EXECUTIVE COMMITTEE
(Continued from page 2)

8. MATER DEI HIGH SCHOOL REVIEW
President-Elect Dr. Gary Starobinski reviewed with the committee a meeting held with himself, Fr. William Belford and Lyle Porter, principal of Mater Dei High School regarding financial assistance provided to the Spartans students. Dr. Starobinski indicated to the committee that the school was cordial and provided all information requested during the meeting.

As a result of the meeting, Dr. Starobinski and Fr. Belford were satisfied with the information provided relative to documentation required involving Derek and Leilani Sparks.

9. NEW MEMBERSHIP – The following schools requesting membership were approved: Rancho Vista High School (Murrieta), providing the staff conduct an orientation meeting at the school or in the CIF-SS Office with the principal and athletic director regarding rules, regulations and procedures of the organization, California Academy of Math and Science (Carson), Rancho Cucamonga High School (Chaffey Union High School District); and the new high school is open in the El Monte Union High School District in September 1999.

There being no further business to come before the Committee, the meeting was adjourned at 4:30 p.m.

Submitted by
DEAN CROWLEY
ASSOCIATE COMMISSIONER
Approved by
STAN THOMAS
COMMISSIONER OF ATHLETICS

BASKETBALL RULES
(Continued from page 11)

padding. This will allow teams to use their school colors on the backboard padding.

Beginning next season, manufacturer’s logos on uniforms, where permitted, shall be limited to a 1½ x 1½-inch square. The committee also adopted another football rules change: If a game is interrupted, it must be continued from the point of interruption. If it is not continued, the final score stands unless there are conference league or state association rules that apply.

Following are other changes approved by the National Federation Basketball Rules Committee:
- No logos, marking or lettering are permitted on the face of the backboard or anywhere on the backboard that is visible from the playing court.
- The black rubber rib separating the panels on the ball shall not exceed one-fourth inch in width.
- A visible game clock and scoreboard are mandatory. An alternate timing device and scoring information system shall be available in the event of clock/scoreboard malfunction.
- A visible device shall be located at the scorer’s and timer’s table to indicate the direction of a team’s basket for the alternating-possession procedure.
- The requirement that teams must agree mutually to use the three-official crew was deleted.
- Added to the rules that a “team may not use electronic voice communication with players during the game for coaching purposes.”
- A player will be allowed to grasp the ring at any time to avoid injury.
- A technical foul will be assessed a player for basketball interference on a free throw.

Basketball is the second-most popular sport in high school for boys with 517,271 participants. It is the first in terms of schools sponsoring the sport with 16,760. For girls, the sport is No. 1 in school sponsorship (16,188) and participants (389,668).

CIF-SS BULLETIN
GOES QUARTERLY
IN 54TH YEAR

The CIF Southern Section Bulletin, first published in September of 1937 as the official journal of the organization, will be reduced from its previous print schedule of six editions annually to four per year, effective with the opening of the 1991-92 school year.

The publication schedule change is due in part to budget limitations and upon review of the needs, purposes and function of the organization.

The official record of CIF Southern Section activities throughout the school year, the CIF-SS Bulletin will maintain its purpose of making public the official minutes of all CIF-SS Council and Executive Committee Minutes, as well as recording all section individual and team-sport playoff and championship results.

The Bulletin will also continue to serve as a vehicle for interesting, informative and timely features dealing with the administration of interscholastic athletics.

The new schedule of publication will generally follow the seasons of sport, including a Fall edition (September); Winter edition (January); Spring edition (April) and Summer edition (June).

GLENDALE RUNNINGBACK Pathon Rucker, who led the CIF-SS in scoring and rushing for a whopping 1,877 yards as a junior, is a player to watch in the 1991 grid campaign.
EXECUTIVE COMMITTEE MINUTES
June 21, 1991

ATHLETICS AND FITNESS

By Stan Thomas
Commissioner of Athletics

Greetings to all and a hearty welcome to the 1991-92 school year. I trust each of you — principals, athletic directors, coaches and support personnel — have enjoyed a relaxed summer and are ready to be refreshed, energized and go forth to another challenging and productive year of interscholastic athletic competition.

In recent years, the CIF-SSF Office has made an effort to underscore an identifiable community benefit for the students they serve each year. For the year, the CIF-SSF Office has coordinated a variety of community benefit activities for high school athletes. A nation-wide basis, physical fitness would seem to be at an all-time high. Nonetheless, many experts say we are continuing to experience a “fitness boom” which began in earnest during the late 90s, statistics provided by the President’s Council on Physical Fitness appall revealing facts about the health and fitness levels of school-aged youth.

Market trends continue to reveal that expenditures for exercise equipment, running shoes, active-wear, diet programs and nutrition products are at all-time highs. At the same time, 50 percent of girls and 25 percent of boys in the 6-16 age group cannot be able to complete a mile run in less than 11 minutes, an indication of poor cardiovascular fitness. Further, nearly 55 percent of girls and 65 percent of boys in the same age group cannot do a single pull-up, an indication of poor muscle strength. What’s more, a recent study by the National Center for Health Services tells us that 40 percent of all school-aged children fall into one or more of the five risk categories of heart disease: insulin resistance (failure to meet mini- mized prescribed exercise levels), obesity, high blood pressure, high cholesterol levels and/or hypertension.

We all heard about how our modern society has helped to create the problem, see COMMISSIONER’S CORNER page 8

STATE-WIDE CORPORATE REEBOK, PEPSI COMMITTED TO HIGH SCHOOL ATHLETICS STATE-WIDE

State-wide corporate sponsors Reebok and Pepsi-Cola will once again be at the forefront of private-sector support for the many high school athletic activities of the CIF-SSF. This year, Reebok will once again be providing all athletic teams with a special offer for ordering their jerseys. Reebok will provide the shirts with its logo on all promotional materials; on-site signage (banners) at all championship events; public service announcements, exclusivity within the sport-shoe industry; two 30-second commercial spots on all official CIF television programming and/or cablecasts; and facilitation of direct mail advertising campaigns.

“We are again pleased to work with state-wide sponsor Reebok International,” notes CIF-SSF Commissioner of Athletics Stan Thomas. “Our relationship with Reebok has proven beneficial for the student athletes. Reebok has consistently demonstrated a strong regard and passion for the success of our member schools’ student-athletes. Reebok is an organization that understands the importance of creating a positive environment that will ultimately benefit our leaders of tomorrow. In turn, it is this type of thinking that makes our organization successful.”

The CIF state wide, including the Southern Section, will reciprocate with the following services for Reebok during the 1991-92 school year: exclusive television and print advertising in all championship contest programs; inclusion of the company logo on all promotional materials; on-site signage (banners) at all championship events; public service announcements, exclusivity within the sport-shoe industry; two 30-second commercial spots on all official CIF television programming and/or cablecasts; and facilitation of direct mail advertising campaigns.

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SYNOPSIS OF 1991-92 BLUE BOOK CHANGES

The following is designed for the benefit and convenience of athletic administrators and coaches in an effort to provide a capsule summary of the changes in the State CIF Southern Section Constitution and By-Laws. These changes were enacted by the State CIF Peered Council and the Southern Section Council throughout the course of the 1991-92 school term.

STATE REVISIONS

STATE CONSTITUTION ARTICLE 8 — New procedure adopted with reference to nomination, representation and elections of members to the State CIF Executive Committee.

STATE BY-LAW ARTICLE 2 SECTIONS 216-215-221 — By-law 224 as written for clarification and the inclusion of the Sections (225) dealing with legal gaming. Amend by-law 216 as written to replace Sections 241 new follow in rule 215. All of 221 was eliminated due to inclusion in Rule 214.

STATE BY-LAW 216 — By-law 214 as written for clarification of requirements for the inclusion of Sections (225) dealing with legal gaming. Amend by-law 216 as written to replace Sections 241 new follow in rule 215. All of 221 was eliminated due to inclusion in Rule 214.

STATE BY-LAW 224 — By-law 224 as written for clarification of requirements for the inclusion of Sections (225) dealing with legal gaming. Amend by-law 216 as written to replace Sections 241 new follow in rule 215. All of 221 was eliminated due to inclusion in Rule 214.

STATE BY-LAW 216 — New by-law written dealing with issues, practices and procedures that affect perceived bias on the basis of sex.

STATE BY-LAW 702 — Canada now added to international competition sanctioning.

SOUTHERN SECTION REVISIONS

ARTICLE 7, SECTION 768 — Amendment limits the geographic representation on the CIF Executive Committee to no more than two individuals. It should be noted that all present members on the Southern Section Executive Committee are represented to comply with this new section of office.

ARTICLE 19 SECTION 1960 — Softball time limit clarified. The word “whichever comes first” eliminated from the previous language.

VARIOUS TEAM SPORTS SECTIONS — New sections added to clarify rules on home teams, on state teams that compete in USA events, etc.

ALL SPORTS SECTIONS — The August 1st summer deadline period to begin on August 1, 1991 was rescinded.

WRESTLING — A dual meets championship in the sport of wrestling was approved in the present divisions 1A, 2A, 3A and 4A for the upcoming 1991-92 school year.

By Dean Crowley
Associate Commissioner

Administrators of member-school athletic programs should pay special attention to these changes for the 1991-92 school year, considering major changes that have been made in the CIF-SSF By-Laws this year. The State CIF has written Rules, 214 (transfer without change of residence) and 215 (change of residence), in addition to deleting Rule 221 (definition of legal guardian). Please note that the intent and interpretation of the new rules have not changed, they have been streamlined for the purposes of clarity and simplicity of use.

See CORRESPONDENCE page 5

REVISED DESIGNATIONS FOR TRANSFER RULES
EXECUTIVE COMMITTEE SPECIAL MEETING MINUTES
May 29, 1991

A special meeting of the CIF-SS Executive Committee was called to order by Dr. Tom Jacobson at 1:44 a.m. on Wednesday, May 29, 1991 at the CIF-SS office in Camarillo. All members were present with the exception of Robert Parker, Ray Monti and Margaret Stanley.

The purpose of the meeting was to review the placement of parochial high schools, Mater Dei, Rosary, Servite and Santa Margarita, in the Orange County Relicensing Area for the 1992-94 reagreasing cycle. It should be noted that for the purposes of discussion, Servite and Rosary High Schools will be considered jointly, as they will be placed together in each of the cases.

Dr. Jacobson reviewed with the Committee the purpose of the meeting which is to reconsider the previous action taken at the February 23, 1991 Executive Committee meeting and to determine findings for any subsequent action. Further, Dr. Jacobson reviewed the process and format of the meeting and discussed with the Committee and those in attendance, the criteria as listed in the Blue Book under Article 3 (Criteria for Area Placement).

I. MATER DEI HIGH SCHOOL — Mr. Lyle Porter, Principal of Mater Dei High School appeared before the Committee to request the placement of Mater Dei High School in the Orange County Relicensing Area for the following reasons:
   (a) Academic time loss due to travel;
   (b) The impact on adding classes in the afternoon due to excessive travel;
   (c) The impact on the school budget due to increased transportation costs;
   (d) Travel time to schools currently in the parochial areas and the congestion on the freeways during peak travel hours.

Additionally, Mr. Porter addressed the past practice of mixed leagues throughout the Section and that mixed leagues seem to have a more positive approach to the interscholastic athletic program.

II. ROARY-SERVITE HIGH SCHOOLS
   Father Patrick Dohonan, Principal of Servite High School, and Kathryn Heningan, Principal of Rosary High School, appeared before the Committee to request the placement of Servite and Rosary High Schools in the Orange County Relicensing Area. Points emphasized by the Principals were:

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CIF-SS COUNCIL SPECIAL MEETING MINUTES
May 29, 1991

A special meeting of the CIF-SS Council was called to order by Dr. Tom Jacobson at 1:25 p.m. on Wednesday, May 29, 1991 at the Soarletic Athletic Club in Buena Park. Sixteen members of the Council were in attendance for this special meeting.

Dr. Jacobson reviewed with the Council background information as to the reason for the meeting, which was the decision of the State CIF to reconsider and/or determine findings of the issues relating to the placement of parochial schools in the Orange County Relicensing Area. Dr. Jacobson reviewed the process and format of the meeting and discussed the vote and findings of the morning Executive Committee meeting with the present Council. The Executive Committee placed Mater Dei, Servite, Rosary and Santa Margarita High Schools in the Orange County Relicensing Area.

Dr. Barry Escaro, Principal of La Honda High School and representing the Empire League, made a request for clarification in their placement, to deny the placement of Mater Dei, Servite, Rosary and Santa Margarita High Schools in the Orange County Relicensing Area as determined by the CIF-SS Executive Committee at a meeting held earlier in the day.

Dr. Bill Brand, Principal of Trabuco Hills High School and representing the Pacific Coast League, addressed the Council in support of the motion denying the high schools in the Orange County Relicensing Area. Issues addressed were attendance boundaries, financial aid to parochial schools and previous parochial area reagreasing configurations.

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CIF-SS COUNCIL SPECIAL MEETING MINUTES
May 29, 1991

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CORPORATE
(Continued from page 3)

The Pepsi-Cola Company also enters the soft-drink company with industry exclusivity; appearance of the company logo on all promotional materials and program covers; print advertising in all championship programs; on-site signage (banners) at all championship events; public service announcements; sample opportunities; and direct-mail opportunities.

"The Southern Section greatly appreciates the support Pepsi provides for our interscholastic athletic programs," adds Thomas. "Heading into our second year of partnership, the Southern Section is delighted to promote such an outstanding organization. The Pepsi management obviously understands the importance of interscholastic programs and the positive effect their contribution can have upon them."

The CIF Southern Section salutes the continued support efforts of both Reebok and Pepsi, and encourages all members—school personnel and students to patronize their products whenever possible.
STERIODS: PREVENTION BEGINS WITH EDUCATION

By Bob Keiser
Long Beach Press-Telegram

Steroid abuse has a new poster child — Lyle Alzado, Darth Raider, a self-made man courtesy of drug excess. After years of denial, both public and personal, Lyle woke up one day with his brain literally scrambled thanks to the juices he pumped into his body. It's impossible to not feel compassion for Alzado. No one deserves this kind of pain, even when self-inflicted at the hands of a pernicious society, one known to embrace its enemies. It's easy to cry and empathize with a loved one.

But we're also an incredibly naive and ignorant society, because this is not a new story. We've been hearing about steroid use and abuse for two decades. About the same time it became the Breakfast of Champions, doctors were warning that steroids and their cousins, Human Growth Hormone and synthetic testosterones, could cause liver and kidney failure.

We ignored it. Now it's literally killing us.

Former NFL lineman Steve Curson was one of the few football players to admit to steroid use while playing. Now he needs a heart transplant because of steroid-induced cardiovascular problems.

The coroner in the case concluded that steroid abuse contributed to his death.

Former wrestler Billy Graham says his bone deterioration was due to steroid overdose, and former football player Brian Blattner vividly recalled Bob Hazleton feels he lost his legs because of steroid abuse. South Carolina lineman Tom Chalkin was killed under the effects of steroid use that he threatened to kill a pizza deliveryman.

Dr. Robert Kotler of Santa Monica has reluctantly prescribed the steroid-prone athletes, believing moderate doses would benefit the athlete and not cause side effects he stopped when he realized the drug was too pervasive. His patients were supplementing their program with their own black market steroids.

We shut our eyes, then, and are still doing it now. As the saying goes, in all sincerity, that it's never been proven that steroids are dangerous. This was as true in Alzado's day as it was decades earlier. One was not aware that steroids caused Lyle's brain cancer.

Two years after the IOC caught Ben Johnson with a lifetime supply of steroids, coursing through his veins, Olympic shot put medalist Randy Barnes was caught and suspended for two years.

Even though the strength coaches or cons-

ultants for four major colleges (Auburn, Carson, Alabama and Vanderbilt) have been jailed the last few years for smuggling and distribution of steroids, the NCAA refused to implement anything stronger than an ineffective random drug testing program.

In the wake of Alzado's claim that 75 per-

cent to 90 percent of NFL players use steroids — a claim he also made five years ago — the NFL counters that he is over-

estimating use and that they have an effi-

cient steroid drug testing program.

When did we become so naive? Why do we accept NFL-type responses as truth? Does our compassion get in the way of common sense?

Maybe. The point here is that we have to pull the ripcord on the current generation of abusers, liars and cheats, and focus on pro-

tecting our youth, the next generation.

No amount of talk is going to get the cur-

cent user down from the ledge. Those athletes in the cycle believe they have too much to lose. There's no use trying to con-

vince the NFL and NCAA and Major League Baseball and World Wrestling Federation to implement effective stiffer, etc. It's your P.R. to have a super-

positive. Who knows how many fans will stay home if the NFL fields fewer 300-
pound linemen and backs with 4.3 speed.

It's the children who need our help, any-

way, if we can believe the statistics being assem-
bled.

A 1988 Pennsylvania State study indicated that 7 percent of high school students used ster-

oids. The American Academy of Pediatrics lists last year estimated usage at 8 percent. It has since risen to almost 10 percent. An admin-

istrator for a Southern California school district estimated that the rate of usage among male high school athletes in the state rose from 30 percent 40 to 50 percent.

One in 10 preps equates to about a million youngsters — in other words, more teens are using it than all the athletes cur-

rently in all pro sports.

What a wonderful legacy.

The NFL's career football hero Jerry Jaso has been as vigilant as he can when it comes to steroids. In the wake of the Alzado saga, he says, he has to be.

"Every Monday during the season, we have study hall for 90 minutes and touch football (other than football)," said Jaso who has an anti-steroid poster in the locker room. "We talk about drug abuse, all drugs. About the Scholastic Aptitude Test. About what's happening in society. I'm one of those who believes more education you can give someone, the more capable they are of making sound decisions.

"I tell them that steroids can cause liver and kidney disease. I also tell them it can cause them to have some mental illnesses. That's one way to get a 16-year-old boy's attention." Jaso will make Alzado's Sports Ill-

lustration program even stronger and also wants to bring anti-steroid speakers to campus.

"I wanted to see what Alzado said he was down to 250 pounds and felt like a wimp," said Jaso. "What does the fact that he weighs 250 pounds do with his muscu-

larity? It's an indication that our priorities are way out of whack. Steroids did more than cause cancer. They warped his sense of values.

The best thing you can see in Alzado's defense is the hole he's dug. The best thing we can do in the future is pass this lesson on to our youth.

NATIONAL STRENGTH AND CONDITIONING ASSOCIATION OFFERS TRAINING ASSISTANCE TO SCHOOLS, COACHES

Wouldn’t it be great if athletic directors and coaches in schools across the country could access quality, evidence-based science information for the strength and conditioning profession? Imagine if 14,000 members in the United States and 40 other countries across the information made available by the NSCA through textbooks, periodicals, clinical conferences, and courses, as well as through items offered in the annual NSCA catalog of educational resources.

If you are not currently a member of the NSCA, you are invited to join now. Members will give you access to the NSCA’s latest information and opportunities, including: the NSCA Journal, a bimonthly conditioning publication; the NSCA Bulletin, a monthly update of NSCA news and events; Certified Strength and Conditioning Specialist (CSCS) Exam prep materials; the CSCS and the contributing editor for Shape Magazine, has agreed to provide information on fitness and conditioning for upcoming issues of the CIFS Bulletin.

COMMISSIONER’S CORNER (Continued from page 2)

influence is in extracurricular programs. However, where athletics and physical education are concerned, I believe the CIF does indeed have a vested interest in them—and I am also of the opinion that the two can and should work in harmony with one another to help improve upon the current state of affairs.

As a former high school principal, I can attest to the fact that most school-based physical education programs have taken a beating since the early-seventies, when the subject underwent a de-emphasis throughout our state with the passage of Senate Bill 16. Because it remains first in line for budget cuts, no matter what grades become more important on the scene in American high schools — winning a league championship or developing a broad-based physical fitness program for all students? Certainly these are hard questions.

To conclude the picture of the most telling statistics of all provided by the President’s Council on Physical Fitness: the fact that only 36 percent of American school children (grades 1-12) are enrolled in a daily physical education class of some form.

Without question, it is neither the purpose nor function of the CIF to dictate school curriculum. Our area of expertise is educational, organizational dedication and commitment to the development of effective programs in the areas of strength and conditioning for their specific sport programs.

How qualified help in the design and development of a weight training facility for little or no cost? Or the immediate availability of written materials, video tapes and/or lecture personnel to discuss subjects such as periodization and the specifics of training for off-season conditioning programs with members of their teams? All of these things and much more are available to the staff members of high school athletic programs through the National Strength and Conditioning Association (NSCA). The NSCA is a non-profit, educational organization dedicated to improving coaching and promoting the quality of athletic programs. Membership enables coaches to receive free copies of the CIF’s annual Conference; Reduced rates on conference registration; Available scholarships, research grants and professional liability in- surance; Access to both current information and employment opportunities.

The hallmark statement regarding the effort behind this project: ‘The optimum athletic performance through total conditioning.’

CIF-SF member-school personnel can access NSCA through Region 4 (Southern and Northern California), Nevada, Utah, Arizona, New Mexico and Hawaii), Region 5 (Marc Reif, CSCS), strength and conditioning coach at Long Beach State and strength consultant at Los Alamitos High. Contact Reif at (213) 438-9538 or 885-8526; or the NSCA national headquarters at P.O. Box 84130, Lincoln, NE 68501; (402) 472-3500. Ed. Note: Jean Holloway, CSCS, an employee of the Los Angeles Unified School District, Southern California State Director of the NSCA and a contributing author for Shape Magazine, has agreed to provide information on fitness and conditioning for upcoming issues of the CIFS Bulletin.

CIF SOUTHERN SECTION STAFF TO CONDUCT REGIONAL WORKSHOPS

In an effort to provide better service and improve lines of communication with staff personnel involved in interscholastic athletic programs, the CIF Southern Section Administrative Staff will conduct a series of regional workshops in September and October.

The regional workshops will provide information concerning competition in football, basketball, track and field, and the operation of the CIF Southern Section Office, in addition to a review of the rules and regulations for interscholastic athletic programs throughout the section and state. Member-school principals, athletic directors and athletic secretaries will all benefit from the information presented.

The four workshop concept will provide a great opportunity for the staff personnel of our member schools, notes CIF Southern Section Director Robert Thomas, "In the past, we have conducted programs of this type in locations near the CIF-SF Office, realizing the difficulties many of our schools face in attending the vast geographic expanse of the section.""
### SOUTHERN SECTION CIF/REEBK GIRLS 1991 TRACK & FIELD CHAMPIONS

#### BOYS 1991 TRACK & FIELD CHAMPIONS

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<td>200 Meters</td>
<td>Ricky Carrigan (Compton 21.30)</td>
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<td>Edwin Henry (Compton 47.55)</td>
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<td>800 Meters</td>
<td>Bryan Woodson (Long Beach Poly 1:53.12)</td>
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<td>High Jump</td>
<td>Chris Olson-G'Nell (Balboa 6-8)</td>
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<td>Long Jump</td>
<td>Mike Wade (Glenada 23-9)</td>
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<td>Pole Vault</td>
<td>Miles Reynolds (Hersey 16-6)</td>
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<td>Triple Jump</td>
<td>Anthony Bailey (Lynwood 48.21)</td>
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<td>Shot Put</td>
<td>Tyson Lingenfelter (Upland 55-6)</td>
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<td>Discus Throw</td>
<td>MikeItalian (Downey 196-5)</td>
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**PLACE**
1. Compton - 46
2. Baldwin - 40
3. Moor - 38

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**PLACE**
1. Long Beach Poly - 66
2. Thousand Oaks - 37.5
3. Moor - 33

**FINAL TEAM STANDINGS**

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**PLACE**
1. Morgan H - 90
2. Thousand Oaks - 37.5
3. Moor - 33

**TERRACE** - 38
SOUTHERN SECTION CIF/REBECKO 1991 SWIMMING AND DIVING CHAMPIONSHIP RESULTS

4-A DIVISION

200 Medley Relay - GIRLS: El Toro (1:48.95); BOYS: San Marino (1:53.21)

200 Freestyle - GIRLS: Michelle Kaye, Edison (2:05.60); BOYS: Eric Dahl, Mission Viejo (2:15.35)

200 Individual Medley - GIRLS: Michelle Haas, Fountain Valley (2:03.95); BOYS: Mike Mauro, San Marino (2:10.57)

200 Freestyle Relay - GIRLS: Claire Finan, Mission Viejo (2:23.72); BOYS: Scott Wester, Marana (2:13.13)

Diving - GIRLS: Joy Barkholder, Capistrano Valley (66.60); BOYS: Ricky Wood, Beau (65.05)

Butterfly - GIRLS: Shona Bailer, Mission Viejo (54.00); BOYS: Ben Perkins, Rio Mesa (50.39)

Freestyle - GIRLS: Michelle Perry, El Toro (56.29); BOYS: Dan Kanner, San Marino (54.15)

Freestyle - GIRLS: Michelle Kaye, Edison (54.56); BOYS: Eric Dahl, Mission Viejo (54.20)

Freestyle Relay - GIRLS: El Toro (1:53.95); BOYS: San Marino (1:52.12)

Backstroke - GIRLS: Marci Herrera, Los Alamitos (51.95); BOYS: Larry Ellis, El Dorado (54.70)

Breaststroke - GIRLS: Debbie Nobe, Bradshaw (1:07.29); BOYS: Kevin Hendrickson, Santa Margarita (1:07.99)

Butterfly Relay - GIRLS: Bradshaw (1:39.78); BOYS: Santa Monica (1:30.34)

Final Team Results - GIRLS: Bradshaw (1:39.78); BOYS: Santa Monica (1:30.34)

Diving - GIRLS: Kami Lewis, Westminster (1:54.36); BOYS: Chad Cavrin, Laguna Hills (2:12.80)

200 Medley Relay - GIRLS: Rolling Hills (2:03.06); BOYS: Rolling Hills (2:05.41)

Breaststroke - GIRLS: Mary Perry, Walnut (2:05.60); BOYS: Randy Hastings, Rye (1:57.90)

Freestyle - GIRLS: Alexis Lawren, Westlake (1:54.36); BOYS: Chad Cavrin, Laguna Hills (1:52.14)

200 Medley Relay - GIRLS: Bradshaw (1:39.78); BOYS: Santa Monica (1:30.34)

Breaststroke - GIRLS: Mary Perry, Walnut (2:05.60); BOYS: Randy Hastings, Rye (1:57.90)

Freestyle - GIRLS: Alexis Lawren, Westlake (1:54.36); BOYS: Chad Cavrin, Laguna Hills (1:52.14)
SOUTHERN SECTION CIF/REEKB 1991 GYMNASTICS CHAMPIONS

ALL-AROUND
Ginger Collins Los Alamitos

FLOOR EXERCISE
Ginger Collins Los Alamitos

VAULT
Ginger Collins Los Alamitos

BALANCE BEAM
Loris Bruder Westlake A.

UNEVEN PARALLEL BARS
Loris Bruder Westlake A.

The CIF Southern Section, which spans a geographical area from the Mexican border to Paso Robles on the coast and as far north as Lee Vining in the Eastern Sierra, is divided into 10 local assignment areas. For direct information on how to get started, interested persons should contact their local CIF-SFS Officers’ Liaisons, as listed below.

LONG BEACH/WHITTIER LIAISON
Bob Howard
P.O. Box: (213) 431-0748

COACHELLA VALLEY/IMPERIAL
VALLEY LIAISON
John Stidham
Bus: (661) 733-0055
Res: (661) 733-3014

ORANGE COUNTY LIAISON
E.M. “Spendy” Castello
Bus: (714) 220-4054
Res: (714) 778-2856

SAN FERNANDO/PASADENA
LIAISON
Jim Bodack
Bus: (818) 347-4457
(8:00 a.m. – noon)

INLAND LIAISON
San Pechia
Bus: (714) 689-3374
Res: (714) 543-2313

SAN LUIS OBISPO LIAISON
Jon Ibarraen
Bus: (805) 543-2313
Res: (805) 543-4454

SOUTH BAY LIAISON
Ken Wilson
Bus: (213) 336-7018
Res: (213) 336-7018

UPPER DESERT LIAISON
Darrell Havens
Bus: (805) 722-7000
Res: (805) 947-6920

VENTURA LIAISON
Cal Houston
Bus: (805) 646-4764

FOOTHILL-CITRUS LIAISON
Tim Graham
Bus: (818) 967-6211
Res: (714) 599-5730

By adoption of the CIF Southern Section Executive Committee at its June, 1991 meeting, all playoff contests in the sport of boys and girls volleyball will require admission fees, effective in the 1991-92 school year. Volleyball joins football and basketball as the third CIF-SFS sport with required admission fees for playoff contests.

The popularity of volleyball has grown tremendously since its introduction to the CIF Southern Section sports program in the early 1970’s,” points out CIF-SFS Volleyball Administrator Karen Helfer. “Southern California — and more specifically the CIF Southern Section — has long been known as a hotbed of high school volleyball championship, as evidenced by the high percentage of our athletes continuing their playing careers in Division I college programs. It is time for volleyball to assume its rightful place as a revenue-producing program alongside the traditional major sports.

According to a 1990-91 survey of member schools, volleyball now ranks as the most popular female sport in the CIF-SFS, with a total of 437 member schools in participation. The No. 2 girls sport was basketball, with 432 schools fielding teams. Boys volleyball participation has grown from a handful of beach schools in the early seventies to a total of 209 programs for the past season.

Section 2009 of the CIF-SFS Blue Book, which states: In football and basketball playoff games, the home school will account for all revenue from the game, and compile the financial report, sending a copy to the CIF-SFS. Section 2010: All revenue from the game will be distributed to the CIF-SFS.

“Blue Book Rule No. 144, under the heading of the CIF Southern Section financial policy states: In all rounds of the football, basketball and volleyball playoff games, including championship games, the net profit shall be split one-fourth to each school and one-half to the CIF-SFS. In championship games in the other sports the CIF-SFS shall receive the net profit if the office manages some of the revenue.”

The CIF-SFS will be processed on Form 215 rather than Form 2, which has also been deleted. The definition of a hardship can now be found in Rule 215(c). In addition to the clarification and rewording of Rules 214, 215 and 221, another major change concerns State CIF Rule 226, which deals with competitive events held in compliance with the eligibility rules of the organization.

The new rule provides that: if a student who is determined ineligible under the terms of the constitution, by-laws or other relevant rules or regulations, is allowed to participate in interscholastic contests because of a court injunction or temporary restraining order or is later determined that such an injunction was not justified, the CIF may take action in the interest of restoring lost and or forfeited opportunities. The action may include any of the following: requiring that individual and/or team records be set aside until such time as the court releases its record; require that individual and/or team awards be returned to the CIF, sponsor or competing teams; require that team victories achieved during participation by such ineligible student athlete be forfeited to the opposing schools, etc.

The CIF Southern Section Administrative Staff is available on a daily basis to help school administrators interpret the rules of the organization in specific cases which may arise. Should you or your staff have any questions on eligibility, the 20-unit requirement and the eight-semester requirement. Beginning this fall, all hardship cases presented to the CIF-SFS will be processed on Form 215 rather than Form 2, which has also been deleted. The definition of a hardship can now be found in Rule 215(c). In addition to the clarification and rewording of Rules 214, 215 and 221, another major change concerns State CIF Rule 226, which deals with competitive events held in compliance with the eligibility rules of the organization.

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Rule changes related to the batting helmet and sliding have been approved for the 1992 high school baseball season.

In its June 16-17 meeting in Kansas City, the National Federation Baseball Rules Committee approved a number of changes designed to further ensure the safety of the more than 400,000 boys who participate in high school baseball.

Effective with the 1992 season, any runner who scores or who makes an out will be required to wear his batting helmet until he reaches the bench or dugout, while the ball is alive. Other players already required to wear batting helmets are the batter, runner, on-deck batter and any player/student who occupies a coach's box.

Safety also was the primary factor in a rule change involving sliding. Beginning next year, in free-play situations where the runner slides, the runner must execute a legal slide or attempt to avoid the play.

“A runner will not be permitted to slide into a fielder if the fielder is far enough away from the base that the runner, when sliding, cannot touch the base with a hand or foot,” said Brad Rumble, assistant director of the National Federation and editor of the high school baseball rules.

Legal and illegal slides have been defined and are included in the section of definitions in the baseball rule book.

In another safety move intended to control performance characteristics of bats, the committee approved that bat weights cannot be more than five units less than the length of the bat. As an example, a 35-inch bat cannot weigh less than 30 ounces.

The rules committee also was concerned about equipment left in the dugout area, said Rumble.”Not only could such equipment alter a play, but, more importantly, players could become injured if they should stumble or fall over or on the equipment.”

Rules previously prohibited any equipment of the team at bat from being left on or near the field.

In other changes, a manufacturer's logo (partial or whole) or trademark that appears on the player's uniform shall not exceed 1/2 x 1 1/2 inches, beginning with the 1994 season. Also, the ball is dead when the umpire gives the "do not pitch" signal.

Points of Emphasis identified by the committee for the 1992 season are sportsmanship; keeping team personnel in the dugout or area bench while the ball is alive; calling a balk if a pitcher, while in the set position stance and in contact with the pitcher's plate, turns or moves his shoulders to look at runners; the pitching limitation rule, and throat protectors must cover the throat adequately, whether the attached type or extensions of the mask, or they are illegal.

EXECUTIVE COMMITTEE (Continued from page 2)

the II following late Executive Committee members, Permian High School multi-campus request and update the committee on the area equity issue.

9. DESERT-IMPO LEAGUE SPLIT (1992-93) -- Ray Montell, Desert Area Representative, reviewed the history of the Desert-Impo League and their request to split into two leagues commencing with the 1992-93 school year. The High Desert League would consist of Bishop, Desert, Kears Valley, Mciave, Paraclete, Rosamond and Silver Valley high schools. The Desert Mountain League would include Antelope Valley Christian, Bethel Christian (Lancaster), Big Pine, Bishop, Desert Christian (Lancaster), Lone Pine, Manreno, and Trona high schools. Following discussion, it was moved, seconded and passed to approve the request of the Desert-Impo League.

10. ELRO HIGH SCHOOL FOOTBALL REQUEST -- Tim Trigg, Orange County Area Representative, reported a request to continue the two-year pilot program of extending the ten minute quarters to twelve-minute quarters. Following discussion, it was moved, seconded and passed to deny the request.

11. PENNSILNA HIGH SCHOOL REQUEST -- It was moved, seconded and passed to accept Pen- nsylvania High School for membership commencing with the 1990-92 school year due to the closure of Mifflin, Palisades and Bellin Hills high schools.

BASKETBALL IN 100TH YEAR

The sport of basketball will celebrate its 100th anniversary in the 1992 season and CIF-SS teams are encouraged to take part in the observance by affixing an official patch to their uniforms.

The embroidered patches are now available through the National Federation Office: (810) 464-5400 -- 202062, Kansas City, MO 64195. The unit price is $2.50 (1-100); $1.50 ea. (1-200), $1.25 ea. (2,000); $1.00 ea. (100 or more).

MAKING FOOTBALL SAFETY YOUR NO. 1 PRIORITY!

Adopt ‘Safety First’ Coaching Techniques. According to legal experts, ‘failure to warn’ usually is one of the primary accusations made against those in the coaching profession in litigation that involves catastrophic injury to a player.

To help prevent what could result in the destruction of a coaching career, as well as massive financial loss, adopt ‘safety first’ coaching techniques:

1. Have a complete and understandable knowledge of the intent of correct application of all rules.

2. Make graphically clear to players the risk of violating these rules and use the available ‘printed’ material as a constant authoritative reminder to them of the importance of correct techniques.

3. Point out in exact terms the risk of an ‘accidental’ catastrophic injury in athletics before the first practice begins.

Coaches’ Safety Checklist:

Adapted from an article by DickSchmidt for the National Federation News.

1. Keep the head up.
2. Discuss risk of injury.
3. Keep the head out of contact.
4. Explain how serious injuries occur.
5. Involves parents in early season meeting.
6. Have a set plan for coaching.
7. Clearly explain and demonstrate safe playing techniques.
8. Provide best medical care possible.
9. Monitor blocking and tackling techniques daily.
10. Repeat drills which stress proper and safe techniques.
11. Administer and/or discipline users of unsafe techniques.
12. Receive clearance by doctor for athlete to play following head trauma.
13. Stress safety every day.
14. Don’t ‘highlight helmet contact.’
15. Support officials who penalize illegal helmet contact.
16. Don’t praise or condone illegal helmet contact.
17. Provide conditioning to strengthen neck muscles.
18. Equipment must be ‘used in’ to safety program.
19. Check helmet condition regularly.
20. Proper technique could mean spinal cord injury.
21. Helmet must fit properly.
22. Be prepared for a catastrophic injury.
23. The game doesn’t have absurdecontact.
24. Player safety is your responsibility.
25. It’s a game — not a job — for the players.

NATIONAL HS RECORD BOOK AVAILABLE

The National Federation of State High School Associations, of which the CIF Southern Section has been a long-standing member, is pleased to announce the continuing publication of the nation's only official High School Sports Record Book. Since the employment of Mr. Fred Mares in 1989 to oversee its publication, the National High School Sports Record Book has maintained a consistent annual publication date of each January.

The 296-page, 2019 edition is comprised of a comprehensive history of high school accomplishments in 15 boys and girls sports, laced with numerous data from CIF Southern Section teams and student-athletes.

The National High School Sports Record Book is a must for members of the press, sports media, as well as a tremendous reference tool for high school athletic directors and coaches. To obtain your copy, simply use the boxed order form on this page.

CIF-SFS INCREASES COPYING ABILITY

The CIF-SFS Office has leased a Xerox 5090 Copier, a state-of-the-art reproduction machine in speed and print quality that also has binding capabilities. The efficiency of the 5090 will allow the office to handle "overload" jobs of local schools and districts on a low-cost basis. For further information, contact CIF-SFS Office Manager Jolene Eble.

SPECIAL COUNCIL MINUTES

(Continued from page 4)

representing the South Coast League, spoke in support of the motion during the final vote of the four parliamentary schools, citing differences in boundary requirements and school athletic competitions.

Father Bill Befries, Principal of St. Bernard High School and representing the Catholic Athletic Association, addressed the Council relating to competition equity, drawing attention to a recently completed CIF-SFS survey which indicates that numerous school championships over the past ten years have been won by public schools.

Kathy Heringas, Principal of Rosary High School, spoke in support of the parliamentary schools' placement in the Orange County Relaying Area.

Eric Walters, Athletic Director of Oakland High School and representing the Liberty League, spoke in support of schools with current backgrounds (parochial, private, etc.) successfully competing and working together.

Montgomery Michael Harris, Principal of Santa Margarita High School, spoke in support of the placement of Santa Margarita High School in the Orange County Relaying Area, reviewing the national given by the other parochial areas.

As the request of the Chair, Dr. Escov withdraw his motion, as did the second, in order that the Council may address the criteria of findings of fact on an individual basis for each of the parliamentary schools. The following reflects the findings of fact of the Council relative to each of the schools.

VOTE ON SPECIFIC FINDING OF FACT

FINDING OF FACT M.D. R.N. B. S. MARGA

1. Initial request of member school—

Yes Yes

2. (By Motion)

3. (By Motion)

4. (By Motion)

Following the findings of fact, utilizing the four criteria as listed in the Blue Book under “Criteria for Area Placement” as a founding of fact, a motion to place Mater Dei High School in the Orange County Relaying Area was approved by a vote of 29-45, thus sustaining the action of the Executive Committee; a motion to place Servite/Roley High Schools in the Orange County Relaying Area was approved by a vote of 30-45, thus sustaining the action of the Executive Committee; a motion to place Santa Margarita High School in the Orange County Relaying Area was approved by a vote of 30-45, thus sustaining the action of the Executive Committee.

There being no further business as soon before the Council, the meeting was adjourned at 2:30 p.m.

Submitted by

DEAN CROWLEY, ASSOCIATE COMMISSIONER

Approved by

STAN THOMAS, COMMISSIONER OF ATHLETICS

BASEBALL RESULTS

(Continued from page 10)

Semifinalists: Monarch Prep 3, Sac City 0;
Ouachita Lutheran 4, Crossroads 5

Finalists: Monarch Prep, Ouachita Lutheran 2

SCHOOL DIVISIONS

Wild Card Round:

Deerwood Christian 13, Calvary Chapel 8;
Calvary Chapel 12, Desert Valley Prep 11;
West Valley Christian 16, Hope Christian 4

First Round:

Forestville 15, Desert Christian 2; Monarch Prep 9, Crossroad Baptist 6;
Calvary Chapel S.A. 1, Providence 9, Antelope Valley Christian 1; Manteno 2, Ambassadors Baptist 1; Leesville Christian 12, First Lutheran 8; Shasta 2, Vesper Prep 2; Puyallup Poly 15, Hope Christian 1; Woodcrest Christian 8, La Sierra Academy 0; Aliso Niguel 11, California Lutheran 0; Dunn 17, Highland Hall 15; Chabad 12, Liberty Christian 4; Rio Hondo Prep 5, L.A. Lutheran 1; Care 14, Valley Christian 8; Manteno 2, Balfour Christian 1; Westminster 27, Rosamond 25, Christian Center Academy 6

Second Round:

Linfield 16, Monarch Prep 3; Providence 14, Hamilton 1; Manteno 1, Leesville Christian 4; Puyallup Poly 7, Shasta 2; Woodcrest Christian 6; Axton 1; Chabad 15, Duke 1; Rio Hondo Prep 4; Care 3; Bethel Christian 2; Rosamond 4;

Quarterfinals:

Linfield 6, Providence 0; Puyallup Poly 9; Manteno 1; Chabad 14, Woodcrest Christian 2; Rio Hondo Prep 3; Bethel Christian 12;

Semifinalists: Linfield, Puyallup Poly, Chabad 14, Rio Hondo Prep 2

Finalists: Linfield 7, Chabad 4

SOFIBALL RESULTS

(Continued from page 11)

 Winners Christians 14, Alverson 0, White Christian 3; St. Bonaventure 7, Valley Christian 3; Valley Christian 5, Puyallup Poly 3; Moorpark 13, Notre Dame Academy 8; Redlands 1, Foothill 1; Redlands 3, Pacifica Christian 1; Valley Christian 2; Palos Verdes 10, Moorpark 2; Redlands 7, Western Christian 0, Palos Verdes 4, White Christian 0

Finalists: La Reina 1, Palos Verdes 0

SCHOOL DIVISIONS

First Round:

Inland Christian 31, Harbor Christian 7; Aliso Niguel 5, Crescenta Valley 0; Claremont/GG 40, L.A. Mission 34, Bishop’s 28; Claremont 24, Canyon Valley 4, Mariposa 3, Providence 0; Hamilton 12, Desert Christian 5, St. Margaret’s 30, Calvary Chapel O.D., Brehm Academy 28, Rosamond 2, Woodcrest Christian 3, Bethel Christian 1; Oakland 5, Big Bear 3, Care 1, Faith Baptist 5; Campbell Hall 9, Valley Christian 6, S.M. Temple 6, L.A. Lutheran 0

Second Round:

Inland Christian 20, Manteno 1; Lindfield 7, Alverson 4, Crossroad Baptist 2, Hopew Christian 1; Mariposa 15, Hillcrest Christian 6; Hamilton 5, St. Margaret’s 0; Woodcrest Christian 1; Brehm Academy 5, Oakdale 6, Care 5, Templeton 2, Brehm Campus 1

Quarterfinals:

Inland Christian 8, Lindfield 6; Crossroad Baptist 9, Mariposa 7, Woodcrest Christian 3, Hamilton 4, Templeton 1;

Semifinalists: Inland Christian 4, Crossroad Baptist 0, Woodcrest Christian 9, Oakdale 0;

Finalists: Inland Christian 7, Woodcrest Christian 4

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