertz	Upland Christian Academy HS	(714) 932-3825	coachrobbievp@gmail.com

2015 CIF SOUTHERN SECTION FOOTBALL CALENDAR DATES

“0” Week (If you have a bye in your schedule)	August 28, 2015
Week One (If you do not have a bye in your schedule)	September 4, 2015
Last Allowable Contest	
8-Man	October 30, 2015
11-Man	November 6, 2015

PLAYOFF DATES

11-MAN	First round	November 13, 2015
	Second round	November 20, 2015
	Semi-finals	November 27, 2015
	Finals	December 4/5, 2015
8-MAN	First round	November 6, 2015
	Second round	November 13, 2015
	Semi-finals	November 20, 2015
	Finals – Divisions 1 and 2	November 27/28, 2015
CIF SOUTHERN CALIFORNIA REGIONALS		December 11/12, 2015
CIF STATE CHAMPIONSHIPS		December 18/19, 2015

IMPORTANT INFORMATION:

In all divisions with leagues with 4 or 5 teams will get 2 guaranteed entries, leagues of 6-8 teams will get 3 guaranteed entries and leagues of 9 or more teams will get 4 guaranteed entries into the 2015 C.I.F. Southern Section Football Playoffs.

(Blue Book Rule 3214.1)

(Football) no longer requires a .500 or better record for At Large teams petitioning for entry into the CIF-SS Football Playoffs.

(Blue Book Rule 3214.2)

Those divisions that have more than 5 leagues in a 16 team draw will be guaranteed only two (2) entries.

Freelance teams will be placed in appropriate divisions and will be considered for the playoffs along with the other at-large entries in those divisions. For a freelance school to be considered for the playoffs they must fill out an at-large entry through www.cifsshome.org.

NOTE:

YOU MUST SUBMIT THE “AT-LARGE/FREELANCE ENTRY” TO BE CONSIDERED. INSTRUCTION FOR SUBMISSION WILL BE INCLUDED IN THE FOOTBALL PLAYOFF BULLETIN.

11- MAN FOOTBALL
2015-16 FOOTBALL PLAYOFF GROUPINGS

Central Division

1. Hacienda-3
2. Mt. Baldy-3
3. Palomares-3
4. Rio Hondo-3
5. Sunkist - 3

15 Guaranteed
1 At-Large

East Valley Division

1. Academy-2
2. Arrowhead-2
3. Desert Mountain-2
4. Frontier-2
5. San Joaquin-2
6. Santa Fe-2
7. South Valley-2

14 Guaranteed
2 At-Large

Eastern Division

1. Desert Sky-2
2. Desert Valley-3
3. Mojave River-3
4. Mountain Valley-3
5. River Valley-3

14 Guaranteed
2 At-Large

Inland Division

1. Citrus Belt-3
2. Inland Valley-3
3. Mountain Pass-3
4. San Andreas-3
5. Sunbelt-3

15 Guaranteed
1 At-Large

Mid-Valley Division

1. Almont-2
2. Gold Coast-2
3. Miramonte-2
4. Mission Valley-2
5. Montview-2
6. Valle Vista-2

12 Guaranteed
4 At-Large

Northern Division

1. Camino-2
2. Golden-3
3. Los Padres-2
4. PAC 5-2
5. Tri Valley-2

11 Guaranteed
5 At-Large

Northwest Division

1. Ambassador-2
2. De Anza-2
3. Northern-2
4. Olympic-2
5. Prep-2
6. South Catholic-2

12 Guaranteed
4 At-Large

Pac-5 Division

1. Big VIII-3
2. Marmonte – 2
3. Mission-3
4. Moore-3
5. Trinity-3

14 Guaranteed
2 At-Large

Southeast Division

1. Angelus– 3
2. Del Rio -3
3. Pacific-3
4. San Gabriel Vly-3
5. Suburban-3

15 Guaranteed
1 At-Large

Southern Division

1. Garden Grove-3
2. Golden West-3
3. North Hills-2
4. Orange – 3
5. Orange Coast-3

14 Guaranteed
2 At-Large

Southwest Division

1. Crestview-2
2. Empire-3
3. Freeway-3
4. Pacific Coast-3
5. Sea View-2

13 Guaranteed
3 At-Large

West Valley Division

1. Baseline-3
2. Foothill-3
3. South Coast-2
4. Southwestern-3
5. Sunset - 3

14 Guaranteed
2 At-Large

Western Division

1. Bay-2
2. Canyon – 2
3. Channel-2
4. Ocean-2
5. Pacific View-2
6. Pioneer -2

12 Guaranteed
4 At-Large

Free Lance

- Excelsior Charter (East Valley Div.)
Ribet Academy
Trinity Classical Acad.

CENTRAL DIVISION

Hacienda

- Charter Oak
- Chino
- Diamond Ranch
- Los Altos
- Walnut
- West Covina

Mt. Baldy

- Alta Loma
- Chaffey
- Colony
- Don Lugo
- Montclair
- Ontario

Palomares

- Ayala
- Bonita
- Claremont
- Diamond Bar
- Glendora
- South Hills

Rio Hondo

- Blair
- La Canada
- Monrovia
- San Marino
- South Pasadena
- Temple City

Sunkist

- Bloomington
- Colton
- Fontana
- Grand Terrace
- Kaiser
- Summit

EAST VALLEY DIVISION

Academy

- Brethren Chr.
- Crean Lutheran
- Sage Hill
- St. Margaret's

Arrowhead

- California School/Deaf CSDR
- Hamilton
- Riverside Prep
- **Sherman Indian**

Desert Mountain

- **Boron**
- **Desert**
- **Desert Chr./Lancaster**
- **Mammoth**
- **Silver Valley**
- **Vasquez**

Frontier

- Grace Brethren
- Malibu
- Santa Clara
- Santa Paula

San Joaquin

- Capistrano Vly Chr
- Fairmont Prep
- Saddleback Vly Chr.
- Santa Clarita Christian
- Southlands Chr.
- Webb

Santa Fe

- Don Bosco Tech
- Mary Star of the Sea
- St. Anthony
- St. Genevieve
- St. Monica

South Valley

- Cal Military Institute
- Calvary Murrieta
- Nuview Bridge
- Rancho Christian
- Santa Rosa Academy
- Temecula Prep

EASTERN DIVISION**Desert Sky**

- **Adelanto**
- Barstow
- **Granite Hills**
- **Silverado**
- **Victor Valley**

Desert Valley

- Cathedral City
- Coachella Valley
- Indio
- La Quinta/L.Q.
- Palm Desert
- Palm Springs
- Xavier Prep

Mojave River

- Apple Valley
- Burroughs/R
- Hesperia
- Oak Hills
- Serrano
- Sultana

Mountain Valley

- Banning
- Moreno Valley
- Pacific
- Rubidoux
- San Bernardino
- Vista Del Lago

River Valley

- **Hillcrest**
- **Jurupa Valley**
- La Sierra
- Norte Vista
- Patriot
- Ramona

***Leagues/Schools In
Red=League DNR
Participation**

INLAND DIVISION	MID-VALLEY DIVISION	NORTHERN DIVISION
<p>Citrus Belt</p> <ul style="list-style-type: none"> • Cajon • Carter • Citrus Valley • Eisenhower • Miller, AB • Redlands • Redlands East Valley • Yucaipa <p>Inland Valley</p> <ul style="list-style-type: none"> • Arlington • Canyon Springs • J.W. North • Poly/Riverside • Rancho Verde • Valley View <p>Mountain Pass</p> <ul style="list-style-type: none"> • Beaumont • Citrus Hill • Hemet • San Jacinto • Tahquitz • West Valley <p>San Andreas</p> <ul style="list-style-type: none"> • Arroyo Valley • Indian Springs • Jurupa Hills • Rialto • Rim of the World • San Geronio <p>Sunbelt</p> <ul style="list-style-type: none"> • Elsinore • Heritage • Lakeside • Paloma Valley • Perris • Temescal Canyon 	<p>Almont</p> <ul style="list-style-type: none"> • Alhambra • Bell Gardens • Mark Keppel • Montebello • San Gabriel • Schurr <p>Gold Coast</p> <ul style="list-style-type: none"> • Brentwood • Campbell Hall • Christa McAuliffe • Paraclete • Sierra Canyon • Viewpoint • Windward <p>Miramonte</p> <ul style="list-style-type: none"> • Bassett • Ganesha • Garey • La Puente • Pomona <p>Mission Valley</p> <ul style="list-style-type: none"> • Arroyo • El Monte • Gabrielino • Marshall Fundamental • Mountain View • Rosemead • South El Monte <p>Montview</p> <ul style="list-style-type: none"> • Azusa • Baldwin Park • Duarte • Gladstone • Sierra Vista • Workman <p>Valle Vista</p> <ul style="list-style-type: none"> • Covina • Nogales • Northview • Rowland • San Dimas • Wilson/HH 	<p>Camino</p> <ul style="list-style-type: none"> • Camarillo • Newbury Park • Royal • Thousand Oaks <p>Golden</p> <ul style="list-style-type: none"> • Antelope Valley • Eastside • Highland • Knight • Lancaster • Littlerock • Palmdale • Quartz Hill <p>Los Padres</p> <ul style="list-style-type: none"> • Cabrillo/L • Lompoc • Pioneer Valley • Santa Ynez • St. Joseph/SM <p>PAC-5</p> <ul style="list-style-type: none"> • Arroyo Grande • Atascadero • Paso Robles • Righetti • San Luis Obispo <p>Tri-Valley</p> <ul style="list-style-type: none"> • Bishop Diego • Carpinteria • Fillmore • Nordhoff <p style="text-align: center;">*Leagues/Schools In Red=League DNR Participation</p>

NORTHWEST DIVISION

Ambassador

- Aquinas
- Arrowhead Chr
- Linfield Chr.
- Notre Dame/R
- Ontario Chr.
- Western Chr.

De Anza

- 29 Palms
- Big Bear
- Desert Hot Springs
- Desert Mirage
- Rancho Mirage
- Shadow Hills
- Yucca Valley

Northern

- Mission College Prep
- Morro Bay
- Nipomo
- Santa Maria
- Templeton

Olympic

- Heritage Chr.
- Maranatha
- Valley Chr./C
- Village Chr.
- Whittier Chr.

Prep

- Firebaugh
- Flintridge Prep
- Poly/Pasadena
- Rio Hondo Prep

South Catholic

- Bishop Montgomery
- Cantwell Sacred Heart
- St. Bernard
- Verbum Dei

***Leagues/Schools In
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Participation**

PAC-5 DIVISION

Big VIII

- Centennial/Corona
- Corona
- M.L. King
- Norco
- Roosevelt
- Santiago/Corona

Marmonte

- Moorpark
- Oaks Christian
- St. Bonaventure
- Westlake

Mission

- Bishop Alemany
- Bishop Amat
- Chaminade
- Crespi
- Loyola
- Notre Dame/SO
- Serra

Moore

- Cabrillo/LB
- Compton
- Jordan
- Lakewood
- Millikan
- Poly/LB
- Wilson/LB

Trinity -

- JSerra
- Mater Dei
- Orange Lutheran
- Santa Margarita
- Servite
- St. John Bosco

SOUTHEAST DIVISION

Angelus

- Cathedral
- Harvard-Westlake
- La Salle
- Salesian
- St. Francis
- St. Paul

Del Rio

- California
- El Rancho
- La Serna
- Pioneer
- Santa Fe
- Whittier

Pacific

- Arcadia
- Burbank
- Burroughs/B
- Crescenta Valley
- Glendale
- Hoover
- Muir
- Pasadena

San Gabriel Valley

- Dominguez
- Downey
- Gahr
- Lynwood
- Paramount
- Warren

Suburban

- Artesia
- Bellflower
- Cerritos
- Glenn
- La Mirada
- Mayfair
- Norwalk

SOUTHERN DIVISION	SOUTHWEST DIVISION	WEST VALLEY DIVISION
Garden Grove	Crestview	Baseline
<ul style="list-style-type: none"> • Bolsa Grande • Garden Grove • La Quinta/W • Los Amigos • Rancho Alamitos • Santiago/GG 	<ul style="list-style-type: none"> • Esperanza • Foothill • Villa Park • Yorba Linda 	<ul style="list-style-type: none"> • Chino Hills • Damien • Etiwanda • Los Osos • Rancho Cucamonga • Upland
Golden West	Empire	Foothill
<ul style="list-style-type: none"> • Loara • Ocean View • Orange • Santa Ana • Segerstrom • Westminster 	<ul style="list-style-type: none"> • Cypress • Kennedy • Pacifica/GG • Tustin • Valencia/P • Western 	<ul style="list-style-type: none"> • Canyon/CC • Golden Valley • Hart • Saugus • Valencia/V • West Ranch
North Hills	Freeway	South Coast
<ul style="list-style-type: none"> • Brea Olinda • Canyon/A • El Dorado • El Modena 	<ul style="list-style-type: none"> • Buena Park • Fullerton • La Habra • Sonora • Sunny Hills • Troy 	<ul style="list-style-type: none"> • Dana Hills • El Toro • Mission Viejo • San Juan Hills • Tesoro
Orange	Pacific Coast	Southwestern
<ul style="list-style-type: none"> • Anaheim • Century • Katella • Magnolia • Santa Ana Valley • Savanna 	<ul style="list-style-type: none"> • Beckman • Corona del Mar • Irvine • Northwood • University • Woodbridge 	<ul style="list-style-type: none"> • Chaparral • Great Oak • Murrieta Mesa • Murrieta Valley • Temecula Valley • Vista Murrieta
Orange Coast	Sea View	Sunset
<ul style="list-style-type: none"> • Calvary Chapel/SA • Costa Mesa • Estancia • Godinez • Laguna Beach • Saddleback 	<ul style="list-style-type: none"> • Aliso Niguel • Capistrano Valley • Laguna Hills • San Clemente • Trabuco Hills 	<ul style="list-style-type: none"> • Edison • Fountain Valley • Huntington Beach • Los Alamitos • Marina • Newport Harbor
		<p>*Leagues/Schools In Red=League DNR Participation</p>

WESTERN DIVISION

Bay

- Inglewood
- Mira Costa
- Morningside
- Palos Verdes
- Peninsula
- Redondo

Canyon

- Agoura
- Simi Valley
- Oak Park
- Calabasas

Channel

- Buena
- Dos Pueblos
- San Marcos
- Santa Barbara
- Ventura

Ocean

- Beverly Hills
- Culver City
- El Segundo
- Hawthorne
- Lawndale
- Santa Monica

Pacific View

- Channel Islands
- Hueneme
- Oxnard
- Pacifica/O
- Rio Mesa

Pioneer

- Centennial/ Compton
- Leuzinger
- North Torrance
- South Torrance
- Torrance
- West Torrance

***Leagues/Schools In
Red=League DNR
Participation**

8-MAN FOOTBALL

With the full support of the 8-Man Football Coaches Association, there have been some significant changes made to the 8-Man Football Playoffs this season. Please familiarize yourself with the following information in this bulletin.

- 1 The 8-Man Football Playoffs will consist of 2 divisions. Schools will be placed into their appropriate playoff divisions based on their CBEDS enrollment number on October 1, 2014. NOTE: By rule, if a school has experienced a 15% increase or decrease in their total school enrollment between October 1, 2014 and October 1, 2015, a school may petition for re-classification into another payoff division based on that increase or decrease in total school enrollment. Petitions for re-classification must be filed with the C.I.F.-SS Office prior to October 1, 2015, or they will not be considered.

The Division 1 and Division 2 playoff brackets will BOTH be 16-team draws. Only the champions of each league will be guaranteed automatic entry into the playoffs in each division, with the remaining berths in each draw filled by at-large teams, using the criteria listed below. Also, by rule, the total numbers of 8-Man football schools are to be split in half into these two divisions.

2. Guaranteed entries will only be accepted from leagues where members have **PLAYED** at least 3 league contests (forfeitures will not be accepted).
3. The remainder of the bracket will be filled by at-large teams, which include freelance teams, as well as league schools who do not qualify automatically.
4. No team may qualify for the playoffs, either as a guaranteed entry, or as an at-large team, unless they have actually played 6 contests (no forfeits).

NOTE: Should the number of guaranteed playoff entries fail to complete a full bracket, this will necessitate the inclusion of at-large teams. The following criteria and procedures will be used to accomplish this task.

- (1) Leagues will have the option of entering at-large teams for consideration should they desire (see process below).
- (2) All at-large entries must be submitted to the CIF-SS no later than 9:00 a.m. on the Sunday morning for the weekend in which the playoff draw will be completed.
- (3) Schools which are being submitted as at-large entries **MUST** submit to this office by 9:00 a.m. the Sunday of the weekend in which the playoff draw is finalized, on the proper form which lists all contests played, results of same and any further background information the at-large selection committee should be appraised of in determining the teams which will be selected for the filling of byes.
- (4) The Selection Committee, with the full support of the CIF-SS Football Coaches Advisory Committee, will utilize the following criteria in its selection process, with each category below having the specific weight listed:

AT-LARGE TEAMS FOR FOOTBALL ARE NOT REQUIRED TO HAVE A .500 RECORD OR BETTER FOR THEIR COMPLETE SCHEDULES TO BE CONSIDERED. A TIE WILL COUNT AS A ½ WIN AND ½ LOSS AS THE CRITERIA FOR .500 OR BETTER RECORD. (A record of 4-4-1 would be considered as qualifying.) IN THE SPORT OF FOOTBALL, IN ORDER TO ALLEVIATE BYES, IF THERE ARE NO .500 TEAMS ENTERED AS AT-LARGE ENTRIES, THE NEXT BEST RECORD AS SUBMITTED BY LEAGUES WILL BE TAKEN. HOWEVER, NO TEAM UNDER .500 WILL BE PLACED UNTIL ALL .500 AT-LARGE ENTRIES HAVE BEEN PLACED. (SEE BLUE BOOK RULE 3214.1.)

Criteria utilized by the At-Large Selection Committee:

- (a) Head-to-head competition of teams under consideration (4 points)
 - (b) Overall strength of the league from which the team is entered (1 point)
 - (c) Overall win-loss record (1 point)
 - (d) Strength against common opponents (1 point)
 - (e) Strength of schedule (2 points, using overall win-loss record of opponents)
 - (f) Free lance teams will be part of the pool for the filling of at-large berths
- (5) The At-Large Selection Committee will convene its meeting in the CIF-SS office on Sunday morning for the weekend in which the playoff draw is to be finalized. The administrator so designated from the CIF-SS office for that sport shall act as a resource person and chair the meeting.

It is again to be reviewed that all material relating to an at-large entry MUST be submitted to the CIF-SS no later than 9:00 a.m. on the Sunday for the weekend in which the playoff draw is to be finalized. If the material is not submitted, the team will not be placed under consideration in that the at-large selection committee will have no statistical data from which to draw.

2015 8-MAN FOOTBALL SCHOOLS

(Divisional Placement To Be Determined)

Albert Einstein	Laguna Blanca
Animo Leadership	Lancaster Baptist
Avalon	Lighthouse Chr.
Bell Jeff	Lone Pine
Big Pine	Lucerne Valley
Bloominton Chr.	Lutheran.LV
California Lutheran	Maricopa
Calvary Baptist	Milken Community
Calvary Chapel/Downey	Mojave
Cate	Noli Indian
Chadwick	Orcutt Academy
Coast Union	Palm Valley
Concordia/Sylmar	Public Safety Academy
Cornerstone Chr./W	Ribet Academy
Crossroads Chr.	Riverside County Education Acad.
Desert Chapel/L	Rolling Hills Prep
Desert Chr. Academy	San Jacinto Valley Academy
Dunn	Shandon
Excelsior Charter	St. Michael's Prep
Faith Baptist	Thacher
Faith Baptist Academy/W	Trona
Hesperia Chr.	Upland Christian
Hillcrest Chr./TO	Valley Christian Academy
Immanuel Christian	Victor Valley Chr.
Joshua Springs	Villanova Prep
	Westmark

***Leagues/Schools In Red=League/School DNR Participation**

8-MAN FOOTBALL LEAGUES
(1 Guaranteed Entry Each League, Champions Only)

<p><u>Agape</u></p> <ul style="list-style-type: none"> • California Lutheran • Hesperia Chr. • Lucerne Valley • Upland Christian • Victor Valley Christian <p><u>Coast Valley</u></p> <ul style="list-style-type: none"> • Coast Union • Cuyama Valley • Maricopa • Shandon • Valley Christian Academy <p><u>Condor</u></p> <ul style="list-style-type: none"> • Cate • Dunn • Laguna Blanca • Orcutt Academy • Thacher • Villanova Prep <p><u>Express</u></p> <ul style="list-style-type: none"> • Avalon • Lutheran/LV • Rolling Hills Prep • St. Michael's Prep 	<p><u>Hi-Lo</u></p> <ul style="list-style-type: none"> • Big Pine • Immanuel Christian • Lone Pine • Trona <p><u>Omega</u></p> <ul style="list-style-type: none"> • Albert Einstein • Concordia/Sylmar • Hillcrest Chr./Thousand Oaks • Lighthouse Christian • Ribet Academy • Westmark <p><u>Victory</u></p> <ul style="list-style-type: none"> • Bloomington Chr. • Desert Chr. Academy • Desert Chapel/L • Palm Valley • Joshua Springs <p align="center">*Leagues/Schools In Red=League DNR Participation</p>	<p><u>Warrior</u></p> <ul style="list-style-type: none"> • Noli Indian • Public Safety Academy • San Jacinto Valley Academy <p><u>Free Lance</u></p> <ul style="list-style-type: none"> • Animo Leadership • Bellermine-Jefferson • Calvary Chapel/Downey • Chadwick • Cornerstone Chr./W • Excelsior Charter • Faith Baptist • Faith Baptist Academy/W • Lancaster Baptist • Milken Community • Mojave
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2015 FOOTBALL RULES CHANGES

- 2-20-1c** Spearing definition revised.
- 5-1-1b (NEW)** Added authority to the referee to correct the number of the next down prior to the ball becoming live after a new series is awarded.
- 6-1-3; 6-1-4 (NEW); 6-1 PENALTY** Free-kick formations revised.
- 9-4-3g** Updated unnecessary roughness to include defenseless player and added excessive contact.
- 9-4 PENALTY** Roughing the passer penalty clarified.
- 10-2-5** Dead-ball penalty enforcement modified.

2015 EDITORIAL CHANGES

1-5-1b(2) NOTE; 1-5-1b(3) NOTE; Table 1-7 (8); 2-8; 2-20-1a, b; 2-20-2; 3-6, 7 PENALTY; 5-1-1; 6-1, 2, 5 PENALTY; 6-5-4c; 7-1, 2, 3, 5 PENALTY; 9-3-1; 9-2, 3, 4, 5, 6, 7, 8, 9, 10 PENALTY; 9-4-3h, i; 9-8-1m (deleted); 9-9 (NEW); 10-2-1; Football Fundamentals – IX-5; SIX-PLAYER RULES DIFFERENCES – Rule 6; Penalty Summary.

2015 POINTS OF EMPHASIS

- 1. Risk Minimization**
- 2. Facilitating NFHS Football Rules**

FOOTBALL GUIDELINES

BLUE BOOK RULE RULE 506 - PRACTICE ALLOWANCE

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

- A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.
 1. Multiple Practice Sessions:
 - a. Double day practices shall not be held on consecutive days.
 - b. Must include a minimum of three (3) hours rest between practices.
 2. Golf Only
 - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. (Counted as four (4) hours)
- B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
- C. Definition of Practice
 1. Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
 2. Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
 3. Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc); AND/OR
 4. Any other team or individual instructions for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
 5. Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number c. (1)-(5) above.
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
- F. Penalties Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infractions (s).
NOTE: For the purposes of this Bylaw, the season of sport begins with each CIF Section's first allowable date of practice.

CIF State Bylaw 1901.B. – Policy Page

State statute mandates that football teams are limited to two days per week of full contact practice, with no more than 90 minutes of full contact on each of those days during the season of sport. For the purposes of this CIF Bylaw, each team's season of sport is defined as the first day of practice, as allowed by Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps

Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. Live action is defined by USA football as a drill run in game like conditions and is the only time that players are taken to the ground. Thud is a drill run at an assigned speed through the moment of contact with no pre-determined winner. Contact remains above the waist and players stay on their feet. Thud is considered full-contact by the National Federation of State High School Associates (NFHS)

The CIF has developed the following regarding full contact football practices:

Allowable Activities During the Season of Sport:

- A team is allowed two days per week of full contact practice, with no more than 90 minutes of full contact on each of those days. This includes live action and thud.
- A team may participate in air, bags/blocking sleds-and control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:
 1. Air – Players run unopposed without bags or any opposition.
 2. Bags/Blocking Sleds – Activity is executed against a bag/blocking sleds, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
 3. Control: Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.
- For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as allowed by the Section, until the final contest for that team.

Allowable Activities During the Off-Season:

- No full contact practice is allowed during the off-season. Please consult Section Bylaws for allowable off-season activities.
- For the purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

Allowable Activities for Team Camps:

- No full contact practice is allowed during the off-season.
- Team camps are considered practice.
- If allowed by the Section, a team may participate in air, bags/blocking sleds-and control drills (see above for definitions of these activities) while attending a team camp. A team may continue to dress in full pads for practice when conducting any of these drills at a team camp. Please consult Section and School District rules regarding the use of school equipment in the off-season.
- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

Q&A's for Bylaw 1901:

Q: What is the implementation date for this bylaw?

A: In order to comply with AB2127, this bylaw will be implemented immediately.

Q: May teams continue to use Thud as a training drill?

A: Yes. However, the time spent in Thud drills is considered full-contact and would count against the team's allotment in both for both days and minutes.

Q: Does unused time carry over to the 2nd day of allowable full-contact?

A: No. Teams are allowed 2 days per week of full-contact with no more than 90 minutes on each of those days. If a team does not use the entire 90 minutes of full contact on one day, it may not carry over those unused minutes to the next day.

Q: Is a team allowed any type of contact outside of the two days per week with no more than 90 minutes on each of those days?

A: Yes. A team may still engage in Control drills. See the Policy Page for Bylaw 1901 for the definition of Control.

Q: If allowed by the Section, may a team in the off-season, engage in drills that are not considered full-contact?

A: Yes. However, no full-contact practice is allowed during the off-season at any time.

Q: Is full-contact allowed at team camps?

A: No. According to AB2127, team camps are considered practice so full-contact would be prohibited.

Q: May teams attend a full-contact team camp outside of California?

A: No. AB2127 and CIF Bylaw 1901 apply no matter where the team camp is conducted.

Q: May teams attend a team camp that only utilizes activities that are not considered full-contact?

A: Yes. Teams may attend a team camp and participate in drills that are not considered full-contact such as Air, Bags/Blocking Sleds and Control.

Q: Are players allowed to attend individual camps and participate in full-contact drills?

A: Yes. However, schools should consult their Section and School District (or school) policies regarding the use of school equipment by individuals. Also, schools may not use individual camps to circumvent AB 2127 and Bylaw 1901 regarding team camps.

START OF FALL PRACTICE/"0" WEEK GAMES

As fall practice begins, the following information is intended to remind you of some rules related to the start of fall practice and "0" Week games, hopefully answering some questions that have arisen.

1) Start of Fall Practice

The format for the start of fall practice is as follows: (approved April 29, 2015 CIF Council Meeting). New rules went into effect that govern the start of football practice for the 2015-2016 season. **The 25 practice opportunity formula has been replaced.** Please review this new rule on the following page. Pay special attention to the allowable equipment and drills for the three conditioning days.

Keep in mind that the Practice Allowance Blue Book Rule 506 is in effect during the season of sport which begins with this summer practice.

1903. PHYSICAL CONDITIONING PRACTICE

A high school shall not conduct a physical conditioning practice session during the summer prior to the opening date of authorized football practice, unless so authorized by the appropriate CIF Section.

1903.1 The start date for fall football practice, for each individual school, will be determined according to the following:

- 1. Week 0 Games – The first official day of football practice is August 3, 2015. The period of August 3 through August 5 is established as a physical conditioning period for prospective member of a high school team.**
- 2. Week 1 Games – The first official day of football practice is August 10, 2015. The period of August 10 through August 12 is established as a physical conditioning period for prospective members of a high school team.**
- 3. These conditioning periods of August 3 through August 5 (zero week) and August 10 through August 12 (week 1) may include various facets of football training (teaching techniques, chalk talks, pass patterns, etc.) but MAY NOT include any body contact such as tackling or blocking. Football shoes, helmets and footballs will be the only equipment allowed during the conditioning periods of August 3 through August 5 and August 10 through August 12. There will be no equipment used such as blocking or tackling dummies, pads, etc.**
- 4. All conditioning sessions will be held at the schools regular practice field. No workouts will be permitted at beaches, mountain resorts, or military sites.**

QUESTION: When will schools be allowed to fit equipment?

ANSWER: Schools may fit equipment prior to the conditioning period as long as it is during the summer and not during the dead period. Uniforms may not be issued prior to the conditioning period.

5. Schools will be permitted to issue uniforms and equipment on the first day of conditioning after which a time may be designated for individual and team photos. No conditioning in any type of uniform will be permitted.

6. **The first official day of practice in full pads is set as:**
Week 0 Games Thursday August 6, 2015
Week 1 Games Thursday August 13, 2015

7. The three-week dead period is mandatory. Alternate dates may be requested as needed to accommodate the practice schedule.

2) “0” Week Games

This rule allows schools the option of playing a “0” Week game as long as they have a bye somewhere in their schedule. If a school chooses to schedule a “0” Week contest, they will have to follow these steps:

On www.cifsshome.org under the “Forms” tab, Football Practice/0 Week. Please complete requested information and verify that the information populated below, once added, is correct. The following information is requested:

- ✓ Date of your “0” week contest.
- ✓ Your start date for fall practice –
- ✓ Monday, August 3, 2015 for all 0-Week Games.
- ✓ Monday, August 10, 2015 for all Week-1 Games.

- ✓ Bye Week – Remember, your bye week is from Monday through Saturday, you may practice, but without any pads. Helmets will be allowed during the bye week practices.

CIF SOUTHERN SECTION FOOTBALL GUIDELINES

The following are key points of emphasis football coaches should review with their staff and players in reference to CIF-Southern Section rules and regulations set down in the 2015-2016 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. Refer to the 1900 section, pages 178-186, of the Blue Book, for a complete listing of the football rules.

BLUE BOOK RULE 503: 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 that 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 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 athlete's and the athlete's parent or guardian before the athlete's initial practice or competition.

(Approved May 2010 Federated Council/Revised May 2012 Federated Council/Revised January 2015 Federated Council)

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

A: The "scope or 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).

RULE 503H 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 or guardian before the athlete's initiating practice or competition.

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

A: 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).

NEW CONCUSSION RETURN TO PLAY PROTOCOL

CA STATE LAW AB 2127 (Effective 1/1/15) STATES THAT RETURN TO PLAY (I.E., COMPETITION) CANNOT BE SOONER THAN 7 DAYS AFTER EVALUATION BY A PHYSICIAN (MD/DO) WHO HAS MADE THE DIAGNOSIS OF CONCUSSION.

Instructions:

*This graduated return to play protocol **MUST** be completed before a student athlete can return to FULL COMPETITION.*

- A certified athletic trainer (AT), physician, and/or identified concussion monitor (e.g., coach, athletic director) must monitor your progression and initial each stage after you have successfully pass it.
- Stages I to II-D take a *minimum* of 6 days to complete
- You must be back to normal academic activities before beginning Stage II, unless otherwise instructed by your physician.
- You must complete one full practice *without restrictions* (Stage III) before competing in first game.

After Stage I you cannot progress more than one stage per day (or longer if instructed by your physician).

If symptoms return at any stage in the progression, IMMEDIATELY STOP any physical activity and follow up with your school's AT, other identified concussion monitor, or your physician. In general, if you are symptom-free the next day, return to the previous stage where symptoms had not occurred.

Seek further medical attention if you cannot pass a stage after 3 attempts due to concussion symptoms, or if you feel uncomfortable at any time during the progression.

You must have written physician (MD/DO) clearance to begin and progress through the following Stages as outlined below (or as otherwise directed by physician)				
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	No physical activity for at least 2 full symptom-free days AFTER you have seen a physician	<ul style="list-style-type: none"> • No activities requiring exertion (Weight lifting, jogging, P.E. classes) 	<ul style="list-style-type: none"> • Recovery and elimination of symptoms
	II-A	Light aerobic activity	<ul style="list-style-type: none"> • 10-15 minutes (<i>min</i>) of walking or stationary biking. • Must be performed under direct supervision by designated individual 	<ul style="list-style-type: none"> • Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., 100 beats per min) • Monitor for symptom return
	II-B	Moderate aerobic activity (Light resistance training)	<ul style="list-style-type: none"> • 20-30 min jogging or stationary biking • Body weight exercises (squats, planks, push-ups), max 1 set of 10, no more than 10 min total 	<ul style="list-style-type: none"> • Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) • Monitor for symptom return
	II-C	Strenuous aerobic activity (Moderate resistance training)	<ul style="list-style-type: none"> • 30-45 min running or stationary biking • Weight lifting ≤ 50% of max weight 	<ul style="list-style-type: none"> • Increase heart rate to > 75% max exertion • Monitor for symptom return
	II-D	Non-contact training with sport-specific drills (No restrictions for weightlifting)	<ul style="list-style-type: none"> • Non-contact drills, sport-specific activities (cutting, jumping, sprinting) • No contact with people, padding or the floor/mat 	<ul style="list-style-type: none"> • Add total body movement • Monitor for symptom return
<p>Minimum of 6 days to pass Stages I and II. Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor</p>				
	III	Limited contact practice Full contact practice Full unrestricted practice	<ul style="list-style-type: none"> • Controlled contact drills allowed (no scrimmaging) • Return to normal training, with contact • Return to normal unrestricted training 	<ul style="list-style-type: none"> • Increase acceleration, deceleration and rotational forces • Restore confidence, assess readiness for return to play • Monitor for symptom return
<p>MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice (<i>If contact sport, highly recommend that Stage III be divided into 2 contact practice days as outlined above</i>)</p>				
	IV	Return to play (competition)	<ul style="list-style-type: none"> • Normal game play (competitive event) 	<ul style="list-style-type: none"> • Return to full sports activity without restrictions

Athlete's Name: _____ **Date of Concussion Diagnosis:** _____

Keep Their Heart in the Game

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

Potential Indicators That SCA May Occur

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation
<http://www.cifstate.org>

Eric Paredes Save A Life Foundation
<http://www.epsavealife.org>

National Federation of High Schools
(20-minute training video)
<https://nfhslearn.com/courses/61032>



Concussion in Sports - What You Need To Know

Sports-related concussion in high school sports can be serious or even life-threatening situations if not managed correctly. National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. Mick Koester M.D., ATC, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon takes you through this course. In this course you will understand the impact sports-related concussion can have on your players, how to recognize a suspected

ORGANIZED TEAM PRACTICE

Organized team practice shall be interpreted as meaning the association of a coach with potential team members for the purpose of learning or practicing the skills of football. (**Note:** A school may not conduct a practice of any type on Sunday. Assembling a football squad of selected members for a "skull session" or for the purpose of reviewing game films is not permitted.)

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).

FOOTBALL PRACTICE SITE

All football practice sessions are to be conducted on campus or the regular home practice field of the school. No school or its allied organizations, such as booster clubs, may provide housing and/or meals free of charge to athletes during regular football practice prior to the opening of school.

AGE REQUIREMENT (BLUE BOOK RULE 1900)

A student under 15 years of age may not participate in an interscholastic contest or scrimmage against the varsity team of another school. This Bylaw may be waived by Section action provided the Section adopts criteria for such a waiver which shall include, but not be limited to, the following:

- A. Participant must be at least 14 years of age;
- B. A letter from a licensed medical practitioner that the student is able to compete at the varsity level;
- C. A signed consent statement from the parents or legal guardian, allowing participation at the varsity level;
- D. A statement from the head coach that the student-athlete has the physical and mental maturity to compete at the varsity level;
- E. A statement of compliance must be forwarded by the principal to the respective Section office verifying that all required documentation has been completed and is on file in the appropriate school office.

There is a 14 Year Old Football tab on www.cifsshhome.org that needs to be completed and submitted electronically to the CIF Southern Section prior to a 14-year old student's participation on a varsity football team. The purpose of this form is to establish a database on the number of students participating. Please submit the enclosed form if you have any 14-year old students playing varsity football.

Students may not compete on a freshman team after he/she has reached their 16th birthday on or before June 15th, or on a sophomore or frosh/soph team after he/she has reached their 17th birthday on or before June 15th.

FREE LANCE SCHOOL

Any freelance school wishing to enter the playoffs must submit its schedule to the Commissioner for approval of conditions under which the team may qualify for the playoffs. Schedules must be submitted prior to the start of each season of sport for evaluation. See CIF Blue Book Rule 3210.

SCOUTING PROHIBITIONS - PRACTICE SESSIONS

Scouting of any type, which would include personal viewing, written notes, audio tape, motion pictures, video reproduction and/or any other type of reproduction, such as still pictures, etc., shall not be taken in any sport of a member school's practice sessions by anyone without written consent of the participating school(s).

Question: What is allowed with regard to scouting a contest or scrimmage?

Answer: There will be NO restrictions on the part of member schools regarding the filming/video taping of any contest or one allowable scrimmage. Home schools will maintain game management rights and responsibilities.

GAME /VIDEOTAPE

Please share these suggested guidelines for videotaping with your game photographer:

- ✓ Picture should be clear and player's numbers readable
- ✓ Picture should include enough players on both teams to recognize offensive and defensive formations. During kick plays the camera should follow its own team

TIE-BREAKER SYSTEM

The "25-Yard Tie-Breaker System" is authorized for use in the Southern Section for playoffs as follows:

1. Respective leagues have the option of adopting the plan for use
2. If adopted, all ties within league must be resolved with the "25-Yard Tie-Breaker System"
3. If adopted, the plan may be used for the V, JV or Frosh/Soph levels, or any combination of
4. By mutual consent, the plan may be used for non-league contests
5. The "25-Yard Tie-Breaker System" will be used for all CIF-SS playoff contests
6. May not be used beyond the last allowable playing date to determine entry into the playoffs

REPORTING SCHEDULES AND SCORES

All Schedules and Scores need to be entered into www.cifsshome.org .Here is where you go in CIFSS HOME to check what has been entered:

- Go to www.cifsshome.org.
- Log On
- Click on the "Teams" tab
- Click on the blue icon for the Varsity Football Team

ENTERING NEW CIFSS RECORDS

To enter new records set by your student athletes, go to www.cifsshome.org and click on the "New CIFSS Record" tab.



10932 Pine Street
Los Alamitos, California 90720

Telephone: (562) 493-9500
FAX: (562) 493-6266

MEMO TO: CIF Southern Section Principals, Athletic Directors and Coaches

FROM: Rob Wigod, Commissioner of Athletics

SUBJECT: At-Large Entries into CIF Southern Section Playoffs

DATE: October 6, 2014

CIF Southern Section Blue Book Rule 3214.1 states, **“In all team sports other than basketball and wrestling, additional entries beyond a league’s guaranteed number of entries will only be permitted to enter the playoffs to fill any byes which exist in the opening round.** Wildcard contests will be for situations where the number of teams that are guaranteed entries from their leagues necessitate that additional contests be played to reduce the number of teams entered to the required number of the original draw. (For example, when there are 37 teams entered as guaranteed entries from their leagues into a particular playoff draw, there must be 5 wildcard contests played to reduce the number of teams from 37 to 32, the required number of the original draw.) At-large teams, teams meeting the at-large criteria (.500 or better overall record), can only be accepted into the playoffs if there are openings in the original draw after all of the league’s guaranteed entries are submitted. (For example, when there are 30 teams entered as guaranteed entries from their leagues into a 32-team draw, there would be 2 byes in the bracket and those byes could be filled by teams who were not guaranteed entries from their leagues who submitted at-large application forms for that particular sport and have an overall record of .500 or better in all games played during the regular season.) In the sport of football, a .500 or better record is not required for at-large submission/selection.

In any playoff grouping other than basketball, at-large selections will be considered from the next place beyond the guarantee that are .500 or better. After all those schools have been taken and there are still positions available, the next place teams that are .500 or better will then be considered. **For specific information on the at-large selection process, see the respective Playoff Bulletin for each particular sport.**

All at-large entries **must** be submitted to the CIF-SS Office through the CIFSSHome system on the same date and at the same time as league entries are due for each particular sport. Include the proper form which lists all contests played, results and any further background information the at-large selection committee should know to determine the teams to be selected for the filling of byes.

At-large teams **must have a .500 record or better** for their complete schedule to be considered. A tie will count as a ½ win and a ½ loss as the criteria for a .500 or better record. (A record of 10-10-1 would be considered as qualifying.)

Football Only:

NOTE: Should the number of guaranteed playoff entries fail to complete a full bracket; this will necessitate the inclusion of at-large teams. The following criteria and procedures will be used to accomplish this task.

- (1) Leagues will have the option of entering at-large teams for consideration should they desire (see process below).
- (2) All at-large entries must be submitted to the CIF-SS no later than 11:00 p.m. on the Friday evening for the weekend in which the playoff draw will be completed.
- (3) Schools which are being submitted as at-large entries MUST submit to this office by 11:00 p.m. the Friday of the weekend in which the playoff draw is finalized, on the proper form which lists all contests played, results of same and any further background information the at-large selection committee should be appraised of in determining the teams which will be selected for the filling of byes.
- (4) The Selection Committee, with the full support of the CIF-SS Football Coaches Advisory Committee, will utilize the following criteria in its selection process, with each category below having the specific weight listed:

Criteria utilized by the At-Large Selection Committee:

- (a) Head-to-head competition of teams under consideration (4 points)
 - (b) Overall strength of the league from which the team is entered (1 point)
 - (c) Overall win-loss record (1 point)
 - (d) Strength against common opponents (1 point)
 - (e) Strength of schedule (2 points, using overall win-loss record of opponents)
 - (f) Free lance teams will be part of the pool for the filling of at-large berths
- (5) The At-Large Selection Committee will meet in the CIF-SS office on the Saturday afternoon for the weekend in which the playoff draw is to be finalized. The administrator so designated from the CIF-SS office for football shall act as a resource person and chair the meeting.

Basketball Only:

For the playoffs, each division grouping will fill to 32 team brackets with no “wild card” games unless there are more than 32 automatic qualifiers. “At-Large” entries will be selected by the Tournament Seeding Committee to fill to the 32 team brackets in each division. There is no minimum won/loss criteria necessary to apply for “At -Large” consideration in basketball as part of this criteria. **In any case, an at-large entry form must be received in order to be considered.**

The Tournament Seeding Committee will use the following criteria for “at-large” selection in basketball only, with each having no specific weight and/or preference:

- (a) Head-to-head competition of teams under consideration.
- (b) Overall strength of the league in which the team participates.
- (c) Overall win/loss record.
- (d) League finish.
- (e) Strength against common opponents.
- (f) Strength of schedule.
- (g) Strength at end of season (whether team has lost or won its last 3 games, etc.)
- (h) Free lance teams will be part of the pool for the filling of “at-large” berths.
- (i) Computer Rankings.

At-Large Selection:

It is again to be reviewed that all material relating to an at-large entry MUST be submitted to the CIF-SS no later than 9:00 a.m. on the Saturday for the weekend in which the playoff draw is to be finalized. If the material is not submitted, the team will not be placed under consideration in that the at-large selection committee will have no statistical data from which to draw.

Please be sure to review this material with your coaching staff and your league.

OFFICIALS RECOMMENDATIONS

It is **required** that:

1. When contacted by official at least 24 hours in advance, the host school will have available someone who will handle the needs of the officials assigned to the contest.
2. The host school have available someone who will handle the needs of the officials assigned to the contest. This should include, but not be limited to, facility orientation, locker room assignment and parking.
3. The officials' locker rooms be open at halftime and immediately after the game.
4. At the completion of the contest, the officials' locker and dressing facilities remain secured for at least 30 minutes in football and 20 minutes in all other sports. Coaches and other school officials should not enter an officials' dressing area for the purpose of complaints.
5. Coaches not approach or confront the officials at the completion of a contest.
6. Coaches and school officials not make public statements to the new media criticizing officials.
7. School officials be alert to potential problem situations and, when necessary, provide security for officials to and from their dressing facilities and to the parking area after the contest.
8. Athletic administrators convey to their coaching staff that if there is a problem regarding the officiating, it should be handled first through the Area Officials' Liaison and secondly by the CIF Southern Section Office if the problem is serious in nature.
9. A representative from the host school shall handle financial matters prior to the start of the contest. This task should not be handled by the coach.
10. The participating schools should enforce the principles of Victory with Honor and Education Code 48900 and 48915 with regards to fan and spectator behavior. Schools are strongly encouraged to remove and sanction any spectator who engages in abusive verbal or physical behavior or who uses profanity.
11. Schools not in compliance with numbers 1-10, will be reported to their Area Liaison by the officials association within five (5) school days. Regardless of the infraction, the contest will be played.

The safety and security of officials is a prime concern of the CIF Southern Section. It is recommended that each school put together a packet to be sent to the liaison providing information to officials pertaining to the game including but not limited to:

- Map of School
- Location and availability of facilities
- Parking
- Officials security arrangements
- Contact person with phone number and availability
- Officials shall be paid in a timely fashion

THE NEED FOR IMPROVED MEDIA RELATIONS IN HIGH SCHOOL ATHLETICS

Media exposure for a myriad of sporting events is at an unprecedented all-time high on local, state, national and international levels. Consequently, high school athletic programs are faced with an increasing need to reach out for recognition in order to build and maintain a fair share of the recreational and entertainment market.

Believe it or not, high school athletics are in direct competition with the big leagues when it comes to newspaper space, radio time and television coverage. This competition can have a profound effect on the interest, regular following and average crowd size of high school events.

With greater frequency, sports fans throughout the nation are presented with the option: “Should I drive over to the high school and watch our local team play, or should I turn on the tube and watch that college or pro game?”

Accordingly, the time has come for high school athletic programs to improve its posture in the areas of sports information and media relations. With a consistent line of communication, high school athletic departments can cultivate good working relationships with local and regional media’s purpose and function.

There is a wealth of free publicity to be utilized. An increased effort can harness the power of the media to work for any school in any location. There are a number of ways to accomplish this goal, but the first step is to establish a positive attitude and heightened awareness of the media’s purpose and function.

The following topical outline is provided to give CIF-SS schools a competitive edge in generating greater exposure, increased fan interest and an improved working relationship with the media . . .

IMPROVED MEDIA RELATIONS FOR HIGH SCHOOL FOOTBALL

I ADVANTAGES – PURPOSE

- A. Increased school notoriety
 - 1. Give the school name greater public recognition
 - 2. Increase awareness of the athletic program
 - 3. Generate community interest and support for the school as a whole
- B. Increased attendance at game
- C. Increased recognition for individual athletes
 - 1. Make outstanding achievements known on community, state and national levels
 - 2. Allow athletes to have a greater chance at receiving awards
 - 3. Increase interest in college recruiters and give athletes more scholarship opportunities

II BASIC KEYS TO IMPROVED MEDIA RELATIONS

- A. Report all varsity scores
 - 1. Make sure to have a responsible person (student, assistant coach, faculty member, booster club member, etc.) call in scores after each athletic event
 - 2. Report to all media in your coverage area
 - a) Local newspaper(s)
 - b) Major metropolitan newspaper(s)
 - c) Local radio station(s)
 - d) Local television station/cable TV outlet
 - e) Post phone numbers for the above where they are easily accessible after any event. Be sure to take a copy on road trips
 - 3. Always be prepared to report league and overall records for BOTH teams when calling in scores
 - 4. Always report all Scores to Maxpreps first!
 - 5. Major Daily Metropolitan Newspapers in CIF-SS Coverage Area:
 - a) In the all areas: Los Angeles Times – 237-7151
 - b) In the 310 area: South Bay Daily Breeze – 543-6177
 - c) In the 562 area: Long Beach Press-Telegram – 499-1338; Whittier Daily News – 698-0955 Ext. 3046 or 3060
 - d) In the 714 area: Orange County Register – 796-2428; Daily Pilot – 966-4616
 - e) In the 909/951 area: Riverside Press Enterprise – 951-368-9526; San Bernardino Sun – 909-483-9362; Daily Bulletin – 483-9362; The Californian 800-234-4315, Ext. 2632; Redlands Daily Facts 793-3226
 - f) In the 818 area: Glendale News Press – 637-3225; L.A. Daily News – 713-3607
 - g) In the 626 area: San Gabriel Valley Tribune – 962-8811, Ext. 2161; Pasadena Star News – 578-6300 Ext. 4485
 - h) In the 661 area: Antelope Valley Press – 267-4143; Santa Clarita Signal – 259-1234
 - i) In the 619 area: San Diego Union Tribune – 293-1341
 - j) In the 760 area: The Desert Sun – 778-4629
 - k) In the 805 area: Lompoc Record – 739-2235; Santa Barbara News Press – 564-5256; Santa Maria Times – 739-2235; San Luis Obispo Tribune – 781-7916; Ventura County Star – 437-0278

B. Maintain accurate rosters for all varsity teams

1. Always include the following: Number, Name, Position, Height, Weight, Year in School
2. Always have programs for home varsity contests. Make sure they include complete and accurate rosters for BOTH teams
3. Always provide programs at no charge to members of the media covering your event
4. Keep accurate statistics throughout each season of sport
5. Update each week
6. Report outstanding statistical performances when reporting game scores (Note: If you know the game is being covered in person, this may not be necessary. This is a general guideline for minor sports which aren't regularly covered)
7. Watch for CIF-SS Bulletins and follow directions for reporting statistical information to the section office when requested

Maintain all-time school records and make available to the media upon request. (A great item for

IMPORTANT – PLEASE NOTE
CIF-SS FINAL STATISTICAL LEADER FAX-IN DATE FOR THE 2015 SEASON
Tuesday, November 10
See Stats Reporting Memo in this document

programs, a must for media guides)

C. Use of facilities

1. Always provide a seat in the press box or at the scorers table for working members of the media
2. Keep in mind that the press box and/or scorer's table should be reserved for authorized game personnel (announcer, spotter, scoreboard operator, timer, stat crew, etc.). Cheer and socializing should not be allowed in the press box or at the scorers table
 - a) This is a WORKING area. Maintain a professional atmosphere at all times Schedule announcements
3. Schedule announcements are a sure way to gain media attention, as well as provide the public with the information they need to attend your games
4. Complete schedules well in advance of each season
 - a) Football, Girls Volleyball, Water Polo – Spring
 - b) Basketball, Wrestling, Soccer – Late Spring
 - c) Baseball, Softball, Track & Field – Fall
5. Release schedules to local media as soon as they become complete
6. Meet the CIF-SS Master Schedule mail-in dates to be sure your school is Included

III PERSONAL MEDIA RELATIONSHIPS

A. Coaches

1. Make yourself accessible to the media whenever possible, but know your limits
 - a) You are entitled to a 5-7 minute “cool-down” period after a contest. USE IT! Don't try to answer any questions until you are composed and ready to concentrate
 - b) Remember, nothing is “off the record”. Anything you say can and probably will be printed

- c) Try to set a consistent day and time when you can be reached during the week and make it known to the reporters covering your team
 - 2. Assist reporters with statistics, records and general information about your athletes
- B. Student-Athletes
 - 1. Coaches should instruct players on the “do’s” and “don’ts” of media interviews at an early team meeting
 - a) Review good interview techniques – straight and to the point. Be informative, don’t “ramble” or get off the subject. Answer the questions asked
 - b) Stress the importance of good media relations
 - c) Remind players to stress the “team concept”
 - d) Prepare students to be ready when questions are asked and not fearful or under duress when the situation arises
 - e) Player interviews on the high school level can be a great learning experience – they should be enjoyable as well
 - 2. Set policy on player interviews and stick to it
 - a) Where and when
 - b) Notify media of such policies
- C. Maintain an accurate up-to-date list of coaches’ office and home phone numbers
 - 1. This is especially important for “walk-on” coaches
 - 2. Provide this list to your regular media outlets

IV MISCELLANEOUS TIPS AND IDEAS

- A. Be acquainted with the CIF-SS Media Department and its services
 - 1. Contact Thom Simmons, CIF-SS Director of Communications, at 562-493-9500 or fax him at 562-493-6266 at any time during the CIF-SS office hours or email him at thoms@cifss.org or his assistant at anitaf@cifss.org
 - a) Report outstanding performances by your teams or athletes
 - b) Provide information on school activities, facts on athletes, coaching milestones, etc.
 - 2. General CIF-SS Media Department Services
 - a) Weekly press release and top ten polls; Publication of CIF-SS quarterly Bulletin; Maintenance of All Time CIF records; Broadcast approval for all playoff contests; Publication of Master Schedules; Media contact for championship events
- B. Communicate ideas for feature articles on coaches, athletes or teams to local media outlets. If you think one of your team members might make an interesting feature article subject, let your local sports editor or beat writer in on it. They are in constant search of these types of items
- C. Answer all written requests for information about your program
 - 1. CIF-SS Schedule Requests, Pre-Season Questionnaire, Playoff Information forms
 - 2. Local newspaper, radio and TV questionnaires
 - 3. State and national magazine questionnaires
- D. Maintain a file of information forms on coaches and athletes. These may serve as a valuable reference when coaches or athletes are not available for interview
 - 1. Forms should include age, height, weight, previous involvement in athletics, other sports, etc.

2. Include home and work phone numbers for parents in case of emergency
- E. Maintain a photo file of individual athletes
- F. Schedule a “Media Day” prior to the season
1. Excellent opportunity to get photo requirements out of the way
 2. Notify and invite all local media outlets
 3. Have team dressed in game uniform with accurate numbers
 4. Provide complete roster, schedule and additional information such as final status and results of previous season
- G. Call on your resources – get the help you need
1. School journalism department
 - a) Make “Sports Information Director” out of an interested student
 - b) Involve students in keeping stats, taking photos, etc. Reward them by taking them on a road trip, honor at banquet, possibly earning a letter
 2. Request the school print shop to publish programs, schedule, media guide, posters, press release, etc.
 3. Tap the booster club for assistance. Many parents would like to be involved...provide the opportunity
- H. Create Social Media Platforms. (Facebook, Twitter, Foursquare, Google, Pinterest, etc.) and keep updated on a daily basis.



TO: CIF-SS VARSITY FOOTBALL COACHES
 FROM: THOM SIMMONS, DIRECTOR OF COMMUNICATIONS
 RE: 8 –MAN FOOTBALL RECORDS UPDATE

In an effort to update the CIF Southern Section football records, the CIF-SS Publicity Department is asking for your assistance.

Listed below are minimum standards for established record categories. If your team or players have met or exceeded any of the following standards, or if any of your PAST teams/players qualify, please submit the information on the attached form. Be sure to include all pertinent information (noted in parenthesis) for each record submitted.

Records MUST be submitted on the official form provided. Records submitted on any other form will not be accepted. They must also be TYPED, SIGNED and submitted with proper DOCUMENTATION (See attached form). Playoff contests will count toward cumulative statistical totals.

TEAM RECORDS

- Most Points in a Season (Year) n/r
- Most Points in a Game (Opponent, Year, Opponent Score)..... n/r
- Most Points in a Half (Opponent, Year) n/r
- Most Shutouts in a Season n/r
- Rushing Yardage - Season (Year) n/r
- Rushing Yardage - Game (Opponent, Year)..... n/r
- Pass Interceptions - Season (Year) n/r
- Pass Interceptions - Game (Opponent, Year)..... n/r
- Longest Winning Streak (Years) n/r
- Longest League Winning Streak (Years) n/r

INDIVIDUAL RECORDS

- Scoring - Career (Years) n/r
- Scoring - Season (Year) n/r
- Scoring - Game (Opponent, Year) n/r
- Rushing Yardage - Career (Years) n/r
- Rushing Yardage – Season (Year) n/r
- Rushing Yardage - Game (Opponent, Year)..... n/r

-over-

INDIVIDUAL RECORDS (Cont.)

Touchdown Runs - Career (Years)	n/r
Touchdown Runs - Season (Year).....	n/r
Touchdown Runs - Game (Opponent, Year)	n/r
Most Carries - Game (Year).....	n/r
Passing Yardage - Career (Years).....	n/r
Passing Yardage - Season (Year)	n/r
Passing Yardage - Game (Opponent, Year).....	n/r
Pass Completions - Career (Years)	n/r
Pass Completions - Season (Year).....	n/r
Pass Completions - Game (Opponent, Year)	n/r
Consecutive Pass Completions (Opponent, Year).....	n/r
Passing Attempts – Career	n/r
Passing Attempts – Season (Year).....	n/r
Passing Attempts – Game (Opponent, Year)	n/r
Touchdown Passes - Career (Years).....	n/r
Touchdown Passes - Season (Year)	n/r
Touchdown Passes - Game (Opponent, Year).....	n/r
Pass Receptions - Career (Years)	n/r
Pass Receptions - Season (Year).....	n/r
Pass Receptions - Game (Opponent, Game)	n/r
Receiving Yardage - Career (Years).....	n/r
Receiving Yardage - Season (Year)	n/r
Receiving Yardage - Game (Opponent, Year)	n/r
Touchdown Receptions - Career (Years).....	n/r
Touchdown Receptions - Season (Year)	n/r
Touchdown Receptions - Game (Opponent, Year).....	n/r
Most Field Goals - Career (Years)	n/r
Most Field Goals - Season (Year).....	n/r
Most Field Goals - Game (Opponent, Year)	n/r
Longest Field Goal (Opponent, Year)	n/r
Most Conversion Kicks – Career (Years).....	n/r
Most Conversion Kicks - Season (Year)	n/r
Most Conversion Kicks - Game (Opponent, Year).....	n/r
Consecutive Conversion Kicks (Year or Years)	n/r
Pass Interceptions - Career (Years).....	n/r
Pass Interceptions - Season (Year)	n/r
Pass Interceptions - Game (Opponent, Year).....	n/r
Longest Return with an Interception (Opponent, Year).....	n/r
Longest Return with Fumble Recovery (Opponent, Year)	n/r
Longest Run From Scrimmage (Opponent, Year)	n/r
Longest Pass Play (Passer, Receiver, Opponent, Year)	n/r
Longest Punt (Opponent, Year)	n/r
Longest Punt Return (Opponent, Year)	n/r
Longest Kickoff Return (Opponent, Year).....	n/r

PLEASE NOTICE: Individual career records should not be reported until the student has completed high school eligibility in this sport. Thank you.

n/r = new record



TO: CIF-SS VARSITY FOOTBALL COACHES
 FROM: THOM SIMMONS, DIRECTOR OF COMMUNICATIONS
 RE: FOOTBALL RECORDS UPDATE

In an effort to update the CIF Southern Section football records, the CIF-SS Publicity Department is asking for your assistance.

Listed below are minimum standards for established record categories. If your team or players have met or exceeded any of the following standards, or if any of your PAST teams/players qualify, please submit the information on the attached form. Be sure to include all pertinent information (noted in parenthesis) for each record submitted.

Records MUST be submitted on the official form provided. Records submitted on any other form will not be accepted. They must also be TYPED, SIGNED and submitted with proper DOCUMENTATION (See attached form). Playoff contests will count toward cumulative statistical totals.

TEAM RECORDS

Most Points in a Season (Year)	674
Most Points in a Game (Opponent, Year, Opponent Score).....	111
Most Points in a Half (Opponent, Year)	62
Most Shutouts in a Season	8
Rushing Yardage - Season (Year)	4,801
Rushing Yardage - Game (Opponent, Year).....	604
Pass Interceptions - Season (Year)	30
Pass Interceptions - Game (Opponent, Year).....	7
Longest Winning Streak (Years)	30 Games
Longest League Winning Streak (Years)	33 Games

INDIVIDUAL RECORDS

Scoring - Career (Years)	598
Scoring - Season (Year)	302
Scoring - Game (Opponent, Year)	48
Rushing Yardage - Career (Years)	6,734
Rushing Yardage – Season (Year)	3124
Rushing Yardage - Game (Opponent, Year).....	465

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INDIVIDUAL RECORDS (Cont.)

Touchdown Runs - Career (Years)	89
Touchdown Runs - Season (Year).....	49
Touchdown Runs - Game (Opponent, Year)	8
Most Carries - Game (Year).....	52
Passing Yardage - Career (Years).....	8,617
Passing Yardage - Season (Year)	4,115
Passing Yardage - Game (Opponent, Year)	524
Pass Completions - Career (Years)	582
Pass Completions - Season (Year).....	270
Pass Completions - Game (Opponent, Year)	36
Consecutive Pass Completions (Opponent, Year).....	12
Passing Attempts – Career	972
Passing Attempts – Season (Year).....	439
Passing Attempts – Game (Opponent, Year)	58
Touchdown Passes - Season (Year)	46
Touchdown Passes - Game (Opponent, Year).....	7
Pass Receptions - Career (Years)	192
Pass Receptions - Season (Year).....	106
Pass Receptions - Game (Opponent, Game)	18
Receiving Yardage - Career (Years).....	3,149
Receiving Yardage - Season (Year)	1,668
Receiving Yardage - Game (Opponent, Year)	307
Touchdown Receptions - Career (Years).....	37
Touchdown Receptions - Season (Year)	23
Touchdown Receptions - Game (Opponent, Year).....	5
Most Field Goals - Career (Years)	26
Most Field Goals - Season (Year).....	16
Most Field Goals - Game (Opponent, Year)	5
Longest Field Goal (Opponent, Year)	58 Yards
Most Conversion Kicks – Career (Years).....	139
Most Conversion Kicks - Season (Year)	76
Most Conversion Kicks - Game (Opponent, Year).....	10
Consecutive Conversion Kicks (Year or Years)	59
Pass Interceptions - Career (Years).....	22
Pass Interceptions - Season (Year)	14
Pass Interceptions - Game (Opponent, Year).....	4
Longest Return with an Interception (Opponent, Year).....	104 Yards
Longest Return with Fumble Recovery (Opponent, Year)	95Yards
Longest Run from Scrimmage (Opponent, Year)	99 Yards
Longest Pass Play (Passer, Receiver, Opponent, Year)	99 Yards
Longest Punt (Opponent, Year)	74 Yards
Longest Punt Return (Opponent, Year)	97 Yards
Longest Kickoff Return (Opponent, Year).....	100 Yards

PLEASE NOTICE: Individual career records should not be reported until the student has completed high school eligibility in this sport. Thank you.

9/2015



MEMORANDUM

TO: CIF-SS FOOTBALL COACHES
FROM: THOM SIMMONS, DIRECTOR OF COMMUNICATIONS
RE: 2015 FINAL FOOTBALL STATISTICAL-LEADER LIST

The season-final reporting date will be no later than **TUESDAY, NOV. 10**, to include final regular-season games through Nov. 6. PLEASE MARK THIS DATE ON YOUR CALENDAR.

To report statistical leaders, coaches are directed to report to the CIF-SS Office no later than 4:00 p.m. on the above date. Reports should be made by email to anitaf@cifss.org OR fax to (562) 493-6266.

Listed below are the statistical categories and minimum standards...Please send in only the names of players that have met or exceed the minimum standard and fill in ALL information pertaining to the category. Submissions ONLY on our form will be accepted.

FINAL-SEASON REPORT DATE (NO LATER THAN Tuesday, NOV. 10) (10 weeks of play)

- RUSHING - 1,100 Net Yards
- PASSING - 1,500 Net Yards
- RECEIVING - 40 Receptions
- SCORING - 106 Total Points
- KICK SCORING - 35 Points
- PUNTING - 36-Yard Average (16-punt minimum)
- INTERCEPTIONS - 6 Interceptions
- TACKLES - 110 Total Tackles (**Combined unassisted and assisted**)

Thank you in advance for your assistance in providing deserved recognition for your CIF Southern Section athletes.

Email anitaf@cifss.org OR FAX # (562) 493-6266
your stat leaders to our office NO later than Nov. 10th!
Only stats on our form will be accepted!
Please do not use pencil or red ink when faxing!

Stat form is on page 2 of this document. Thank you.

Final Season Stat Leaders: School

Coach

EMAIL OR FAX NO LATER THAN NOVEMBER 10, 2015

RUSHING <i>Standard 1100 Net Yards</i>		GP	ATT.	NET YD.	AVG	TD	LONG RUN
NAME	Grade						
NAME	Grade						

PASSING <i>Standard 1500 Net Yards</i>		GP	COMP.	ATT.	COMP PCT	INT.	YDS.	TD	LONG PASS
NAME	Grade								
NAME	Grade								

RECEIVING <i>Standard 40 Receptions</i>		GP	REC	YDS.	AVG.	TD	LONG REC
NAME	Grade						
NAME	Grade						

SCORING <i>Standard 106 Total Points</i>		TP	TD	FG.	PAT-1	PAT-2
NAME	Grade					
NAME	Grade					

KICK SCORING <i>Standard 35 Points</i>		TP	FG	PAT	LONG FIELD GOAL
NAME	Grade				
NAME	Grade				

PUNTING <i>Standard 36 Yards Average Minimum 16 Punts</i>		NO.	YDS	AVG.	LONG
NAME	Grade				
NAME	Grade				

INTERCEPTIONS <i>Standard 6 Interceptions</i>		NO.	RET. YDS.	AVG.	TD	LONG RETURN
NAME	Grade					
NAME	Grade					

TACKLES <i>Standard 110 Total Tackles (Combined unassisted & assisted)</i>		TOTAL NO.	UNASSISTED	ASSISTED
NAME	Grade			
NAME	Grade			



Southern Section

Academics • Integrity • Athletics

10932 Pine Street, Los Alamitos CA 90720-2428
(562) 493-9500 • Fax: (562) 493-6266

TO: CIF Southern Section Athletic Directors/Principals
FROM: Thom Simmons, Director of Communications
RE: TV, Internet and Radio Broadcasts

Please accept this as a reminder that over the air television, internet and radio broadcast rights for **ALL** games (regular season & playoffs) must be approved prior to the contest by the CIF Southern Section. In order for a game to be broadcast in its entirety on radio, television (local cable included), or the internet, media outlets must contact the CIF Southern Section.

If you or any of your local broadcast media have any questions, please contact me at 562-493-9500. Thank you for your cooperation in this matter.

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. From 1995 through the 2002 football season there have been 15 high school heat stroke deaths in football. This is not acceptable. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION) – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

HEAT EXHAUSTION (SALT DEPLETION) – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

HEAT STROKE – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the PHYSICAL CONDITION of their athletes and set practice schedules accordingly.

3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for GRADUAL ACCLIMATIZATION TO HOT WEATHER. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.

4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES.

5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 – Unlimited activity

65-73– Moderate risk

73-82 – High risk

82 plus – Very high risk

6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS. Figure I is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.

7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.

8. Athletes should weigh each day before and after practice and WEIGHT CHARTS CHECKED. Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.

9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra products.

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

HEAT EXHAUSTION – OBTAIN MEDICAL CARE AT ONCE. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

REDUCING BRAIN AND SPINAL INJURIES IN FOOTBALL

FREDERICK O. MUELLER, Ph.D.

ROBERT C. CANTU, M.D.

Brain and spinal injuries in football have been dramatically reduced since the rules were changed in 1976 to prohibit butt blocking and face tackling, and any other technique in which the helmet and facemask purposely received the brunt of the initial impact. There are still a small number of football players (and fewer in other sports) that become paralyzed, but the lesson to keep the head and face out of blocking and tackling remains.

Generally, about 3 – 5% of the injuries experienced by participants in athletics are concussions, e.g., temporary dizziness, confusion, nausea, headaches, and perhaps unconsciousness. Concussions are given grades from Grade 1 (a hit that dazes for a few minutes to Grade 3 (unconscious). No concussion should be dismissed as minor until proven so by medical personnel. The task is to be sure that the athlete no longer has any post concussion symptoms at rest and exertion before returning to competition. What is now called “the second impact syndrome” with its high rate of morbidity if not mortality is the result of returning to play too soon.

Several suggestions for reducing brain and spinal injuries follows:

1. Preseason physical exams for all participants. Identify during the physical exam those athletes with a history of previous brain or spinal injuries. If the physician has any questions about the athlete’s readiness to participate, the athlete should not be allowed to play.
2. A physician should be present at all games and practices. If it is not possible for a physician to be present at all games and practice sessions, emergency measures must be provided. The total staff should be organized in that each person will know what to do in case of a brain or spinal injury in game or practice. Have a plan ready and have your staff prepared to implement that plan. Prevention of further injury is the main objective.
3. Athletes must be given proper conditioning exercises which will strengthen their neck muscles in order for them to be able to hold their head firmly erect when making contact. Strong neck muscles may help prevent neck injuries.
4. Coaches should drill the athletes in the proper execution of the fundamentals of the football skills, particularly blocking and tackling. **KEEP THE HEAD OUT OF FOOTBALL.**
5. Coaches and officials should discourage the players from using their heads as battering rams. The rules prohibiting spearing should be enforced in practice and games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.
6. All coaches, physicians and trainers should take special care to see that the players’ equipment is properly fitted, particularly the helmet.
7. Strict enforcement of the rules of the game by both coaches and officials will help reduce serious injuries.

8. When a player has experienced or shown signs of brain trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he/she should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities. Coaches should encourage players to let them know if they have any of the above mentioned symptoms (that can't be seen by others, such as headaches) and why it is important.

9. Both athletes and their parents should be warned of the risks of injuries.

10. Coaches should not be hired if they do not have the training and experience needed to teach the skills of the sport and to properly train and develop the athletes for competition.

Following is a list of Post Concussion Signs/Symptoms

Depression

Numbness/tingling

Dizziness

Poor Balance

Drowsiness

Poor Concentration

Excess Sleep

Ringing in the ears

Fatigue

Sadness

Feel "in fog"

Sensitive to Light

Headache

Sensitivity to Noise

Irritability

Trouble falling asleep

Memory Problems

Vomiting

Nausea

Nervousness

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT ILLNESS

TYPES OF SPORTS DRINKS

◆ **Fluid Replacers**

- Examples: Water, Gatorade, 10K, Quikkick, Max
- These drinks are absorbed as quickly as water and typically are used for activities lasting less than 2 hours.

◆ **Carbohydrate loaders**

- Examples: Gatorlode, Exceed High, Carboplex
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

◆ **Nutrition Supplements**

- Examples: Gatorpro, Exceed Sports, Ultra Energy
- These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
- They can be used as a meal replacement supplement for athletes, who wish to skip a high fat meal, or as extra calories for athletes who wish to gain weight.

WHAT NOT TO DRINK

- ◆ Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- ◆ Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- ◆ Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT ILLNESS

HYDRATION TIPS AND FLUID GUIDELINES

- ◆ Drink according to a schedule based on individual fluid needs.
- ◆ Drink before, during and after practices and games.
- ◆ Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- ◆ Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- ◆ Drink early — By the time you're thirsty, you're already dehydrated.
- ◆ In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- ◆ Drink fluids based on the amount of sweat and urine loss.
- ◆ Within two hours, drink enough to replace any weight loss from exercise.
- ◆ Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- ◆ Dehydration usually occurs with a weight loss of two percent of body weight or more.

WHAT TO DRINK DURING EXERCISE

- ◆ If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- ◆ The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- ◆ During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- ◆ Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- ◆ Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- ◆ Salt should never be added to drinks, and salt tablets should be avoided.
- ◆ Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

DEHYDRATION, ITS EFFECTS ON PERFORMANCE, AND ITS RELATIONSHIP TO HEAT ILLNESS

- ◆ Dehydration can affect an athlete's performance in less than an hour of exercise — sooner if the athlete begins the session dehydrated.
- ◆ Dehydration of just one to two percent of body weight (only 1.5-3 lb.. for a 150-pound athlete) can negatively influence performance.
- ◆ Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- ◆ High-body-fat athletes can have a harder time with exercise and can become dehydrated faster than lower-body-fat athletes working out under the same environmental conditions.
- ◆ Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
- ◆ Medications/fevers greatly affect an athlete's dehydration problems.
- ◆ Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- ◆ Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- ◆ Wet bulb temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- ◆ Even dry climates can have high humidity if sprinkler systems are scheduled to run before early morning practices start. This collection of water does not evaporate until environmental temperatures increase and dew points lower. Dry climate areas should take wet bulb and temperature readings 10 to 15 minutes before practice or contests.
- ◆ A Heat Index chart should be followed to determine if practice/contests should be held.
- ◆ A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association.
- ◆ A relative humidity of 35 percent and a temperature of 95 degrees Fahrenheit are likely to cause heat illness, with heat stroke likely.
- ◆ A relative humidity of 70 percent and a temperature of 95 degrees Fahrenheit are very likely to cause heat illness, with heat stroke very likely.

Journal of Athletic Training: 35(2): 212-224; NFHS Handbook Heat Related Illness, Sandra Shultz Phd, ATC, CSCS, Steven Zinder MS, ATC

Ephedrine

What is Ephedrine ?

Ephedrine-containing products (Ma huang, Chinese Ephedra, and Sida Cordifolia) are marketed to improve athletic performance and enhance weight loss.

Ephedrine is a powerful **central nervous system stimulant** and decongestant, which is effective for relieving bronchial asthma, but banned by the International Olympic Committee (IOC) and National Collegiate Athletic Association (NCAA). Ephedrine is structurally similar to the amphetamines and increases heart rate and blood pressure.

Adverse Effects of Ephedrine

Serious Adverse Effects: Heart Attack, Stroke, Seizures, Psychosis and Death. Also, signs and side effects that may lead to the more serious adverse effects listed above, dizziness, headache, gastrointestinal distress, irregular heartbeat, and heart palpitations.

Combining Ephedrine and Caffeine

Combinations of ephedrine and caffeine have side effects substantially greater than those from the consumption of either compound alone. The herbs guarana, mate, and kola nut contain caffeine.

Facts you need to know

- Some athletes consume herbal products (tablets, capsules, drinks, bulk herbs, and herbal teas) for their reputed “performance-enhancing,” “weight loss,” or “medicinal” qualities.
- In April 1996 the FDA issued a warning not to buy products containing ephedra /ephedrine / Ma huang. The FDA has compiled a list of over 400 adverse events, including heart attack, stroke, tremors, insomnia, and 15 reported deaths associated with this substance.
- Herbal products can go to market with no testing for efficacy or safety, thus skipping the years-long process that drugs must undergo. FDA approval is not required for package or marketing claims, so herbal manufacturers can put unsupported health claims on their labels.
- The belief that natural equals safe is a common and dangerous misconception, as evidenced by the adverse side-effects associated with ephedrine-containing products.
- Athletes may incorrectly assume that herbal products are safe and without side effects because these products are marketed as “natural” or “herbal” and can be purchased without a prescription.

Source: CIF Health and Safety Committee

Designed for Distribution to:

Topic No. 40 **Athletic Directors, Coaches, Parents & Students**

PERFORMANCE-ENHANCING DIETARY SUPPLEMENTS UPDATE FOR ATHLETIC DIRECTORS AND COACHES

Caution by parents, coaches and trainers should be used in the general surveillance of their athletes. Information by manufacturers about these substances is readily available on the Internet, and athletes can purchase these substances without supervision. We urge all coaches and trainers to educate their athletes regarding these substances, and then most importantly, prohibit their use.

Coaches and athletes need to understand that supplements are not considered a “food or drug” and that the FDA does not regulate these substances, unlike anabolic steroids. Most supplements are labeled as dietary supplements and based on a 1994 law are beyond the jurisdiction of the FDA. Supplement marketing claims many performance improvements for athletes, yet the medical and research community is divided on these claims and the safety of using supplements. “Natural - Herbal” does not mean safe. In April 1996 the FDA issued a warning not to buy products containing ephedra/ephedrine/Ma huang, “Natural - Herbal ” products. Six years later, these products have now been banned for sale in California. The supplement industry is a multi-billion dollar commerce, thus advertising aimed at athletes can be expected to increase. Based on review of the current medical literature, we believe that these substances should not be used by the high school athletes for the following reasons:

CREATINE

A 1998 study involving Navy Seals using creatine showed no significant differences in obstacle course performance time or decrease in body fat.

At the 1998 American College of Sports Medicine Annual Meeting, six out of seven trials presented, showed no increase in performance by using creatine.

Endurance athletes have been shown to decrease performance when using creatine.

There is no assurance that athletes are using appropriate dosing, and using amounts that exceed those used in scientific studies may cause problems that are not known at this time.

Risks of worsening of pre-existing kidney disease, dehydration and poor performance resulting from dehydration exist. Long-term side effects from both brief and long-term use remain unknown at this time.

While some laboratory studies show a benefit of increased body mass and improved ability to sustain short bursts of explosive exercise, the studies have several flaws and results seen in the lab may not be the same as those seen on the field.

A 1993 study showing increased strength from creatine use was repeated in 1998 using more test athletes and showed no increase in strength from using creatine.

Studies showing benefits are usually small, done in exercise labs, and do not address long-term use or on-field performance. The longest trial lasted only 51 days.

Increased body mass associated with creatine is from increased total body water and has not been proved to come from increased lean muscle mass. Percent body fat is not decreased by creatine.

ANDROSTENEDIONE ("ANDRO")

Broken down by the liver into testosterone, a compound made in the body which can help increase muscle mass, it also causes decrease in natural production of testosterone and can lead to testicular atrophy.

High levels of testosterone increase hair growth, cause premature closure of bone growth plates leading to short stature and may have adverse effects on the liver and cardiovascular system.

Banned by the NCAA, NFL and the International Olympic Committee.

Testosterone is already at maximal production in teens and dietary supplementation is unnecessary.

Manufacturers may recommend these substances not be used by young adults due to already elevated testosterone levels, but such warnings do not always appear in advertising efforts.

Advertisements in print media and on the Internet, as well as by word of mouth between athletes, claim that "andro" and similar compounds are safe. We are currently unaware of any long-term studies conclusively supporting this claim. We are aware of the adverse effects seen in people with prolonged elevated testosterone levels and consider such conditions to be unhealthy.

We urge all coaches and trainers to educate their athletes regarding these substances, and then most importantly, prohibit their use.

Vol. No. 1, revised 4/12/04
Source: CIF Health and Safety Committee



Updated 6/18/15

THIS LIST IS EFFECTIVE FOR 2015-16

RE: OFFICIAL BALL PROGRAM – MANDATORY USE IN PLAYOFFS

Official Ball per sport:

- Baseball: **Rawlings CIF-SS** Must be CIFSS stamped ball; not an alternative Rawlings ball
Rawlings RCIF-SS New option introduced for 2015 baseball season
- Boys Basketball: **Spalding TF1000 NFHS Classic NFHS**
Spalding TF1000 Legacy NFHS
- Girls Basketball: **Spalding TF1000 NFHS Classic 28.5 NFHS**
Spalding TF1000 Legacy 28.5 NFHS
- Football: **Spalding ball with NFHS**; any Spalding model with NFHS stamp
- Soccer: **Spalding TF-SC5 NFHS** for both boys and girls use. (New model # as of 2013-14)
Spalding TF-SC3 NFHS for both boys and girls use. (New model # as of 2013-14)
Spalding TF5000 NFHS for both boys and girls use. (New model # as of 2013-14)
- Softball: **Dudley CFP12Y NFHS**
- Tennis: **Wilson Tennis Ball**; NFHS stamp not required
- Volleyball: **Spalding with NFHS stamp: TF-VB5, TF-VB3** (New for 2013-14)
Spalding with NFHS stamp: TF5000, TF3000, TF1500
- Boys Water Polo: **KAP7 model 105 with NFHS stamp**
- Girls Water Polo: **KAP7 model 104 with NFHS stamp**

All playoff ball adoptions agreements with the CIF Southern Section run through June 30, 2016 except for tennis.

Mandatory Playoff Use Requirement:

The mandatory “official” ball rule for all playoff rounds, excluding golf. The rule applies throughout the conduct of **all** CIF-SS **playoff** contests.

Playoff Ball Use Rule Enforcement:

Should a school fail to provide the correct game ball, the game will always be played. Teams/schools failing to utilize the correct official ball in CIF-SS playoffs will be reported by officials to CIF-SS and will not be allowed to host their next available home playoff game. Penalty does carry over to the next season if not enforceable this season due to elimination.

Note: NFHS stamp is required in all sports except in golf and tennis.

Any school found to be out of compliance with the mandatory use policy will be sanctioned in the following manner:

- 1. Following the CIF-SS office receipt of a non-compliance report, the offending school will lose it's next opportunity to host a playoff game.**
- 2. For purposes of calculating future home game opportunities during the playoff season, any game for which a team is sanctioned will count toward its total home games played.**
- 3. Should a sanctioned school not have the opportunity to host a playoff contest (eliminated from playoffs), the penalty shall be carried over to next year's playoff season.**

We ask that you reinforce with your staff our commitment to keeping Southern Section championships the best in the state of California. We ask that you support our contractual commitments with the knowledge that they are made after consultation with our advisory committees and after thorough investigation of our sponsors. Finally, we ask that your coaches make their decision before the playoffs by reading and signing our Code of Ethics as a condition of entry into our playoffs.



Play It Safer

CONCUSSION SAFETY TIPS FOR PARENTS

Most athletes play sports without injury. Sometimes a player may receive a blow to the head but not recognize they have an injury that may require medical attention.

The appearance of any of these symptoms may signify a head injury that requires immediate medical attention. Report to the nearest emergency room or call 911.

- Headache
- Nausea
- Balance problems and dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling "foggy"
- Change in sleep pattern
- Difficulty remembering recent events
- Change in personality or increased irritability
- Difficulty concentrating
- May experience initial improvement followed by worsening symptoms. *Symptoms may worsen with exertion.*

HEAT ILLNESS PREVENT TIPS : BEAT THE HEAT

Drink Up. Drink plenty of fluids before practice. To be properly hydrated your urine should be a light color, like weak lemonade. If it is dark like apple juice you are NOT hydrated.

Allow your body time. Your body will adapt to the hot summer heat, but it will take up to 14 days. Start off slowly and increase practice intensity and duration over the first two weeks of training. Start slowly.

Have fluids close within arm's reach. Fluids should be easily accessible during workouts, practice and games. Drink often. Take fluid breaks on a regular schedule and drink at least 7-10 oz every 10-20 minutes.

Drink it – Don't pour it! While it might feel good to pour fluid over your head, it won't help restore body fluids or lower body temperature.



CONCEJOS DE CONMOCIÓN MÁS SEGUROS PARA LOS PADRES

Muchos atletas juegan deportes sin lastimarse. Algunas veces un jugador puede recibir un soplo a la cabeza pero no reconoce que tiene una herida que pueda requerir atención médica.

La apariencia de algunos de estos síntomas puede significar una herida en la cabeza que requiera atención médica inmediata. Repórtese a la sala de emergencia más cercana o llame al 911.

- Dolor de cabeza
- Náusea
- Problemas de estabilidad y mareos
- Visión doble o borrosa
- Sensibilidad a la luz o al ruido
- Sentimiento lento
- Sentimiento "brumoso"
- Cambio en el hábito de dormir
- Dificultad en recordar eventos recientes
- Cambio en la personalidad o aumento de irritabilidad
- Dificultad en concentrarse
- Puede experimentar una mejora inicial seguida por síntomas de empeoramiento

Los síntomas pueden empeorar con el esfuerzo.

CONCEJOS PREVENTIVOS PARA LA ENFERMEDAD DE CALOR : Gáñele al Calor

Beba. Beba bastante líquido antes de cada práctica. Para estar apropiadamente hidratado su orina debería ser de un color claro, parecido a una limonada suave. Si es oscura como el jugo de manzana usted NO está hidratado.

Déle tiempo a su cuerpo. Su cuerpo se adaptará al calor caliente del verano, pero esto tomará hasta unos 14 días. Empiece despacio y aumente la intensidad y duración de la práctica durante las primeras dos semanas de entrenamiento. Empiece despacio.

Tenga líquidos al alcance de su brazo. Los líquidos deberían ser fácilmente accesibles durante entrenamientos, prácticas y juegos. Beba a menudo. Tome descansos para beber líquidos en un horario regular y beba por lo menos 7-10 onzas cada 10-20 minutos.

Beba – No lo vierta! Mientras que se pueda sentir bien verter líquido sobre su cabeza, no va a ayudar a restaurar los líquidos del cuerpo o bajar la temperatura del cuerpo.

For More Safety Tips Please Visit Us At:
www.cifstate.org



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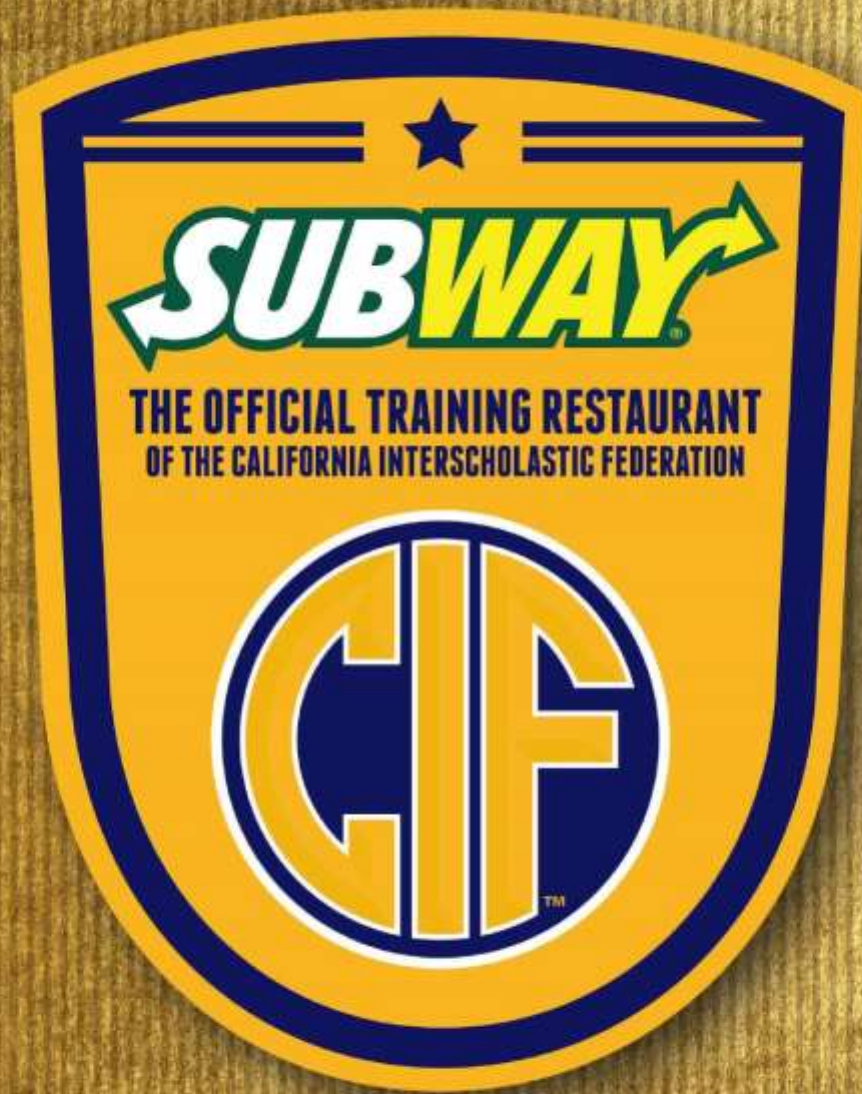
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