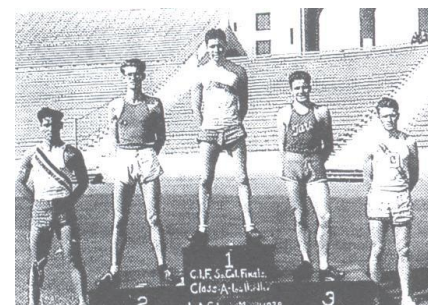


HISTORY OF THE CALIFORNIA
INTERSCHOLASTIC FEDERATION
SOUTHERN SECTION
(CIF-SS)



27th historical “tidbit.”

EXPONENTS

Classification of High School Athletes by the 4 Point System of Semester, Age, Height & Weight and the 3 Point System of Age, Height and Weight.
Classes A, B, C, D

The first sports played by CIFSS schools in 1913 usually only had one team called the varsity. There were no lower level teams and schools were lucky to even field teams in the major sports of track, football, basketball and baseball. In order to let the smaller players participate, “scrub” teams were organized and eventually based on weights. It is interesting to note that the first CIFSS Basketball Champions, Whittier High School in 1915, also had Championship teams for the 120 pound and 140 pound classifications with regular schedules playing all over the Southern California area. Varsity coaches quickly realized the boys who played and practiced on lower weight teams could benefit the varsity as they grew up and became juniors and seniors. By 1920, the unlimited class, the 130 pound class, the 110 pound class and the 90 pound class were used by the bigger school to classify athletes. Administrators and coaches again realized the need to look at a more thorough system of classification based on more than weight.

The following information comes directly from William Russell's book, A History of the California Interscholastic Federation (pgs. 73-78).

Minutes of the December 9, 1922 Council meeting recorded that it was moved, second and carried that the Council approved the principles involved in the four point system of classification as presented by Dr. H. R. Stoltz, State Supervisor of Physical Education, and that the Council recommends to the several Sections of the California Interscholastic Federation that this system of classification be substituted for the present classification by weight alone. Height, weight, age, and semester in school were given an exponent number, and four classes were created: A (varsity) 67 exponents or more; Class B exponents 57 to 66; Class C 56 or below; Class D below 50.

The action by the Council was merely a recommendation to the Sections. The classification system was not adopted by most Sections, which passed the recommendation on to their league and schools. The CIF Southern Section adopted the four point classification system for all the schools. Many leagues in other CIF Sections continued with classification teams determined by weight.

FOUR POINT CLASSIFICATION SYSTEM

Exponent	Semester	Age-Yrs, Mos	Height-Inches	Weight-lbs.
8		below 13	below 61	below 91
9		below 13-6	below 62	below 94
10		below 14	below 63	below 97
11		below 14-6	below 64	below 100
12	1-2	below 15	below 65	below 103
13	3-4	below 15-6	below 66	below 106
14	5-6	below 16	below 67	below 109
15	7-8	below 16-6	below 68	below 112
16		below 17	below 69	below 115
17		below 17-6	below 70	below 120
18		below 17-9	70 and over	below 125
19		below 18		below 130
20		below 18-3		below 135
21		below 18-6		below 140
22		below 18-9		below 142
23		below 19		below 144
24		19 and over		below 146
25				below 148
26				below 150
27				below 152
28				below 154
29				below 156
30				156 and over

CLASSES

Class "D"	Sum of exponents below 50
Class "C"	Sum of exponents is 56 or below
Class "B"	Sum of exponents is 57 to 66 inclusive
Class "A"	Sum of exponents is 67 or more

SAMPLE

Boy in grade 9	exponent for grade is	12
Age 15 years, 2 months	exponent for age is	13
Height 66 inches	exponent for height is	14
Weight 120 pounds	exponent for weight is	18
	sum of exponents is	<hr/> 57

Weight is to be taken without clothing.
Height is to be taken without shoes.
Age is to be recorded in years and months.
Semester is to be recorded as 1-2, 3-4, 5-6, 7-8.

When the sum of exponents is 67 or over, a boy may not compete on Class B, C, or D teams. When the sum of exponents is from 57 to 66, a boy may not compete on Class C or D teams. When the sum of exponents is from 50 to 56, a boy may not compete on a Class D team.

A boy may compete for a higher classification team. He was prohibited from playing on two different class teams in the same week, defined as Sunday to Sunday.

Each pupil must be classified by finding his four point rating in the first two weeks of each semester. Schools fielding teams other than Class A (varsity) were required, in the first two weeks of each semester, to send to their CIF Section office the four point data for boys playing of Class B, C, and D teams using a form furnished by the Section offices. The deadline for submitting the data to the Section office was before the first league game for the teams.

In 1926, a revision of the four point system was discussed, proposing that the semester exponent be dropped, and proposing a new point allocation be provided for the other three factors. The proposal was made to the Southern CIF Section, but not adopted.

At the May 22, 1931 Council meeting, it was proposed by N.P. Nielson that the Council adopt a new three point system, dropping the semester in school, and providing a new numbering allocation for the other three factors. The Minutes record "suggestions should be made to the delegates of the Sections, who will present them to the Council at the fall meeting." The issue was discussed at the November 28, 1931 meeting but action was tabled until the next meeting so that further information might be available.

At the May 20, 1932 Federated Council meeting, Nielson, Chief of Division of Health and Physical Education for the State Department of Education, and a voting member of the State CIF Federated Council, presented a study of the four point system of classification. The Federated Council "expressed its appreciation of his able report", but took no action.

Since the Council in 1922 had only recommended the four point system to the Sections, the Council did not require Sections to utilize it. The CIF Southern Section considered the three point system recommended by Mr. Nielson, Dr. Fred Cozens of the Physical Education Department of the University of California Los Angeles, and by Mr. Martin Trieb of the Los Angeles City Schools. It was based on height, weight, and age. The CIF Southern adopted it on June 6, 1935.

THE THREE POINT CLASSIFICATION SYSTEM

Exponent	Age	Height	Weight
13			79-84
14			85-90
15			91-96
16			97-103
17			104 -109
18			110 -115
19			116 -121
20			122 -128
21			129 -134
22	10 yrs 9 mo to 11 yrs 2 mo	47 down	135 -140
23	11 yrs 3 mo to 11 yrs 8 mo	47 1/2 - 49	141 -146
24	11 yrs 9 mo to 12 yrs 2 mo	49 1/2 - 51 1/2	147 -153
25	12 yrs 3 mo to 12 yrs 8 mo	52 -53 1/2	154 -159
26	12 yrs 9 mo to 13 yrs 2 mo	54 - 55 1/2	160 -165
27	13 yrs 3 mo to 13 yrs 8 mo	56 - 57 1/2	166 -171
28	13 yrs 9 mo to 14 yrs 2 mo	58 - 59 1/2	172 -178
29	14 yrs 3 mo to 14 yrs 8 mo	60 - 62	179 -184
30	14 yrs 9 mo to 15 yrs 2 mo	62 1/2 - 64	185 -190
31	15 yrs 3 mo to 15 yrs 8 mo	64 1/2 - 66	191 up
32	15 yrs 9 mo to 16 yrs 2 mo	66 1/2 - 68	
33	16 yrs 3 mo to 16 yrs 8 mo	68 1/2 -70 1/2	
34	16 yrs 9 mo to 17 yrs 2 mo	71 - 72 1/2	
35	17 yrs 3 mo to 17 yrs 8 mo	73 - 74 1/2	
36	17 yrs 9 mo to 18 yrs 2 mo	75 up	
37	18 yrs 3 mo to 18 yrs 8 mo		
38	18 yrs 9 mo to 19 yrs 2 mo		

CLASSES

- Class D sum of exponents 77 and below
- Class C sum of exponents 78 to 71
- Class B sum of exponents 82 to 87
- Class A sum of exponents 88 and above

EXAMPLE

age 15 years 5 months	exponent for age	31
height 68 inches	exponent for height	32
weight 125 pounds	exponent for weight	20
	sum of exponents	83

For classification purposes, the age of a boy during the school year was his age on September 1 of that school year.

Height was taken without shoes. Fractions of inches of less than one half inch were disregarded.

Weight was taken without clothing. Fractions of pounds are to be disregarded.

When the sum of exponents was 88 or more, a boy may compete only on Class A teams.

When the sum of exponents was 82 to 87 inclusive, a boy may compete only on Class B and Class A teams.

When the sum of exponents was 78 to 81 inclusive, a boy may compete only on Class C, Class B, and Class A teams.

When the sum of exponents was less than 78, he was rated as Class D, and he may compete on any Class.

The CIF Southern Section rule stated that if each pupil is to compete in any Class other than Class A, his three point rating must be calculated by finding his weight and height during the first two weeks of the school year in which such competition takes place. The weight and height must be taken by a *faculty member* from some other school and certified by such visiting member, who shall file with the Southern Section Commissioner's office a duplicate certified copy containing the name, height and weight of each pupil. Pupils enrolling after the start of the school year must be weighed and measured within two weeks of registration. Each school was required to file with the Commissioner's office a list of pupils playing on less than Class A teams with the three point data for all boys for any given sport. Such a list must be filed before the sport season of that sport.

The 1957-58 CIF Southern Section By-Laws list the same exponent tables for height, age, and weight, but the Class figures allow slightly larger boys to play on the four Class teams:

	NEW	OLD
Class D	79 and below	77 and below
Class C	80 to 83	78 to 81
Class B	84 to 88	82 to 87
Class A	89 and above	88 and above

Minutes of the December 4, 1959 Council meeting state "CIF is one of 14 professional and allied associations participating with 3 State agencies in the California Project on Fitness to re-study height-weight-age classification, and to establish achievement scales applicable to boys and girls of the present decade." The CIF contributed \$500.00 to the project to assist in the cost of tabulating the data.

The subject was discussed at almost every meeting of the Council while awaiting the report. The December 1, 1962, Minutes state "C. Carson Conrad presented the Espenschade Report on performances of California athletes in relationship to height, weight and age. The Espenschade study included test data on 4,395 athletes in 5 sports, from 37 schools located throughout the State."

The study revealed that athletes at age 15 are taller and heavier on the average than the total school population. By a comparison with data from 1936, the 1962 report shows that high school boys averaged 2 inches taller and 20 pounds heavier at each age compared with 25 years ago. The study indicated that classification by age, height and weight was of value, although limited, in predicting ability to perform. Age was probably the most significant factor. Age, height and weight classification was of special value in team classification.

The optimum plan, in all probability, would be to use different classifications for different sports. But the report concluded that if age, height and weight were all considered and one plan used for all sports, the present plan of classification was probably as satisfactory as any. The one revision needed was to extend it upward to take into account the greatly increased size of present day students. The report further concluded that a slight change in the exponent totals or in exponent assigned the various components would adjust the number of A's, B's, etc., to bring the numbers into proportion again.

The Council then voted to commend the committee for its work, and asked the committee for a recommended revision of the athletic tables. After receiving the recommendations from the Committee, the Council sent them to all CIF Sections for consideration and report back to the Council. The December 7, 1963 Council Minutes state "After a discussion, it was moved, seconded, and carried to revise the athletic classification tables so that whenever CIF Section boundary lines are crossed for practice contests or championship contests, the classification table shall be used as follows: Class A 90 and over (increase of 2 from the present state table); Class B 85 to 89 inclusive (increase 2); Class C 81 to 84 inclusive (increase 2); Class D 77 to 80 inclusive (increase 3)."

This action by the Council left it up to the CIF Sections to use whatever numbers they wished for team classification for competition in their own Section, because a unanimous opinion was not available.

There were some problems with the classification system. Some boys went on a crash diet to lose a few pounds so they might play on a lower class team where they might play better against smaller boys. The process of having a representative from a neighboring school certify the process of weighing and measuring height was time consuming. However, the system did provide the smaller and younger boys with the privilege of competing on their high school teams against similar teams from schools in their league.

Over time, the high schools fielded junior varsity, sophomore, and freshman teams, without any height or weight limitations. Eligibility for the freshman and sophomore teams required only that a student be enrolled in his freshman or sophomore year, be passing in his grades, and meet the age limitation rule. Freshman or sophomore students could try out for junior varsity or varsity teams.

PREP RUNNERS RESUME WORK
 IRVING ECKHOFF
 Los Angeles Times (1886-Current File); Apr 2, 1929;
 pg. B2

PREP RUNNERS RESUME WORK

Minor City Preliminaries on
 Tap Friday

Three Dual Track Battles
 Also on Schedule

Fairfax Outfit Favored to
 Take Loop Honors

BY IRVING ECKHOFF

With a week of rest behind them all the city prep track teams took up hard training again yesterday. Besides the Minor City League preliminaries scheduled for Friday on the L. A. High track, three dual meets are on tap in the Major League group. All three of these are listed for Thursday and will find Poly at Hollywood, Manual Arts at Jefferson and Lincoln, at L. A. High.

In the neighborhood of 500 athletes will compete in the minor city preliminaries. There will be three meets run off simultaneously, in the Class A, Class B and Class C divisions. In the varsity or A section Harold Lovejoy's Fairfax Colonials have the edge on the rest of the field. The Colonials have a well-balanced aggregation and are undefeated in dual-meet competition to date. Fremont, Belmont and Garfield are rated next in order of title threat possibilities. Fremont is very strong in the track events but the Pathfinder field performers are just ordinary.

HIGH SCHOOL ATHLETES MIX IN LEAGUE MEETS
 Los Angeles Times (1886-Current File); Jun 5, 1936; ProQuest Historical Newspapers Los Angeles Times (1881 - 1985)
 pg. A15

HIGH SCHOOL ATHLETES MIX IN LEAGUE MEETS

More than 2000 Los Angeles city high school track and field athletes in Class A, B and C divisions answer the call to arms again this afternoon in five all-league cinder-path meets.

The engagements, marking major inter-league competition before the gigantic all-city free-for-all next week, will find activities centered at the following locations:

IMPORTANT MEETS

Housh Field, L. A. High—L. A., Hollywood, Fairfax, Hamilton, Venice and University gather for the Western League finals.

Huntington Park High—Jefferson,

Manual Arts, Washington, Fremont, Polytechnic, Huntington Park and San Pedro convene for the Southern League finals.

Garfield High—Roosevelt, Garfield, Belmont, Lincoln, Marshall and Franklin compete for Northern League title.

South Gate High—Bell, South Gate, Rils, Jordan and Banning meet for Pacific League honors.

Patterson Field, Occidental—North Hollywood, Van Nuys, San Fernando, Canoga Park, and Eagle Rock battle for San Fernando crown.

Coach Homer Graves's L. A. High Romans and Harry Edelson's Jefferson Democrats are conceded cinch winners of the Western and Southern League titles, respectively. However, the other three meets are expected to develop into bitter battles.

Belmont and Garfield will wage a two-team struggle in the Northern League. Rils and South Gate will fight it out in the Pacific League, while the San Fernando race boils down between San Fernando and Van Nuys.

ALLEN TO PERFORM

All the great athletes of the city will be seen in action this afternoon. Bryant Allen, Jefferson's great sprinter, will run the 100 and 220 and the relay. DeMott Modisette of L. A. High may crack two minutes in the 800. Kenny LeBarts of Washington and Art Cazares of Garfield will gallop their specialties—the mile. Wilbur Miller of Jefferson and Tom Bradley of Polytechnic, the city's premier quarter-milers, will tangle at Huntington Park. McBain and Simpson, L. A.'s great hurdlers, and Ivy Bledsoe, Garfield barrier flash, all will compete.

Meet _____ Date _____ Class C 120 Low Hurdles
 Event _____

REPORT OF HEAD JUDGE OF FINISH C. I. F. S. S. RECORD CARD

Heat 2
 1st, 2nd, 3rd or Final _____

Head Judge _____ Signed _____ Head Timer _____ Signed _____

Lane	Number	NAME	AFFILIATION	PLACE	TIME	
					Sec.	Yenths
1	2	Stokesbary	Alhambra			
2	187	Lewery	Valencia			
3	9	Casillas	Brawley	3		
4	180	Hamada	Point Loma	2	14	7
5	103	Harada	Fallbrook			
6	68	Fratter	Pamona	1	14	4
7	120	Osaki	Garden Grove			
8	23	Stacey	Burroughs			
9	129	Young	Grossmont	4		

MONTHLY BULLETIN

FEBRUARY 1973

GRADE LEVEL SYSTEM REPLACES EXPONENTS ON SECTION-WIDE BASIS

After more than two years of experimentation and gradual changeover, the grade level system of fielding athletic teams has become a reality — and the rule — in the Southern Section.

By vote of the Council at the winter meeting, the exponent system, object of both praise and damnation for more than 50 years in Southern California prep athletics was rendered extinct.

Schools fielding teams in any of the 12 CIF, SS sports, will now class them by year in school, below the varsity level. By nature of the motion on the floors, exceptions to that basic rule will not be made, beginning with the 1973-74 school year in September.

The dialogue which has continued for years, will likely still pop up now and again. On one side there are the advocates of competition among boys of essentially the same size (exponents are figured on height, weight and age). On the other side, the common complaints aired by coaches in nearly every sport for years, regarding "cheating" in the measuring of exponents.

The move toward grade level teams began, as most changes in systems do, at the league level. A number of CIF, SS leagues had been playing grade-level (varsity, JV, frosh, soph . . . or a combination) for many years. When the propensity toward this system increased to the point at which more than half the leagues in the section were using it in football, the council voted a one-year experiment in that sport, using grade-level, rather than exponents.

It resulted in the vast majority of leagues sticking with the grade-level system, and began an inclination toward that system in other sports. The elimination of Class B and C post-season competition from track and swimming by the Council last September, cleared the last hurdle toward section-wide uniformity on the matter.

Expectantly, it will take a few seasons to establish details of operation in this system, especially in the two "post-season" sports. But when the "experimental stage" is completed, another building block in equitable competition will be in place.