



*** DUAL MEET WRESTLING ***

TO: CIF-SS BOYS ATHLETIC DIRECTORS/WRESTLING COACHES
FROM: GLENN MARTINEZ, ASSISTANT COMMISSIONER
RE: **2016-17 CIF SOUTHERN SECTION DUAL MEET WRESTLING
CHAMPIONSHIPS PLAYOFF INFORMATION**

DATE: JANUARY 11, 2017

The CIF-SS Dual Meet Championships will be held on February 4, 2017. Please make sure to review the contents of this bulletin in which you will find timeline for events, ticket prices, requirements to verify participants eligibility and other important information.

1. SITES

The Dual Meet Wrestling Championships will be held Saturday, February 4, 2017. There will be six brackets, minimum of 8 teams and maximum of 16 teams, one for each Division (listed below).

Central Division	Alta Loma HS	Meet Director, Thomas Dawson	Alta Loma HS
Coastal Division	Marina HS	Meet Director, Chris Rasmussen	Marina HS
Eastern Division	Santiago/Corona HS	Meet Director, Rock San Angelo	Santiago/Corona HS
Northern Division	Dos Pueblos HS	Meet Director, Dan Feldhaus	Dos Pueblos HS
Southern Division	Redondo Union HS	Meet Director, Arond Schonberg	Redondo Union HS
Western Division	Lakewood HS	Meet Director, Randy Gonzalez	Lakewood HS

2. TIME SCHEDULE

Weigh-in and grooming check 9:00 a.m.

(NOTE: All wrestlers must be present at 9:00 a.m. to weigh-in.)

Officials/coaches meeting 10:30 a.m.

Wrestling begins 11:00 a.m.

Second Round 3:00 p.m. (approximately)

Preliminary Finals 5:00 p.m. (approximately)

Finals 7:15 p.m. (approximately)

The tournament will begin with weigh-in at 9:00 a.m. and the First Round of wrestling beginning at 11:00 a.m. Depending on the size of bracket in each division, the Tournament Director at each site will have the option to adjust the timeline for each succeeding round of the tournament accordingly, providing wrestlers have the required amount of rest time between matches.

All wrestling times are approximate.

3. TEAMS

There are 14 wrestlers; however, each team will be allowed to weigh-in 28 wrestlers. Line-up cards must be submitted to officials, scorers and opposing coaches 15 minutes before each match. Line-ups may be changed during the match according to the National Federation Rules Book. Only 15 wrestlers will be allowed on the team bench.



OFFICIAL CIFSS WRESTLING CHAMPIONSHIPS T-SHIRTS



**SPORTS
PATCH**



**CHAMPIONSHIP
PIN**



ORDERED BY		SPORTS	Indicate Qty. of Ea.					TOTAL
			S	M	L	XL	XXL	
Individual or School (Please print or type)		WRESTLING						
Address (No PO Boxes)		SPORTS PATCH (INDICATE SPORT)						
City and State		CHAMPIONSHIP PIN						
Zip Code								
Phone								
Please make checks payable to: CIF T-SHIRTS		POSTAGE AND HANDLING Orders under \$20.00 add \$6.00 Orders up to \$50.00 add \$8.00 Orders of \$50.00 to \$200.00 add \$10.00 Orders over \$200.00, add \$12.00						
Please mail your check and this form to: CIF T-SHIRTS PO BOX 56377 Riverside, CA 92517 (951) 789 - 5858		Total No. of Shirts X \$17.00 = Total No. of Patches X \$17.00 = Total No. of Pins x \$6.00 = SUBTOTAL: Sales Tax 7.75% = Postage and Handling = TOTAL						
Orders may be faxed with your Credit Card Number FAX #: (951) 789 - 6164		METHOD OF PAYMENT (Check One) <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard _____ Security Code _____ Expiration Date _____ _____						
Vist us at our website: www.CIFtshirts.com		Signature _____						

A coin toss prior to the match will determine Home and Visiting teams. The top 8 teams will wrestle first with the bottom 8 wrestling in the second round.

By NFHS Rules, a random draw will determine the order of weight classes to be wrestled in Round One. For all subsequent dual matches, the starting weight will be one greater than the starting weight class from the previous round.

4. WEIGH-IN AND GROOMING CHECK

Each coach is expected to be present to identify his wrestlers during weigh-in to prevent misunderstandings and/or mistakes. Grooming will be checked prior to weigh-in by the officials. **A designated Doctor will be in attendance to make all final decisions and may override personal doctor's clearance.** Each home site must have a minimum of 3 scales. The two-pound growth allowance will be in effect, as well as an additional two pounds, i.e., each weight will be four pounds over scratch. Coaches are reminded that wrestlers may not compete at a weight lower than their NWCA certification weight. Also, even with the added 4 pounds, the weight classes remain the same. Finally, per NFHS rules, a wrestler may only wrestle up one weight class from their weigh-in weight at the Dual Meet Championships.

Reminder: All wrestling coaches must show proof of their wrestler's assessments in the C.I.F. Wrestling Weight Management Program, prior to competing in the Dual Meet Championships. Failure to provide this information on any wrestler will result in the disqualification of that wrestler.

5. OFFICIALS

Officials for all playoff contests will be appointed by the Commissioner of Athletics, on the basis of merit, for the particular officials work during the regular season. Each school will be assigned 6 officials. If possible, no official shall work the same team more than once.

6. MEET MANAGEMENT

It will be the responsibility of the Meet Manager to manage their respective meets. It will be their duty to make arrangements for securing a facility which will adequately hold 4 mats, provide ticket takers, ticket sellers, security, scorers, timers, adequate medical supervision, etc. The Southern Section Office will assign the officials with the home school providing for their reimbursement. The host school will be allotted reimbursement for officials as well as \$430.00 for ticket takers, ticket sellers, security, mat personnel, etc., which will come from the gate receipts. The host school will be responsible for reporting expenses and making disbursements. The net proceeds will be split with 40% being divided between the host school and 60% going to the CIF Southern Section. The visiting schools will receive no reimbursement for travel expenses or other expenses.

7. ADMISSION

This is a CIF-SS sponsored event. Participants and coaches will be admitted free of charge (two coaches and one manager per school and six cheerleaders in uniform). All others will pay the regular admission prices as follows:

Adults - \$10.00
Students - \$5.00 (with I.D.)
Child - \$5.00

CIF-SS courtesy cards and press credentials will be honored at this event.

8. CONCESSIONS

The host school will have concessions with the exception of T-shirt sales, which are contracted by the CIF-SS with a vendor. The income generated from concessions will be retained by the host school and is not part of the gate receipts.

9. DIVISIONS – ENTRIES – LEAGUE CHAMPIONS WILL BE GUARANTEED ENTRY. ALL OTHER OPENINGS IN THE DRAW WILL BE FILLED BY AT-LARGE TEAMS.

There will be six divisions designated as Central, Coastal, Eastern, Northern, Southern and Western. Each division's bracket will be made up of a minimum of 8 teams and a maximum 16 teams. **Each league will be guaranteed one entry for their League Champion only.** If a League Champion does not wish to participate in the Dual Meet Championships, that league will not have any additional guaranteed entries. At-Large Teams will fill any open positions in the brackets, up to a maximum of 16 teams. Teams who wish to be considered for an at-large position in the bracket must submit the required At-Large Petition Form to the C.I.F.-SS Office by the published deadline.

Criteria to Select At-Large Teams has been developed by the Wrestling Coaches Advisory Committee. Here is the criteria that will be used...

- 1) Head-to-head competition of teams under consideration – 4 points
- 2) Overall strength of the league from which the team is entered – 1 point
- 3) Overall win-loss record in Dual Meet competition only – 1 point
- 4) Strength against common opponents in Dual Meet competition only – 1 point
- 5) Strength of schedule (Dual Meet and Individual Tournaments) – 2 points

NOTE: If a school has earned a guaranteed entry, by finishing 1st in their league, or has gained entry by way of At-Large selection, it is the expectation of the CIF Southern Section that they will participate in the Dual Meet Championships, give their maximum effort by fielding their best possible team and preserve the integrity of our championships by making them as competitive as possible. Therefore, any league champion or team that gain entry by way of At-Large selection, who voluntarily withdraws from the Dual Meet Championships, and/or any wrestling team who has been placed in the championship bracket and subsequently does not show up for the competition, and/or any wrestling team that fields a lineup of predominantly non-varsity level wrestlers, the following sanction will be in effect...

With the full support of the CIF-SS Wrestling Coaches Advisory Committee, the offending program will lose 4 matches during the 2016-2017 wrestling season, which would allow their wrestlers a maximum of 36 matches instead of 40 prior to the State Qualifying Series next season.

League Coordinators have been notified that official league entries, including league and season records, must be reported by 9:00 a.m., Wednesday, February 1, 2017.

CENTRAL DIVISION (1 entry, League Champ) <ol style="list-style-type: none">1. Baseline2. Hacienda3. Mt. Baldy4. Palomares5. River Valley6. Sunkist7. Valle Vista	COASTAL DIVISION (1 entry, League Champ) <ol style="list-style-type: none">1. Crestview2. Empire3. Freeway4. Golden West5. North Hills6. Orange Coast7. South Coast8. Sunset9. Trinity	EASTERN DIVISION (1 entry, League Champ) <ol style="list-style-type: none">1. Big VIII2. Citrus Belt3. Desert Sky4. Desert Valley5. Inland Valley6. Mojave Riveer7. Mountain Pass8. Southwestern9. Sunbelt
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NORTHERN DIVISION (1 entry, League Champ) <ol style="list-style-type: none"> 1. Coastal Canyon 2. Channel 3. Golden 4. Los Padres 5. Marmonte 6. Mission 7. PAC 8 8. Pacific View 	SOUTHERN DIVISION (1 entry, League Champ) <ol style="list-style-type: none"> 1. Almont 2. Arrowhead 3. Bay 4. Cross Valley 5. De Anza 6. Free Lance 7. Heritage 8. Miramonte 9. Montview 10. Mountain Valley 11. Orange 12. Pacific Coast 13. San Andreas 14. Sea View 15. Tri-Valley 	WESTERN DIVISION (1 entry, League Champ) <ol style="list-style-type: none"> 1. Del Rio 2. Mission Valley 3. Moore 4. Pioneer 5. Rio Hondo 6. San Gabriel Valley 7. Suburban
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10. SEEDING

Seeding will be determined as the draw is formulated. We will seed the Top 4 teams. The current seeding rules we now use will apply. For example, teams from the same league will be in opposite halves of the draw, if we have 3 teams from the same league, they cannot meet until the semifinals, etc. Teams will compete in a single elimination 16-team tournament on Saturday, February 4, 2017.

11. TIES

If, at the end of any dual meet in the playoffs a tie exists, the following criteria from NFHS Rule 9-2-2 will be used for determining who will advance to the next round:

- (1) The team whose opposing wrestlers or team personnel has been penalized the greater number of team points for flagrant or unsportsmanlike conduct shall be declared the winner.
- (2) The team whose opposing wrestlers or team personnel has been penalized the greater number of team point deductions shall be declared the winner.
- (3) The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during a match shall be declared the winner.
- (4) The team having won the greater number of matches (including forfeits) shall be declared the winner.
- (5) The team having accumulated the greater total number of falls, defaults, forfeits and disqualifications shall be declared the winner.
- (6) The team having the greater number of technical falls shall be declared the winner.
- (7) The team having the greater number of major decisions shall be declared the winner.
- (8) The team having the greater number (total match points) of first-point(s) scored shall be declared the winner.
- (9) The team having the greater number of points for near-falls shall be declared the winner.
- (10) The team having the greater number of takedowns shall be declared the winner.
- (11) The team having the greater number of reversals shall be declared the winner.
- (12) The team having the greater number of escapes shall be declared the winner.
- (13) The team whose opponent has been penalized the greater number of points for stalling shall be declared the winner.
- (14) The team whose opponent has been warned more often for stalling shall be declared the winner.
- (15) The team whose opponent has the greater number of points for all other infractions (i.e. false starts) shall be declared the winner.
- (16) If none of the above resolves the tie, a flip of a disk will determine the winner.

12. RULES

National Federation rules will govern the conduct of this tournament, except where modified by the CIF-SS Blue Book, or this bulletin.

13. SPECIAL LEAGUE PLAYOFF FOR ENTRY

Please Note: Leagues **MAY NOT** conduct additional contests beyond the prescribed limits, unless said contests are to determine **ENTRY**, and not representative priority. Leagues must have this as part of their constitution, and must secure permission from the CIF-SS Office, before conducting such playoffs for entry. If the league's constitution allows this contest, it is still obligated to conduct said contest on, or before, the last specific allowable playing date (Tuesday, January 31, 2017).

As an example of the above application, two teams finish in a tie for first place in the final league standings, and the league has stipulated in its constitution that the deadlock may be broken by a special playoff match. As long as that match is contested on, or before, Tuesday, January 31, 2017, the two teams would be permitted to wrestle to determine **ENTRY** into the playoffs.

14. BYES

Byes in the playoff brackets, if applicable, will be given to the top seeds in descending order. If there is one bye, it will go to the #1 seed, if there are two byes; the #1 and #2 seeds will get them, etc. Also, to save time and money, teams who receive a bye in the First Round will have the option to weigh in a maximum of two hours before they wrestle, they do not have to weigh in a maximum of two hours before the First Round.

15. PROTESTS

By action of the CIF-SS Council at its March 1983 meeting, protests of playoff contests involving NFHS rules will no longer be entertained following the conclusion of the contest. Coaches may direct questions to the officials as they pertain to a possible misapplication of the rules in accordance with the NFHS rules governing that sport. No protest may be carried forth once the contestants have left the mat area. Coaches are encouraged to carry NFHS rulebooks with them for all playoff contests. Schools have the opportunity to protest a contest in accordance with CIF-SS Rules 1110 and 1111, pertaining to use of ineligible players, or violations of any other CIF-SS rules.

16. ENTRY FEES/ELIGIBILITY FORMS

No entry fees will be assessed this year. Once you have completed the Team Roster information in www.cifsshome.org, the Eligibility Form requirement will be satisfied. **Please make sure this is completed prior to the first playoff competition.**

17. AWARDS

The CIF Southern Section will present appropriate trophies to the champions and runner-up teams in all six divisions of the playoffs. CIF-SS chenille patches and championship t-shirts will be awarded to the 22 members of the championship team in each division. Individual medals will be provided for 22 members of the runner-up team in each division. Host schools are asked to provide an awards ceremony at the end of competition. A suggestion would be to line both teams up on mat edge, present individual and then team awards.

18. PRESS RELATIONS

All CIF-SS press and photo credentials are to be honored at our championship meets. Host schools are to provide adequate seating and accommodations for all credentialed press and photographers.

Each site is encouraged to designate a person for press relations. Duties should include: identifying a working area for the media (including photographers); providing rosters of all teams; assuring complete results are made available to media at the end of competition; and scores are telephoned in to the L. A. Times (1-800-LA TIMES Ext. 77151), Orange County Register (714) 796-7804 and L.A. Daily News (800) 888-6009.

19. CAMERAS/VIDEO

Other than those with press passes, all cameras and video cameras must be used from the stands.

<p>PAIRINGS WILL BE ANNOUNCED THURSDAY, FEBRUARY 2, 2017 1:00 P.M. - ALL DIVISIONS</p>

TIMELINE SUMMARY

Monday, January 30th

CIFSSHOME.ORG Roster Information Form Due

Tuesday, January 31st

Last day to conduct special league playoffs (see Item #13)

Wednesday, February 1st

League Entries Due by 9:00 a.m.

At-Large Entries Due By 9:00 a.m.

Thursday, February 2nd

Pairings announced at 1:00 p.m., all divisions

Saturday, February 4th

Dual Meet Championships @ Designated Sites



CIF SOUTHERN SECTION PLAYOFF/CHAMPIONSHIP PLAYOFF REQUIREMENTS - ALL TEAMS AND HOST SITES 2016-17



ALL TEAMS - During season/Prior to playoffs:

Rosters & Scores:

- Complete schedules are to be submitted to CIFSSHOME prior to each season.
 - Update scores following every contest via MaxPreps>CIFSSHOME or direct to CIFSSHOME
- Additional directions on accessing CIFSSHOME are included in this document.

TV/Web/Radio Rights:

- Any video broadcast on TV or webcast of a CIF-SS event (hosted by CIF-SS or involving two CIF-SS schools outside the section) require a contract and rights fee through the CIF-SS office prior to the contest. The only 'exceptions' are:
- A) A school self-produces a regular season webcast that is exclusively shown on either the school's official web site or on the NFHS Network web site.
 - B) During the regular season, a school or district produces a delayed until 11pm TV broadcast exclusively airing on the school or school district owned cable TV channel.

Third party web sites, such as iHigh, cube.com and others, require contracts and rights fees. Violation of this policy will result in the loss of one or more playoff host rights. This Blue Book rule has been in effect since 2007. All regular season rights fees collected are distributed to the 'host' schools in June.

During the regular season, schools may individually contract their own audio only broadcasts on web or radio. During playoffs, all audio only broadcasts require a rights fee and contract through the CIF-SS office.

- 'Official' Championship Souvenirs:** The exclusive vendor for CIF Southern Section Championships souvenirs (t-shirts, scarfs, pins, beanies, hats, etc...) is our long-time partner *CIF Tshirts*. These are the official items sold each year per sport. You are likely familiar with their annual shirts at the finals and in your playoff bulletins. You can order team and individual items through them at www.ciftshirts.com.

ALL TEAMS - Playoff requirements of all teams:

Official Ball Required:

Only the approved official ball in each ball sport may be played by either school during CIF-SS playoff contests. Violation of this rule will result in loss of your next home playoff game. The current Official Ball list for each sport is included and available at www.cifss.org in the 'Officials' drop down. This policy has been in effect since 2002.

Gatorade Only:

Only Gatorade jugs, cups, bottles, ice chests may be used or visible during any CIF-SS playoff contest. (No Powerade, Body Armor, etc). The only acceptable alternative is a plain-wrap or Igloo labeled products. This rule does not apply to the actual liquid distributed to athletes. This policy has been in effect since 1995.

TV/Web/Radio Rights:

For all playoff rounds in all sports, a contract and rights fee is required for any TV, webcast or radio broadcast.

CIF-SS on Souvenirs:

The 'CIF Southern Section', 'CIF-SS', 'Southern Section' and 'CIF' marks and logos are registered trademarks with the State of California. Schools may only use the CIF Southern Section marks on rings, patches, banners, apparel and other souvenirs by doing business with a CIF-SS licensed vendor. Schools creating items with CIF-SS registered marks from a non-licensed vendor will face sanction and/or will be required to purchase any unsold shirts/items at the Championship Final if similar non-licensed items appear at the contest. A list of the currently licensed vendors for these products is included and regularly updated on www.cifss.org.

Please note: The use of only "CIF" is strictly prohibited per the State CIF registered trademark. We are the "CIF Southern Section", not just the CIF. Only those teams in State regionals, bowl games and individual sport finals actually qualify to use CIF without Southern Section attached. Any such use must be approved in advance by the CIF State office.

Host Site Requirements:

Playoff Tickets:

It is mandatory to sell tickets for admission to all CIF-SS **basketball, football and volleyball** playoffs and championship contests. Use of the CIF-SS provided tickets is desired, if possible logistically, for audit, cost and sponsorship reasons. A Ticket Board(s) is included. Refer to the Ticket Handlers and Financial Clerks memo included with your tickets for additional information.

CIF-SS/FORD Banner:

It is a requirement of each host school (including off-site) that the CIF-SS/Ford Championships banner be displayed at every playoff home game in football and the gymnasium sports post football season (or on the electronic signage where schools/venues do not display banners).

PA Announcements:

As host of a CIF-SS playoff contest, the CIF-SS announcements take precedence over the host school's messaging and must be read in entirety at each playoff contest. Home schools are the host of a CIF-SS event in the playoffs. For contractual requirements, please read all the provided PA's each contest.

Media Credential Access:

Accredited working media should be given admission to all playoff games by showing their CIF-SS Press or Photo credential.



CIF SOUTHERN SECTION PLAYOFF/CHAMPIONSHIP ADDITIONAL/CUSTOM POST SEASON AWARDS 2016-17

As of 7/1/16



PARTICIPATION CERTIFICATES: Each member of a team participating in the CIF-SS playoffs can receive a Participation Certificate. These certificates will be downloaded and printed solely by your school. The certificate is in a 'Type-In' format and may be downloaded from the CIFSSHOME website under FORMS.

NEED ADDITIONAL AWARDS: Feel free to order additional directly.

Medals and Plaques: If your team won or was a runner-up in a CIF-SS championship and you need to purchase any additional champion/runner-up plaques and runner-up medals contact **All American Trophy by contacting Paul Purdum at (323) 725-1962.**

Team "Champions" Patches: Schools may order additional CIF-SS Champion patches (Octagon Red or Football shaped) may be 'exclusively' ordered through **JL Custom Jackets and Patches at www.jlcustomjackets.com, (951) 867-3200, or email lindseyjlcustomjackets.com.**

"CIF-SS Champions" shirts: Additional Champions shirts, those given during the post-game ceremony to athletes after winning team championships, may be exclusively ordered through our vendor. Contact **Kristy Moore @ Kustom Imprints – (714) 771-5768 ext. 103 or email kristy@kustomimprints.com.**

CUSTOM AWARDS/ RINGS/BANNERS/APPAREL SOUVENIRS USING CIF-SS:

Schools often seek to create custom shirts, patches, gym banners and championship rings that include both the school and CIF-SS marks/logos/names. Example: 'ACME BOYS BASKETBALL 2015 CIF-SS CHAMPIONS'. Schools may create these items using CIF-SS marks only through a CIF-SS licensed vendor.

CIF-SS 'registered' trademark: The "CIF Southern Section", "CIF-SS", "Southern Section" and "CIF" marks and logos are registered trademarks with the State of California. Schools may only use the CIF Southern Section marks on rings, patches, banners, apparel and other souvenirs by doing business with a CIF-SS licensed vendor. Schools creating items with CIF-SS registered marks from a non-licensed vendor will face sanction and/or will be required to purchase any unsold shirts/items at the Championship final if similar non-licensed items appear at the contest. A list of the currently licensed vendors for these products is included and regularly updated on www.cifss.org.

Please note: The use of only "CIF" is strictly prohibited per the State CIF registered trademarks. Only those teams in State regionals, bowl games and individual sport finals actually qualify to use CIF without Southern Section attached. Any such use must be approved in advance by the CIF State office.

CIF-SS licensed vendors are added throughout the year. For the current list, visit www.cifss.org/store/licensed-vendors/

Championship Patches (circle shape) Playoffs or Prelims, Finals Patches (shape of a shield) for participation in Cross Country, Track & Field or Swimming Finals, Masters Patches (oval shaped) for participation in a Masters Track & Field or Wrestling event and Wrestling Dual Meet (rectangle shaped) are sold "ON-SITE" by the CIF-SS vendor. Additional patches post event can be ordered through any of the licensed CIF-SS patch vendors:

- **Custom Banners/Shirts/Souvenirs** Your school may now create custom items that include the CIF-SS mark or logo (championship banner, champions t-shirts, banners for your gym, etc...) through a licensed CIF-SS vendor (and their specialty).

CIF-SS licensed vendors are added throughout the year. For the current list, visit www.cifss.org/store/licensed-vendors/

- **Rings**

Balfour	http://www.balfour.com/athletes/championship-rings/
Herff Jones	www.herffjones.com
J. Lewis Small	www.jlewissmall.com
Jostens	www.jostens.com
National Recognition Products	www.nrproducts.com/championship-rings
Signature Style Jewelry	www.signaturestylejewelry.com

PROTECT YOUR SCHOOL TRADEMARKS: The CIF State Office and CIF Southern Section strongly suggests you double-check the status of *your school* licensed/registered marks and logos now. Some schools have permanently lost control of others selling their merchandise with no royalty or approvals because the proper State of California licensing/registering process had not previously occurred or been enforced.

For additional vendors licensing information, please contact CIF Southern Section Marketing Director John Costello at johnc@cifss.org or 562-493-9500.



2016-2017 CIFSSHOME

Playoff Requirements & Due Dates

FALL DUE DATES		WINTER DUE DATES		SPRING DUE DATES	
8-man Football		Basketball	Wed., Feb. 8	Baseball	
11-man Football		Soccer	Tues., Feb. 7	Softball	
Girls Tennis		Girls Water Polo	Tues., Feb. 7	Boys Tennis	
Girls Volleyball		Wrestling	Mon., Jan. 30	Boys Volleyball	
Boys Water Polo					

VARSITY TEAM INFORMATION (ROSTER)

Attention Athletic Directors/Coaches: It is very important that you enter your entire Varsity roster into CIFSSHome

Log in to www.cifsshhome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, Click on the "Teams" tab, select your sport

Here are the instructions for using the sample file.

- Download the sample file **and** delete the "contents only". Copy and paste or type your roster information into the file as the contents and save the file to your computer. You can only upload an excel file (xls) that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the **HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.**

- Next - click "Choose File", find your file, then click the check box "Resolve Birthdate" and then click "Import Student".

To confirm your roster has been uploaded, your roster will appear in the roster section.

Roster Requirements for each sport

	Name (First/Last)	Birthdate	Year	Eligibility	Number	Height	Weight	Position	Bats	Throws
Baseball	X	X	X	X	X	X		X	X	X
Basketball	X	X	X	X	X	X		X		
Football	X	X	X	X	X	X	X	X		
Soccer	X	X	X	X	X			X		
Softball	X	X	X	X	X			X	X	X
Tennis	X	X	X	X						
Volleyball	X	X	X	X	X	X		X		
Water Polo	X	X	X	X	X	X		X		
Wrestling	X	X	X	X		X	X			

Cross Country, Golf, Tennis, Swimming/Diving & Track and Field **require eligibility for ALL athletes competing prior to their first playoff competition.** Eligibility confirmation must include First Name, Last Name, Birthdate, Year & Eligibility.

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Varsity coaches (Head & Assistants) into CIFSSHome (www.cifsshhome.org)

Log in to www.cifsshhome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-Click on the "Teams" tab on the left navigation bar. Click on the corresponding varsity team.

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

VARSITY TEAM PHOTO DUE

Attention Athletic Directors/Coaches: It is very important that your Varsity Team Photo is uploaded to CIFSSHome (www.cifsshhome.org)

Log in to www.cifsshhome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

-On the left panel, click "Teams" tab on the left navigation bar. Click on the corresponding varsity team.

-Under Team Picture, click **Add/Edit picture**, click Browse, find your file and click "Upload Picture" –

Team Photo can be no larger than 672 pixels x 480 pixels (2MB) and 300 dpi

SCHEDULES & SCORES Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest.

Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHome (www.cifsshome.org) as well as update the scores immediately following your contests.

Log in to www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, click on "Teams", select "YOUR SPORT"

-To Add a game, click "Add Game" at the top right and fill out all of the required fields which are marked by a red (*) to complete your schedule.

-To Submit your score, click on the "Teams", select "YOUR SPORT" Scroll through your schedule and click on the green "Post Result" button.

-Make sure that your overall and team records are correct on your team page.

AT LARGE APPLICATION -

Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry. The At Large Application is to be submitted by your school no later than due date in your Playoff Bulletin.

Log in to www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

-On the left panel, Hover over the "Forms" tab

- Then select "At Large Petition"

-Select "YOUR SPORT" then click "Add"

Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large

GAME MANAGEMENT FORMS FOR REVENUE SPORTS – (FOOTBALL, VOLLEYBALL, & BASKETBALL)

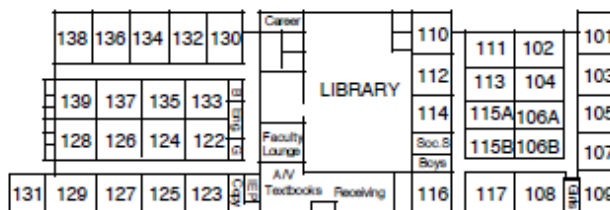
Must be submitted through CIFSSHome.

PLAYOFF FINANCES FOR REVENUE SPORTS – (FOOTBALL, VOLLEYBALL, & BASKETBALL)

Must be accessed through www.cifsshome.org site for reporting ticket sales, etc. Click on "PLAYOFF FINANCES" input is the same as last year.

Updated 1/5/17

Check out the Help videos under the Help tab on the bottom left, "Be CIF Prepared!"



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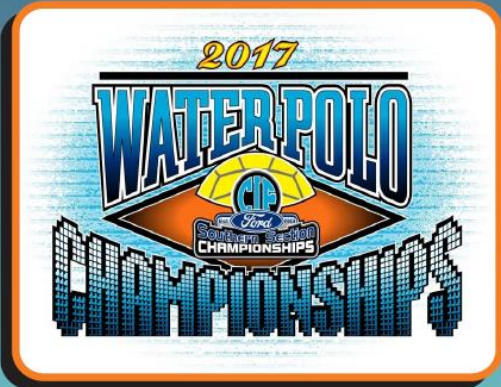
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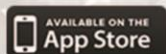


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CARBOHYDRATE: PREMIUM FUEL FOR ATHLETES

WHAT FOODS ARE CARBOHYDRATE?

Bagels, bread, pretzels, crackers, pasta, rice, potatoes, beans, vegetables, fruit, fruit juice, pancakes, waffles, cereal, granola bars, sports drinks, sports chews

WHAT FOODS AREN'T CARBOHYDRATE?

Meat, chicken, fish, eggs, bacon, tofu, nuts, peanut butter

HOW MUCH CARBOHYDRATE SHOULD I EAT EVERY DAY WHEN I'M TRAINING REGULARLY?

Eat some with every meal and snack. Make sure about 2/3 of each meal is carbohydrate.

1/3 CARBOHYDRATE

1/3 PROTEIN

1/3 CARBOHYDRATE



PERFORMANCE CARBOHYDRATE TIMELINE

If you're hungry or want to start getting your during exercise fuel, eat a small amount of carbohydrate before you start

Include carbs in your recovery snack

HELPS IMPROVE PERFORMANCE & RECOVERY

Eat a meal focusing on carbs several hours before game/practice time

Eat 30-60 g each hour of training or competition



TOTAL CARBOHYDRATE 25 G 25 G 35 G 56 G 60 G

For example, during a basketball game eat a pack of chews at halftime and drink a 20 oz. bottle of Gatorade throughout the game. Or drink a 32 oz. bottle (or larger squeeze bottle) of Gatorade throughout the game, sipping at every timeout and halftime.

The information in this document is grounded in sports nutrition science, translated for athletes.

FUELING ATHLETIC PERFORMANCE

PROTEIN FOR RECOVERY



PROTEIN STRUCTURES

Protein structures in the body are constantly **turning over**, **breaking down and rebuilding** with new amino acids from the diet.



EXERCISE

Exercise **accelerates this process** and promotes the creation of new muscle proteins, a process that is most effective when the athlete eats protein to deliver new amino acids.



RECOVERY

Consuming protein to start the recovery process **as soon as possible** after practice and competition helps to **rebuild muscle tissue** as well as promote training adaptations.



TYPES OF PROTEIN

Consume high-quality, complete protein sources that are rapidly absorbed and rich in leucine.

WHEY AND MILK PROTEIN ARE GREAT CHOICES



WHEY AND MILK PROTEIN

- meet all the criteria
- have been shown to be effective for recovery



LEUCINE

- one of the amino acid building blocks for new muscle
- acts as a signal for the muscle to start the process of assembling new muscle proteins



● signifies when protein should be consumed



EXAMPLE PROTEIN CONSUMPTION CYCLE

To get the most out of their workout, athletes should consume protein **regularly throughout the day**.

RECOMMENDED AMOUNT

MORE ISN'T BETTER.

Research shows that

~20 g of protein

is the right amount to stimulate post-exercise muscle protein synthesis for most athletes.

If you want to get specific for your athlete, calculate **0.25 g/kg**.

Check out www.GSSIweb.org for more information on this topic and additional resources.



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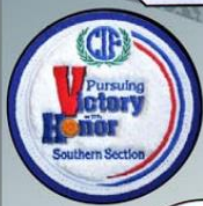


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