

STATE REGIONAL PLAYOFFS...1977

WRESTLING, TRACK AND FIELD FIRST TO TRY SYSTEM

Proposals for regional competition in wrestling and track and field are presently going under the final finishing touches by the 10 sections of the California Interscholastic Federation. This format will be utilized for entry into the State championships and will be implemented in the spring of 1977.

Two major regions have been identified by the State Federated Council, with the Southern Region consisting of the Southern, Los Angeles City and San Diego sections. Comprising the Northern Region will be the sections of Central, Central Coast, Northern, Oakland, San Joaquin, North Coast and San Francisco City.

In the area of wrestling, there are two main proposals under study. The initial plan calls for the Northern Region to have a total of 20 entries in each weight classification in a two-day qualifying tournament; the Southern Region to have a total of 12 entries in a one-day meet — six of those spots going to the Southern Section; and both regionals advancing six wrestlers to the State finals.

The second proposal gives the Southern Region 12 entries, qualifying six to the State finals; and the Northern Region to be broken into two separate qualifying meets, with six advancing from each.

In track and field, there will be 16 entries of both the North and the South (seven to the Southern Section); both regionals to be conducted in one day with two heats in each event; the top four athletes in each event advancing to the State; and the State meet to be conducted in one day.

These proposals will be voted upon at the next State Federated Council meeting in June.

ELECTION TO FILL SEATS ON EXECUTIVE COMMITTEE, EFFECTIVE 1976-77 TERM

Four positions on the CIF Executive Committee will be on the ballot for the 1976-77 school year — covering the positions of vice president, two area representatives and a superintendent's representative.

Submitted by the Nominating Committee are:

Vice President: Tony Balsamo of Apple Valley and Ted Gossard of Aviation.

Bay Area Representative: Leeds Lacy of Rolling Hills and Ted Gossard of Aviation.

Desert Area Representative: Don Conde of Victor Valley and Don Smith of Desert.

Superintendent's Representative: Dr. Ken Wines of Anaheim District and Dr. Lowell Jackson of Santa Barbara District.

Elections will take place at the CIF Southern Section Council meeting this month.

LONG BEACH TO HOST BASKETBALL PLAYOFFS

Just refer to it as a real Bicentennial gathering . . .

. . . it will be the Queen Mary, the Pike and the CIF Southern Section all sharing the same billing when the '76 prep basketball championships are staged at the Long Beach Arena.

The semifinals in the 4A bracket will set the atmosphere Friday, March 12th, with the gala affair coming less than

24 hours later when champions will be crowned in the 1A, 2A, 3A and 4A divisions.

This year will also mark a special "Alumni Night" to be held for all who have served on the CIF-SS Executive Committee since 1944. It will be held in conjunction with the playoffs and they will be honored between halftime of the championship games.



COMMISSIONER'S CORNER



T. E. BYRNES

CONSISTENT APPROACH IS GOAL OF CIF-SS

One of the major problems of this or any other organization is communication. Of particular concern to the CIF-SS Office is the attempt to provide consistent phone communication to our member schools. This is never an easy problem to solve because the very size of any organization, such as the CIF-SS, creates difficulties in this area.

Whenever more than one person is involved in such communication, there is a constant risk of misunderstanding or what appears to be an inconsistent interpretation. Given the differences between people and human nature, can such a problem ever be totally solved?

The answer is obviously no.

However, your CIF Southern Section Office has instituted certain safeguards over the last year which hopefully will keep such misunderstandings to a minimum.

1. All administrators in the CIF-SS Office have particular areas of responsibility in which it is their primary charge to dispense information. Other administrators, through necessity, may have to be used as back-up resource people, but only if the primary resource is unavailable at that time.

People calling the CIF-SS Office, therefore, should realize that when they are asked to speak to an administrator other than the one they have called, the intention is not to shuttle any individual around, but only to achieve what we believe to be the most desirable goal; permitting the primary administrator in charge of a given area to handle the bulk of questions in his/her own scope of operation.

2. To attempt to reduce the problem of inconsistency when an administrator is called upon to answer questions outside his or her areas (due to meetings, illness, etc.), administrative assistants in the CIF-SS Office keep daily logs and notes of conversations in areas where they might answer phone calls, but do not have the primary responsibility.

These logs and notes are reviewed among the administrators so that both

(Continued on Page Six)

MINUTES OF THE CIF-SS EXECUTIVE COMMITTEE MEETING JANUARY 14, 1976

The January Executive Committee Meeting of the Southern Section of the California Interscholastic Federation was called to order by Chairman Dr. Richard Cordano at 1:06 p.m., Wednesday, January 14, 1976 at the Saddleback Inn in Norwalk. All members were present.

1. APPROVAL OF MINUTES: It was moved, seconded and passed to approve the Executive Committee minutes of November 8, 1975 and November 18, 1975 as published in the December, 1975 issue of the "Monthly Bulletin."

2. SUPERINTENDENT'S UPDATE: Dr. Lowell Jackson, representative of the Executive Committee for Superintendents, reported on areas of alternative schools, relegating structure, Title IX and the need for stimulating growth of the intramural programs.

It was moved, seconded and passed to appoint a committee under the chairmanship of Steve Miletich to study the feasibility of conducting boys and girls' sports on the same program and to research the interscholastic — intramural concept.

3. BOYS' ATHLETIC DIRECTORS UPDATE: Mr. Clare Van Hoorebeke, representative to the Executive Committee for Boys' Athletic Directors, advised the Committee of the State Athletic Directors Convention on April 23-25 in San Diego and the need for a new format to the relegating process.

4. GIRLS' ATHLETIC DIRECTORS UPDATE: Mrs. Barbara Wilson, representative to the Executive Committee for Girls' Athletic Directors, reported to the Committee on several areas.

A. VENTURA TENNIS REQUEST: It was moved, seconded and passed to approve the request of Ventura High School for an early start to its annual tennis invitational.

B. SAN GABRIEL PROBLEM: It was moved, seconded and passed to deny San Gabriel High School entry into the Girls' 1976-77 team tennis playoffs for failing to fulfill its obligation of entry in the 1975 playoffs against Cabrillo High School.

C. BEACH CITIES PROPOSAL: It was moved, seconded and passed to recommend to the CIF-SS Council, support for the use of National Federation Swimming and Diving Rules for the 1975-76 Girls' season at the State

Federated Council. It was further moved, seconded and passed, that if adopted by the State, the National Federation Rules would be made optional for all league contests by league adoption.

D. TRI-COUNTY REQUEST: It was moved, seconded and passed to deny the request of the Tri-County League to alter its Girls' basketball season to coincide with the baseball season, due to a facility conflict.

E. TRACK PROPOSAL: It was moved, seconded and passed to adjust the Girls' track and field championship prelims and finals from one to two dates for the 1975-76 season.

F. NEWPORT HARBOR PROPOSAL: It was moved, seconded and passed to deny the proposal of the Beach Cities League for a change in Section 1, Article 2 of the Girls' Sports Regulations to further limit the individual competition of Girls based on the starting date of the season, if they should be participating on an outside team.

5. TREASURER'S REPORT: Dr. Hanford Rants, treasurer, apprised the Executive Committee of the annual mid-year financial report of the CIF-SS.

6. ALL-STAR COMMITTEE: Mr. Tony Balsamo, representative to the State Federated Council, reported on several areas of the All-Star Rule. Following discussion, it was moved, seconded and passed to support the San Diego Section's proposal to allow try-outs for All-Star teams after the final State CIF competition in June instead of the current June 15th date. It was further moved, seconded and passed to

(Continued on Page Three)

California Interscholastic Federation,
Southern Section
11011 Artesia Blvd.—P.O. Box 488
Artesia, Ca. 90701
(213) 860-2414

Officers

Dr. Richard Cordano, Principal,
Arcadia High School,
Council President and Executive
Committee Chairman

Louie Joseph, Principal,
Canyon High School (Villa Park)
Vice President

Dr. Hanford Rants, Principal,
Gahr High School, Treasurer

Thomas E. Byrnes
Commissioner of Athletics

Bulletin Editor

Ray Plutko, Administrative
Assistant

EXECUTIVE COMMITTEE MINUTES

(Continued from Page Two)

send the Southern Section representatives uninstructed in regards to the Cal Coaches Association All-Star game proposal, until hearing all the facets presented at the State Federated Council meeting.

7. ALTERNATIVE SCHOOLS REPORT: Mr. Gene Hartley, chairman of the Alternative Schools Committee, reported on several areas of alternative schools, with a report to be made at the January Council meeting.

A. MULTI-CAMPUS REQUESTS: It was moved, seconded and passed to recommend to the State Federated Council, annual approval of multi-campus situations for Pacifica and Arroyo Grande high schools.

B. ALTERNATIVE, MULTI-CAMPUS REQUESTS: It was moved, seconded and passed to recommend to the State Federated Council approval of the requests from Irvine High and the Long Beach High School District to form a multi-campus situation with its alternative schools on an experimental basis for one year and to report back to the Executive Committee at the conclusion of that period.

C. ROYAL REQUEST: It was moved, seconded and passed to deny the request of Royal High School for ninth grade students from its feeder junior high school to compete in football at the senior high school level.

8. LEGAL CASES: Commissioner Byrnes reported to the Committee on the status of current litigation in the CIF-SS. Following discussion, it was moved, seconded and passed to hold another hearing on the West Torrance soccer all-star violations.

9. ATHLETIC INJURIES REPORT: Mr. Ferren Christensen, chairman of the Committee on Care and Prevention of Athletic Injuries, reported on the State study being circulated to all principals and on further studies being conducted in this area.

10. JUNIOR HIGH CONTACT: It was moved, seconded and passed to approve the new contact guidelines of senior high school coaches with junior high school students. (Complete details were listed in the January issue of the "Monthly Bulletin".)

11. NOMINATING COMMITTEE: Mr. Joe Deal, chairman of the Nominating Committee, reported on the names to be submitted to the CIF-SS Council for consideration. They included Tony Balsamo (Apple Valley) and Ted Gossard (Aviation) for Vice President; Leeds Lacy (Rolling Hills)

and Ted Gossard (Aviation) for Bay Area Representative; Don Conde (Victor Valley) and Don Smith (Desert) for the Desert Area Representative; and Dr. Lowell Jackson (Santa Barbara) and Dr. Ken Wines (Anaheim) for the Superintendent's Representative.

12. ALUMNI REPORT: Lou Joseph, chairman of the Alumni Committee, reported on the planning for Executive Committee "Alumni Night" to be staged in conjunction with the CIF-SS Basketball Championships at Long Beach.

13. SPECIAL RESEARCH COMMITTEE: Mr. Walter Wohlhater, principal of Schurr High School, reported to the Committee on a possible mathematical formula method that could be utilized as a relegating base. The Executive Committee gave its approval for the study to continue and a follow-up report to be made.

14. CHIROPRACTOR REPORT: Dr. Robert Reed, D.C., appeared before the Committee to express his groups concern and willingness to assist in the care and prevention of athletic injuries.

15. MEMBERSHIP REQUESTS: It was moved, seconded and passed to grant regular membership to Bible Baptist (Gardena), Bethel Christian (Garden Grove), Camp Munz (Lake Hughes) and Holy Martyrs Armenian (Encino) high schools.

16. GRADUATE STUDENT REQUEST: It was moved, seconded and passed to deny the request of Fullerton High School for re-instatement of athletic eligibility to Tim Levoit, an early-graduate student of the school.

17. PIONEER LEAGUE REQUEST: Due to the re-organization of the Pioneer League based on strength by the Bay Area, it was moved, seconded and passed to place the Pioneer League in the 2A division for baseball and tennis for the 1976 season.

18. ATTENDANCE APPEAL: Dr. and Mrs. C. Last and Mr. J. Utti appeared before the Committee on behalf of son Dale Last to seek waiver of the CIF-SS rule, Section IX, Article 2. Following discussion, it was moved, seconded and passed to sustain the appeal.

19. MARMONTE LEAGUE REPORT: Principals Donald Jansen (Camarillo), Harold Smith (Oxnard) and Ron Barney (Thousand Oaks) appeared before the Committee to outline the scheduling conflict with the placement of Hart and Alemany high schools in the Marmonte League for wrestling and to express concern of schools being placed for one sport only.

20. WESTMINSTER APPEAL: Mr. Carl Ingalls appeared before the Committee on behalf of son Robert Ingalls to seek waiver of the residency rule, Article XI, Section 12 of the CIF-SS "Blue Book." Following discussion, it was moved, seconded and passed to have the Commissioner investigate and rule on this matter.

21. WATER POLO VIOLATION: It was moved, seconded and passed to refer back to the Ivy League for action and a summary report, its study of reported water polo violations by the Moreno Valley H.S. coach during league contests.

22. OFFICIAL'S GUEST: It was moved, seconded and passed not to grant free admission to guests of game officials during CIF-SS playoff contests and to so indicate to officials handling such games.

23. CHINO REQUEST: It was moved, seconded and passed to waive the 3 p.m. starting time for participation in a baseball tournament by Chino H.S., due to a change in the spring vacation schedule.

24. MISSION VIEJO REQUEST: It was moved, seconded and passed to waive the 3 p.m. starting time for the Mission Viejo golf invitational, due to the limited availability of the course.

(Continued on Page Four)

200 Years!



62 Years!



TRACK AND FIELD SAFETY TAKES PLANNING

(EDITOR'S NOTE: This is the sixth in a series of feature articles dealing with the care and prevention of athletic injuries).

Each year, roughly one million or more athletes compete in the sport of track and field at the interscholastic level and countless others in the intramural phase. And not to be overlooked are community recreation programs, two-thirds of which involve youngsters under the age of 15.

MINUTES OF SPECIAL EXECUTIVE COMMITTEE MEETING FEBRUARY 4, 1976

A special Executive Committee meeting of the Southern Section of the California Interscholastic Federation was called to order by President Dr. Richard Cordano at 5 p.m., Wednesday, February 4, 1976, at the CIF-SS Office in Cerritos. All members were present with the exception of Tony Balsamo, Dr. Lowell Jackson, Louie Joseph, Gene Knott and Steve Miletich.

1. SOCCER APPEAL: Kurt Stierle and Steve Fredericksen, students at West Torrance High School (together with Hans Stierle, Larry Littleton and counsel Bruce Lederman) appeared before the Executive Committee to appeal their suspension from the West

EXECUTIVE COMMITTEE MINUTES

(Continued from Page Three)

25. GOLF ADVISORY COMMITTEE: It was moved, seconded and passed to approve the Golf Advisory Committee's recommendation to increase the number of regional team tournaments from 2 to 3; to increase the number of the teams in the finals from 8 to 12; and to return to the rule of all five participants' scores counting toward the total team score. It was further moved, seconded and passed to deny the request to conduct the team and individual finals on different dates and at different sites.

26. TRACK FORMAT: It was moved, seconded and passed to approve the league track and field groupings for 1976, with no changes noted from the previous year.

27. WRESTLING DATE: It was moved, seconded and passed to recommend to the State Federated Council the movement of the state wrestling date one week later for 1976-77, due to the regional tournaments being conducted.

28. FOOTBALL DATES: It was moved, seconded and passed to extend the one week early starting date of

Partially because of Olympic implications, and partially because of the increasingly recognized values of providing diversified athletic opportunities, age group promotions for track and field are enjoying earned success.

Regardless of the motives underlying this development, the results are gratifying in terms of the health and fitness. Training for track and field yields cardio vascular-pulmonary efficiency, muscular development, self-discipline

Torrance High School soccer team for violation of the State CIF and Southern Section rule prohibiting the trying out for an all-star team prior to June 1.

Following discussion, it was moved, seconded and passed to table the matter until the February 21, 1976, meeting of the Executive Committee.

2. VOLLEYBALL REQUESTS: Requests on behalf of the La Quinta High School Boys' volleyball team and the Louisville and Marlborough High School Girls' volleyball teams to permit competition against high school teams in the Netherlands during the 1976 Easter Vacation under a program (Continued on Page Six)

football practice for 1977, due to a possible conflict with the Christmas Eve finals date.

29. SWIMMING CHANGE: Due to a conflict with the National AAU Championship dates, it was moved, seconded and passed to move the CIF-SS Swimming and Diving Championship dates (prelims and finals) back three days so as to allow swimmers to participate in both events.

30. VOLLEYBALL GAME: It was moved, seconded and passed to grant approval for the annual post-season volleyball game between the Southern Section and the L. A. City Section.

31. BASKETBALL CARNIVAL: It was moved, seconded and passed to approve the basketball carnival guidelines, similar to those established for football, for inclusion into the "Blue Book" by both Boys and Girls, effective the 1976-77 season.

There being no further business, the meeting was adjourned at 7:14 p.m.

Respectfully submitted,
Ray Plutko
Administrative Assistant

Approved by:
Thomas E. Byrnes
Commissioner

and personal achievement — the 120-pound runner benefitting as much as the 225-pounder who throws the shot put.

However, flying objects and running bodies are lethal weapons. Consequently, the increase of participation in track and field must be matched by an increase in attention to safety supervision.

When competitive meets are conducted by experienced officials according to established rules and procedures, both athletes and spectators are protected. Only specified individuals are permitted on the track; field event danger zones are roped off; and the athletes have the skill to keep the discus, shot, or javelin within the competitive corridors.

A variety of concurrent activities comprise a track and field program. The athletes train individually and independently for these respective events. With the influx of candidates, a high ratio of athlete to supervisor exists, accompanied by a crowding of the facilities. The control of the participant's safety can be achieved only through advance planning and a resulting master plan of deliberate measures involving space allotment practice scheduling, equipment checks and safety instructions.

Examples of such considerations are:

1 — The field area should be laid out so that danger zones of adjacent stations do not overlap.

2 — Field event participants should retrieve their own implements.

3 — Until a discus thrower demonstrates consistent skill and direction, a rubber discus should be utilized and throws should be directed into a closely suspended net or canvas.

4 — The equipment and track area should be examined daily for irregularities and hazards.

5 — Beginning hurdlers who are more likely to fall should practice on the grass with a demountable crossbar until reasonable skill is achieved.

6 — Accidents that occur should receive a continued analysis by a reporting and recording system.

Many other considerations are pertinent to a satisfactory master plan that assures a coordinated approach to a safe and satisfying program. The pre-participation medical evaluation is basic. The next essential step is to strive for the athlete's complete understanding of, and respect for, safety regulations.

COACHES CORNER



SWIMMING AND DIVING DATES ALTERED TO AVOID CONFLICT FOR ATHLETES

Swimming and diving coaches are asked to take special note of a change in the 1976 CIF-SS championships in order to avoid a conflict with the AAU National Indoor finals.

The revised schedule:

March 27 (Saturday) — Diving prelims for 3A at 3 p.m., with 4A to follow.

March 29 (Monday) — Swimming prelims for 3A at 3 p.m.

March 30 (Tuesday) — Swimming prelims for 4A at 3 p.m.

March 31 (Wednesday) — Swimming and diving finals for 3A at 3 p.m.; Swimming and diving finals for 4A at 7 p.m.

Recent awareness by coaches and administrators that a significant number of quality athletes would be deprived of an opportunity to compete in both the CIF Southern Section and the AAU championships, together with numerous offers of volunteer help, led to the change in dates.

Ray Jutkins will serve as meet manager for the CIF-SS championships and Peg Morrell as meet secretary. Persons wishing to assist with the meet are asked to contact the SS Office.

MEMBER SCHOOLS URGED TO USE WRITTEN CONTRACT

Keep it professional and simple . . .

. . . say it all with a written athletic contract.

Over the past few months the CIF Southern Section Office has received a number of calls in reference to member schools cancelling athletic contests with other member schools — some at the last minute, others due to a change in coaches and/or administration and others with the previous agreements just lost.

This Office strongly urges that member schools engaging in non-league agreements for athletic contests, enter into a written contract the provisions of said scheduling agreements.

This full-proof method will prevent any conflicts that arise due to a change in personnel and will enable the CIF-SS Office to assist, if necessary.

NATIONAL FEDERATION NOTES 17 GRID CHANGES

SAFETY FACTORS KEY IN '76 RULES

Butt blocking and face tackling are the two major highlights of rule changes by the National Federation for the 1976 football season.

Both areas are spelled out in the new rule book in terms of definition and each is punishable not only by a 15-yard penalty, but also by disqualification.

There will be 17 rule changes noted, with the highlights as follows:

1 — Extends the team boxes to the 30 yardlines on each side of the field.

2 — Specifies each player shall wear a number between 1 and 99 inclusive and provides at least five players on the offensive line of scrimmage shall be numbered 50 to 79 to begin a scrimmage down.

3 — Requires players to wear hip and shoulder pads.

4 — Specifies plastic materials covering protective pads to be rounded with a radius equal to one-half the thickness of the material.

5 — Prohibits player equipment involving any electronic, mechanical or other signal devices for the purposes of communication.

6 — Defines butt-blocking as a technique involving an initial blow with the face mask, frontal area or top of the helmet driven directly into an opponent as the primary point of contact, either in close line play or in the open field.

7 — Identifies face-tackling as driving the face mask, frontal area or top of the helmet directly into the runner.

8 — Authorizes granting successive charged time-outs to either team during a dead ball period.

9 — Revises procedures for putting the ball in play following an inadvertent whistle, based upon the location and possession of the ball when the whistle was sounded.

10 — Specifies it is encroachment for any player to break the plane of his

scrimmage line, except for the snapper's right to be over the ball, after the snapper has made his final adjustment of the ball.

11 — Requires at least seven of Team A players, five of whom must be numbered 50-79, to be on the offensive line of scrimmage at the snap.

12 — Provides each Team A player who, at the snap, was an end or legally behind the scrimmage line (possible total of six) numbered 1-49 or 80-99, is eligible.

13 — Categorizes butt-blocking and face-tackling as personal fouls.

14 — Permits the use of phones, radios or other electronic communication devices during authorized coach-player conferences.

15 — Provides a penalty for the use of mechanical, visual aid equipment, including television and video tape for monitoring replay for any coaching purposes during the game, including intermissions.

16 — Restricts either team from committing any act which in the opinion of the referee tends to make a travesty of the game.

17 — Provides if the defensive team fouls following the snap and during a down which results in a successful field goal or touchdown, the penalty will be measured on the succeeding kickoff.

CLINICS, SEMINARS SET FOR COACHING STAFFS

Seminars, clinics and association meetings have become important professional growth factors in the coaching ranks over the past few years and the CIF-SS Office will continue its policy of listing the reported upcoming dates in its "Monthly Bulletin."

ATHLETIC DIRECTORS — Annual California State Athletic Director's Conference, set for April 22-25 at the Town and Country Hotel, San Diego. Registration available at door.

BASKETBALL — Southern California Basketball Coaches Association annual Spring Clinic, set for May 8 at Long Beach City College. Registration available at door, with clinic 1 to 5 p.m.

BASKETBALL — Medalist Basketball Clinic, set for May 14-16 at the Town and Country Hotel in San Diego. Registration available at door.

FOOTBALL — Medalist Football Clinic, set for March 5-7 at Los Angeles Hilton Hotel. Registration available at door.



WHAT'S HAPPENIN' IN THE OTHER 49 STATES

ITEM: Next best thing to a ticket.

COMMENT: If you fail to pick up a ticket to the State basketball championships in Wisconsin — they have had 17 consecutive sellouts — you can watch them live on television as the entire 13-game card in three divisions will be on the air. This also marks the 17th straight year for the T.V. marathon and needless to say, the tickets don't come any cheaper.

ITEM: Don't forget the scholastic of "interscholastic."

COMMENT: When it comes to honoring both scholastic and athletic achievements, the Arkansas Athletic Association awards a trophy to the player having the highest scholastic grade-point average on each team advancing to the basketball post-season playoffs. Full solid unit subjects are compiled only and each building principal is responsible for submitting the name of the student from each respective school.

ITEM: Southern Section services pave the way.

COMMENT: During each season of sport, the CIF Southern Section mails to the head coach a free copy of the National Federation Rules and Regulations for that specific activity. However, if you were in a few other state organizations — Illinois being one — you would have to purchase your copy of the rules each year.

ITEM: The proper "cue."

COMMENT: Often times a pep band can prove to be distracting in a heated basketball game, but Tennessee takes care of its playoffs this way: "Bands may play ONLY at time outs, between quarters, at halftime and between games." Needless to say, the band director shouldn't have any trouble picking up his cue.

ITEM: Athletics just a few pennies.

COMMENT: The economic efficiency of educating boys and girls through interscholastic athletics continues to be documented. The Greece Central School District in Rochester, N.Y. reports that it has a total operating budget of \$28,000,000 for the current 1975-76 school year. However, the total athletic budget is \$212,975 or 0.76 per cent of the total school budget. The estimated cost of educating a student in the district is \$2,117, but the cost per pupil for athletics is approximately 70 or 3.3 per cent of the total cost per student. It should also be noted that 3,000 of the district's 6,148 pupils participate in one or more interscholastic athletic program or as a member of a pep squad.

ITEM: The growth of the head protector in baseball.

COMMENT: Did you know that head protectors became mandatory for each batter in interscholastic baseball in 1956. In 1964, the head protector became mandatory for each base runner. In 1972, it became mandatory for the catcher to wear a head protector in interscholastic baseball contests. In 1973, it became mandatory for each batter and base runner to wear a head protector with extended ear flaps so that both ears and both temples were completely covered.

ITEM: Remember the tie-breaker in football?

COMMENT: The CIF Southern Section added the tie-breaker of its football playoffs this year and it was utilized on four occasions, each with a single overtime to decide the outcome. However, they had quite an affair in Wisconsin, which had one playoff game go SIX overtimes before a winner was declared!

ITEM: Optional items.

COMMENT: Each state association is permitted to set its optional limitations on each sport and in the area of football, only 16 states conduct spring football drills. The shortest period is 10 days in the District of Columbia, Maine and Rhode Island, while the longest is 28 days in Georgia.

SPECIAL EXECUTIVE COMMITTEE MEETING

(Continued from Page Four)

administered by California Schoolsport Federation, Inc. was discussed. Appearing on behalf of this organization before the Committee were Mr. Willard Chilcotte and Mr. Larry Houston. After discussion, it was moved, seconded and passed to recommend approval of the La Quinta H.S. request and to forward it to the State CIF Office for consideration.

Because the proposed volleyball competition would be outside the season of sport for Girls in the Southern Section, a motion to permit the Girls' volleyball teams of Louisville and Marlborough high schools to participate in the Easter Vacation competition was defeated.

3. BASKETBALL APPEAL, MICHAEL TRACY: Michael Tracy, student at Simi Valley H.S., appeared before the Committee with his father, Mr. Thomas Tracy, to appeal a previous denial of a request for waiver of the transfer rule. After discussion, it was moved, seconded and passed to DENY the appeal.

4. FIELD HOCKEY REQUEST, SUNSET LEAGUE: Mr. Ferren Christensen of the Executive Committee presented a proposal by the Sunset
(Continued on Page Eight)

COMMISSIONER BYRNES

(Continued from Page Two)

primary and secondary resource administrators are fully informed. Additionally, weekly meetings with all administrators in attendance are scheduled in the Commissioner's Office where all notes and communications are reviewed and discussed.

3. In addition to the two procedures already mentioned, it has been the policy of the CIF-SS Office, where there are marginal situations, to ask an individual to submit his concerns in writing. We realize this is an inconvenience for both the individual and our Office, but many times this is a necessity in order to clarify a particular concern.

In conclusion, even with the safeguards already mentioned, we all risk misunderstanding. The deletion of a key word, the emphasis of another, the improperly worded or incomplete question or answer — all contribute to the problem.

So far these have been kept to a minimum, but diligence on the part of our Office staff and our member schools, hopefully, can further reduce potential misunderstandings.

MINUTES OF THE CIF SOUTHERN SECTION COUNCIL MEETING JANUARY 15, 1976

The January Council meeting of the Southern Section of the California Interscholastic Federation was called to order by Chairman Dr. Richard Cordano at 9:06 a.m., Thursday, January 15, 1976 at the Saddleback Inn in Norwalk. All leagues were represented, with the exception of the Camino Real League.

1. APPROVAL OF MINUTES: It was moved, seconded and passed to approve the minutes of the Council meeting of September 25, 1975 as published in the October issue of the "Monthly Bulletin;" the minutes of the Executive Committee meeting of November 8, 1975 as published in the December issue of the "Monthly Bulletin;" the minutes of the Executive Committee meeting of November 18, 1975 as published in the December issue of the "Monthly Bulletin;" and the minutes of the Executive Committee meeting of November 18, 1975 as published in the December issue of the "Monthly Bulletin;" and the minutes of the Executive Committee meeting of January 14, 1976 as read to the Council.

2. TREASURER'S REPORT: Dr. Hanford Rants, treasurer, presented his annual mid-year report of the CIF Southern Section to the Council.

3. NOMINATING COMMITTEE REPORT: Mr. Joe Deal, chairman of the Nominating Committee, presented his group's proposed slate to the Council. Following discussion, it was moved, seconded and passed to accept the report.

4. SEASON OF SPORT COMMITTEE: Mr. Jim Faul, chairman of the Season of Sport Committee, presented his group's proposals to the Council. Following discussion, it was moved, seconded and passed to move the starting date for Girls' Gymnastics from February 1st to February 20th and to shorten the overall season by one week, effective 1976. It was further moved, seconded and passed to DENY a change of the Girls' badminton season from the spring to the fall season.

5. JUNIOR HIGH COMMITTEE: Mr. Lou Joseph, chairman of the Junior High School Committee, presented his group's proposal on contact with non-senior high school students. Following discussion, it was moved, seconded and passed that during the school day, a high school coach may conduct clinics, open houses or orientations where a student is part of a general gathering of students and such

activity has the approval of his high school and the junior high or elementary school principal.

It was also moved, seconded and passed that outside the school day, a high school coach, may coach such students, except in football, for a recreational or semi-recreational organizations such as AAU, YMCA, FIFA, church, city recreation, or similar organizations.

It was further moved, seconded and passed to recommend to the State Federated Council to eliminate football from the list of restrictive sports and to allow contact under the above guidelines with junior high school students.

6. ALTERNATIVE SCHOOLS COMMITTEE: Mr. Gene Hartley, chairman of the Alternative Schools Committee, presented his group's proposal to the Council. Following discussion, it was moved, seconded and passed to recommend to the State Federated Council for their adoption that teams representing a high school must be composed of eligible students under the direct supervision of one principal and attending classes on one campus. If for some reason it is necessary for there to be a split or multi-campus situation, or a two-principal situation, permission must be obtained annually by January 15th from the State Federated Council for students to compete as a single team. Additionally, other items must be met, the list of same having been distributed to each building principal in the Southern Section.

7. ALL-STAR COMMITTEE. Mr. Tony Balsamo, chairman of the All-Star Committee, presented a status report to the Council, with no action taken.

8. ATHLETIC-INJURIES COMMITTEE: Mr. Ferren Christensen, chairman for the Committee on the Care and Prevention of Athletic Injuries, presented a status report to the
(Continued on Page Eight)

COUNCIL MEETING DATE SET FOR NORWALK SITE

Make certain to mark the date of Thursday, March 18th on your calendar as that will be the next meeting of the CIF Southern Section Council.

The meeting will be held at the Saddleback Inn in Norwalk, with the opening gavel set for 9 a.m.

League representatives are encouraged to conduct their respective meetings prior to this date in order to properly vote on the agenda items.



Long Beach Wilson and Coach Bob Gruenisen (second row, third from right) after winning CIF-SS swim relays.

LONG BEACH WILSON DEFENDS TOP HONORS IN CIF-SS SWIM RELAYS

Long Beach Wilson High School made it two straight by successfully defending its title in the 1976 CIF Southern Section swim relays.

Four records were set in the varsity division, while five new marks were accounted for in the frosh-soph segment.

VARSITY RESULTS

4x100 Individual Medley—Fountain Valley (Andy Miller, Mitchell Nomura, Bill Babashoff, Mike Kelley), 3:45.2 (new record).

6x50 Freestyle—Newport Harbor (Jeff Stevens, Tom Meyers, Mitch Gray, Ted McGinley, Greg Fults, Jeff DeMott), 2:16.5 (new record).

4x50 Breaststroke—Rancho Alamitos (Henry Ishii, Tom Hughes, Mark Maurer, Byron Sims), 1:56.0 (new record).

4x50 Butterfly—Long Beach Wilson (Randy Kalbus, Jody Campbell, Scott Kimball, Kerry Kemp), 1:38.3.

4x50 Backstroke—Mission Viejo (Marcus Vassallo, Jesus Vassallo, Brian Lonsdale, Brian Goodell), 1:43.3.

4x100 Freestyle—Fountain Valley (Andy Miller, Steve Krikl, Bill Babashoff, Mike Kelly), 3:15.5 (new record).

4x50 Medley—Newport Harbor (Kevin Robertson, Frank Anderson, George Newland, Jeff DeMott), 1:43.2.

Team Scores: Long Beach Wilson 156, Newport Harbor 152, Foothill 144, Fountain Valley 126, San Marcos 98, Millikan 94, Mira Costa 72, Mission Viejo 62, Thousand Oaks 54, San Marino 36.

FROSH-SOPH RESULTS

4x100 Individual Medley—Harvard (Mike Margot, Rich Wander, Lance Weissmann, Mike Franchilla), 3:58.5 (new record).

6x50 Freestyle—Indio (Larry Hammer, Jeff Curci, Dennie Pelissier, Lindsay Anderson, Mike Duran, Cal Lowell), 2:23.2.

(Continued on Page Eight)

SPECIAL EXECUTIVE COMMITTEE MINUTES

(Continued from Page Six)

League Women Athletic Directors to waive Article XLIX, Section I, Paragraph 14, of the Blue Book, regarding provision of school equipment for summertime athletic activity, as it pertains to field hockey, for the Sunset League. Following discussion, it was moved, seconded and passed to DENY the request.

5. SWIMMING REQUESTS, FREEWAY, MOORE, AND ORANGE LEAGUES: After discussion of requests by the Freeway, Moore and Orange Leagues to conduct their 1976 frosh-soph league meets in swimming at the 1975 distances, it was moved, seconded and passed to DENY the requests.

6. BASKETBALL REQUEST, MISSION VIEJO H.S.: Following presentation of a request by Mission Viejo H.S. to waive Article XV, Section 2 of the Blue Book to permit the school to participate in a basketball doubleheader with Saddleback College, it was moved, seconded and passed to DENY the request.

7. GOLF REQUEST, ANAHEIM DISTRICT: It was moved, seconded and passed to approve a request by the

CIF-SS OFFICE PROVIDES MONTHLY LISTING SERVICE

Don't forget to take advantage of the services offered by the CIF-SS Office in the area of games wanted and coaching vacancies.

Simply call or mail your openings at least once each month and that same list for both Boys and Girls will be circulated to all 466 member schools throughout the Southern Section.

CIF-SS SWIM RELAYS RESULTS

(Continued from Page Seven)

4x50 Breaststroke—El Dorado (Rick Garland, Eric Andrews, Jay Bickford, Tom Ryan), 2:00.4 (new record).

4x50 Butterfly—Servite (Scott Matsuda, Gary Martinez, Paul Masterpolo, John Duarte), 1:44.7 (new record).

4x50 Backstroke—Foothill (John Brucker, Eric Hendrix, Greg Hemsley, Rick Elliott), 1:53.1.

4x100 Freestyle—Harvard (Rich Wander, Mike Margot, Lance Weissmann, Mike Fraschilla), 3:26.9 (new record).

4x50 Medley—El Dorado (Eric Andrews, Tom Wright, Mark Randolph, Jay Bickford), 1:44.9 (new record).

Team Scores: El Dorado 38, Harvard and Servite 36, Oxnard 34, Newbury Park 30, Foothill and Indio 28, Palos Verdes 22, San Marino 18.

Anaheim High School District to begin its golf tournament, scheduled for May 3, 1976 at 12:30 p.m.

8. FINANCIAL REGULATIONS, GIRLS' BASKETBALL: Following a discussion of financial regulations for Girls' basketball playoffs, it was moved, seconded and passed that admission be charged for all contests in all rounds of the Girls' basketball playoffs.

9. BASEBALL REQUEST, DOS PUEBLOS H.S.: Because of difficulty encountered in the scheduling of games, it was moved, seconded and passed to permit the Dos Pueblos H.S. freshman baseball team to play two games with a local non-member school.

10. FORM #99, KEPPEL H.S.: An appeal of a previous ruling to deny varsity competition at Keppel H.S. for

CIF-SS COUNCIL MINUTES

(Continued from Page Seven)

Council. Following discussion, it was moved, seconded and passed that the CIF Southern Section begin plans for a model clinic to be held for administrators, coaches and trainers in the care and prevention of athletic injuries.

9. RELEAGUING COMMITTEE: Mr. Walt Newland, chairman of the Releaguings Committee, presented an updated report on the proposal for the 1976-77 school year. Following discussion, it was moved, seconded and passed to accept the amended proposal as presented for adoption.

10. BOYS' VOLLEYBALL DATES: It was moved, seconded and passed to adjust the initial starting date for an interscholastic contest in Boys' volleyball from March 15th to March 8th, effective the 1976 season. It was further moved, seconded and passed to table the starting date of the Boys' Volleyball season until further input is received from the Season of Sport Committee.

11. SWIM DISTANCES: It was moved, seconded and passed to DENY the request for reverting the swimming distances in the frosh-soph division back to the 50-yard standards.

12. FOOTBALL CARNIVAL: The Desert-Valleys League outlined a proposal that would increase the number of quarters allowable in a football carnival from two to four, with the Council directed to vote upon this proposal at its regular March meeting.

13. SCRIMMAGE - GAME OPERATION: The Marmonte League out-

Brett Dawson who transferred from Bosco Tech H.S. with a Form #99 was heard. Following discussion, it was moved, seconded and passed to DENY the request.

11. SWIMMING REQUEST, SANTA ANA H.S.: A request to waive the transfer rule for Greg Louganis, thereby permitting him to compete on the Santa Ana H.S. diving team was heard and discussed. It was moved, seconded and passed unanimously to DENY the request.

The meeting was adjourned at 8:10 p.m.

Respectfully submitted,
Kendall Webb
Administrative Assistant

Approved:
Thomas E. Byrnes
Commissioner

lined a proposal that would change Article 39, Section II of the CIF-SS Blue Book, making it optional for schools to take part in a pre-season scrimmage or a 10th football game, with the Council directed to vote upon this proposal at its regular March meeting.

14. GIRLS' SOFTBALL: The South Coast League reported to the Council on several areas of concern in Girls' Softball. Following discussion, it was moved, seconded and passed to DENY the request for modification of the number of participants on an outside team from four to two. It was further moved, seconded and passed that the CIF-SS appoint a committee to study the restrictions on outside competition in all sports.

15. SEASON OF SPORTS CALENDAR: It was moved, seconded and passed to adopt the Boys and Girls' Season of Sports calendars as presented for the 1976-77 school year.

16. GIRLS' CROSS COUNTRY: It was moved, seconded and passed to adopt cross country as a Girls' sanctioned sport in the Southern Section, effective the 1976-77 school year.

There being no further business to come before the Council, the meeting was adjourned at 2:06 p.m.

Respectfully submitted,
Ray Plutko
Administrative Assistant

Approved by:
Thomas E. Byrnes
Commissioner

NATIONAL FEDERATION RULES FOR NEXT YEAR

EQUIPMENT CHANGES NOTED FOR GIRLS' SOFTBALL

Spring is usually the time of year for ordering of equipment and Girls' softball coaches and athletic directors are asked to make special note of areas that will be in effect for the 1976-77 season, with the change to National Federation Rules.

By action of the State Federated Council, a motion was passed which will allow schools a delay of two years—until the fall of 1978—to meet the uniform specifications as outlined below.

Please review carefully the specifics outlined on equipment for National Federation Rules:

Uniforms of all team members should be of the same color and style. For individual players' uniforms,

sleeve lengths may vary; however, sleeves of each individual player shall be approximately the same length and shall not be frayed, ragged or slit.

If the pitcher's undershirt sleeves are exposed, they shall not be white or gray in color. A uniform shall not have any dangerous or reflective buttons or ornaments.

Each player shall be numbered on the back of the shirt with a plain number of solid color, contrasting with the color of the shirt. The number should be at least six inches high and no players on the same team shall wear a duplicate number. Beginning in 1979, the number shall be at least nine inches high.

It is also mandatory for each batter, runner and the catcher to wear a head protector. The head protector shall be a type which has safety features equal to or greater than those provided by the full plastic cap with padding on the inside.

The head protector worn by each batter and each base runner shall have extended ear flaps which cover both ears and temples. The liner type head protector does not meet these standards. The catcher shall also wear a mask and a body protector.

If a pitcher wears a head protector while pitching, the entire outer cover of the protector shall have a non-glare surface. The pitcher shall not wear any items on the hands, arms or wrist which may be distracting to the batter. No batter shall wear any exposed jewelry.

Shoes are required equipment (no track spikes allowed). Shoe sole or heel projections other than the standard shoe plate are prohibited.

SONORA CLUB CAPTURES FIELD HOCKEY HONORS

Sonora High School has the coveted CIF Southern Section field hockey crown for 1976, but the Raiders logged their feat the hard way.

Sonora failed to score a goal in its final two games, but won both on the tie-breaker system for possession—the finale coming against the likes of University High School.

More impressively, however, Coach Ginny Dottl's club didn't allow a goal in its four playoff games for what may well be the best defensive effort in the CIF-SS annals.



Coach Ginny Dottl (top right) and CIF-SS championship Sonora field hockey team.

FEMININE FOCUS



SANCTIONED EVENTS MUST HAVE CIF-SS APPROVAL

Athletic directors and coaches are reminded that invitational meets and tournaments involving representatives from four or more schools and from more than one league, must have their events sanctioned by the CIF Southern Section Office.

Application forms are available at the CIF-SS Office and must be submitted in triplicate prior to July 1st. This will allow ample time for processing and for publication in the Master Sanctioned Event list, which is distributed to all member schools in September.

EXPERT SOFTBALL PITCHER OFFERS FREE INSTRUCTION

Don Sarno, a three-time All America softball pitcher, will offer his services to any schools interested in obtaining pitching instruction.

Sarno was a member of five men's national championship teams and was in 21 national tournaments.

If interested, contact Sarno at (213) 670-7550 or (213) 776-4530.

CIF SOUTHERN SECTION BOYS' SEASONS OF SPORTS FOR 1976-77

Sport	Weeks in Season	Maximum Inter-School Scrimmages	Maximum Inter-School Contests	Tryout Period	Practice Begins	Date of 1st Possible Scrimmage	Date of 1st Possible Contest	League Play Must End	CIF-SS Prelims, Playoffs	CIF-SS Finals
Baseball	14	2	22*	Yes	Feb. 1	Feb. 1	Feb. 1	May 7	4A, 3A, 2A — May 13, 17, 20, 25 1A — May 13, 17, 20	June 1 May 27
Basketball	16	2	22*	No	Nov. 1	Nov. 15	Dec. 1	Feb. 19	4A — Feb. 25, Mar. 1, 4, 11 3A, 2A, 1A — Feb. 25, Mar. 1, 4, 8	Mar. 12
Cross Country	11	0	11*	No	Sep. 7	NA	Sep. 16	Nov. 20	4A, 3A, 2A, 1A — Nov. 27	Dec. 4
Football	11	1	9	No	Aug. 30	Sep. 10	Sep. 15	Nov. 13	4A, 3A, 2A — Nov. 19, 26, Dec. 3, 10 1A — Nov. 19, 26, Dec. 3 8-Man — Nov. 12, 19	Dec. 17 Dec. 10 Nov. 26
Golf	14	0	18	Yes	Feb. 1	NA	Feb. 1	May 7	Team — May 16 Individual — None SCGA — None	May 31 May 31 June 6
Gymnastics	12	0	10	Yes	Feb. 21	NA	Feb. 21	May 14	Team — May 20, 24 Individual — May 27	May 31 June 3
Soccer	16	1	18*	No	Nov. 1	Nov. 15	Dec. 1	Feb. 19	4A & 3A — Feb. 25, Mar. 1, 4 OR Unclassified — Feb. 25, Mar. 1, 4, 8	Mar. 11
Swimming & Diving	12	0	12	No	Jan. 3	NA	Jan. 12	Mar. 26	Swim Relays — Jan. 29 Diving — Mar. 30 3A — Mar. 31 4A — Apr. 1	Feb. 4 Apr. 2 Apr. 2 Apr. 2
Tennis	14	2	22	Yes	Feb. 1	Feb. 1	Feb. 1	May 7	4A & 3A Team — May 13, 17, 20, 24 2A Team — May 13, 17, 20 Individual — May 28	May 27 May 24 June 4
Track & Field	13	0	9	Yes	Feb. 1	NA	Feb. 10	May 7	4A, 3A, 2A — May 13 or 14 Masters — None State Regional — June 3 State Meet — June 10	May 20 or 21 May 27 June 4 June 11
Volleyball	12	2	22*	No	Feb. 14	Mar. 1	Mar. 8	May 7	May 13, 17, 20	May 27
Water Polo	11	2	12	No	Sep. 7	Sep. 16	Sep. 16	Nov. 20	4A — Nov. 23, Dec. 1, 4, 8 3A — Nov. 23, 30, Dec. 4, 7	Dec. 11 Dec. 11
Wrestling	12	Total of 16*	No	No	Nov. 15	Nov. 20	Nov. 20	Feb. 12	CIF-SS — Feb. 19 State Regional — Mar. 4 State Meet — Mar. 11	Feb. 26 Mar. 5 Mar. 12

CIF SOUTHERN SECTION GIRLS' SEASONS OF SPORTS FOR 1976-77

Sport	Weeks in Season	Maximum Inter-School Scrimmages	Maximum Inter-School Contests	Tryout Period	Practice Begins	Date of 1st Possible Scrimmage	Date of 1st Possible Contest	League Play Must End	CIF-SS Prelims, Playoffs	CIF-SS Finals
Volleyball	11	1	18*	No	Sep. 1	Sep. 1	Sep. 1	Nov. 13	4A, 3A, 2A — Nov. 20, 23, 30, Dec. 4 Nov. 27	Dec. 11
Cross Country	11	0	11*	No	Sep. 7	NA	Sep. 16	Nov. 20	4A, 3A, 2A Team — Nov. 18, 23, 30, Dec. 2 Individual — Nov. 20	Dec. 4 Dec. 6
Tennis	11	1	18	No	Sep. 1	Sep. 1	Sep. 1	Nov. 13	4A, 3A, 2A — Jan. 13, 15, 18	Jan. 22
Field Hockey	9	0	16*	No	Nov. 8	NA	Nov. 8	Jan. 8	4A, 3A, 2A — Apr. 12, 15, 19, 22	Apr. 29
Basketball	12	1	18*	Yes	Jan. 10	Jan. 10	Jan. 10	Apr. 2	4A, 3A, 2A — May 13 or 14 Masters — None State Regional — June 3 State Meet — June 10	May 20 or 21 May 27 June 4 June 11
Track & Field	14	0	9	Yes	Feb. 1	NA	Feb. 10	May 7	Team — May 19, 24, 26, 31 Individual — May 21	May 27 June 2 June 11
Gymnastics	12	0	14	Yes	Feb. 21	NA	Feb. 21	May 14	Team — May 19, 24, 26 Individual — May 21	May 31 May 28 May 28
Badminton	9	0	16	Yes	Mar. 14	NA	Mar. 14	May 14	Team — May 19, 24, 26 Individual — May 21	May 31 May 28 May 28
Swimming & Diving	9	0	12	Yes	Mar. 14	NA	Mar. 14	May 14	Diving Prelims — May 18 Swimming Prelims — May 19	May 21 May 21
Softball	9	1	18*	Yes	Mar. 21	Mar. 21	Mar. 21	May 21	4A, 3A, 2A — May 26, 28, 31, June 2	June 7

*Includes Tournaments or Invitationals