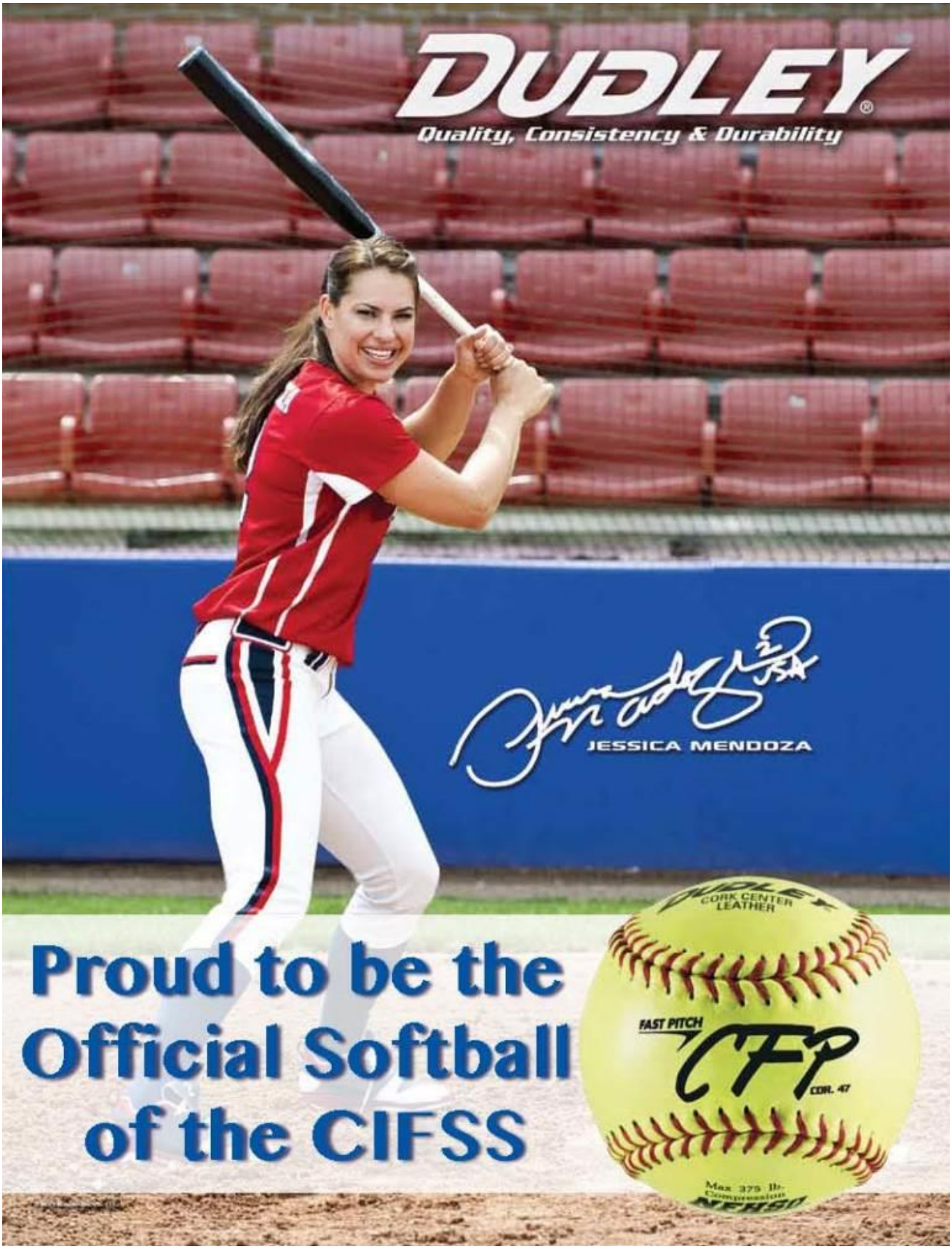
2017 GIRLS SOFTBALL PREVIEW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Quality, Consistency & Durability
JESSICA MENDOZA
Proud to be the
Official Softball
of the CIFSS
DUDLEY
CORK CENTER
LEATHER
FAST PITCH
CFP
COR. 47
Max 375 lb.
Compression
NFHS

10932 PINE STREET
LOS ALAMITOS CA 90720-2428
PHONE: (562) 493-9500 FAX: (562) 493-6266

TO: CIF-SS GIRLS' SOFTBALL COACHES
FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER
DATE: JANUARY, 2017 (updated 3/9/2017)
RE: **2017 GIRLS' SOFTBALL SEASON**

You will find included in this preview very important and vital information for the 2017 season. **REVIEW THE INFORMATION THOROUGHLY**. If you should have any questions, please do not hesitate in contacting me or my administrative assistant Kim Willeman at the CIF-SS office. The following items are included:

4. Advisory Committee/ Top ten poll
5. Dates for Softball 2017 Season
6. Power Ranking Divisions 2017
12. CIFSSHOME Requirements
14. Blue Book Rules: General
18. Blue Book Rules: Softball
25. Blue Book Rules: Playoffs
30. Sanctioned events
30. Special Notice /Posting Scores
31. NFHS Elective Course/Webinar/Concussions
31. CSOA Unit President e-mail
32. DP/Flex Rule
34. 2017 NFHS Softball Rules Changes
37. Strick Zone 2017
38. Certified Bat Memo January 2017, Non-Approved Bat List
41. Top Ten Preview Questionnaire
44. Softball Record Up-Dates

2017 National Federation Softball Rules Book
~to schools via mail Sept. 28, 2016~

2017 CIF-SS Girls' Softball Committee Members

Division 1
**Lucinda Brewer, ML King/Big VIII - lbrewer@rusd.k12.ca.us
Jamie Shannon, At-Large - jshannon@losal.org
Donna Lee, Valencia/Valencia – dlee@hartdistrict.org

Division 2
Mary Starksen, Warren/San Gabriel Valley - mstarksen@dusd.net
**Alan Caouette, Aliso Niguel/South Coast – acaouette@cox.net

Division 3
Erin Brown, Mayfair/Suburban - ebrown@busd.k12.ca.us
Margaret Neill, Paraclete/Gold Coast - mneill@paracletehs.org
April Finazzo, Citrus Valley/Citrus Belt - april_finazzo@redlands.k12.ca.us
**Laura Shinar, Ramona/River Valley - 12shinar@gmail.com

Division 4
** Roberta Garcia-Uyemura, Diamond Bar/Palomares - rgarcia@wvusd.k12.ca.us
Margaret Neill, Paraclete/Gold Coast - mneill@paracletehs.org

Division 5
Melissa Graham, Katella/Orange - graham_m@auhsd.us
Lindsey Campana, Templeton/Los Padres - lcampana@templetonusd.org
**Donn Brown, Elsinore/Sunbelt - DonnBrown@leusd.k12.ca.us

Division 6
** Lisa Montes, Azusa/Montview - shotblocker08@yahoo.com
Dana Vasquez, Notre Dame/SO/Mission - vasquez@ndhs.org
Jo Ann Quintero, Faith Baptist/Heritage - Jquint33@yahoo.com
Joe Zimmerman, University Prep/Cross Valley – upsathletics@yahoo.com

Division 7
** Joe Zimmerman, University Prep/Cross Valley – upsathletics@yahoo.com
Amanda Kelson, Brentwood/Gold Coast - akelson@bwscampus.com

Event Manager: JoAnn Byrd and Sharen Caperton

TOP TEN POLL: ** Division Representative
It is imperative that you contact the Girls Softball Advisory Committee member in your division on a weekly basis regarding Top Ten Poll rankings if your team or a team in your league should be considered.

CIF SOUTHERN SECTION GIRLS SOFTBALL 2017CALENDAR AND PLAYOFF DATES

Date of First Contest ~~~~~~~~~ Saturday, February 25, 2017

If a school chooses to have a scrimmage it must be on or after February 25, 2017 and before their first contest.

Date of Last Contest ~~~~~~~~~ Thursday, May 11, 2017
LEAGUE ENTRIES DUE by 11:00pm on this date.

Playoff Dates ~~~~~~~~May 16 (wildcard) 18, 23, 25, 30, 2017
CIF Finals (All Divisions) ~~~~~~~~June 2 & 3, 2017

Mercy Rule 2500.1 will be used for Wildcard, 1st and 2nd rounds in the 2017 playoffs.

2017 GAME BALL
The Official game ball for all playoff rounds and the final championship games on
June 2 & 3, 2017
Dudley CFP12Y NFHS

SPECIAL REMINDER:
All batting helmets shall be equipped with a NOCSAE APPROVED FACE PROTECTOR. The phrase, “Meets NOCSAE Standard” must be permanently affixed to the face protector.

2016-2017 SOFTBALL PLAYOFF GROUPINGS BY DIVISION

Revised 3/9/2017 11:30am

DIVISION 1

SCHOOL (32)
Bishop Amat
Burroughs/Burban
Canyon/Anaheim
Capistrano Valley
Chino
Chino Hills
Cypress
Etiwanda
Foothill/SA
Grand Terrace
Great Oak
Huntington Beach
King, ML
La Habra
Lakewood
Los Alamitos
Lutheran/Orange
Mater Dei
Mission Viejo
Murrieta Valley
Norco
Oaks Christian
Pacifica/Garden
Santiago/Corona
Saugus
South Hills
Valencia/Valencia
Valley View
Vista Murrieta
West Ranch
Yorba Linda
Yucaipa

DIVISION 2

SCHOOL (47)
Agoura
Aliso Niguel
Atascadero
Brea Olinda
Camarillo
Canyon Springs
Canyon/CC
Chaparral
Charter Oak
Dana Hills
Diamond Ranch
Don Lugo
Dos Pueblos
Edison
El Modena
Fountain Valley
Gahr
Glendora
Kennedy
La Quinta/LQ
La Serna
Laguna Hills
Los Osos
Marina
Millikan
North Torrance
Norwalk
Oxnard
Poly/Riverside
Redlands E Vly
Redondo Union
Righetti
Rio Mesa
Roosevelt, Eleanor
Rosary Academy
San Clemente
Santa Margarita
Santa Monica
Simi Valley
St. Lucys
St. Paul
Sunny Hills
Torrance
Upland
Villa Park
Warren
Westlake

DIVISION 3

SCHOOL (60)	SCHOOL
Alta Loma	Redlands
Apple Valley	Rolling Hills Prep
Arlington	Royal
Arroyo Grande	San Dimas
Ayala, Ruben	Santa Fe
Bonita	Sonora
Burbank	Summit
Cajon	St. Bonaventure
California	Temecula Valley
Carter	Temescal Cny
Centennial/C	Tesoro
Cerritos	Troy
Citrus Valley	Tustin
Claremont	West Covina
Corona	Wilson/LB
Crescenta Valley	Woodbridge
El Dorado	
El Toro	
Esperanza	
Fullerton	
Glendale	
Golden Valley	
Hart	
Irvine	
Kaiser	
Knight, Pete	
La Mirada	
La Salle	
Lompoc	
Los Altos	
Louisville	
Mayfair	
Moorpark	
Murrieta Mesa	
Newbury Park	
Palos Verdes	
Paraclete	
Paso Robles	
Patriot	
Peninsula	
Poly/Long Beach	
Ramona	
Rancho Cucamonga	
Rancho Verde	

DIVISION 4

SCHOOL (64)	SCHOOL
Aquinas	Paramount
Arcadia	Pasadena
Arroyo	Pioneer Valley
Beaumont	Rialto
Beckman, Arnold	Rubidoux
Buena	San Jacinto
Cabrillo/LB	San Juan Hills
Calabasas	San Luis Obispo
Cantwell-SHM	San Marcos
Chaffey	Savanna
Colton	Segerstrom
Compton	Silverado
Diamond Bar	St. Joseph/L
Downey	Thousand Oaks
Edgewood	Trabuco Hills
El Rancho	Valencia/P
El Segundo	Walnut
Fontana	West Valley
Garden Grove	Western
Glenn	Whittier
Hemet	
Highland	
Jordan	
JSerra Catholic	
Jurupa Hills	
La Canada	
Lakeside/LE	
Linfield Christian	
Loara	
Mira Costa	
Monrovia	
Montclair	
Montebello	
Newport Harbor	
Northwood	
Oak Hills	
Oak Park	
Ocean View	
Ontario	
Ontario Christian	
Pacifica/Oxnard	
Palm Desert	
Palm Springs	
Paloma Valley	

DIVISION 5

SCHOOL (65)	SCHOOL
Alemany	San Gorgonio
Alhambra	Serrano
Alverno	Shadow Hills
Arroyo Valley	Sierra Vista
Artesia	South El Monte
Banning	South Torrance
Barstow	St. Joseph/SM
Bellflower	St. Monica Cath
Bishop Montgomery	Sultana
Bloomington	Tahquitz
Cabrillo/Lompoc	Temple City
Calvary Chap/D	Templeton
Calvary Chap/SA	University
Chaminade	Valley Chr/C
Channel Islands	Ventura
Coachella Valley	Vista Del Lago/MV
Colony	West Torrance
Duarte	Westminster
Elsinore	Yucca Valley
Fillmore	
Gabrielino	
Godinez	
Hawthorne	
Heritage	
Heritage Christian	
Hoover	
Hueneme	
Indio	
Jurupa Valley	
Katella	
La Quinta/W	
La Reina	
La Sierra	
Lynwood	
Maranatha	
Miller, A.B.	
Moreno Valley	
Nipomo	
Nogales	
Norte Vista	
North, J.W.	
Notre Dame/R	
Oxford Academy	
Pioneer	
Pomona Catholic	
Quartz Hill	

DIVISION 6

SCHOOL (95)	SCHOOL
ACE	Marshall
Anaheim	Mary Star / Sea
Arrowhead Ch	Morro Bay
Azusa	Muir
Baldwin Park	Noli Indian
Bell Gardens	Nordhoff
Beverly Hills	Northview
Bloomington Christian	Notre Dame Academy
Boron	Notre Dame/SO
Buena Park	Nuview Bridge
Burroughs/R	Orange
Calvary Murrieta	Orcutt Academy
Carpinteria	Palmdale
Cathedral City	Poly/Pasadena
Chadwick	Pomona
Citrus Hill	Rancho Alamitos
Corona del Mar	Rancho Mirage
Costa Mesa	Rim of the World
Crean Lutheran	Rio Hondo Prep
Culver City	Rosemead
Desert	Saddleback VC
Desert Chr Acd	San Gabriel
Dominguez	San Gabriel Mission
Eastside	San Marino
Eisenhower	Santa Ana
El Monte	Santa Clara
Estancia	Santa Maria
Faith Baptist	Santa Paula
Flintridge Prep	Santiago/GG
Flintridge S Hrt	Schurr
Foothill Tech	Sierra Canyon
Ganesha	South Pasadena
Garey	St. Anthony
Granite Hills	St. Pius X/St. Matthias
Harvard-Westlake	Temecula Prep
Hawthorne MSA	Twentynine Palms
Hesperia	University Prep
Hillcrest	Vasquez
Indian Springs	**Victor Valley**
Inglewood	Webb
La Puente	Western Chr
Lancaster	Whitney
Lawndale	Whittier Chr
Loma Linda Acd	Wilson/HH
Lone Pine	Windward
Los Amigos	Woodcrest Chr
Mark Keppel	Workman
Marlborough	Xavier Prep

DIVISION 7

SCHOOL (110)	SCHOOL	SCHOOL
AAE	Firebaugh	Saddleback
Adelanto	Gladstone	San Bernardino
AGBU/Canoga Pk	Grace Brethren	San Jacinto Vly
Animo Leadership	Grove	Santa Ana Valley
Antelope Valley	Hamilton	Santa Clarita Chr
Apple Vly Chr	Hesperia Christian	Santa Clarita Vly Int
Avalon	Highland Hall	Santa Rosa Acd
Bassett	Holy Family	Santa Ynez
Bell-Jeff	Immaculate Heart	Serra
Bethel Chr/L	Immanuel Christian	Shalhevet
Bethel Chr/R	Joshua Springs	Shandon
Big Bear	La Sierra Academy	Sherman Indian
Big Pine	Laguna Beach	Silver Valley
Bishop Conaty-Loretto	Lake Arrowhead Chr	Southlands Chr
Bishop Diego	Lennox Academy	St. Genevieve
Bolsa Grande	Leuzinger	St. Marys Acd
Brentwood	Littlerock	St. Monica Acd
Brethren Christian	Lucerne Valley	Summitview West
Cal Lutheran	Lutheran/LV	The Archer
California Military	Magnolia	Trinity Classical Acd
CSDR	Malibu	Trona
Calvary Chapel/MV	Mammoth	Upland Chr Aca
Calvary Christian	Maricopa	Valley Chr/SM
Campbell Hall	Marymount	Viewpoint
Capistrano VC	Mayfield	Village Christian
Carnegie/Riverside	Mesa Grande Acd	Villanova Prep
Century	Mojave	Westridge
Coast Union	Mountain View	
Coastal Christian	Oakwood	
Connelly, Cornelia	Orangewood Acd	
Covina	Pacific	
Crossroads	Palm Valley	
Crossroads Chr	Perris	
Cuyama Valley	Providence/Burba	
Desert Chr/L	Public Safety Acd	
Desert Hot Springs	Ramona Convent	
Desert Mirage	Rancho Christian	
Eastside Christian	Redlands Adventist	
Einstein Acad	Riverside Prep	
Environmental Ctr	Rowland	
Excelsior Charter	Sacred Heart of Jesus	

No Playoff Eligilbilty for 2017

*Baker Valley	
*Centennial/Comp	
*Guidance Charter	
*Morningside	
*Newbury Park Adv	
*Pacific Hill	
*Ribet Academy	
*Victor Valley Chr	
*No information in for 2 years	
Buckley	DNF
Cate	DNF
Cornerstone C/H	DNF
Desert Chapel (Will	DNF
Lee Vining	DNF
Pacifica Chr/SM	DNF
Santa Barbara	DNF
Schools in Red , only 1 year of data received	

SOFTBALL 2016-2017 LEAGUES/SCHOOLS

Updated 3/9/2017

ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV
3	ACADEMY		3	BIG VIII		2	CRESTVIEW		4	DESERT VALLEY	
	Brethren Christian	7		Centennial/Corona	3		Canyon Anaheim	1		Cathedral City	6
	Calvary Chapel/D	5		Corona	3		El Modena	2		Indio	5
	Crean Lutheran	6		King, Martin Luther	1		Foothill/Santa Ana	1		La Qunita/LQ	2
	Oxford Academy	5		Norco	1		Yorba Linda	1		Palm Desert	4
	Whitney	6		Roosevelt, Eleanor	2	4	CROSS VALLEY			Palm Springs	4
3	AGAPE			Santiago/Corona	1		AAE	7		Shadow Hills	5
	Apple Valley Chr	7	3	CAMINO REAL			ACE	6		Xavier Prep	6
	Bethel Chr. Lancaster	7*		Bishop Montgomery	5		Big Bear	7	3	EMPIRE	
	Hesperia Christian	7		Cantwell SH	4		Cobalt Institute	tba		Cypress	1
	Lucerne Valley	7		Mary Star/Sea	6		Excelsior Educ Xtr	7		Kennedy	2
	Victor Valley Chr	7*		Pomona Catholic	5		Riverside Prep	7		Pacifica/Garden	1
3	ALMONT			St. Anthony	6		University Prep	6		Tustin	3
	Alhambra	5	2	CHANNEL			Silver Valley	tba		Valencia/Placentia	4
	Bell Gardens	6		Buena	4	3	DE ANZA			Western	4
	Mark Keppel	6		Dos Pueblos	2		Coachella Valley	5	3	EXPRESS	
	Montebello	4		San Marcos	4		Desert Hot Springs	7		Connelly	7
	San Gabriel	6		Ventura	5		Desert Mirage	7		Capistrano Vly Chr	7
	Schurr	6	4	CITRUS BELT			Rancho Mirage	6		Eastside Chr	7
4	AMBASSADOR			Cajon	3		Twentynine Palms	6		Lutheran/LV	7
	Aquinas	4		Carter	3		Yucca Valley	5		Orangewood Acad	7
	Arrowhead Christian	6		Citrus Valley	3	3	DEL REY			Samueli Academy	tba
	Linfield Christian	4		Eisenhower	6		Bishop Amat	1	3	FOOTHILL	
	Loma Linda Academy	6		Miller AB	5		La Salle	3		Canyon/CC	2
	Notre Dame/Riv	5		Redlands	3		St. Joseph/Lakewood	4		Golden Valley	3
	Ontario Christian	4		Redlands East Valley	2		St. Monica Catholic	5		Hart	3
	Western Christian	6		Yucaipa	1		St. Paul	2		Saugus	1
	Woodcrest Christian	6	3	COAST VALLEY		3	DEL RIO			Valencia/Valencia	1
3	ARROWHEAD			Coast Union	7		California	3		West Ranch	1
	Cal. Lutheran	7		Coastal Christian	7		El Rancho	4	3	FREEWAY	
	CSDR	7		Cuyama Valley	7		La Serna	2		Buena Park	6
	Hamilton	7		Maricopa	7		Pioneer	5		Fullerton	3
	La Sierra Acad	7		Shandon	7*		Santa Fe	3		La Habra	1
	Sherman Indian	7		Valley Chr./SM	7		Whittier	4		Sonora	3
	Upland Chr Acad	7	2	COASTAL		3	DESERT MOUNTAIN			Sunny Hills	2
3	BASELINE			Hawthorne MSA	6		Boron	6		Troy	3
	Chino Hills	1		Lennox MST Acad.	7		Desert Chr/L	7	4	FRONTIER	
	Etiwanda	1		Pacific Hills	*		Lone Pine	6		Bishop Diego	7
	Los Osos	2		Rolling Hills Prep	3		Mammoth	7		Carpinteria	6
	Rancho Cucamonga	3					Mojave	7		Cate	dnf
	St. Lucy's	2					Vasquez	6		Grace Bretheren	7
	Upland	2	3	COASTAL CANYON		3	DESERT SKY			Malibu	7
3	BAY			Camarillo	2		Adelanto	7		Nordhoff	6
	Inglewood	6		Moorpark	3		Barstow	5		Villanova Prep	7
	Mira Costa	4		Oak Park	4		Granite Hills	6	3	GARDEN GROVE	
	Morningside	*		Royal	3		Silverado	4		Bolsa Grande	7
	Palos Verdes	3		Simi Valley	2		Victor Valley	6*		Garden Grove	4
	Peninsula	3								La Quinta/W	5
	Redondo Union	2								Los Amigos	6
										Rancho Alamitos	6
										Santiago/GG	6

ENT	LEAGUE	DIV
4	**GOLD COAST**	
	Brentwood	7
	Campbell Hall	7
	Crossroads	7
	Paraclete	3
	Sierra Canyon	6
	Viewpoint	7
	Windward	6
4	**GOLDEN**	
	Antelope Valley	7
	Eastside	6
	Highland	4
	Knight,Pete	3
	Lancaster	6
	Littlerock	7*
	Palmdale	6
	Quartz Hill	5
3	**GOLDEN WEST**	
	Loara	4
	Ocean View	4
	Orange	6
	Santa Ana	6
	Segerstrom	4
3	**HACIENDA**	
	Charter Oak	2
	Chino	1
	Diamond Ranch	2
	Los Altos	3
	Walnut	4
	West Covina	3
3	**HERITAGE**	
	Faith Baptist	6
	Guidance Charter	*
	Santa Clarita Chr	7
	St. Monica Acad	7
	Trinity Classical Acad	7
3	**HI-LO**	
	Big Pine	7
	Immanuel Chr	7
	Lee Vining	dnf
	Owens Valley	tba
	Trona	7
3	**HORIZON**	
	Alverno	5
	Bishop Conaty	7
	Holy Family	7
	Ramona Convent	7
	Sacred Heart of Jesus	7
	San Gabriel Mission	6

ENT	LEAGUE	DIV
3	**INLAND VALLEY**	
	Arlington	3
	Canyon Springs	2
	JW North	5
	Poly/Riverside	2
	Rancho Verde	3
	Valley View	1
3	**LIBERTY**	
	AGBU/CP	7
	Archer	7
	Buckley	dnf
	Oakwood	7
	Pacifica Chr/Santa Monica	dnf
	Providence/Burbank	7
4	**LOS PADRES**	
	Cabrillo/Lompoc	5
	Lompoc	3
	Morro Bay	6
	Nipomo	5
	Orcutt Academy	6
	Santa Maria	6
	Santa Ynez	7
	Templeton	5
3	**MAJESTIC**	
	Bethel Chr/R	7
	Calvary Chapel/MV	5
	Crossroads Chr	7
	Grove (The)	7
	Lake Arrowhead Chr	7
3	**MARMONTE**	
	Agoura	2
	Calabasas	4
	Newbury Park	3
	Oaks Christian	1
	Thousand Oaks	4
	Westlake	2
3	**MIRAMONTE**	
	Bassett	7
	Edgewood	4
	Ganesha	6
	Garey	6
	La Puente	6
	Pomona	6
3	**MISSION**	
	Alemany	5
	Chaminade	5
	Flintridge SH	6
	Louisville	3
	Notre Dame/SO	6

ENT	LEAGUE	DIV
4	**MISSION VALLEY**	
	Arroyo	4
	El Monte	6
	Gabrielino	5
	Marshall Fundamenta	6
	Mountain View	7
	Rosemead	6
	South El Monte	5
3	**MOJAVE RIVER**	
	Apple Valley	3
	Burroughs/R	6
	Hesperia	6
	Oak Hills	4
	Serrano	5
	Sultana	5
3	**MONTVIEW**	
	Azusa	6
	Duarte	5
	Gladstone	7
	Nogales	5
	Sierra Vista	5
	Workman	6
4	**MOORE**	
	Cabrillo/Long Beach	4*
	Compton	4
	Jordan	4
	Lakewood	1
	Millikan	2
	Poly/Long Beach	3
	Wilson/Long Beach	3
3	**MOUNTAIN PASS**	
	Beaumont	4
	Citrus Hill	6
	Hemet	4
	San Jacinto	4
	Tahquitz	5
	West Valley	4
3	**MOUNTAIN VALLEY**	
	Banning	5
	Moreno Valley	5
	Pacific	7
	Rubidoux	4
	San Bernardino	7
	Vista Del Lago	5
3	**MT. BALDY**	
	Alta Loma	3
	Chaffey	4
	Colony	5
	Don Lugo	2
	Montclair	4
	Ontario	4

ENT	LEAGUE	DIV
2	**MULHOLLAND**	
	Animo Leadership	7
	Environmental Ctr	7
	Shalhevet	7
	Summitview Westview	7
2	**NORTH HILLS**	
	Brea Olinda	2
	El Dorado	3
	Esperanza	3
	Villa Park	2
3	**OCEAN**	
	Beverly Hills	6
	Culver City	6
	El Segundo	4
	Hawthorne	5
	Lawndale	6
	Santa Monica	2
3	**OLYMPIC**	
	Heritage Christian	5
	Maranatha	5
	Valley Chr/Cer	5
	Village Christian	7
	Whittier Christian	6
3	**OMEGA**	
	Calvary Christian	7
	Einstein Acad	7
	Highland Hall	7
	Newbury Park Adv	*
	Santa Clarita Vly Inter	7
3	**ORANGE**	
	Anaheim	6
	Century	7
	Katella	5
	Magnolia	7
	Santa Ana Valley	7
	Savanna	4
3	**ORANGE COAST**	
	Calvary Chap/SA	5
	Costa Mesa	6
	Estancia	6
	Godinez	5
	Laguna Beach	7
	Saddleback	7
4	**PAC 8**	
	Arroyo Grande	3
	Atascadero	2
	Paso Robles	3
	Pioneer Valley	4
	Righetti	2
	San Luis Obispo	4
	St. Joseph/Santa	5
	Mission College Prep	tba

ENT	LEAGUE	DIV
4	PACIFIC	
	Arcadia	4
	Burbank	3
	Burroughs/Burbank	1
	Crescenta Valley	3
	Glendale	3
	Hoover	5
	Muir	6
	Pasadena	4
3	PACIFIC COAST	
	Beckman	4
	Corona del Mar	6
	Irvine	3
	Northwood	4
	University	5
	Woodbridge	3
3	PACIFIC VIEW	
	Channel Islands	5
	Hueneme	5
	Oxnard	2
	Pacifica/Oxnard	4
	Rio Mesa	2
3	PALOMARES	
	Ayala	3
	Bonita	3
	Claremont	3
	Diamond Bar	4
	Glendora	2
	South Hills	1
3	PIONEER	
	Leuzinger	7
	North Torrance	2
	South Torrance	5
	Torrance	2
	West Torrance	5
4	PREP	
	Chadwick	6
	Firebaugh	7
	Flintridge Prep	6
	Mayfield	7
	Poly/Pasadena	6
	Rio Hondo Prep	6
	Westridge	7
3	RIO HONDO	
	La Canada	4
	Monrovia	4
	San Marino	6
	South Pasadena	6
	Temple City	5

ENT	LEAGUE	DIV
3	RIVER VALLEY	
	Hillcrest	6
	Jurupa Valley	5
	La Sierra	5
	Notre Vista	5
	Patriot	3
	Ramona	3
3	SAN ANDREAS	
	Arroyo Valley	5
	Indian Springs	6
	Jurupa Hills	4
	Rialto	4
	Rim of the World	6
	San Gorgonio	5
3	SAN GABRIEL VALLEY	
	Dominguez	6
	Downey	4
	Gahr	2
	Lynwood	5
	Paramount	4
	Warren	2
2	SAN JOAQUIN	
	Avalon	7
	Saddleback Vly Chr	6
	Southlands Chr	7
	Webb	6
3	SANTA FE	
	Bell-Jeff	7
	Serra	7
	St. Genevieve	7
	St. Mary's Acad	7
	St. Pius X- St. Matthias Acd	6
3	SEA VIEW	
	Dana Hills	2
	El Toro	3
	San Juan Hills	4
	Tesoro	3
	Trabuco Hills	4
3	SOUTH COAST	
	Aliso Niguel	2
	Capistrano Valley	1
	Laguna Hills	2
	Mission Viejo	1
	San Clemente	2

ENT	LEAGUE	DIV
3	SOUTH VALLEY	
	California Military	7
	Calvary Murrieta	6
	Nuview Bridge	6
	Rancho Christian	7
	Santa Rosa Acad	7
	Temecula Prep	6
3	SOUTHWESTERN	
	Chaparral	2
	Great Oak	1
	Murrieta Mesa	3
	Murrieta Valley	1
	Temecula valley	3
	Vista Murrieta	1
3	SUBURBAN	
	Artesia	5
	Bellflower	5
	Cerritos	3
	Glenn	4
	La Mirada	3
	Norwalk	2
3	SUNBELT	
	Elsinore	5
	Heritage	5
	Lakeside	4
	Paloma Valley	4
	Perris	7
	Temescal Canyon	3
3	SUNKIST	
	Bloomington	5
	Colton	4
	Fontana	4
	Grand Terrace	1
	Kaiser	3
	Summit	3
3	SUNSET	
	Edison	2
	Fountain Valley	2
	Huntington Beach	1
	Los Alamitos	1
	Marina	2
	Newport Harbor	4
3	SUNSHINE	
	Harvard Westlake	6
	Immaculate Heart	7
	Marlborough	6
	Marymount	7
	Notre Dame Academy	6

ENT	LEAGUE	DIV
3	TRINITY	
	JSerra Catholic	4
	Lutheran/Orange	1
	Mater Dei	1
	Rosary	2
	Santa Margarita	2
3	TRI-VALLEY	
	Fillmore	5
	Foothill Technology	6
	La Reina	5
	Santa Clara	6
	Santa Paula	6
	St. Bonaventure	3
3	VALLE VISTA	
	Baldwin Park	6
	Covina	7
	Northview	6
	Rowland	7
	San Dimas	3
	Wilson/HH	6
4	VICTORY	
	Bloomington Chr	6
	Desert Chapel	dnf
	Desert Chr Acad	6
	Joshua Springs	7
	Mesa Grande Acad	7
	Palm Valley	7
	Redland Adventist	7
4	WARRIOR	
	Noli Indian	6
	Orange Vista	tba
	Public Saftey Acad	7
	River Springs	tba
	Riverside Cnty Ed Aca	tba
	San Jacinto Vly Acad	7

If your school is not listed in a League, contact your League Coordinator. ASAP

CIFSSHOME REQUIREMENTS SOFTBALL

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 @ 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 "Softball"
-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 "Softball" 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.
Check out the Help video under the Help button on the bottom left, "Be CIF Prepared!"

VARSITY TEAM INFORMATION (ROSTER) DUE no later than TUESDAY, MAY 9, 2017.
Attention Athletic Directors/Coaches: It is very important that you enter your entire Softball Varsity roster into CIFSSHome (www.cifsshome.org) no later than TUESDAY, MAY 9, 2017.
Log in @ **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 the **"Teams"** tab, select "Softball"
-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. **Required Columns for Softball are: First Name, Last Name, Birth date, Year, Number, Position, Height & Eligibility.**
- Next - click Choose File, find your file, then click "Import Student".

- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.
Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

VARSITY COACHES
Attention Athletic Directors/Coaches: It is very important that you enter your Softball coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than TUESDAY, MAY 9, 2017.
Log in @ **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:
-Click on the **"Teams"** tab on the left navigation bar. Click on the corresponding varsity team (Softball).
-Click on "Add/Edit Coaches", select the information to add both your HEAD & ASSISTANT coaches
Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

VARSITY TEAM PHOTO DUE no later than TUESDAY, MAY 9, 2017.
Attention Athletic Directors/Coaches: It is very important that your Softball Varsity Team Photo is uploaded to CIFSSHome (www.cifsshome.org) no later than TUESDAY, MAY 9, 2017.
Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).
on Home Campus
-On the left panel, click **Teams"** tab on the left navigation bar. Click on the corresponding varsity team (Softball).
- 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 (7"x5")
Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

AT LARGE APPLICATION – MUST HAVE .500 RECORD OR BETTER
Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Softball. The At Large Application is to be submitted by your school no later than THURSDAY, MAY 11, 2017 @ 11:00 p.m.
Log in @ 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 At Large Petition
-Select "Softball" then click "Add"
Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large Petition will be created.
Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

RAWLINGS PERFORMANCE RATING™ SYSTEM FOR BATTING HELMETS

Rawlings Est. 1887

4 EASY STEPS TO SELECTING YOUR HELMET

1 KNOW YOUR CURRENT STANDARDS

Manufacturer Certifies Product Meets NOCSAE Applicable Standard

NOCSAE® STANDARD EQUATES TO *68* MPH PITCH SPEED

2 KNOW YOUR COMPETITION LEVEL

BE AWARE OF THE AVERAGE PITCH SPEEDS AT YOUR LEVEL OF PLAY.
NOTE: These are general guidelines and pitch speeds may vary.

AGE	10 & UNDER	11-12	13-14	HIGH SCHOOL	COLLEGE/PRO
FASTBALL SPEED	50+ MPH	60+ MPH	70+ MPH	80+ MPH	90+ MPH

3 KNOW YOUR SPEED™

RAWLINGS 100 MPH PERFORMANCE RATING

RAWLINGS S100™ MEETS OR EXCEEDS NOCSAE® STANDARD UP TO *100* MPH BASEBALL PITCH SPEED

S100P

RAWLINGS 90 MPH PERFORMANCE RATING

RAWLINGS S90™ MEETS OR EXCEEDS NOCSAE® STANDARD UP TO *90* MPH BASEBALL PITCH SPEED

S90PA

S90PAM

RAWLINGS 80 MPH PERFORMANCE RATING

RAWLINGS S80™ MEETS OR EXCEEDS NOCSAE® STANDARD UP TO *80* MPH BASEBALL PITCH SPEED

S80X2S/J

S80X1AM

4 KNOW YOUR HELMET

LOOK FOR THE RAWLINGS SEAL BEFORE YOU STEP TO THE PLATE.

RAWLINGS PERFORMANCE RATING™ CAN BE FOUND ON THE REAR OF YOUR HELMET

AND ON THE INTERIOR CROWN PADDING

CFPBH

CCPBH

RAWLINGS IS THE OFFICIAL BATTING HELMET OF MAJOR LEAGUE BASEBALL®

- NOCSAE® baseball batting helmet standards involve tests of baseballs fired from a cannon at 60 mph at a distance of 2 ft., which is roughly equivalent to an impact resulting from a pitch speed of 85 mph at a distance of 60 ft.
- The Rawlings Performance Rating™ System is based on pitch speeds at a distance of 60 ft.
- NOCSAE® standards require that a batting helmet withstand all test impacts at an established peak severity index (SI). Helmets also must survive all test protocols substantially intact and ready for use.
- The NOCSAE® standard is aimed at reducing the risk of skull fracturse. The standard has not been correlated with reducing the risk of concussions from such impacts.

WARNING

Severe head or neck injury, including paralysis or death may occur to you despite using this helmet. No helmet can prevent all head injuries or any neck injuries a player might receive while participating in baseball or softball.

DEALER	PHONE
Bagger Sports	661 260-2502
BSN	949 697-6436
Buddy's All Star	818 846-8805
C&A Athletics	949 283-7352
Cal Pro	310 548-6012
Jeffs Sporting Goods	626 288-6141
Kens Sporting Goods	909 735-9863
Monkey Sports	888 320-5560
National Sports Apparel	714 279-8777
Sargents Sporting Goods	526 969-2120
Sports Chalet Team Sales	818 781-4000

BLUE BOOK RULES: 2016-2017

150. SOUTHERN SECTION - ATHLETIC CONTRACTS

150. A contract is the mutual agreement of the parties concerned reduced to writing and signed by each of them (the signing of contracts for all non-league team contests is highly encouraged, with forms available from the CIF Southern Section Office). A league schedule duly adopted and recorded in the league's minutes will be regarded as a contract. Schools should anticipate religious holidays, mandated testing schedules, and finals schedules when constructing schedules and entering into contracts.
151. Where a written contract has been entered into, schools must carry out the provisions of the contract, subject to the following rules:
151.1 Where either school finds it impossible to meet a scheduled contest, it must notify the other school in writing and send a copy to the Commissioner of Athletics prior to the scheduled contest. In case the other school does not agree to the cancellation of by the contest, the Commissioner shall make the final decision.
151.2 Any expenses incurred by the offended school such as officials' fees, stadium rental, transportation, etc., shall be paid in full by the school breaching the contract.
151.3 When a school fails to engage in a contest agreed upon, without giving notice to the other school and securing an honorable release, it may be suspended from membership.
152. It is important that all schools confirm athletic contests in writing after they have been scheduled verbally by phone. This procedure will reduce the number of conflicts that seem to arise when contests are scheduled by phone. Appeals of athletic contests will carry added weight if the agreement for said contest is part of a written athletic contract.
153. Schools are responsible to fulfill their commitments made by previous school personnel. A change of administration, athletic director or coach, does not cancel out a scheduled contest made the previous school year.

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

All CIF Southern Section eligibility rules apply in all games including non-league, league, tournament and playoff games. In order to compete in interscholastic athletics, a student must:
220.1 Be under nineteen years of age. (See Bylaw 203)
220.2 Meet the attendance requirements. (See Bylaw 204)
220.3 Be eligible scholastically. (See Bylaw 205)
220.4 Have met the residence requirements. (See Bylaw 206)
220.5 Meet citizenship requirements. (See Bylaw 217)
220.6 Not participate in any tryout for a professional or collegiate team. (See Bylaws 212 and 605)
220.7 Not compete with outside teams. (See Bylaw 600)
220.8 Be an amateur. (See Bylaw 212)
QUESTION: Will a student jeopardize his or her eligibility for high school athletics by participating in a rodeo or motorcycle race and accepting a cash prize or an award in excess of that permitted by CIF Southern Section regulations?
ANSWER: Neither a rodeo nor a motorcycle race is an approved interscholastic sport, so competing for, or the acceptance of a cash prize or an award in excess of CIF Southern Section limitations would have no bearing upon a student's eligibility for high school athletics.
QUESTION: What is defined as an interscholastic scrimmage?
ANSWER: An interscholastic scrimmage is defined as a training session in which students from more than one school participate, any aspect of play is exercised and no score is kept. Only students regularly enrolled in public and private CIF member schools, grades 9-12, shall be permitted to participate in a scrimmage. Alumni shall not be permitted to take part other than the one allowable contest where noted in specific sports. It should also be noted that only students enrolled in grades 9-12 at each specific school may take part in regular practice sessions.

503.C GRADE LEVEL RESTRICTIONS

Only 9th grade through 12th grade students may practice with or compete on a high school team. Ninth grade students of a junior high school which is located on the same campus and is under the supervision of the same principal as the senior high school may practice with and compete on the high school team. For a multi-school situation, see Bylaw 303.

503.E SUPERVISION REQUIREMENT

No CIF team shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Education Code 49032 (Bylaw 503.F).

503.G PHYSICAL EXAMINATION

G. Physical Examination
As a condition of membership, schools will require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. The report of the examination will be on a school board-approved form that includes a health history. The physical examination must be completed before a student may try out, practice or participate in interscholastic athletic competition. A student will be excused from this physical examination provided there is compliance with the Education Code provisions concerning Parent(s)/Guardian(s)/Caregiver's Refusal to Consent. The CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Physical Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Sports Medicine and the American Osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.
(Revised March 2004 Executive Committee)

<>H. 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 a head injury, the athlete is required to completed 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 athletes and the athlete's parent or guardian before the athlete's initiating 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 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).

I. Steroid Prohibition
As a condition of membership, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.
NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

<>J. 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).
(January 2015 Federated Council)

504. M. SUNDAY RESTRICTIONS

In order to provide at least one day of respite from involvement in interscholastic athletics each week, no interscholastic games or practices of any kind are to be held on Sunday.

Exception: Those schools founded upon religious tenets that observe the Sabbath from Friday sundown until Saturday sundown may practice or play on Sundays. Schools must register each year by August 1 for the following year with their Section office and indicate either Friday or Saturday as their alternate day of respite.
NOTE: Declaration of Alternate Day of Respite form is available through your local Section Office.
(1) Violation of Bylaw 504. M. will result in the following sanctions:
a. Practice: For every practice conducted on a declared day of respite, the violating school will be prohibited from conducting twice as many regularly scheduled practices (2 for 1);
b. Game: A game played on a declared day of respite will result in forfeiture of the game.
(2) In addition to the above sanctions, the Section may impose any of the following additional sanctions:
a. The final season record will be reduced by at least one win at the conclusion of the season;
b. The school will be placed on probation;
c. The team/individual will be ineligible to advance to or in Section, Regional or State Championships;
d. Reduction of maximum number of contests allowed for the following year in that sport;
e. Repeated violation may result in suspension of membership in the CIF.
(May 2000 Federated Council/Revised May 2004 Federated Council)

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. [Counts 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 instruction 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.

600. COMPETITION ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. (See Bylaw 511) The following exceptions apply:

A. If the outside team has half or more of the team members as stated in the National Federation rule book for that sport, it shall be considered the same sport. Examples: three on three basketball — outside team competition prohibited; two on two volleyball — outside team competition permitted.
QUESTION: May a student who competes at the freshman or junior varsity level compete on an outside team during his or her high school season of sport?

ANSWER: No. The Outside Competition Rule pertains to all levels of competition. Thus, any individual participating at the varsity, junior varsity, sophomore and/or freshman levels may not compete on an outside team during his or her high school season of sport.
*See exception in above paragraph.
QUESTION: Does this rule apply to a student/athlete who starts the season, plays in a game and then becomes ineligible?
ANSWER: Yes. Once the student is eligible and plays in a game, he/she may not play on an outside team and retain their eligibility for that season.

601. PENALTIES FOR VIOLATION OF BYLAW 600

A. Individual
(1) First Offense in High School Career in Any Sport
The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated.
(2) Any Subsequent Offense in High School Career in Any Sport
The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports.
(3) Appeals
Upon written appeal to the Section commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.
B. Team
(1) Games Forfeited
Games in which a student participated on his/her high school team after violation of CIF Bylaw 600 shall be forfeited.
(2) Appeals
Sections may establish rules and procedures to consider requests for waivers of game forfeitures.
(Revised May 2004 Federated Council

BLUE BOOK RULES: SOFTBALL 2016-2017

2500. LENGTH OF GAMES
CIF Sections are authorized to limit Junior Varsity softball games to seven innings or a maximum of 2 hours, whichever occurs first. No new inning shall begin after 2 hours have expired from the start of the game.
2500.1 Southern Section Leagues are allowed to adopt either or both of the following two rule modifications:
OPTION I - "VARSITY AND/OR LOWER LEVEL GAMES shall end after five innings of a seven inning game when a team is behind by 10 runs."
OPTION II - "JUNIOR VARSITY games are limited to seven innings or a maximum of two hours. No new inning shall begin after two hours have expired from the start of the game."
NOTE: League approval is mandatory before either of the options can be used in league contests. For non-league games adoption of these rule modifications would be by prior mutual consent of the competing schools.

2501. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK
Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball and water polo (Revised to include lacrosse November 2000 Federated Council.)
NOTE: All softball bats must meet the Amateur Softball Association (ASA) bat performance standard (NFHS Softball Rule 1-5-1d). Please see the National Federation Rulebook for further clarification on this rule.

2502. PROTECTIVE EQUIPMENT
It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards.
NOTE: NFHS rules govern use of protective equipment by a player/student. (Approved January 2015 Federated Council)

#2503. RULES
All softball games in the CIF Southern Section will be played under National Federation rules unless otherwise provided herein.

<>2504. SCRIMMAGES
An interscholastic scrimmage is a training session between a minimum of two and a maximum of three schools where no score is kept, free substitution and time outs are permitted, spectators are not urged to attend, and officials are not paid. (See Q & A following Bylaw 220.8 for definition.)
<>2504.1 Schools are permitted one interscholastic scrimmage which may not be held prior to February 25 and must be held prior to team's first interscholastic contest (non-league, tournament, or league).

2505. TOURNAMENTS
A team may not be entered in more than three tournaments.
#2505.1 For each tournament, a team will be charged two games toward the allowable maximum number of contests.
QUESTION: Can a school enter two teams in the same tournament at the same level (i.e. varsity "A" and varsity "B")?
ANSWER: If a school chooses to split a single team into two teams in the same tournament at the same level they will be charged one allotted tournament for each team entered. If a school enters a varsity "A" and a varsity "B" team, they will be charged for two (2) of the allowable three (3) tournaments for the season.
#2505.2 All tournaments, regardless of the number of teams participating, are allowed a maximum of 5 games while still counting as 2 of your allowable contests.
#2505.3 Tournament managers are responsible for notifying participating schools of the number of games and/or teams participating in the tournament.
NOTE: Two contests could be played in the SAME TOURNAMENT only, but not two games in two different tournaments (See Bylaw 2512).

<>2506. STARTING DATES FOR INTERSCHOLASTIC CONTESTS
No interscholastic contests (non-league, tournament or league) may be scheduled prior to February 25.

#2507. MAXIMUM TEAM CONTESTS
A softball team will be permitted to play no more than 20 games during the season, including tournaments but excluding CIF Southern Section playoffs.
#2507.1 FACULTY: Each team will be permitted to play one game with the faculty which will not count toward the allowable number of contests.
#2507.2 ALUMNI: Each team will be permitted to play one Alumni contest, which will not count toward the allowable number of contests.

#2508. DOUBLEHEADER CONCEPT
A school may select any two non-league games and play each as a doubleheader with each date counting as one contest.
#2508.1 Both games of the doubleheader must be between the same two schools.
#2508.2 The maximum amount of time between games shall be no more than 35 minutes.
NOTE: If school plays a league doubleheader contest, it will count as 2 contests.

<>2509. END OF COMPETITION
All league competition for entries must end on or before Thursday, May 11. Schools may compete until May 13 for non-league contests.

#2510. SUMMERTIME RULES/SUMMER DEAD PERIOD/SPORTS CAMPS
#2510.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.
QUESTION: Who may participate in high school summer athletic programs approved by the principal?
ANSWER: Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.
#2510.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.
* High school students and individuals from the general community can attend.
* The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.
* The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.
* The camp must comply with all CIF rules, including those pertaining to undue influence and dead period.
* Non-school sponsored camps should provide required liability insurance for the use of any school facilities.
#2510.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the first Friday in June, whichever is first, and the last Monday in August. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.
During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed. Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantle Baseball, etc., would be allowed to continue, until completion, during the dead period.

#2511. OUTSIDE COMPETITION BY AN INDIVIDUAL
During Individual's Season of Sport - A member of a high school softball team may not, during his or her season of sport, compete for an outside team in the sport of softball. A season of sport (See Bylaw 511) is defined as that period which begins with a student's first interscholastic competition (non-league, tournament or league game) and ends with that student's last interscholastic contest (non-league, tournament, league or
CIF Southern Section playoff).

#2512. LEVEL OF COMPETITION
No student shall participate in more than one level of competition in the same sport on the same day.

#2513. MAXIMUM ATHLETIC CONTESTS IN ONE DAY
All interscholastic contests are to be arranged in such a way that no student shall take part in more than two athletic contests in any one day.

#2514. SCHOOL ATTENDANCE
Standards for school attendance are determined by local school governing boards.

#2515. SOFTBALL-BASEBALL SLOW-PITCH DISTINCTIONS
The sport of softball is considered separate and distinct from the sport of baseball and competition by a school softball player on an outside baseball team during that individuals' softball season is permissible. Slow-pitch, however, is considered to be softball.

#2516. NIGHT SOFTBALL GAME TIME LIMIT
In any night softball game, no inning will be permitted to start after 11:30 p.m., with the exception of the championship finals.

#2517. COUNTING A TIE GAME
A regulation *called* game with a tie score shall be counted as ½ game won and ½ game lost for each team. This rule will apply to all contests and leagues may not waive this rule.

#2518. SUNDAY RESTRICTION

A school may not play a softball game nor conduct a scrimmage or softball practice of any type on Sunday during the season of sport.
QUESTION: May a team be assembled on Sunday for a "skill session" or review a game film?
ANSWER: Neither of these activities would be permitted.
QUESTION: Does a meeting on Sunday of a single student with a coach constitute a violation of Bylaw 2517?
ANSWER: Yes, the intent of Bylaw 2517 is to allow no contact with student athletes on Sundays.
QUESTION: What constitutes a scrimmage or practice on Sunday?
ANSWER: Any preparation of an upcoming softball game in which a player or players meet with the coach(es) on a Sunday is prohibited.

<>2519. PLAYER CONDUCT

Any player who is ejected for any reason shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest and may not attend. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.
Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. After the suspension from play, the student may only return after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form (postejection return to competition form) indicating the completion of the conference must be uploaded to the CIFSSHome misconduct manager for that specific misconduct. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.
A second ejection from a game or contest for fighting or assaultive behavior will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served.
Any player who leaves the confines of the bench or team area during a fight that has broken out or may break out will be ineligible for the team's next contest. After the suspension from play, the student may return only after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.
In the case of any suspension from play, the next contest may not be a forfeited, postponed or canceled game.
QUESTION: What must be submitted to the Section office before a student can be cleared to rejoin his/her team?
ANSWER: The Section office will provide a form on their website that must be uploaded to CIFSSHome or directly emailed to the CIF Office. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.
QUESTION: What is meant by attendance at a contest?
ANSWER: Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.

#2520. COACH EJECTION

Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of every contest until the suspension is completely served
QUESTION: What is meant by attendance at a contest?
ANSWER: Attendance is defined as being present at the location/site of the contest, which includes at the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/ site of the next contest.
QUESTION: How does the Accountability Rule affect a coach who coaches more than one level of a particular sport?
ANSWER: A coach who has been ejected from a contest may not be in attendance at ANY contest prior to serving his/her mandatory suspension at the level in which the coach was ejected. (i.e.: An ejected JV coach who is also a varsity assistant may NOT be in attendance at any contest until his/her mandatory JV suspension has been completed.)

#2521. NOISEMAKERS PROHIBITED

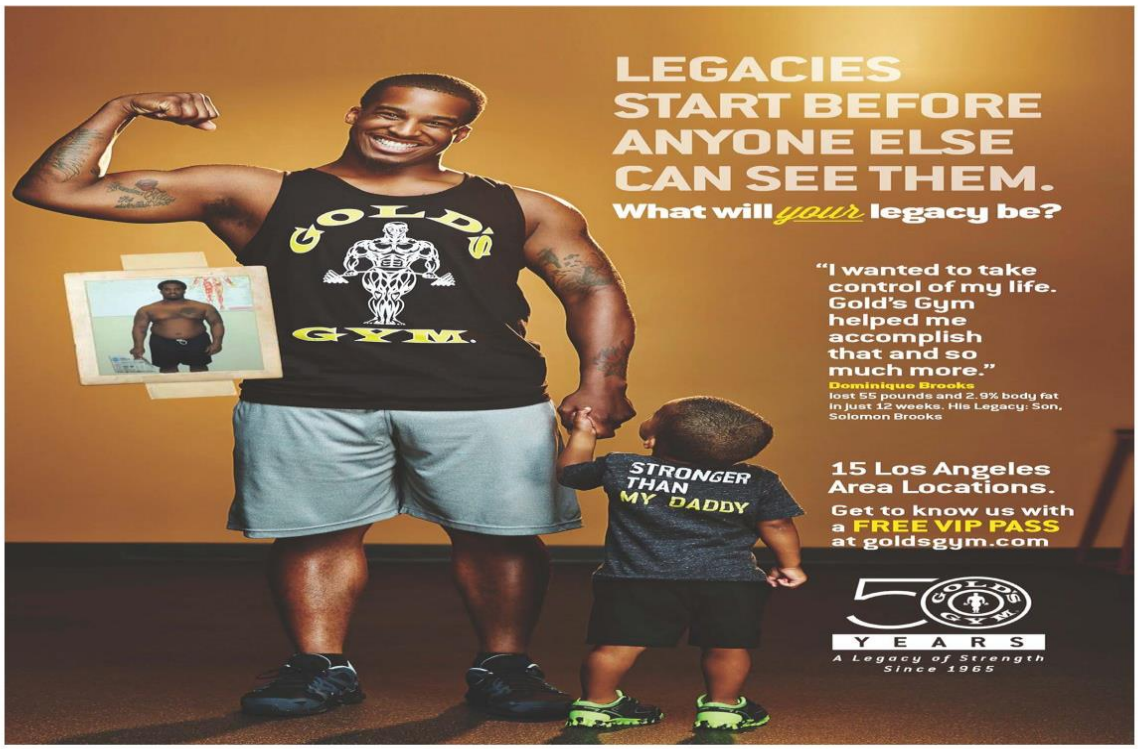
No noisemakers (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band, etc.) will be permitted inside the gymnasium, stadium or playing fields at any CIF Southern Section contest (non-league, league, tournament or playoff). Cheering devices such as wooden blocks, or other similar objects, are prohibited. Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections. The improper use of any of the above listed devices by supporters of a team would subject that team to possible forfeiture of the contest.

#2522. PLAYOFFS

Refer to Article 320 (Playoffs) for details regarding playoff information. (Specific information will be contained in playoff information bulletins.)

#2522.1 The Commissioner has the authority to determine the sites of all softball playoff contests. For any playoff contest, the Commissioner may direct that such a contest be played on an alternate field if the home field does not meet CIF Southern Section standards.

#2522.2 Teams entered in the softball playoffs will NOT be permitted to take batting practice on the day of a playoff game prior to the commencement of the contest or during the contest. (See playoff bulletin for definition of batting practice)


LEGACIES START BEFORE ANYONE ELSE CAN SEE THEM.
What will your legacy be?
"I wanted to take control of my life. Gold's Gym helped me accomplish that and so much more."
Dominique Brooks
lost 55 pounds and 2.9% body fat in just 12 weeks. His Legacy: Son, Solomon Brooks
GOLD'S GYM
STRONGER THAN MY DADDY
15 Los Angeles Area Locations.
Get to know us with a FREE VIP PASS at goldsgym.com
50
YEARS
A Legacy of Strength Since 1965

GATORADE SPORTS SCIENCE INSTITUTE

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.

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

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

GATORADE SPORTS SCIENCE INSTITUTE

PROTEIN FOR RECOVERY

PROTEIN STRUCTURES

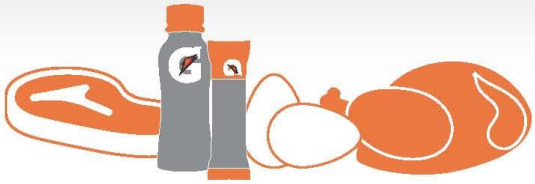
Protein structures in the body are constantly **turning over, breaking down and rebuilding** with new amino acids from the diet.

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.

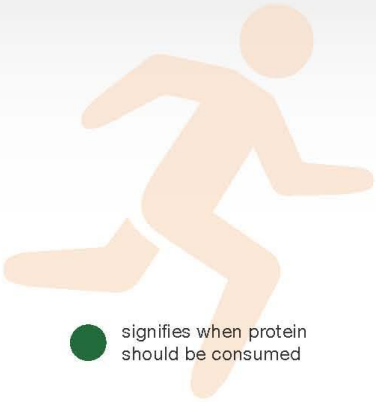
WHEY AND MILK PROTEIN ARE GREAT CHOICES

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.

PLAYOFFS 2016-17

3200. ALL PLAYOFFS MANAGED BY COMMISSIONER

All playoffs of the CIF Southern Section shall be under the management of the Commissioner of Athletics, who will have final authority and responsibility for their conduct.

3200.1 Enrollment based divisions will be used in the sports of boys and girls cross country and boys and girls track and field. By action of the Southern Section Council, once the divisions are established for the playoff, no school shall be allowed to move up to a larger enrollment division. Schools will participate based upon their CBED enrollment figures. Consideration will be given to geography after league placement has been recognized.

#3200.2 No playoffs will be conducted by the CIF Southern Section Office when less than 20% of the membership field teams in that sport.

#3200.3 See 54.8 (Emergency Powers).

3201. REPORT OF PLAYOFFS

At the close of the season for each sport, the Commissioner of Athletics shall compile a report of the playoffs in the "CIF Southern Section Bulletin."

3202. IDENTIFYING LEAGUE REPRESENTATIVES INTO THE PLAYOFFS

Under the playoff format - in all sports - leagues have the responsibility of developing and identifying the priority for their representatives into the playoffs. This will include the league's priority with regard to any at-large consideration.

Thus, the league through its CIF Council Representative, **MUST** notify the CIF Southern Section Office prior to the playoff draw, the No. 1 representative, the No. 2 representative, the No. 3 representative, and the league's priority team for consideration to any at-large berth.

If, for example, a league would have a "co-champion" in football, the league - by the method outlined in its Constitution and Bylaws - MUST specify which team is its No. 1 representative and its No. 2 representative. This principle would hold true for any combination, such as a tie for third place in the standings or a "four-way tie" for first place, etc.

NOTE: If two teams from the same league are tied at the end of league competition, and are in different playoff divisions, they may both carry the same designation into their respective playoff divisions. For example, if School A and School B tie for their league's championship, and are in different playoff divisions, they can both be designated as League #1 in their respective playoff divisions. However, leagues may not exceed its total allowable guaranteed entries regardless of what playoff division those schools would enter.

QUESTION:	For recognition purposes, how many schools constitute a league?
ANSWER:	A minimum of four schools or teams make up a league for recognition for guaranteed playoff entry, less than four teams or schools are not recognized for entry into playoffs.

3203. FIRST ROUND PLAYOFFS

In the first round of the playoffs in all sports, the arrangement shall be as follows:

The Commissioner shall match the teams for first-round playoff contests, and the host school for these games shall be predetermined by the Commissioner. Schools must fulfill their playoff obligation once entered by the league unless excused in an emergency by the Commissioner and/or replaced as an entry by the league prior to completion of the opening round.

In cases where a first representative team meets a second team representative in an opening-round game, the first team representative will be designated as the host team.

Where two first or two second-team representatives meet in the opening round, the Commissioner will flip a coin prior to the publishing of the draw to determine the host school.

Leagues are responsible for developing the priority for their representatives and the finish of a team in league play will have no bearing unless it is reflected in the league's priority. For example, if a co-champion had a league priority of a second team representative it would have no special consideration as compared to a second place finisher from another league who had a second team priority and a flip would be made.

3203.1 A "wild card game" for entry into the full field will have no bearing on priority for host contests in the first and/or subsequent rounds.

3203.2 All freelance entries will be considered as the equivalency of a No. 3 representative with regard to determining host and/or away contests unless they are one of the four seeded teams in which case they will be the host team.

3203.3 If schools falling into the category of California Youth Authority and probationary schools would qualify for the post-season playoffs, the contest will be played at an alternate site other than the facility where the school is located.

3204. HOST TEAM AFTER THE FIRST ROUND

To decide who shall be the host team after the first round of competition in any sport will be the sole responsibility of the Commissioner. In cases where two teams are paired after the first round of the playoffs, the team having the fewest number of host games in playoff competition shall be designated as the host team. When both teams have had an equal number of host playoff contests, the Commissioner shall toss a coin to decide the host team. When a school has been designated as the host school for a playoff contest it shall (1) act in that capacity unless excused by the Commissioner, (2) be considered the host team regardless of where the game is being played, and (3) a "bye" designation shall not count as a host contest for the team drawing the "bye" following the first round and throughout the remainder of the tournament.

3204.1 Teams receiving a bye in the first round shall be the host team in the next round of the playoffs.

3205. COMMISSIONER DETERMINES PLAYOFF SITES

The Commissioner shall have sole authority in determining sites for playoff competition in all sports and for all rounds.

3206. ALTERNATE SITE DEFINITION

An alternate court or field has been defined as one on which a team has not conducted practice sessions. A team may have played some of its league games and even a playoff contest on a particular court or field, and it could still be classified as an alternate court or field.

3207. HOST SCHOOL ACCOUNTS FOR ALL GAME REVENUE

In football, basketball and volleyball playoff games, the host school will account for all the revenue from the game, pay all expenses for the game, and compile the financial report, sending a copy to the visiting school and the CIF Southern Section. Please refer to Bylaw 144 for detailed information concerning the distribution of receipts from playoff contests in basketball, football, and volleyball.

3208. TEAM EXPENSES

The Commissioner shall set the team expenses to be allowed the traveling team in any playoff contest.

3209. BROADCAST OR TELECAST FEES

The Commissioner shall set the fee to be charged for the right to broadcast or telecast any playoff contest.

3210. FREE LANCE PLAYOFF ENTRY QUALIFICATION

If a school does not have membership in a league or the school belongs to a league which does not offer students in a given sport an opportunity to qualify into CIF Southern Section championships, special conditions exist which must be followed in order to qualify for possible entry into a CIF Southern Section playoff activity.

3210.1 *Team Sports* - All freelance schools desiring entry into the playoffs must submit schedules to the Commissioner for evaluation and approval of conditions under which the team may qualify. Schedules must be submitted prior to the start of each season for evaluation.

3210.2 *Individual Sports* - Schools meeting the criteria outlined in 3210.1 above may petition individual athletes for possible entry into CIF Southern Section individual playoff competition. Petitions for such athletes must include a complete data sheet for each individual showing best marks, scores or rankings from any competition

held during the current school year. All such petitions must be submitted two calendar weeks prior to the first scheduled date of CIF Southern Section playoff competition.

QUESTION:	How can a freelance team qualify for CIF playoff consideration?
ANSWER:	A school must schedule 80% of allowable contests per sport and they must be at the varsity level. In order to be considered for the playoffs, the school must have a .500 or better record in all contests played and there must be openings in the bracket. Additionally, teams that win 80% of their contests played will be guaranteed entry. (Except football.)

QUESTION:	How can an individual qualify for consideration for freelance competition?
ANSWER:	To be eligible for free lance individual competition, an individual must participate in at least one-half of the number of allowable varsity contests permitted in a particular sport.

3211. PLAYOFF ELIGIBILITY

An ineligible player is one who is in violation of any State CIF or Section scholastic residence, transfer, age, semesters of attendance, or other eligibility rules.

A. Games in which the student participated, after the occurrence of the violation shall be forfeited (See Bylaw 500.2)

B. From the time the CIF Southern Section Office receives the entries from the league, violations discovered will be assessed only against the individual(s) and will not affect the advancement of a team into the playoffs.

C. Violations discovered after the first round of any playoff will result in disqualification of the ineligible player's team from the playoffs and forfeiture of its last playoff competition. In such cases, the losing team will advance provided the date of the next scheduled contest has not elapsed.

D. Freelance schools will submit eligibility rosters prior to their second contest of the season to the CIF Southern Section Office. Any additions to the freelance school eligibility roster will be made directly to the CIF Southern Section Office within five (5) school days of each occurrence.

3212. CIF-SS TROPHIES

Appropriate trophies shall be awarded by the CIF Southern Section to team champions and runner-up in all official sports. The winning or runner-up team has the option of awarding more than the prescribed number of medals or patches at its own expense.

3213. PLAYOFF ENTRIES TENTATIVE

All entries into the playoffs are tentative until the first round is completed. Updated results or new information may make changes in any draw necessary. No change in entries will be permitted after the first round (or "wild card" game if it applies to a league entry) has been played.

3214. NUMBER OF TEAM ENTRIES INTO PLAYOFFS

In the sport of football only, the team entry formula for each league into the playoffs is as follows:

4 & 5 team leagues = 2 entries
6-8 team leagues = 3 entries
9 or more team leagues = 4 entries

In all sports other than football, the team entry formula for each league into the playoffs is as follows:

4 team leagues = 2 entries
5 and 6 team leagues = 3 entries
7 and 8 team leagues = 4 entries
9 or more team league = 5 entries

<>3214.1 In all team sports other than 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 all team sports 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. An example would be in football, some divisions allow two (2) entries per league. All 3rd place teams would be taken before any 4th place teams would be considered. (A tie will count as half a win and half a loss for a .500 record or better.) For specific information on the at-large selection process, see the respective Playoff Bulletin for each particular sport.

QUESTION: How will the CIF Southern Section Office determine additional entries into the playoff draw to fill byes after each league has submitted their three guaranteed entries?

ANSWER: As provided for under Bylaw 3202, a playoff committee will select the additional entries to fill the draw from the league's priority team entry that has been submitted for consideration as an at-large berth to fill any bye which may exist.

3215. NOISEMAKERS PROHIBITED

No noisemakers (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band, etc.) will be permitted inside the gymnasium, stadium or playing fields at any CIF Southern Section contest (non-league, league, tournament or playoff). Cheering devices such as wooden blocks, or other similar objects, are prohibited. Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections. The improper use of any of the above listed devices by supporters of a team would subject that team to possible forfeiture of the contest.

3216. EQUAL FACILITIES

The visiting school in dual team playoff contests is entitled to equal facilities, including one-half of the seating, locker rooms, phone lines, spotting facilities, etc.

3217. WILD CARD TEAMS

Where the number of teams exceeds the number of openings in the draw, the Commissioner may order a special playoff contest ("Wild Card System") to determine the draw for the playoffs. Insofar as host team designation in the regular playoff draw, this "Wild Card Contest" will have no bearing when such a procedure is used. The Commissioner, or his representative, will draw the contending 4th, 3rd team representative (and 2nd team representatives if required by the number of leagues in a division and the number of teams in the draw) or freelance teams by lot and conduct a coin flip between same for the purpose of designating the host team in such a "Wild Card" contest. For all enrollment based playoffs, please refer to specific sport bulletins.

3218. ADDITIONAL CONTESTS TO DETERMINE ENTRY ONLY

Leagues may not conduct additional contests beyond the prescribed limits unless said contests are to determine ENTRY and not representative priority.

3218.1 Please note, leagues **MAY NOT** conduct additional contests beyond the prescribed limits unless said contests are to determine **ENTRY** and not representative priority. Additionally, leagues must have this as part of their Constitution and must secure permission from the CIF Southern Section Office before conducting such playoffs for entry. If a league covers such Conditions in its constitution, it is still obligated to stage said contest on or before the last specified allowable playing date.

An example of the above application would be that two teams finish in a tie for the last guaranteed entry in the final league standings and the league also has it stipulated in its Constitution that the deadlock may be broken by a special playoff game. As long as that contest is played on or before the last specified date, the two teams would be permitted to play as a process in determining **ENTRY** into the playoffs. However, should there be an

outright league champion and the two teams deadlocking for second place, a special playoff game would **NOT** be permitted, as both teams already have guaranteed entry into the playoffs. In this latter example, the league would then refer to the next segment of its Constitution to see which team would be declared the No. 2 representative, the other becoming the No. 3 representative.

3218.2 If time does not permit a playoff for entry, the league must again resort to the next item in its Constitution to determine its designation.

3218.3 In the sport of football, the 25-yard tie breaker system may be used to determine **ENTRY**, provided it meets all other guidelines noted above, including the last specified playing date.

<>3219. PLAYOFF GROUPINGS

The following procedures for conducting the business of playoff groupings will be in effect for the sports listed below:

Fall – Football, Tennis (Girls), Volleyball (Girls), Water Polo (Boys)
Winter – Basketball (Boys/Girls), Soccer (Boys/Girls), Water Polo (Girls)
Spring – Baseball, Softball, Tennis (Boys), Volleyball (Boys)

3219.1 Individual schools will be evaluated and placed into divisions on a yearly basis for the sports listed above utilizing a formula which includes the following factors: regular season record, strength of schedule and Southern Section playoff performance over a two-year period. (For example in Baseball and Softball, the data from the 2015 and 2016 seasons will be used to formulate divisions for the 2017 season. After the 2017 season is concluded, the data from the 2015 season will be removed and the data from the 2016 and 2017 seasons will be used to formulate divisions for the 2018 season.) The formula will be applied to each school resulting in the creation of competitive equity power rankings for individual schools, using that school's competitive performance as the only criteria for establishing playoff divisions.

3219.2 Once individual school power rankings for each sport are completed, after the conclusion of each sport season, playoff divisions will be created. Playoff divisions will be published in the Sport Preview for each sport, along with an explanation of the formula utilized in creating playoff divisions for that sport.

3219.3 It is MANDATORY that all Southern Section member schools enter the results of ALL regular season contests and Southern Section playoff contests into the CIFSSHome system by the following dates:

- Fall Sports – December 15, 2016
- Winter Sports – March 15, 2017
- Spring Sports – June 15, 2017

3219.4 Member schools who fail to accurately enter full and complete regular season results and/or Southern Section playoff results into the CIFSSHome system will not be placed into a playoff division for the upcoming season and will be ineligible to participate in the Southern Section Championships in that sport.

3219.5 Leagues are guaranteed their appropriate number of entries into the Southern Section Championships, per current Southern Section Blue Book Rule 3214, with the exception of football. In football, League Champions will have first priority, followed by 2nd place teams, 3rd place teams and so on from each league. Once the total number of guaranteed entries from each league are submitted, the At-Large Selection process outlined in the Football Playoff Bulletin will be used to select at-large teams to fill any byes in the draw, or to eliminate teams from the draw, in order to create a 16-team bracket for each division.

3219.6 Appeals of divisional placements will only be considered regarding inaccurate information provided by schools. If that is the case, the school must send a request, in writing, to the Assistant Commissioner in charge of the particular sport(s), seeking a reconsideration of their divisional placement based upon corrected information provided by the school.

#3220. PLAYOFF GROUPINGS – ENROLLMENT / GEOGRAPHY / DATA-BASED

3220.1 Boys and Girls Cross Country – Divisional placement for each school will be done yearly using school enrollment, according to Section and State designated numbers.

3220.2 Boys and Girls Golf – Each year, Team Divisional will be composed of leagues using the factors of competitive equity and geographic locations of leagues for placement into playoff divisions. The competitive equity of each

league will be determined by utilizing a system based on points accumulated by golfers from each league who qualified for Southern Section Team and Individual Golf Championships in the previous year.

3220.3 8-Man Football – Divisional placement will be done yearly, using school enrollment.

3220.4 Boys and Girls Swimming and Diving– Divisions formulated every two years by tabulating points earned, by league, in the Southern Section Swimming and Diving Championships using #1 through #32 qualifiers in each event. Boys and Girls are always placed in the same division.

3220.5 Boys and Girls Track and Field – Divisional placement for each school will be done yearly using school enrollment, according to Section and State designated numbers.

3220.6 Boys Dual Meet Wrestling – Divisions formed every two years by geographic locations of leagues.

3220.7 Boys Individual Wrestling – Divisions formulated every two years using Masters Meet qualifiers, by league, over a four-year period.

3220.8 Girls Individual Wrestling – Regional qualifying tournaments held each year, with divisions formed by geographic locations of leagues.

#3221. PLAYOFF FINANCIAL REPORTS

After a reasonable request from the Commissioner's office, schools that continue to be delinquent with financial reports will not be allowed to host a game during the playoffs in all sports for a period of one year.

For Sanctioned Events go to www.cifss.org

1. Click on Governance
2. Click Approvals
3. Click Sanctioned Events
4. Select Softball

SPECIAL NOTICE

Please review the following information:

- Go to CIFSSHOME.ORG , post your game scores.
- Please call in your scores to your local newspaper throughout the season and playoffs
- Contact the Softball Advisory Committee during the season regarding Top Ten Polls. All CIF-SS nomination form can be found on the ww.cifss.org under Softball.

Reminder the Preview, Playoff Bulletins and Brackets will not be mailed out of this office. Complete brackets may be obtained via the internet on the CIF-SS web site at www.cifss.org

NFHS ELECTIVE COURSE/WEBINAR

This is link to a free, 20-minute webinar regarding sports related concussions provided by the NFHS. All Athletic Directors and Coaches are encouraged to take advantage of this opportunity by viewing this webinar

http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000

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

NEW BLUE BOOK RULE 313: 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.

(Approved May 2010 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 statues. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

concussion, the proper protocols to manage a suspected concussion, and steps to help your player return to play safely after experiencing a concussion.

~FOR BETTER COMMUNICATION ~

Consider inviting a representative from the Softball Officials Association to your coaches meeting at the beginning of the season! Begin a dialogue - share expectations and concerns. Make it a positive experience!

CALIFORNIA SOFTBALL OFFICIALS ASSOCIATION UNIT PRESIDENT E-MAIL

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South Bay, Ray Geierman - rgeierman@sbcglobal.net
Victorville/Barstow, Tim Courtney - teamlcofkw@hotmail.com

DP/FLEX RULE

Basic Utilization Strategies for Coaches

The following are basic strategies a coach might utilize to match the skills of the DP and FLEX players to complement one another.

1. ***Objective***: Utilize a fast runner who is a weak hitter (FLEX) to run for the solid hitting DP.

a. Matchup: Pair up a solid hitter (DP) with a player of exceptional speed but who is a weak hitter (FLEX).

b. Typical sequence: DP hits safely; FLEX enters to run for her; DP reenters and hits safely; FLEX enters to run for her; sub #1 hits for DP (since the DP already used her one re-entry), FLEX enters to run for sub #1; sub #1 reenters and hits safely; FLEX enters to run for sub #1; sub #2 hits safely; FLEX enters to run for her; and so on.

2. ***Objective***: List a power hitter as the FLEX player when you have a platoon of players who will be the DP's.

a. Matchup: Pair up an average player (DP) with a good hitting, but slow runner (FLEX) who also plays defense.

b. Typical sequence: As the spot in the batting order comes up, enter the FLEX who hits safely; reenter the DP to run; enter the FLEX who hits safely; sub #1 enters to run (since the DP already used her one re-entry); enter the FLEX who hits safely; sub #1 reenters to run; FLEX hits safely; sub #2 enters to run; and so on.

3. ***Objective***: Create a space in the lineup for relief pitchers who do not hit, while allowing the starting pitcher to also play offense.

a. Matchup: Pair up your starting pitcher (DP) with a player you don't intend to play or with the name of your relief pitcher (FLEX).

b. Typical sequence: At the pregame meeting, as soon as the lineups are accepted, enter your DP to pitch. You now have nine players who all are playing both offense and defense and the FLEX has left the game. As the game progresses and relief pitching is needed, enter the relief pitcher for the FLEX (or re-enter her if she was listed as the starting FLEX player) and allow the starting pitcher to continue hitting and running in the DP spot in the batting order. Note: Either the DP can run following her hits or FLEX can run the bases.

4. ***Objective***: Create maximum flexibility for a great athlete who will stay in the game as either a pitcher or field player.

Matchup: List your great athlete as the DP and the starting pitcher as the FLEX player.

b. Typical sequence: At the pregame meeting, as soon as the lineups are accepted, enter your DP to play any defensive position other than pitch – the FLEX is your pitcher and the player replaced on defense continues to hit. As the game progresses, it appears the great player may be needed to pitch so remove her from the game to warm-up and enter a sub to hit in the DP spot – the player who has been hitting only, now returns to play both. When the great player is warmed up, re-enter her to pitch. As the game progresses, if you want to save her arm, re-enter the FLEX player to pitch.

5. ***Objective***: Allow a player to come off the bench and have her play both offense and defense (DP), or as the DP to play offense only (enter FLEX on defense) or as the FLEX to play defense only (enter DP to bat).

a. Matchup: Create both the DP and FLEX positions in the lineup to start the game

b. Typical sequence: As the game progresses, you can play a substitute on both offense and defense in any spot in the order other than the DP and FLEX, OR you can put a sub in for the DP who only plays offense, OR you can put a sub in for the FLEX who only plays defense.

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Softball Rules Changes - 2017

By NFHS on September 28, 2016

1-5-2c: The taper is the transition area which connects the narrower handle to the wider barrel portion of the bat. The taper shall have a conical shape. Language requiring the taper to be of a solid surface has been removed.

Rationale: This change brings the NFHS in line with other rules codes concerning the surface of the taper.

3-2-1: While uniforms of team members shall be of the same color and style, state associations permit players to participate while wearing a different style uniform for various reasons, including inclement weather.

Rationale: There may be circumstances in which state associations make accommodations relative to inclement weather, religious exceptions, or other situations.

3-2-7: Exposed undergarments, if worn, are considered part of the official uniform. All exposed undergarments shall be a solid single color: black, white, gray or a school color.

a. For individual players, exposed upper-body undergarments do not have to be the same color as exposed lower-body undergarments.
b. For all team members, exposed upper-body undergarments shall be the same solid single color, and all exposed lower-body undergarments shall be the same solid single color.
c. Garments other than team uniforms such as arm sleeves, leg sleeves, and tights are permissible. Anything worn on the arm or leg is a sleeve, except a brace, and shall meet the color restrictions.

Rationale: Multi-color undergarments and sleeves are a distraction and create a possible safety concern. This rule establishes solid color requirements similar to other NFHS sport rules.

3-2-15 NEW: All equipment shall be inspected by the umpire, and is to be placed outside the dugout/bench prior to the start of the game.

Rationale: Placing all equipment in one location at one time is a more efficient method to conduct this inspection.

3-6-7 PENALTY: Players and substitutes shall not enter the contest unreported. The umpire shall issue a team warning to the coach of the team involved and the next offender on that team shall be restricted to the dugout/bench for the remainder of the game. The head coach is also restricted to the dugout/bench for the remainder of the game for a second violation.

Rationale: Language clarifies when the coach is restricted to the dugout/bench.

2017 Major Editorial Changes 6-2-2; 7-4-8 NOTE; 8-1-2; 8-2-4 EXCEPTION

Softball Points of Emphasis - 2017

By NFHS on November 03, 2016

Pitching

1. There has been a noticeable increase in the use of wristbands to communicate pitching signals in the last few years. Typically, the pitcher is behind and not in contact with the pitcher's plate when this occurs. While in this position, the pitcher must take (or simulate taking) a signal from the catcher. Even if the pitcher takes the actual signal behind and not in contact with the pitcher's plate she must comply to this section of the rule by simulating taking the signal from the catcher once she is on the pitcher's plate with her hands still separated. Then the pitcher must bring the hands together in front of the body for not less than one second and not more than 10 seconds before releasing the ball. The hands may be motionless or moving.

2. Rule 6-1-1 states that the pitcher shall take a position with the pivot foot on or partially on the top surface of the pitcher's plate and the non-pivot foot in contact with or behind the pitcher's plate. Both feet must be on the ground within or partially within the 24-inch length of the pitcher's plate. Once the hands are brought together and are in motion, the pitcher shall not take more than one step, which must be forward, toward the batter and simultaneous with the delivery. **Any step backward shall begin before the hands come together.** The step backward may end before or after the hands come together.

3. NFHS Softball's pitching rule supports a wide range of pitching styles by allowing a pitcher to start with both feet on the pitcher's plate, one foot on and one foot behind or to step backward as a part of their pitching motion. The NFHS softball committee continues to believe the pitching rule, as written, allows players the greatest opportunity to pitch at the high school level.

Uniforms

The Committee discussed concerns about the use of glitter or reflective materials on hair control devices. Coaches and players are reminded that a uniform shall not have any reflective adornments. Reflective materials on ribbons, bows, and headbands, including glitter and rhinestones, are considered illegal and should not be permitted. A headband made of elastic material that is designed to be tied in the back is not considered a bandanna, and is legal if it meets the color and manufacturers logo restrictions.

DP/Flex Reminders

1. The DP can never play defense only.

2. The FLEX can never be on offense only.

3. The FLEX and DP can NEVER play offense at the same time. The FLEX and DP positions are linked by the DP/FLEX rule. If the FLEX is going to play offense they have to do it in the original lDP's position, therefore only one of them can play offense at a time.

4. The FLEX and DP can play defense at the same time. The DP can play defense for any player other than the FLEX and no one has left the game.

5. The player starting DP and starting FLEX have one re-entry just as all players do.

6. Once the game is started with the DP/FLEX positions in the lineup those positions are available for the entire game. Even if the starting DP or starting FLEX has left the game a second time, the position is still available and an eligible substitute can enter the game as the FLEX or DP. So even though the starting player(s) left the game twice and cannot re-enter, their positions are still active as long as the team has eligible substitutes.

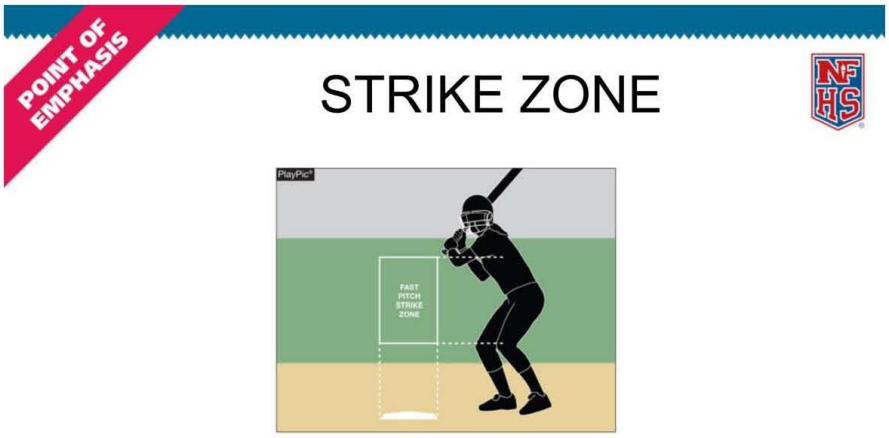
Strike Zone 2016

The NFHS Softball Rules Committee believes that improvements have been made in helping umpires identify the strike zone for each hitter. Additional work on this issue is needed to make the game fair for all hitters. There is no such thing as a common strike zone for all hitters.

The strike zone for fast-pitch is the space over any part of home plate which is between the batter's forward armpit and the top of the knees when the batter assumes a natural batting stance.

Any part of the ball passing through the strike zone in flight over the plate shall be considered a strike. The umpire shall determine each batter's strike zone according to the batter's usual stance.

The NHFS Softball Rules Committee reinforced its support of the Rule and encourages umpires to call the strike zone according to the Rule.



Enforce the strike zone from the top of the knees and especially the high end of the zone at the batter's forward armpit.

National Federation of State High School Associations

Memorandum

To: Softball Administrators

From: Sandy Searcy, Director of Sports and Officials

Subject: Certified Bats

Date: January 25, 2016

The Amateur Softball Association of America (ASA)/USA Softball, in working with Easton Baseball/Softball Inc. (Easton), recently announced that Easton is voluntarily removing the following softball bat models from the ASA/USA list of certified bats: SCN1, SCN11BH, SCN1B, SCN2B, SCN3, SCN4B, SCN5, SCN5B, SCN6B, SCN7, SCN7B, SCN8, SCN8B, SCN9, SCX14, SCX14B, SCX24B, and SCX3.

The NFHS Softball Rules Book specifically states that the bat must contain the 2000 or 2004 ASA certification mark and NOT be on the ASA non-approved bat list. Therefore, these bats are no longer permitted in NFHS contests. NFHS Rule 1-5-1d is listed below for your convenience.

Rule 1-5-1d
The ball shall:

d. Meet the 2004 ASA Bat Performance Standard, bear either the 2000 or 2004 certification mark and not be listed on the ASA non-approved bat list as found on http://www.teamusa.org/USA-Softball.aspx. Bat barrels made entirely of wood are permitted and need not bear an ASA mark, but shall not exceed 2¼ inches in diameter.

Thank you for your efforts in this matter.

USA Softball Non-Approved Bat List with Certification Marks

1/6/2017

Bass	Quake	Combat	VIRSP3 Lady Virus	Easton	SCN1
					New
Easton	SCN11BH	Easton	SCN1B	Easton	SCN2B
	New		New		New
Easton	SCN3	Easton	SCN4B	Easton	SCN5
	New		New		New
Easton	SCN5B	Easton	SCN6B	Easton	SCN7
	New		New		New
Easton	SCN7B	Easton	SCN8	Easton	SCN8B
	New		New		New
Easton	SCN9	Easton	SCX14	Easton	SCX14B
	New		New		New
Easton	SCX2 Synergy	Easton	SCX22 Synergy 2	Easton	SCX24B
					New
Easton	SCX3	Louisville Slugger	FP136	Louisville Slugger	FP136S
	New				
Louisville Slugger	FP1369	Louisville Slugger	FPC305 Catalyst (-8)	Louisville Slugger	SB304
Louisville Slugger	SB34 Genesis	Louisville Slugger	SB404	Louisville Slugger	SB73V TPS Voltage
Miken	MSF Freak	Miken	MSU Ultra	Miken	MSU2 Ultra II
Miken	MSUM Ultra Maxload	Nokona	Tomahawk	Schutt	Red/Silver Schutt Bat
Worth	EST9	Worth	QESTFP	Worth	SBWK(Wicked)
Worth	SBWKA	Worth	WWSC Wicked Comp. (SP Only)	Worth	WWSCA

USA Softball Non-Approved Bat List with Certification Marks

1/6/2017

Worth XEST9X

Worth XGold

Worth XPST4

Worth XRed

Worth XWICKX Wicked (SP Only)

For a complete list of approved bats go to the certified equipment section of www.usasoftball.com
Last Updated: January 26, 2016

2016-2017 SOFTBALL TOP TEN PREVIEW QUESTIONNAIRE

SCHOOL_____LOCATION (CITY) _____

LEAGUE_____ DIVISION_____

HEAD COACH_____YRS. AS HEAD COACH AT SCHOOL_____

HEAD COACH E-MAIL_____

2016 RESULTS: VAR. OVERALL RECORD_____ LEAG. RECORD_____ LEAG. PLACE_____

JV LEAGUE PLACE_____

NUMBER RETURNING VAR. LETTERMEN: _____ NUMBER RETURNING VAR. STARTERS_____

TOP RETURNEES:

NAME_____POS._____YR._____HONORS_____

_____

_____

_____

TOP NEWCOMERS:

NAME_____POS._____YR.____

_____

_____

***IMPORTANT* PREDICTED FINISH OF TEAMS IN YOUR LEAGUE (INCLUDE YOUR TEAM):**

1._____**2.**_____**3.**_____**4.**_____

5._____**6.**_____**7.**_____**8.**_____

2017 TOURNAMENT ENTRY

_____

_____

RETURN IMMEDIATELY TO:

2017 TBA GIRLS SOFTBALL ADVISORY DIVISIONAL REPRESENTATIVE

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DIV. 3 LAURA SHINAR; 12shinar@gmail.com
DIV. 4 ROBERTA GARCIA-UYEMURA; rgarcia@wvusd.k12.ca.us
DIV. 5 DONN BROWN; DonnBrown831@gmail.com
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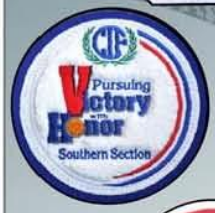

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TO: CIF-SS VARSITY SOFTBALL COACHES

FROM: THOM SIMMONS, SPORTS INFORMATION COORDINATOR

RE: SOFTBALL RECORDS UPDATE

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

Listed below are minimum standards for each of the established record categories in your sport. If your team or players have met or surpassed any of these standards, or if any of your PAST teams/players qualify and have not had their records submitted, please use the attached form to file them at this time. Be sure to include all related information (noted in parenthesis) for each record submitted.

NOTE: RECORDS MUST BE SUBMITTED ON THE FORM PROVIDED, TYPED, SIGNED AND ACCOMPANIED WITH PROPER DOCUMENTATION (LISTED ON THE REPORTING FORM) TO BE CONSIDERED AS AN ENTRY INTO THE CIF-SS PRESS GUIDE AND RECORD BOOK.
RETURN AFTER COMPLETION OF SEASON

TEAM RECORDS

Consecutive Wins (Year/s) 28
Consecutive Wins in a Season (Year) 23
Consecutive League Wins 40
Hits in a Season (Year) 310
Hits in a Game (Opponent, Year) 35
Home Runs in a Season (Year) 20
Home Runs in a Game (Opponent, Year) 5
Triples in a Season (Year) 21
Triples in a Game (Opponent, Year) 4
Doubles in a Season (Year) 44
Doubles in a Game (Opponent, Year) 8
Runs Scored in a Season (Year) 311
Runs Scored in a Game (Opponent, Score) 50
Stolen Bases in a Season (Year) 223
Stolen Bases in a Game (Opponent, Year) 32
Longest Game (Opponent, Score, Year) 22

-over-

INDIVIDUAL RECORDS - BATTING

Hits in a Career (Player, Years) 151
Hits in a Season (Player, Year) 58
Hits in a Game (Player, Opponent, Year) 7
Home Runs in a Career (Player, Years) 21
Home Runs in a Season (Player, Years) 11
Home Runs in a Game (Player, Opponent, Year) 4
Triples in a Career (Player, Years) 15
Triples in a Season (Player, Year) 9
Triples in a Game (Player, Opponent, Year) 3
Doubles in a Career (Player, Years) 25
Doubles in a Season (Player, Year) 16
Doubles in a Game (Player, Opponent, Year) 4
Runs Scored in a Career (Player, Years) 133
Runs Scored in a Season (Player, Year) 50
Runs Scored in a Game (Player, Opponent, Year) 8
Runs Batted-In in a Career (Player, Years) 119
Runs Batted-In in a Season (Player, Year) 48
Runs Batted-In in a Game (Player, Opponent, Year) 11
Stolen Bases in a Career (Player, Years) 102
Stolen Bases in a Season (Player, Year) 52
Stolen Bases in a Game (Player, Opponent, Year) 8

INDIVIDUAL RECORDS - PITCHING

Wins in a Career (Player, Years) 81
Wins in a Season (Player, Year) 26
Consecutive Wins (Player, Year/s) 23
Shutouts in a Career (Player, Years) 56
Shutouts in a Season (Player, Year) 21
Consecutive Shutouts (Player, Year/s) 11
No-Hitters in a Career (Player, Years) 21
No-Hitters in a Season (Player, Year) 10
Consecutive No-Hitters (Player Year/s) 4
Perfect Games in a Career 4
Perfect Games in a Season 3
Consecutive Perfect Games 2
Career Earned Run Average (Player, Overall Record, Years) 0.15
Season Earned Run Average (Player, Overall Record, Year) 0.03
Strike Outs in a Career (Player, Years) 1082
Strike Outs in a Season (Player, Year) 409
Strike Outs in a Game - Unlimited Innings (Player, Opponent, Year) 30
Strike Outs in a 7-inning Game (Player, Opponent, Year) 21
Consecutive Strike Outs (Player, Opponent, Year) 17

2/2006

PRESS GUIDE & RECORD BOOK REPORTING FORM
MUST BE TYPEWRITTEN

SPORT_____SCHOOL_____
RECORD(S) SUBMITTED BY_____

TITLE OF PERSON SUBMITTING_____

TEAM RECORDS

Mark	Category (Season/Game)	Year/Opponent

INDIVIDUAL RECORDS

Mark	Category (Career/Season/Game)	Player	Year/Opponent

Records must be submitted with documentation. Schools are required to submit one of the following two items in addition to the completion of all information on this form for consideration.

1. A newspaper account of the record-breaking performance. Clipping must contain date and name of newspaper.

2. A letter from the school's principal indicating the record, the date of the event and signed by a witness who observed the record-breaking performance.

SIGNATURE OF APPLICANT_____ DATE_____

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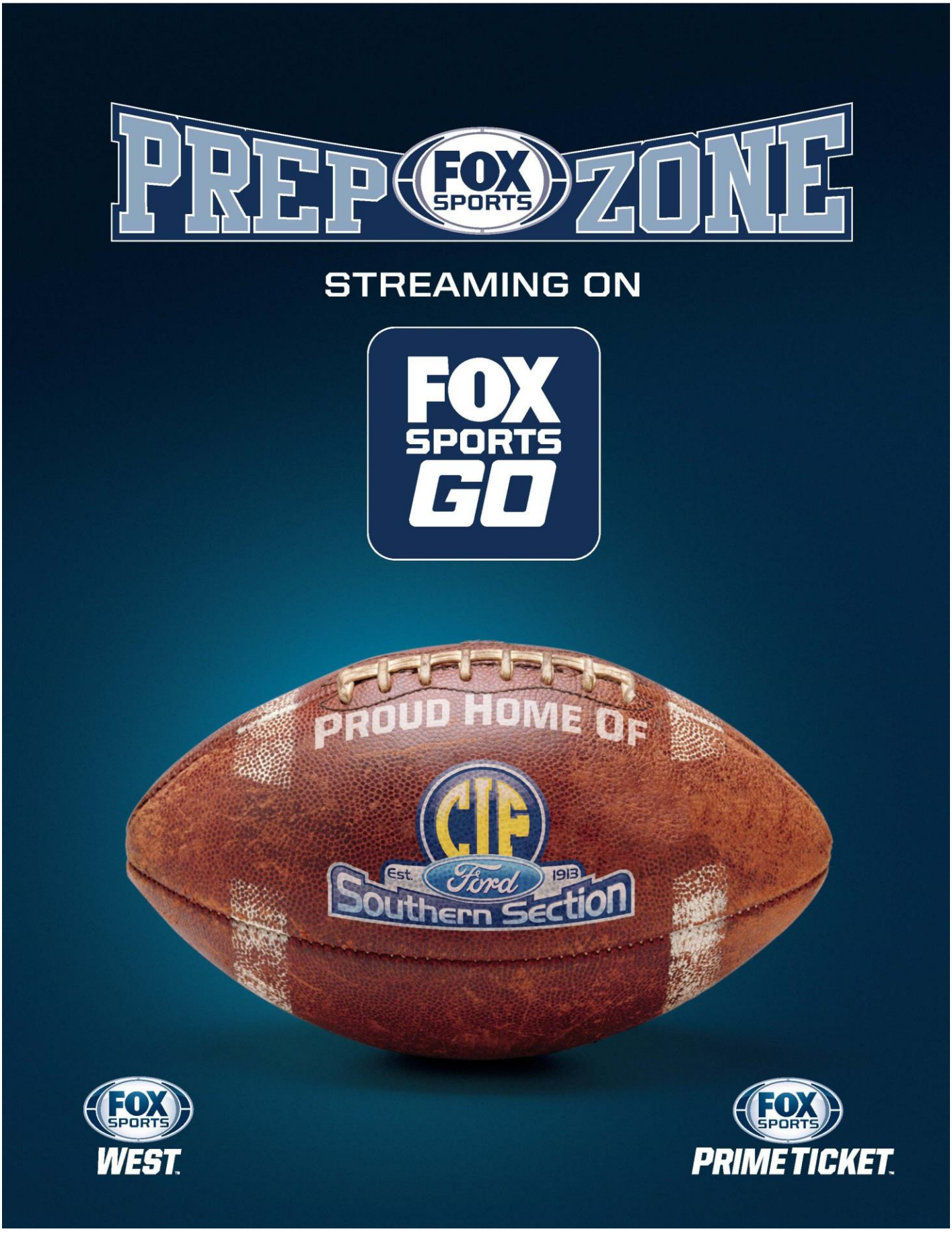
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