

Meeting of the Executive Committee

August 13, 2015 1:00 p.m.

CIF Southern Section Office Los Alamitos, California

Agenda

<u>1.</u>	OPENING BUSINESS	DISPOSITION	ITEM
	A. Call to order by Reggie Thompkins, President of the Council		
	B. Pledge of Allegiance		
	C. Roll Call		
	D. Introduction of Guests		
	E. Adopt Agenda	Action	
	F. Approval of Minutes		
	 Minutes of the May 13, 2015 Executive Committee Meeting 	Action	1F1
<u>2.</u>	PUBLIC HEARING SESSION		
	A. Recognition of anyone wishing to address the Executive Committee. Speakers must limit their remarks to three minutes.		
<u>3.</u>	ACTION ITEMS		
	A. STATE FEDERATED COUNCIL ACTION ITEMS		
	There are no action items at this time.		
	B. SOUTHERN SECTION ACTION ITEMS		
	There are no action items at this time.		
<u>4.</u>	NON-ACTION ITEMS		
	A. STATE FEDERATED COUNCIL NON-ACTION ITEMS		
	1. Proposal Recommendation Change to Bylaws 1606, 2401,	Non-Action	STATE520

2902, 2903

4. NON-ACTION ITEMS (Cont.)

B. SOUTHERN SECTION NON-ACTION ITEMS

	1.	Proposal Recommendation Change to Bylaw 1607	Non-Action SS519
	2.	Proposal Recommendation Change to Bylaw 2502	Non-Action SS521
<u>5.</u>	NEW	BUSINESS	
	A. Aj	ppointment of Coast Area Representative to the Executive Committee	Action 5A
	B. Aj	ppointment of Desert Area Representative to the Executive Committee	Action 5B
	C. Aj	ppointment of At-Large Representative to the Executive Committee	Action 5C
	D. Di	stribution of 2014-15 budget surplus to Southern Section member schools	Action
	E. Re	econsideration of Yeshiva Tech High School Membership for 2015-16	Action 5E
	F. 20	116-17 Seasons of Sport Calendars for Fall and Spring Sports	Rob Wigod
	G. Re	eturn to Play Protocols/Sudden Cardiac Arrest	Glenn Martinez – 5G
	H. Fi	nancial Report	Mitch Carty
<u>6.</u>	OLD	BUSINESS	
	A. Pl	ayoff Groupings – Competitive Equity	Rob Wigod
<u>7.</u>	CLOS	ED SESSION	
	A. Co	ommissioner's Goals	
<u>8.</u>	REPO	DRT SESSION	
	A. Pr	esident's Report	Reggie Thompkins
	B. N	FHS Summer Meeting Report	Carter Paysinger, Debi Weiss
	C. Tr	reasurer's Report	Jeff Jordan
	D. Co	ommissioner's Report	Rob Wigod
	E. Ex	xecutive Committee Member Reports	

9. ADVANCE PLANNING

- A. DATES
 - 1. September 28, 2015 Champions for Character Award Dinner, The Grand, Long Beach, California, 6:00 p.m.
 - 2. October 1, 2015 Executive Committee Meeting, CIF Southern Section Office, Los Alamitos, California, 1:00 p.m.
 - 3. October 6, 2015 CIF Southern Section Council Meeting, The Grand, Long Beach, California, 9:00 a.m.

9. ADVANCE PLANNING (Cont.)

- 4. October 14, 2015 CIF Southern Section Hall of Fame/Distinguished Service Luncheon, The Grand, Long Beach, California, 11:30 a.m.
- 5. October 19, 2015 Athletic Administrators Summit, Pomona Fairplex Sheraton Hotel and Conference Center, Pomona, California, 7:30 a.m.
- B. SUGGESTED AGENDA ITEMS

9. ADJOURNMENT

A. Time of Adjournment



Meeting of the Executive Committee

May 13, 2015 1:00 p.m.

Old Ranch Country Club Seal Beach, California

Minutes

1. OPENING BUSINESS

- A. Call to order by Reggie Thompkins, President of the Council Meeting was called to order at 12:48 p.m. Rob Wigod gave update on Terry Barnum.
- B. Pledge of Allegiance
- C. Roll Call All members were present except Terry Barnum, Chris Calderwood, Paul Kostopoulos, Mark Rose, Brandi Stuart, and Kristine Palle.
- D. Introduction of Guests No guests were present.
- E. Adopt Agenda

There was a motion and a second to adopt the agenda. The motion was approved and the agenda was adopted without revision.

F. Approval of Minutes

Approved - Unanimous 1F1

Adopted - Unanimous

DISPOSITION

ITEM

A motion and second were made to approve the minutes of the April 21, 2015 Executive Committee meeting. The minutes were approved.

2. PUBLIC HEARING SESSION

A. Recognition of anyone wishing to address the Executive Committee. Speakers must limit their remarks to three minutes.

There was no one present to address the Executive Committee.

3. ACTION ITEMS

A. STATE FEDERATED COUNCIL ACTION ITEMS

There are no action items at this time.

B. SOUTHERN SECTION ACTION ITEMS

There are no action items at this time.

4. NON-ACTION ITEMS

A. STATE FEDERATED COUNCIL NON-ACTION ITEMS

	1. Proposal Recommendation Change to Bylaws	1606, 2401, 2902, 2903	Non-Action	STATE520
в.	SOUTHERN SECTION NON-ACTION ITEMS			
	1. Proposal Recommendation Change to Bylaw	1607	Non-Action	SS519
	2. Proposal Recommendation Change to Bylaw 2	2502	Non-Action	SS521

Reggie Thompkins reviewed each item and moved all non-action items to the next meeting.

5. NEW BUSINESS

A. Consideration of the Following Schools for Membership for the 2015-2016 School Year

Reggie Thompkins yielded the floor to Rob Wigod. Rob thanked Sharon Hodge for assembling all the information and distributing to the proper members, including organizing site visits. He reviewed the process and the types of memberships the Committee were considering – Full; Probationary; Denied.

1.	Riverside County Education Academy –	Approved - Probationary	5A1
	Presented by Chris Calderwood	Membership - Unanimous	

Terry Orabona presented the details of Chris Calderwood's site visit. Chris Calderwood met with staff and they possess years of experience in many facets of athletics. Chris Calderwood recommends probationary membership.

A motion was made and seconded to grant probationary membership to Riverside County Education Academy for one year beginning with the 2015-2016 school year. No discussion was held. The motion passed.

 2. Pacifica Christian High School of Orange County –
 Approved - Probationary
 5A2

 Presented by Terry Orabona
 Membership - Unanimous

Terry Orabona presented the details of her site visit. She met with the principal and the dean of students. They have limited experience with CIF. There is a knowledge and awareness of Blue Book and other resources. The campus is minuscule. They have worked out the use of facilities with nearby parks. They will only field frosh/soph teams only to start. Terry Orabona recommends probationary membership.

A motion was made and seconded to grant probationary membership to Pacifica Christian High School of Orange Country for one year beginning with the 2015-2016 school year. No discussion was held. The motion passed.

3. Pathways Community School -

Presented by Rita Dever

Approved - Probationary 5A3 Membership - Unanimous

Rita Dever presented the details of her site visit. She met with the principal and the athletic director. The athletic director is experienced in CIF but they share their site. There is access to a gym and an Olympic size swimming pool. Rita Dever recommends probationary membership.

A motion was made and seconded to grant probationary membership to Pathways Community School for one year beginning with the 2015-2016 school year. Short discussion was held. The motion passed.

4. Cobalt Institute of Math and Science – Approved - Probationary 5A4 Presented by Paul Kostopoulos Membership, pending sports verification - Unanimous

Rob Wigod presented the details of Paul Kostopoulos' site visit. They have some CIF experience and their facilities would be the use of public school sites. Paul Kostopoulos recommends probationary membership. The question was raised regarding a spring sport for girls.

A motion was made and seconded to grant probationary membership pending verification of sports offered to Cobalt Institute of Math and Science for one year beginning with the 2015-2016 school year. No discussion was held. The motion passed.

5.	Pasadena Waldorf School –		Approved - Probationary	5A5
		Presented by Loren Kleinrock	Membership - Unanimous	

Loren Kleinrock presented the details of his site visit. He included Judson International in the same discussion. Pasadena Waldorf had no high school sports to move the 8th graders up to and the facilities on campus are poor. Pasadena Waldorf has access to other sites and Judson International may do the same. Both schools have been accepted to International League for the 2015-16 school year. Loren Kleinrock recommends probationary membership.

A motion was made and seconded to grant probationary membership to Pasadena Waldorf School for one year beginning with the 2015-2016 school year. No discussion was held. The motion passed.

6.	Judson International –		Approved - Probationary	5A6
		Presented by Loren Kleinrock	Membership - Unanimous	

Loren Kleinrock presented the details of his site visit as he spoke of Pasadena Waldorf. Loren Kleinrock recommends probationary membership.

A motion was made and seconded to grant probationary membership to Judson International High School for one year beginning with the 2015-2016 school year. No discussion was held. The motion passed.

 7. Anaheim Discovery Christian –
 Approved - Probationary
 5A7

 Presented by Jim Perry
 Membership - Unanimous

Jim Perry presented the details of his site visit. The school is housed on Southern Baptist church campus. He met with the principal and the athletic director. They are familiar with CIF. Their facilities and all coaches are on-campus. The community of teachers and students came to the administration asking to be members of CIF. Jim Perry recommends probationary membership.

A motion was made and seconded to grant probationary membership to Anaheim Discovery Christian High School for one year beginning with the 2015-2016 school year. No discussion was held. The motion passed.

5. NEW BUSINESS (Cont.)

8. ICA University Careers/Sports Academy – Denied - Probationary 5A8 Presented by Charlie Ricards Membership – 3-14-1

Charlie Ricards presented the details of his site visit. This is a public charter school with no students and limited facilities. The principal is more superintendent of charter system. Husband wife to do coaching. Will rent facilities, away games. No enrollment at this time. Charlie recommends probationary membership. Perry voiced concerns regarding the name and undue influence. Rob gave some background regarding the contact they have had with the office.

A motion was made and seconded to grant probationary membership to ICA University Careers/Sports Academy for one year beginning with the 2015-2016 school year. No discussion was held. The motion failed.

9.	Lycee International –		Approved - Probationary	5A9
		Presented by Carter Paysinger	Membership, pending	
			sports verification - Unanir	nous

Carter Paysinger presented the details of his site visit. The campus was impressive, with the athletic director and coaches on campus. He met with principal and the athletic director. All facilities are within walking distance. There is no indication of a girls sport for the spring season. Carter Paysinger recommends probationary membership.

A motion was made and seconded to grant probationary membership pending verification of spring sports to Lycee International High School for one year beginning with the 2015-2016 school year. No discussion was held. The motion passed.

 10. Executive Preparatory Academy of Finance –
 Approved - Probationary 5A10

 Presented by Todd Arrowsmith
 Membership - Unanimous

Todd Arrowsmith presented the details of his site visit. The school is located on a Lutheran church campus. The principal and athletic director seemed overwhelmed with the process. The facilities are with the City of Hawthorne and Southwest College. Todd Arrowsmith recommends probationary membership.

A motion was made and seconded to grant probationary membership to Executive Preparatory Academy of Finance for one year beginning with the 2015-2016 school year. After a short discussion the motion passed.

B. Membership Status of New Schools Admitted in 2014-2015

1. The Academy Charter High School

Approved – Probationary 5B1 Membership – Unanimous

Reggie Thompkins reminded the Committee that the school had to cancel their baseball season. Commissioner Rob Wigod stated there are concerns from the CIF Southern Section office regarding the membership of The Academy Charter High School. Rob recommends probationary membership for another year.

A motion was made and seconded to grant probationary membership The Academy Charter High School beginning with the 2015-2016 school year. No discussion held. The motion passed.

5. NEW BUSINESS (Cont.)

2.	Aveson Global Leadership Academy High School	Approved - Full Membership – Unanimous	5B2
	Rob Wigod stated there are no concerns from the CIF Southern Sect membership of Aveson Global Leadership Academy High School.	ion office regarding the	
	A motion was made and seconded to grant full membership Aveson High School beginning with the 2015-2016 school year. No discuss		
3.	DaVinci Schools	Approved - Full Membership – Unanimous	5B3
	Rob Wigod stated there are no concerns from the CIF Southern Sect membership of Da Vinci Schools.	ion office regarding the	
	A motion was made and seconded to grant full membership Da Vinc 2015-2016 school year. No discussion held. The motion passed.	i Schools beginning with the	
4.	The Palmdale Aerospace Academy	Approved - Full Membership – Unanimous	5B4
	Rob Wigod stated there are no concerns from the CIF Southern Sect membership of The Palmdale Aerospace Academy.	ion office regarding the	
	A motion was made and seconded to grant full membership The Pala beginning with the 2015-2016 school year. No discussion held. The		
5.	San Luis Obispo Classical Academy	Approved - Full Membership – Unanimous	5B5
	Rob Wigod stated there are no concerns from the CIF Southern Sect membership of San Luis Obispo Classical Academy.	ion office regarding the	
	A motion was made and seconded to grant full membership San Luis beginning with the 2015-2016 school year. No discussion held. The		
6.	Yeshiva Tech High School	Denied - Membership Revoked – 0-17-1	5B6
	Rob Wigod stated there are concerns from the CIF Southern Section membership of Yeshiva Tech High School, specifically a lack of info verifying their adherence to the standards of membership related to t offered.	ormation provided by the sch	ool
	A motion was made and seconded to grant probationary membership the request for a status report how they are doing. Denied probation		ol to

C. Appointment of At-Large Representative to the Executive Committee

membership has been revoked.

Nominations for a new At-Large Representative to the Executive Committee are requested. Rob Wigod explained the process. He recommended that the At-Large Representatives from the CIFSS Council be considered. He requested names from the Committee to be sent to himself and the administrative team by June 1, 2015. Action will be taken at the August 13, 2015, Executive Committee meeting.

5C1

5. NEW BUSINESS (Cont.)

D. Financial Report

Mitch Carty distributed updated financial paperwork. He gave an update on sports revenues showing the increase in revenue is not only due to the ticket price increase but also an increase in number of ticket sold.

6. CLOSED SESSION

A. Commissioner's Evaluation

The Committee went into closed session at 1:50 p.m. and returned at 2:48 p.m. No action was taken.

7. REPORT SESSION

A. President's Report

Reggie Thompkins was reflective on those leaving the Committee, his own presidency coming to an end next year, and the influence of those in the room. He thanked the Committee for allowing him to serve.

B. Treasurer's Report

Mitch Carty did an outstanding job. Expense fun facts: office spends \$65,000 annually on awards, \$32,000 tickets for events. Orders 1.2 million tickets in 16 color combinations. Income fun facts: 50% of the income budget is from championship sport playoffs, 20% is marketing, and 11% is sports fees. Assets funs fact: The Section hold \$4 million in assets.

C. Commissioner's Report

Rob Wigod thanked the Committee and all their support. Gave a pat on the back to John Costello, tote-board hit \$850,000 in marketing revenue today.

D. Executive Committee Member Reports

Before the reports began, John Costello made a special presentation to Jim Monico to thank him for his time and support of the Academic Awards program at Angels Stadium

Reggie Thompkins presented gifts to outgoing Committee members – Val Wyatt, Charlie Ricards, Sam Buenarostro.

Past-President - Jim Monico – What a great group. Will miss those who are leaving. Looking forward to next year. Praised Rob Wigod and the office staff.

Treasurer - Jeff Jordan - Echoed Jim Monico's statements.

Orange County Area Representative – Monica Colunga - Echoed previous statements. This group is working toward the foundation of what high school athletics should be. Thank you to the office staff. CAPHERD Representative – Jim Perry – Sharon Hodge, your new position fits you well.

Congratulations to Nancy Kelly to being voted a representative at the State level. The CIF State Office has great admiration of this group.

Small Schools Area Representative – Charlie Ricards – This Committee is going to enjoy my replacement and thank you for the opportunity to serve.

Foothill Area Representative – Loren Kleinrock - This board understands the power of high school athletics in shaping and forming student-athletes and that it is an important mission. The office staff is always so helpful.

Citrus Belt Area Representative - Sam Buenrostro – This committee stands for the building the dreams of kids of student-athletes.

CSADA Representative - Dave Reid – Appreciates collective wisdom of the Committee. It is amazing to work with the office staff.

Jeff Jordan

Reggie Thompkins

Rob Wigod

7. REPORT SESSION (Cont.)

D. Executive Committee Member Reports (Cont.)

Superintendent Representative - Nancy Kelly – Complimentary to the office staff. The customer service from the office is a model for all school districts. Nancy believes in the work she is doing and appreciates being a part of the leadership of the organization.

CADA Representative - Todd Arrowsmith – Everyone has been so welcoming, even at conferences and inviting to make me feel a part of the system.

Activities Directors Representative – Debi Weiss – It is heartwarming to be working with all these athletic directors that want to work with their activities directors for the same cause.

CSADA Representative – Sandy Gahring – Is excited when she leaves these meetings because she wants to share the great ideas that have come from this great group.

At-Large Representative – Val Wyatt – Reflective of the ladies that have influenced her career and given her the motto she lives by and passes on to her students: be a lady, a good sport, and then an athlete. Girls' Athletic Director Representative - Terry Orabona – It is such a privilege to be here. It is a great opportunity to learn and contribute. This is the best Section and other Sections look to us and our example, advice, and wisdom. She is working to have all the leagues in the Orange County attend the Athletic Administrators' Summit in October, 2015.

CSBA Representative – John Norman – Appreciates the collective wisdom in the room. Thank you for welcoming me mid-year.

Marketing Director - John Costello - no report

Assistant Commissioner – Rainer Wulf – Thank you for all the praise for us and the rest of the office staff. Working with this group has help give me gain a better perspective that we are larger than just Orange County.

Communications Director – Thom Simmons – All the paper files in the office is going to be turned into searchable electronic files. Sharon Hodge, we are so happy to have you in this position and the staff is pleased to see you there.

Assistant Commissioner – Glenn Martinez – Talked about the Athletic Administrators' Summit and that several of the presenters were in the room. Those leaving the Committee will be called for football championship awards presentations.

Chief Executive Officer – Mitch Carty – Thanked the Committee for their continued support. Sharon staff is 100% behind you and happy you are in that position and you are doing a great job.

Executive Assistant - Sharon Hodge – Humbled by all the praise. Thanked the Committee members that took time out of their busy schedules to visit the sites for the new schools.

President-Elect – Carter Paysinger – One of the best qualities a person can possess in their occupation is caring. Everyone in this room cares about what they do and there is trust in everyone because of that caring. This organization is moving forward because of its leadership.

8. ADVANCE PLANNING

A. DATES

- 1. June 23, 2015 Champions for Character Golf Tournament, Rio Hondo Golf Club, Downey, California
- 2. August 13, 2015 Executive Committee Meeting, CIF Southern Section Office, Los Alamitos, California 1:00 p.m.
- 3. September 28, 2015 Champions for Character Award Dinner, The Grand, Long Beach, California, 6:00 p.m.
- 4. October 1, 2015 Executive Committee Meeting, CIF Southern Section Office, Los Alamitos, California, 1:00 p.m.
- 5. October 6, 2015 CIF Southern Section Council Meeting, The Grand, Long Beach, California, 9:00 a.m.

8. ADVANCE PLANNING (Cont.)

- A. DATES (Cont.)
 - 6. October 14, 2015 CIF Southern Section Hall of Fame/Distinguished Service Luncheon, The Grand, Long Beach, California, 12:00 p.m.
 - 7. October 19, 2015 Athletic Administrators Summit, Pomona Fairplex Sheraton Hotel and Conference Center, Pomona, California, 7:30 a.m.
- B. SUGGESTED AGENDA ITEMS

No items were suggested.

9. ADJOURNMENT

A. Time of Adjournment: 3:40 p.m.

Submitted by:

Sharon Hodge Executive Assistant CIFSS

Approved by:

Rob Wight

Rob Wigod Commissioner of Athletics CIFSS



ROGER L. BLAKE, EXECUTIVE DIRECTOR CALIFORNIA INTERSCHOLASTIC FEDERATION CIF STATE OFFICE - 4650 DUCKHORN DRIVE - SACRAMENTE, CA 95034 - PH: 916-239-4477 - FX: 916-239-4478 - WWW.CIFSTATE.ORG

To: Federated Council

Date: March 20, 2015

Re: Two-Year Pilot Program – So. California Regional Tournament Entries for Basketball, Soccer and Volleyball

Proposal Originated: C.I.F. Commissioners

Proposal Reviewed

10/01/2013 – Commissioners Committee 01/08/2014 – Commissioners Committee 03/17/2014 – Commissioners Committee 06/18/2014 – Commissioners Committee 09/09/2014 – Commissioners Committee 09/30/2014 – Commissioners Committee 01/13/2015 – Commissioners Committee 03/19/2015 – Commissioners Committee 03/26/2015 – Executive Committee **Type:** Bylaw Revisions (Pilot)

Proposal Recommendation

V.B.1.

Discussion Discussion Discussion Discussion & Formats Discussion & Formats Discussion & Formats Discussion & Formats Proposal Forwarded 10-0 support First Reading

Next:	3/26/2015	Executive Committee, 1 st Reading
	4/30/2015	Executive Committee, Action Item
	5/1/2015	Federated Council, 1 st Reading
	10/07/2015	Federated Council, Action Item (Immediate Implementation)

Proposal Summary: The Commissioner Committee is forwarding for consideration a Two-Year pilot program that will revise several bylaws that govern entry and divisional placement for Regional and State tournaments in Basketball (1606), Soccer (2401), girls' Volleyball (2902) and boys' Volleyball (2903) for the southern California region only. These changes would be implemented immediately.

Fiscal Impact: None

Background: For the past several years, the four southern California CIF sections have moved to competitive equity playoffs based upon historical success and other statistical factors. Given that all four sections in the south are using this model, this pilot proposal would allow the southern regional tournament playoffs to be a continuation of this process.

1606. REGIONAL AND STATE CHAMPIONSHIP DIVISION PLACEMENT OF SCHOOLS

Each Section will determine the divisional placement for its schools who qualify for the state basketball championships. CIF member schools will be required to participate in the division that has been established by their respective Section unless selected for the Regional Open Division. Sections may use their own established criteria to determine placement of teams in the six seven divisions based on the following guidelines:

Open Division	As determined by Selection Committee
Division I	As determined by Section
Division II	As determined by Section
Division III	As determined by Section
Division IV	As determined by Section
Division V	As determined by Section, but enrollment may not exceed 600
Division VI	As determined by Section, but enrollment may not exceed 200

Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional Tournament may be moved to a different division than the one in which they participated in during their section playoffs and there will be no enrollment cap in the southern California Regional Division V. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

NOTE: The State Championship will include Divisions I-V above and an Open Division. Division VI Regional Championship will be in NorCal only. For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Basketball Handbook for Regional and State Championship Basketball Playoffs.

(Adopted May 2001 Federated Council/Revised 2002 Executive Committee/Revised February 2005 Federated Council/ Revised May 2008 Federated Council/Revised May 2012 Federated Council/Revised May 2014 Federated Council)

2401. SOCAL REGIONAL SOCCER CHAMPIONSHIPS

Southern California boys and girls soccer championships (five divisions) will be held following the completion of Section playoffs for the Central, Los Angeles, San Diego and Southern Sections.

Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional Tournament may be moved to a different division than the one in which they participated in during their section playoffs. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

(Approved Federated Council February 2007/Revised Federated Council May 2014)

NOTE: For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Soccer Handbook for Regional Playoffs.

2902. REGIONAL AND STATE CHAMPIONSHIP DIVISIONAL PLACEMENT OF SCHOOLS

Each Section will determine the divisional placement for its schools who qualify for the state girls volleyball championships. CIF member schools will be required to participate in the division that has been established by their respective Section Sections may use their own established criteria to determine placement of teams in the six divisions based on the following guidelines:

- Division I As determined by Section
- Division II As determined by Section
- Division III As determined by Section
- Division IV As determined by Section
- Division V As determined by Section, but enrollment may not exceed 600
- Division VI As determined by Section, but enrollment may not exceed 200

Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional may be moved to a different division than the one in which they participated in during their section playoffs and there will be no enrollment cap in southern California Regional Division V. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

NOTE: The State Championship will include Divisions I-V above and an Open Division. Division VI Regional Championship will be in NorCal only. For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Basketball Handbook for Regional and State Playoffs.

(Adopted May 2001 Federated Council/Revised 2002 Executive Committee/Revised February 2005 Federated Council/ Revised May 2008 Federated Council/Revised May 2012 Federated Council/Revised May 2014 Federated Council)



2903. SOCAL REGIONAL CHAMPIONSHIP

A Southern California boys volleyball championship (three divisions) will be held following the completion of Section playoffs for the Central, Los Angeles, San Diego and Southern Sections. Divisional placement of teams in the southern California Regional Tournament will be based on rankings provided by each Section at the conclusion of their playoffs. Teams in the southern California Regional Tournament may be moved to a different division than the one in which they participated in during their section playoffs. This will be a two-year pilot (2015-2016 & 2016-2017) for the southern California Regional Tournament only and will include the Central Section, Los Angeles Section, San Diego Section and Southern Section.

(Approved May 2008 Federated Council)

NOTE: For more detailed information, please refer to Blue Administrative Regulations and Policy Pages contained in the back of the Constitution and Bylaws and the published Boys Volleyball Handbook for Regional Playoffs



STATE520

Regional Entry and Seeding Information SOUTH

- 1. Each section has a minimum number of guaranteed entries, which will be reviewed annually (in June).
- 2. Each section will rank it's allotted number of teams from 1st through last and teams are entered into brackets by rank order, regardless of section division.
- 3. All Section Division Champions advance to state regional playoffs.
- 4. No enrollment cap in any division in Central, Los Angeles, San Diego and Southern sections.
- 5. Each bracket will be filled.

Basketball		Open	DI	DII	DIII	DIV	DV
Central	14	1	2	2	4	3	3
Los Angeles	13	1	4	3	2	2	2
San Diego	13	1	2	3	2	3	3
Southern	44	4	8	8	8	8	8

Note: Additional one (1) entry in Open Division will be filled by Central, Los Angeles and San Diego Sections; If these 3 sections cannot fill all entries, the Southern Section may fill entries.

Soccer		DI	DII	DIII	DIV	DV	
Central	6	1	1	1	1	1	
Los Angeles	6	1	1	1	1	1	
San Diego	8	2	2	2	1	1	
Southern	20	4	4	4	4	4	
Notes Control	Continn	مما امم ۸ مسامه	Castia		1. 1 11		

Note: Central Section and Los Angeles Section will each be allotted one (1) additional entry in either DIV or DV.

Girl's Volleyba	all	DI	DII	DIII	DIV	DV
Central	6	1	1	1	1	1
Los Angeles	6	1	1	1	1	1
San Diego	8	2	2	2	1	1
Southern	20	4	4	4	4	4

Note: Central Section and Los Angeles Section will each be allotted one (1) additional entry in DIV or DV.

Note: In June, 2016, section allotments will be determined if expansion of girl's volleyball is passed at May, 2015 Federated Council meeting.

Boy's Volleyb	all	DI	DII	DIII
Central	2	1	1	0
Los Angeles	3	1	1	1
San Diego	7	2	2	2
Southern	12	4	4	4

Note: Central Section will have one (1) additional entry in DI, DII or DIII Los Angeles Section will have two (2) additional entries in DI, DII or DIII San Diego Section will have one (1) additional entry in DI, DII or DIII

STATE520



10932 Pine Street Los Alamitos, California 90720 Telephone: (562) 493-9500 FAX: (562) 493-6266

CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

"CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee." All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.

1/28/15 Date:

Submitted by: MATT HOWELL Name of representative:

School of representative: _____ Telephone: ____ ARROYO VALLEY 909-381-4295

Check one of the following:

League Proposal. Name of League: SAN ANDREAS

Advisory Committee Proposal. Committee Name:

Executive Committee Proposal. Submitted by:

Rule Change:

Rule Number Affected: 1607

Implementation Date: 2015-2016 WINTER SEASON

Abstract: (Please add any supporting documents.) At the conclusion of the third quarter or any point thereafter, OR EARLIER, BY MUTUAL CONSENT OF BOTH COACHES, if there is a point differential of forty (40) or more points, a running clock shall be instituted for the remainder of the game, regardless of the score. This bylaw applies to all levels of play.

(Approved May 2004 Federated Council) Council First Read: _____

Council Action Date: ____

WINTER 2015-2016 Date Proposal will take effect on member schools:

See reverse side for additional information.

Proposal Number

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents):

NONE

All Council Proposals must be submitted according to the timelines published in the Blue Book. If they are not received in a timely manner, they will be postponed until the next meeting.

Council Proposals that do not contain the information in the fields provided on both pages will not be considered.

Sport advisory committees are advised to confine their proposals to the sport(s) under their advisement. Any proposals that do not affect Articles 1400 - 3100 must contain a rationale as to why the sport advisory committee is requesting action.

Procedure for Proposed Bylaw Changes:

- 1. Identify the bylaw, by number, to be changed or eliminated.
- 2. Type the bylaw, using normal font face, for language that will remain unchanged.
- 3. Use strikethrough to identify language to be eliminated or changed.
- 4. Identify proposed language using bold type.

For example, if a league wants to address the color of jerseys in basketball, the proposal may read:

The ______ League proposes the following changes to the basketball bylaws. (your league name)

Bylaw 1623 Color of Jerseys

Proposed language:

"In all basketball games played between member schools of the CIF Southern Section, The host team shall wear white dark colored jerseys."



10932 Pine Street Los Alamitos, California 90720 Telephone: (562) 493-9500 FAX: (562) 493-6266

CIF SOUTHERN SECTION COUNCIL PROPOSAL FORM**

In accordance with Blue Book Article 3, Bylaw 30.1, the following proposal is submitted for Council consideration.

"CIF Southern Section Council may entertain proposals submitted to the governing body on the appropriate proposal form from duly appointed advisory committees, leagues or the Executive Committee." All items coming before the Southern Section Council must contain the financial implications on member schools, leagues and the Southern Section.

Date: 3/6/15

Submitted by: Name of representative: CIF-SS Softball Advisory Committee

School of representative: <u>N/A</u> HS Telephone: <u>N/A</u>

Check one of the following:

Committee Proposal. Name of League: N/A

Rule Change: Rule Number Affected: STATE 2502

Implementation Date: Spring 2016

It is *required recommended* that adult base coaches wear a protective helmet and recommended that the helmet meet NOCSAE standards.

Abstract:

This original rule was passed as an all-encompassing rule for the sports of baseball and softball. Unlike the major governing bodies of baseball, softball does not perceive this as a softball problem. The NCAA, NPF, and ASA do not have this rule implemented in their respective organizations. In addition, CIF-SS Softball Advisory Committee is not in favor of the current rule.

Unintended consequences may see female coaches stepping away from coaching. There may also be an increase in the number of student-athletes (not coaches) coaching on the bases.

Rules governing softball should be considered separately from those governing baseball as they are separate sports.

Council First Read: <u>4/29/15</u> Council Action Date: <u>10/6/15</u>

Date Proposal will take effect on member schools: February 27, 2016

Financial Impact on Member School and Southern Section (Attach an analysis and supporting documents): There will be a positive financial impact as schools will not be mandated to purchase helmets for the new season.



Rob Wigod, CIF Commissioner of Athletics

בס"ד May 18, 2015

Board of Directors

Kam Baboff Marc Bohbot Paul Mir Ayelet Isaksen

Administration

Debora Parks, Ph.D.

Principal Rabbi M Benzaquen

Menahel Ruchani

Miriam Dayan Office Administrator

Joanne Adirim Andrea Shink PTA Co-Presidents Dear Mr. Wigod,

I am the new Principal at Yeshiva High Tech (YHT). My tenure began here on March 31, 2015. I am making many improvements in the school and trying to rectify the numerous bad business decisions that occurred under the previous administration.

One of those bad decisions was the previous Head of School not following through with sending a report to CIF with regards to YHT's sports program. In an effort to reinstate our status as members of CIF, I am doing that now.

It is my understanding that in the 2013-2014 academic year, Yeshiva High Tech was on probationary status; they had three sports programs each for girls and boys during that year: Volleyball, Basketball and Track & Field. In this current year, the school had a Basketball program for girls and boys.

The kids are very disappointed in their current level of sports. The students want to play real sports on real teams and compete with other schools' teams. We are currently in an inferior building and are moving to the Jewish Community Center (JCC) this summer. The JCC has a full basketball court and we fully intend to have PE everyday for both boys and girls. We also plan to organize a full sports program for both girls and boys—one that includes workouts, practices and competitions—and all under the direction of real coaches. Our plan is for our students to once again participate fully in Volleyball, Basketball, and Track and Field. We have a few boys who want to form a football team. Additionally, we have access to an Olympic-sized pool at the JCC and have several girls who would like to form a swim team. We have an enrolling student whose mother has pledged to support our sports program at YHT for next year and moving forward. My plan is to make the most of this gift!

Sports are very important to me, as I grew up competing in gymnastics for years. I want my students at YHT to benefit from those same confidence-building experiences that physical fitness and competition offer. I hope that the above information is sufficient for what you need to begin the process of reinstating YHT in CIF following the previous administration's horrible decisions and general attitude of neglect. Please feel free to contact me if you need any further information. Thank you for your phone call and thank you for giving us a chance to become reinstated with CIF.

Sincerely. Debora

Debora Parks, Ph.D., Principal



faxed 6-6-14



MEMO TO:Principals, CIF Southern Section SchoolsFROM:Rob Wigod, Commissioner of AthleticsSUBJECT:2013-14 Enrollment FiguresDATE:May 1, 2014

Playoff divisions for girls state volleyball, boys and girls cross country, boys and girls basketball, boys and girls state soccer, and boys and girls track and field for the 2014-2015 school year will be based on this year's (2013-14) official CBED enrollment figures (October 1, 2013) for grades 9, 10, 11, 12, and ungraded as reported to the State of California. Please fill in the information below and return it to this office so that it is received by Wednesday, May 14, 2014.

Thank you for your assistance.

School Name:E	SHIVA HIGH T.	сH		
Principal Signature:	Streuchen			
Check appropriate box		ool 🛛 🗆 All Boys Sch	ool 🛛 🗆 All Girls Schoo	ol

Please provide the number of students requested below as of October 1, 2013.

Total number of students in grade 9	10	
Total number of students in grade 10	18	
Total number of students in grade 11	18	
Total number of students in grade 12	F	
Total number of ungraded students		
TOTAL SCHOOL ENROLLMENT (9-12)		

Does your school multi-school with another school? If so, please provide the number of students requested below as of <u>October 1, 2013</u> for that school as well. If you multi-school with more than one school, please provide a form for every school you multi-school with. (Refer to Blue Book Rule 303 regarding number of students to be counted from multi-school.)

Multi-School Name: _

Total number of students in grade 9	
Total number of students in grade 10	
Total number of students in grade 11	
Total number of students in grade 12	
Total number of ungraded students	
TOTAL SCHOOL ENROLLMENT (9-12)	

Please mail or fax this information on or before May 14, 2014 to:

Sharon Hodge, CIF Southern Section 10932 Pine Street, Los Alamitos, California 90720



Board of Directors

Kam Baboff Marc Bohbot Daniel Bouganim Efrem Harkham Dawn Lee Shaoul Levy David Rimokh Joanne Adirim Southwestern Academy International League C/o Robert Gibs 2800 Monterey Road San Marino, CA 91108

June 1, 2014 3 Sivan 5774

Administration

Rebecca Coen Head of School

Rabbi M Benzaquen Director, Judaic Studies

Miriam Dayan Office Administrator Dear Robert,

Yeshiva High Tech serves the greater Los Angeles community and provides each student with a diverse self-directed, independent education in a safe and supportive environment. Yeshiva High Tech promotes self-discipline, integrity, motivation and excellence in learning.

I would like to request that Yeshiva High Tech be entered into the international league. This would give our students a boost of confidence and allow them to compete at a higher level of competition.

If you would like further information, please do not hesitate to contact me at the number below. I look forward to hearing from you.

Sincerely,

Davan

Office Administrator

NEW CONCUSSION RETURN TO PLAY PROTOCOL

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

Instructions:

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

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

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

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

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

Yo	u must ha	we written physician (MD/DO) clo	earance to begin and progress through the fo otherwise directed by physician)	llowing Stages as outlined below (or as
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	Ι	No physical activity for at least 2 full symptom-free days AFTER you have seen a physician	 No activities requiring exertion (Weight lifting, jogging, P.E. classes) 	Recovery and elimination of symptoms
	II-A	Light aerobic activity	 10-15 minutes (min) of walking or stationary biking. Must be performed under direct supervision by designated individual 	 Increase heart rate to no more than 50% of perceived maximum (max) exertion (e.g., 100 beats per min) Monitor for symptom return
	II-B	Moderate aerobic activity (Light resistance training)	 20-30 min jogging or stationary biking Body weight exercises (squats, planks, push-ups), max 1 set of 10, no more than 10 min total 	 Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) Monitor for symptom return
	II-C	Strenuous aerobic activity (Moderate resistance training)	 30-45 min running or stationary biking Weight lifting ≤ 50% of max weight 	 Increase heart rate to > 75% max exertion Monitor for symptom return
	II-D	Non-contact training with sport- specific drills (No restrictions for weightlifting)	 Non-contact drills, sport-specific activities (cutting, jumping, sprinting) No contact with people, padding or the floor/mat 	 Add total body movement Monitor for symptom return
Minimur	n of 6 day	ys to pass Stages I and II. Prior to	heginning Stage III please make sure that u	vritten physician (MD/DO) clearance for
eturn 10	play, ditt	Limited contact practice	I and II, has been given to your school's co Controlled contact drills allowed (no scrimmaging)	Increase acceleration, deceleration and rotational forces
	Ш	Full contact practice Full unrestricted practice	 Return to normal training, with contact Return to normal unrestricted training 	 Restore confidence, assess readiness for return to play Monitor for symptom return
MANDA practice ((If contac	You must complete at least ONE of the state	contact practice before return to competition age III be divided into 2 contact practice da	, or if non-contact sport, ONE unrestricted
	IV	Return to play (competition)	 Normal game play (competitive event) 	Return to full sports activity withou restrictions
Athlete	e's Nam	e:	Date of Concussion Diagnos	

503. ADMINISTRATIVE OVERSIGHT

The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members under CIF, Section, and league rules.

A. Schools shall be responsible to confirm the eligibility status for all students participating in interscholastic athletics at their schools as required by the State CIF Federated Council, local Section, and leagues.

B. Ineligible Athletes

Ineligible students shall not compete as representatives of the school in any CIF contest.

C. Grade Level Restrictions

Only 9th 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.

D. Unattached/Unofficial Participants

In CIF competition, no person shall be permitted to participate as an unattached athlete or an unofficial entrant. (See Bylaw 501). 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. (See also Bylaw 503.F.).

F. Coaching

E.

Principals are responsible to insure that all coaches of the CIF member school for all individual or team(s) meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.(9)

(Revised February 2009 Federated Council)

(1) Coaching Compensation

A coach shall not be reimbursed for coaching services from any source other than the school funds without the approval of the school's governing board, nor be subject to any bonus arrangement dependent upon the success of the school's team.

(2) Penalty For Improper Coaching Compensation

Any team, coached by any person receiving any part of the salary for coaching from other than school funds without the approval of the school's governing board, is ineligible.

(Revised February 2009 Federated Council)

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 Refusal to Consent. The CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Physical Examination Form that is endorsed by five (5) 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)

Concussion Protocol

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 complete a graduated return-to-play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initial practice or competition.

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

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

A: The "scope 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)

22. MEMBERSHIP/CONDITIONS OF MEMBERSHIP

- Membership in the California Interscholastic Federation shall be open to public, charter and private high schools of the State of A. California. The CIF Section in which the school is located may grant membership according to the Section's policies and procedures. Β.
 - As a condition of membership and continuing membership a member school agrees to:
 - Request to join the CIF and the CIF Section at a public meeting of the local school board or board of directors; (1)
 - (2)To abide by all current rules and regulations of the CIF and Section;
 - (3)To ensure that the local school board or board of directors will adopt the 16 Principles of Pursuing Victory with Honor_{sm} by a board resolution;
 - Accept as a member school the responsibility to educate student-athletes, coaches, parent(s)/guardian(s)/caregiver and (4)other appropriate persons on the CIF and Section Constitution and Bylaws, Policies and Procedures adopted by the governing body;
 - Ensure that the administrative decisions of the CIF Federated Council, CIF Executive Committee, CIF Executive (5)Director, Section Board of Managers, Section Commissioner and all state and sectional appeal decisions shall be accepted in good faith by all member schools. The principal of any member school, who, by any act or attitude, shall refuse to accept, or shall hold in contempt or derision, or shall permit or acquiesce in such contempt or derision on the part of any group of individuals associated with his/her school, shall subject his/her school to possible sanctions, suspension and/or expulsion from the Section and/or State membership. These provisions are not to be construed as preventing the principal of a member school from exercising his/her school's right to due process;
 - (6)Abide by all decisions made by the CIF governing body having jurisdiction in the matter. If a member school, or that school's governing body files suit in a court of law against the State CIF and/or one of its Sections and the State CIF and/or its Section prevails, the member school shall reimburse the State CIF and/or its Section for all legal fees and reasonable expenses incurred by the CIF and/or its Section in connection with the suit to remain a member in good standing;
 - (7)Ensure that CIF member schools will not accept monies, equipment or apparel specific to, or distributed to, individual athlete(s) within that program. All gifts are school property (as per the Education Code/Board Policy), and may not be given to any individual athlete(s). School/school districts should ensure such gifts are distributed equitably. Gifts supporting travel to athletic competitions must be devoted only to reasonable costs of travel, lodging and food and distributed through the school district, ASB or governing board according to Bylaw 805;
 - (8)Monitor its athletic program and to self-report to the appropriate governing body any violations of state and section Bylaws as soon as the school is aware of possible violations. This responsibility extends to all administrators and coaches at the school. Each member school is responsible for the conduct of its administrators, coaches, athletes, students and parent(s)/guardian(s)/caregiver and for any knowledge possessed by its administrators;
 - (9) Ensure that all coaches, paid and unpaid, will have completed a coaching education program that emphasizes the following components:
 - Development of coaching philosophies consistent with school, school district and school board goals; a
 - Sport psychology: emphasizing communication; reinforcement of young people's efforts; effective delivery b. of coaching regarding technique and motivation of the student-athlete;
 - C. Sport pedagogy: how young athletes learn and how to teach sport skills:
 - Sport physiology: principles of training; fitness for sport; development of a training program; nutrition for d. athletes; and the harmful effects associated with the use of steroids and performance-enhancing dietary supplements by adolescents;
 - Sport management: team management; risk management; and working within the context of an entire school e. program;
 - Training: certification in CPR first aid, that includes training in signs and symptoms of concussions and sudden cardiac arrest (SCA);

(Revised January 2015 Federated Council)

- Knowledge of, and adherence to, statewide rules and regulations; as well as school regulations including, but g. not necessarily limited to, eligibility, gender equity and discrimination;
- Sound planning and goal setting; AND h.
 - A school/district may use a coach that does not meet these standards for one (1) sports season in an emergency. The coach must still hold a CPR, First Aid, Concussion and Sudden Cardiac Arrest certification as required under Title V. However, that person may not coach another season of sport without fulfilling this coaching education requirement. Any currently employed coach who has completed and passed a prior version of a coaching education program that meets the above listed criteria, as determined by the local administration, is exempt from this provision. The above certification is transferable between/among CIF member schools. Coaches may need to complete additional local school or school district requirements. **NOTE:** Definition of a coach, paid or unpaid: Any individual that the school/district is required to approve under Title V, California Code of Regulations, Section 5593 and 5594 and/or under California Education Code 35179-35179.7, 49032 and 45125.01-45125.1.

(Revised January 2015 Federated Council)

- (10)Remit any approved State or Section school dues and assessments on time;
- (11)Abide by any additional requirements of the Section; AND
- (12)An athletic director, sports coach, school official or employee or booster club/support group member may provide only non-muscle building nutritional supplements to a student-athlete at any time for the purpose of providing additional calories and electrolytes. A school may only accept an advertisement, sponsorship or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible nonmuscle building nutritional supplements are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals.

Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their play-



ing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automat-



ically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidently hurt a

victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.

The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive. Gasping, gurgling, snorting, moaning or labored breathing noises. Seizure-like activity.

Early Access to 9-1-1



Confirm unresponsiveness. Call 9-1-1 and follow emergency dispatcher's instructions. Call any on-site Emergency Responders.

Early CPR



Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions about 100 per minute.

Early Defibrillation



Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm. Mobile AED units have step-by-step instructions for a bystander to use in an emergency situation.

Early Advanced Care



Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transfer to a hospital.

Cardiac Chain of Survival Courtesy of Parent Heart Watch

Keep Their Heart in the Game

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

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

• • • •

• • • • • • •

Potential Indicators That SCA May Occur

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

Factors That Increase the Risk of SCA

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

What is CIF doing to help protect student-athletes?

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

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

STUDENT-ATHLETE SIGNATURE	PRINT STUDENT-ATHLETE'S NAME	DATE
PARENT/GUARDIAN SIGNATURE	PRINT PARENT/GUARDIAN'S NAME	DATE

For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation http.www.cifstate.org Eric Paredes Save A Life Foundation http://www.epsavealife.org National Federation of High Schools (20-minute training video) https://nfhslearn.com/courses/61032





Frequently Asked Questions regarding the Sudden Cardiac Arrest Prevention

1. What is sudden cardiac arrest (SCA)?

It is the sudden and unexpected loss of heart function. The heart stops beating, the student stops breathing and collapses. The student may be motionless or be convulsing (which looks like a seizure).

2. What causes sudden cardiac arrest?

There are three main causes. First, there could be a defect in how the heart is built or how it works. Second, there could be an electrical defect that interrupts the normal rhythm of the heart. Finally, there are other causes, such as illicit or prescription drug use.

3. Are there warning signs or symptoms?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- unexplained shortness of breath
- racing or fluttering heartbeat (palpitations)
- unexplained seizures
- fainting (syncope)
- fatigue (extreme tiredness)
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

4. How can the conditions of Sudden Cardiac Arrest be detected?

Physical Exam and Medical History. Prior to participating in athletics, students are required to get a physical and complete a medical history. This form asks questions about family history and heart conditions. The physical exam should include listening to the heart.

Heart Screening. An electrocardiogram (ECG) is an effective diagnostic tool that detects irregularities. An abnormal ECG exam can lead to other tests like an echocardiogram, stress test, halter monitor and more.

5. Which students and parents or guardians need sudden cardiac arrest education and how often?

All students participating in or desiring to participate in an athletic activity and the student's parent or guardian shall each school year, prior to participation sign and return an acknowledgement of receipt and review of an Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form. Athletic activity includes: 1) interscholastic athletics, 2) An athletic contest or competition, other than interscholastic athletics, that is sponsored by or associated with a school entity, including cheerleading, club-sponsored sports activities and sports activities sponsored by school-affiliated organizations, 3) Noncompetitive

cheerleading that is sponsored by or associated with a school entity, 4) Practices, interschool practices and scrimmages for all of the activities listed above.

6. Is there a sample Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form?

The Save a Life Foundation working with the CIF has developed a sample Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form. It is available under Resources on the SCA page of the Sports Medicine portion of the CIF State website titled: SCA Parent/Student Review Form.

7. Who offers sudden cardiac arrest prevention training? Who can take the training? Will there be a charge to take the training?

Anyone can take the online training free of charge – click on this link: <u>http://www.proprofs.com/training/course/?title=training-for-sca-prevention-act-ca</u>

8. How often should I take the free training?

The medical science continues to make great advances and everyone should take the training yearly to ensure they are following the most up to date and best practices provided by the medical experts

9. How long is the online training?

Approx. 15 minutes online. A certificate of completion is provided at the end.

10. Who should determine if a student has experienced one or more sign(s) or symptom(s) prior to, during or following an athletic activity?

Anyone, from a game official, coach from the student's team, licensed athletic trainer, licensed physician, parents and teammates should tell the coach when they see a student experiencing any signs and/or symptoms; immediately remove the athlete from a game. The athlete should not return to play until an appropriate medical professional has determined that it is safe and there are no cardiac related issues.