



2015–2016

Fall Sports Preview

Boys and Girls
Cross Country





PROUDLY SUPPORTING SOUTHERN CALIFORNIA HIGH SCHOOL ATHLETES





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Los Alamitos, CA 90720
(562) 493-9500 * Fax (562) 493-6266

DATE: August, 2015
TO: CIF-SS Boys and Girls Cross Country Coaches
FROM: Rainer Wulf, Assistant Commissioner
SUBJECT: **2015 CROSS COUNTY SEASON**

The Cross Country Preview Packet has been prepared to assist you in the organization of your school's cross country program. The information is important in preparation for the upcoming season. PLEASE SHARE THIS INFORMATION WITH YOUR ASSISTANT COACHES. The following items are included:

1. Introduction
2. Advisory Committee
3. Calendar Dates
4. Enrollment Divisions
5. CBED Enrollment Figures
6. Playoff Guidelines
7. Blue Book Rules -
 - A. Accountability Rule
 - B. Player Conduct Rules
 - C. Summertime Rules
 - D. Tobacco Products Prohibited
 - E. Supervision of Athletes
 - F. Outside Competition
 - G. Outside Competition Penalty
 - H. Other Points of Interest
8. Southern California Cross Country Coaches Association
9. Sanctioned Events
10. Preparing Your Athletes for Competition in Hot Weather
11. HIV Information

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ADVISORY COMMITTEE

Rich Ede
Rich Gonzalez
Hal Harkness
Will Jacobsmeyer, La Sierra High School
Janice Kelley, Hemet High School
Bob McGuire
Tim McIntosh, St. John Bosco High School
George Payan, Godinez High School
Brad Peters, M.L. King High School
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Martin Dugard, JSerra
Tom Colley, Sherman Indian School

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2015 CROSS COUNTRY CALENDAR DATES

The following is a capsule of the CIF Southern Section calendar for the 2015 Boys and Girls Cross Country season:

SCRIMMAGE DATE

Schools are NOT permitted to conduct interscholastic scrimmages in cross country. Any interscholastic competition must be counted as one of the allowable number of meets.

FIRST CONTEST

The initial date on which a school may schedule and conduct an interscholastic contest is THURSDAY, September 3, 2015.

LAST LEAGUE CONTEST

All league competition for entries must end on or before FRIDAY, NOVEMBER 6, 2015. Schools may compete until November 8 for non-league contests.

PLAYOFF DATES

Prelims - Saturday, November 14, 2015 - Riverside City Cross Country Course **(NEW LOCATION 2015-16)**
1055 Orange Street
Riverside, CA 92501

Flyover video link for Riverside Course: <https://www.youtube.com/watch?v=uvoJjCrXOyk&feature=youtu.be>

Finals - Saturday, November 21, 2015 - Mt. San Antonio College

The STATE CROSS COUNTRY FINALS will be held at WOODWARD PARK IN FRESNO on SATURDAY, NOVEMBER 28, 2015.

LEAGUE ENTRIES FOR CIF-SS PRELIMS

DUE TO THE FACT THAT WE WILL BE CONDUCTING OUR DIVISIONAL CHAMPIONSHIPS UNDER THE ENROLLMENT FORMAT, WE ARE REQUESTING THAT ALL LEAGUES HAVE THEIR PRELIMINARY RESULTS IN TO THE CIF-SS OFFICE NO LATER THAN **9:00 P.M., FRIDAY, NOVEMBER 6, 2015.**

CHIP TIMING **(NEW TO 2015-16)**

The CIF-SS will be utilizing "chip" timing provided by Finished Results Professional Timing for our championship events. Please carefully review the "Chip and Bid Instructions" sheet found on the next page of this preview.

Chip and Bib Instructions

You will be billed **\$10** for **each** chip not returned
\$5 late charge for **each** chip you return after you leave the meet

1. Inspect your team packet to ensure you received **ALL** your **Bibs** and **Chips**
 - Immediately notify meet management if you are missing any Bibs and Chips
 - Very important – this must be done before leaving the packet pickup area
 - You will be responsible for any missing chips after you leave the packet pickup area
2. Distribute your Bibs and Chips to all *competing* athletes
 - All athletes must wear their assigned bib & chip, as assigned on your team roster
 - Athletes that are not registered cannot use someone else's chip
 - Failure to properly distribute the bibs & chips will result in inaccurate results
3. Athletes must properly secure their chip as shown below
 - Do NOT put the chip in your sock, on your ankle, in your pocket, etc
 - Be sure to Double Knot tie your shoes



4. Chip Collection & Return
 - Each school is responsible for the collection & return of all their chips
 - We suggest you use your team managers / assistant coaches to collect the chips from your athletes after they cross the finishline – there will no longer be any collection corral used
 - Sort all of your chips in numerical order
 - Use the zip ties provided and slide the chips in numerical order onto the zip ties
 - Use another zip tie to secure the chips from sliding off
 - Use your team roster to ensure none of your chips are missing
 - Have a COACH return all of your chips to EVENT MANAGEMENT at the same location you picked up your team packet – please refrain from sending an athlete to return chips
 - Event Management will check your chips with you for accuracy
 - You will receive a receipt showing that you returned all chips less any missing
 - Be sure to secure your receipt before leaving
5. Results will be given to meet management for posting, upon the conclusion of each race
 - Results to be posted online at www.finishedresults.com as soon as possible after each event
 - When available, live streaming results will be available at live.finishedresults.com
6. Protests / Concerns
 - In the event you have a protest or concern, please notify the meet director

THE INSTITUTE REPORT

Preparing Your Athletes For Competition In Hot Weather

By Cari V. Gisolfi, Ph.D.
Department of Exercise Science,
University of Iowa

Specific steps must be taken to prepare athletes for training and competing in hot weather. Proper preparation can improve athletic performance and reduce the potential for thermal injury.

Under adverse climatic conditions, including high temperature and humidity, heat gained from the combination of physical exertion and the hot environment can exceed the body's capacity to remove heat through perspiration. In such instances, heat cramps, heat exhaustion and heat stroke may occur as a result of dehydration and elevated body temperature. Such thermal injuries can occur regardless of the athlete's physical condition or ability to adapt to hot weather.

How the Body Handles Excess Heat During Exercise

During exercise, heat produced by working muscles exceeds heat released by the body, and body temperature rises. The rise in body temperature causes an increase in sweating and blood flow to the skin. As a result, heat is removed by the evaporation of sweat from the skin, radiated from the body to the cooler surroundings, and is lost by convection to moving air (e.g., wind chill).

When the rate at which heat is produced during exercise equals the rate at which heat is lost from the body, the body temperature will plateau at an elevated level. However, when more heat is produced during exercise than the body can lose, body temperature will rise to a potentially dangerous level. High environmental temperatures and humidity contribute to the risks of thermal injury because they reduce the body's ability to remove heat. Athletes who are untrained and unacclimatized (not accustomed to the heat) can maintain an elevated, but safe, body temperature during moderate exercise in temperatures ranging from 50 to 85 degrees Fahrenheit. With proper training and heat acclimatization, athletes can safely increase the intensity and duration of exercise in even hotter environments.

There is little chance that under hot, humid weather conditions thermal injury will occur in competitive events lasting up to 10 minutes (the vast majority of track events). But, body temperature could rise to dangerous levels (e.g., 106 degrees Fahrenheit) under these conditions during exercise lasting 12-to-15 minutes or longer, especially if the competition is preceded by a vigorous warm-up that elevates the body temperature.

How To Acclimate Your Athletes

Athletes can acclimate their bodies to excessive heat and humidity by performing mild to moderate exercise in a hot environment. After one and one-half to four hours of exercise per day for five to fifteen days, the body will adjust (acclimate) to hot and humid weather conditions.

Successful heat acclimatization results in: (1) a lower resting body temperature, (2) lower skin and core temperature during exercise, (3) decreased exercise heart rate and metabolism, and (4) increased sweating and evaporative cooling. All of these changes help athletes safely improve their performance in hot weather. The acclimatization process is similar in men and women, is not influenced by the menstrual cycle, and does not seem to be affected by age.

Endurance training, even in a cool environment, produces physiological adjustments similar to those caused by heat acclimatization. Training and acclimatization enable athletes to exercise at considerably greater exercise intensities while maintaining safe acclimatization are required for an optimal ability to exercise in the heat.

How To Prevent Thermal Injuries

○In preparing for outdoor competition under hot, humid conditions, warm up in the shade to avoid raising body temperature too high, too soon.

○Rest in the shade between competitive events. Exposure to the sun can cause blood to accumulate in the skin. This makes less blood available to muscles during subsequent exercise.

○Wear minimal, loose-fitting clothing to help promote heat loss.

○During prolonged exercise in the heat, body fluids lost as sweat must be replaced as frequently as possible to avoid dehydration and subsequent thermal injury. Drinking 12-to-20 ounces (1 ½ to 2 ½ cups) of fluid 10-20 minutes prior to competition is a good idea, but can not substitute for ingesting fluids during exercise. Running through a shower or being hosed with water also will not prevent the rise in body temperature during exercise.

○Fluids (e.g., sports drinks) ingested during exercise should contain 5-8 percent carbohydrate and a small amount of electrolytes. Such beverages will provide a source of fuel for the working muscles

and will facilitate the absorption of water and glucose from the intestines.

○Throughout heavy work or prolonged exercise, at least eight ounces (1 cup) of fluid should be consumed every 15-to-20 minutes.

○The pre-season regimen for competitive football, long distance running and other sports under hot and/or humid conditions should be preceded by one-to-two weeks of conditioning. This means working one-to-two hours per day in the heat, while wearing minimal clothing and drinking liberally. This will help athletes gradually achieve heat-acclimatization.

○Practice sessions under hot, humid conditions should be limited to very moderate workouts or be canceled.

○Athletes who typically train and compete in cool weather but are scheduled to compete in the heat can markedly improve their heat tolerance by training in excess clothing. Carefully supervised use of this practice will stimulate a warm environment and improve the heat-acclimatization process. Similar to exercise in warm weather, frequent fluid consumption is a must during this type of exercise.

Applying proper precautionary steps prior to and during exercise can help athletes avoid thermal injuries. Techniques, such as warming-up in the shade, ingesting adequate fluids, and wearing loose-fitting clothing can safeguard athletes' health and maximize performance.

Dr. Gisolfi is a professor of Exercise Science, Physiology and Biophysics at the University of Iowa, Iowa City. He is past president of the American College of Sports Medicine and a member of the Gatorade Sports Science Institute.

The Institute Report is a service of the Gatorade Sports Science Institute. For more information, contact:

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2015-2016 BOYS AND GIRLS CROSS COUNTRY GROUPINGS

Each Section will determine the divisional placement for its schools who qualify for the state cross country championships and is required to submit the placement of schools into the five divisions to the State CIF Office no later than October 1. CIF member schools will be required to participate in the division that has been established by their respective Section. Sections may use their own established criteria to determine placement of teams in the five divisions based on the following guidelines:

STATE CIF GROUPINGS

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

CIF-SS GROUPINGS **** (TENTATIVE)**

Division 1	2521 and Above
Division 2	2,080 – 2,520
Division 3	1,421 – 2,079
Division 4	601 – 1,420
Division 5	1 – 600





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DATE: September, 2015

TO: CIF SOUTHERN SECTION BOYS AND GIRLS
CROSS COUNTRY COACHES

FROM: RAINER WULF, ASSISTANT COMMISSIONER

SUBJECT: 2015 ENROLLMENT CLASSIFICATIONS

Enclosed are enrollments figures (grades 9-12) for the 2015-2016 school year. These figures were provided by your school and have been certified by the State Department of Education for public and private schools based on CBED information that was submitted for the 2014-2015 school year.

The enclosed divisional breakdowns are tentative. Final adjustments will be made when this year's CBED enrollments as of October 1, 2015 are known.

Reminder: By action of the CIF-SS Council at the March 23, 2000 meeting, no schools will be allowed to compete outside of their enrollment based division.

REMINDER:

**FINAL DIVISIONAL BREAKDOWNS WILL BE
POSTED AFTER OCTOBER 1, 2015**

**FINAL DIVISIONAL BREAKDOWNS ARE POSTED IN
THE CROSS COUNTRY BULLETIN -10/20/15**

CIF Southern Section
2015 Boys and Girls Cross Country
Division 1 (2521 and Above)
Tentative until Mid-October, 2015

(B)-Boys; (G)-Girls		ALPHA	
ALHAMBRA	2725	PIONEER VALLEY	2741
ALISO NIGUEL	3017	POLY (LONG BEACH)	4504
ALTA LOMA	2530	POLY (RIVERSIDE)	2795
ANAHEIM	3206	QUARTZ HILL	3133
ARCADIA	3442	RANCHO CUCAMONGA	3462
ARROYO VALLEY	2627	RANCHO VERDE	3264
BEAUMONT	2597	REDONDO UNION	2623
BECKMAN	2648	RIALTO	2727
BELL GARDENS	3065	ROOSEVELT	4116
BURBANK	2559	SAN CLEMENTE	3059
BURROUGHS (BURBANK)	2659	SANTA ANA	2587
CABRILLO (LONG BEACH)	2778	SANTA MARIA	2569
CAJON	2856	SANTA MONICA	2927
CALIFORNIA	2962	SANTIAGO (CORONA)	3818
CAMARILLO	2965	SCHURR	2840
CENTENNIAL (CORONA)	3343	SUMMIT	2606
CHAFFEY	3470	TEMECULA VALLEY	2713
CHANNEL ISLANDS	2535	TRABUCO HILLS	2860
CHAPARRAL	3205	TROY	2764
CHINO HILLS	3012	UNIVERSITY	2643
CORONA	2941	UPLAND	3449
CRESCENTA VALLEY	2819	VALENCIA (PLACENTIA)	2746
CYPRESS	2740	VALENCIA (VALENCIA)	3177
DANA HILLS	2663	VALLEY VIEW	2691
DIAMOND BAR	3050	VENTURA	2617
DOWNEY	4237	VILLA PARK	2774
EDISON	2560	VISTA MURRIETA	3457
EL RANCHO	2736	WALNUT	2755
EL TORO	2550	WARREN	3812
ETIWANDA	3513	WESTMINSTER	2593
FONTANA	2536	WILSON, WOODROW (LONG BEACH)	3942
FOOTHILL	2525	YUCAIPA	2623
FOUNTAIN VALLEY	3705		
GLENDALE	2735		
GLENDORA	2566		
GODINEZ	2538		
GREAT OAK	3621		
HERITAGE	2622		
HIGHLAND	2919		
HUNTINGTON BEACH	2939		
JORDAN	3457		
KATELLA	2691		
KING, M.L.	3331		
KNIGHT	3064		
LA QUINTA (LA QUINTA)	2814		
LA SERNA	2940		
LAKEWOOD	3570		
LOS ALAMITOS	3292		
LOS OSOS	3172		
MILLIKAN	4089		
MONTCLAIR	3034		
MONTEBELLO	2803		
NEWBURY PARK	2537		
ONTARIO	2541		
OXNARD	2895		
PACIFICA (OXNARD)	3398		
PALMDALE	2836		
PALOMA VALLEY	2829		
PARAMOUNT	4701		
PENINSULA	2574		

CIF Southern Section
2015 Boys and Girls Cross Country
Division 2 (2080 - 2520)

Tentative until Mid-October, 2015

AGOURA	2132	REDLANDS EAST VALLEY	2105
APPLE VALLEY	2215	RIGHETTI	2082
ARROYO	2301	RIO MESA	2116
ARROYO GRANDE	2454	ROWLAND	2331
AYALA, RUBEN	2452	ROYAL	2100
BUENA	2480	SAN GABRIEL	2325
CANYON (ANAHEIM)	2324	SAN JACINTO	2389
CANYON (CANYON COUNTRY)	2371	SAN JUAN HILLS	2391
CANYON SPRINGS	2499	SAN MARCOS	2081
CAPISTRANO VALLEY	2385	SANTA BARBARA	2261
CARTER	2363	SANTA FE	2496
CERRITOS	2135	SANTIAGO (GARDEN GROVE)	2214
CHINO	2369	SAUGUS	2447
CITRUS HILL	2370	SEGERSTROM	2492
CITRUS VALLEY	2269	SERRANO	2285
CLAREMONT	2338	SILVERADO	2144
COACHELLA VALLEY	2332	SIMI VALLEY	2200
DOS PUEBLOS	2191	SOUTH TORRANCE	2083
EASTSIDE	2319	SUNNY HILLS	2264
EISENHOWER	2456	TEMESCAL CANYON	2107
EL MODENA	2195	TEMPLE CITY	2116
ELSINORE	2132	TESORO	2380
FULLERTON	2156	THOUSAND OAKS	2348
GARDEN GROVE	2506	TORRANCE	2115
GOLDEN VALLEY	2086	TUSTIN	2304
GRAND TERRACE	2269	VISTA DEL LAGO	2243
HART	2233	WEST COVINA	2426
HAWTHORNE	2127	WEST RANCH	2350
HEMET	2413	WEST TORRANCE	2088
JURUPA HILLS	2083	WESTERN	2124
KAISER	2455	WESTLAKE	2391
KENNEDY	2351	WHITTIER	2174
LA HABRA	2230	WOODBIDGE	2480
LA MIRADA	2126		
LA QUINTA (WESTMINSTER)	2144		
LANCASTER	2363		
LAWNDALE	2241		
LOARA	2377		
LOYOLA (B)	2492		
LYNWOOD	2286		
MARINA	2440		
MARK KEPPEL	2306		
MATER DEI	2145		
MAYFAIR	2102		
MILLER, A.B.	2352		
MIRA COSTA	2512		
MISSION VIEJO	2438		
MORENO VALLEY	2387		
MURRIETA MESA	2145		
MURRIETA VALLEY	2485		
NEWPORT HARBOR	2300		
NORCO	2254		
NORTE VISTA	2125		
NORTH, J.W.	2287		
NORTHWOOD	2173		
OAK HILLS	2356		
PATRIOT	2094		
PERRIS	2372		
RAMONA	2160		
REDLANDS	2342		

**CIF Southern Section
2015 Boys and Girls Cross Country
Division 3 (1421 - 2079)**

Tentative until Mid-October, 2015

ADELANTO	1748	PACIFICA (GARDEN GROVE)	1779
ANTELOPE VALLEY	1718	PALM DESERT	2001
ARLINGTON	1956	PALM SPRINGS	1789
BALDWIN PARK	1921	PALOS VERDES	1661
BELLFLOWER	1724	PASADENA	1903
BEVERLY HILLS	1633	PASO ROBLES	1957
BLOOMINGTON	2038	RANCHO ALAMITOS	1822
BOLSA GRANDE	2077	ROSEMEAD	1827
BONITA	1937	RUBIDOUX	1675
BREA OLINDA	1896	SADDLEBACK	1688
BUENA PARK	1942	SAN BERNARDINO	1640
CABRILLO (LOMPOC)	1490	SAN GORGONIO	2057
CALABASAS	1754	SAN LUIS OBISPO	1434
CATHEDRAL (B)	1498	SANTA ANA VALLEY	2050
CATHEDRAL CITY	1896	SANTA MARGARITA	1730
CENTURY	1864	SANTA PAULA	1546
CHARTER OAK	1735	SAVANNA	2055
COLONY	2042	SERVITE (B)	1798
COLTON	1902	SHADOW HILLS	1771
COMPTON	2060	SIERRA VISTA	1972
CORONA DEL MAR	1729	SONORA	1924
CULVER CITY	2056	SOUTH EL MONTE	1433
DAMIEN (B)	1904	SOUTH HILLS	1835
DESERT HOT SPRINGS	1777	SOUTH PASADENA	1533
DESERT MIRAGE	1868	ST. JOHN BOSCO (B)	1626
DIAMOND RANCH	1791	SULTANA	1881
DOMINGUEZ	2064	TAHQUITZ	1633
DON LUGO	1760	VICTOR VALLEY	2012
EL DORADO	1924	WEST VALLEY	1743
EL MONTE	1850	WILSON (HACIENDA HEIGHTS)	1616
ESPERANZA	1933	YORBA LINDA	1768
GABRIELINO	1801		
GAHR	1968		
GAREY	1625		
GLENN	1495		
GRANITE HILLS	1531		
HESPERIA	2051		
HOOVER	1711		
HUENEME	1985		
INDIAN SPRINGS	1836		
INDIO	1769		
INGLEWOOD	1530		
IRVINE	1969		
JURUPA VALLEY	1581		
LA SIERRA	2066		
LAGUNA HILLS	1642		
LAKESIDE	1973		
LITTLE ROCK	1543		
LOS ALTOS	2061		
LOS AMIGOS	1782		
MAGNOLIA	1824		
MONROVIA	1785		
MOORPARK	2060		
MOUNTAIN VIEW	1439		
NOGALES	1952		
NORTH (TORRANCE)	1913		
NORWALK	1989		
OAK PARK	1655		
OCEAN VIEW	1549		
ORANGE	1927		

**CIF Southern Section
2015 Boys and Girls Cross Country
Division 4 (601 - 1420)**

Tentative until Mid-October, 2015

ALEMANY	1354	NOTRE DAME ACADEMY (G)	752
ANIMO LEADERSHIP CHARTER	1257	OAKS CHRISTIAN	972
ARTESIA	1406	OXFORD ACADEMY	767
ATASCADERO	1333	PACIFIC	1406
AZUSA	1393	PARACLETE	711
BANNING	1129	PIONEER	1414
BARSTOW	1380	POMONA	1286
BASSETT	1071	RANCHO MIRAGE	1196
BIG BEAR	758	RIM OF THE WORLD	1200
BISHOP AMAT	1415	RIVERSIDE PREP	701
BISHOP CONATY-LORETTO (G)	616	ROSARY (G)	1014
BISHOP MONTGOMERY	921	SALESIAN (B)	962
BLAIR	628	SAN DIMAS	1363
BURROUGHS (RIDGECREST)	1397	SAN MARINO	1189
CAMS	676	SANTA YNEZ	1001
CARPINTERIA	638	SOUTHLANDS CHRISTIAN	892
CENTENNIAL (COMPTON)	955	ST. FRANCIS (B)	1290
CHAMINADE	1349	ST. JOSEPH (LAKEWOOD) (G)	1198
COSTA MESA	1122	ST. LUCY'S PRIORY (G)	1254
COVINA	1337	ST. PAUL	628
CREAN LUTHERAN	754	TEMPLETON	762
CRESPI (B)	992	TWENTYNINE PALMS	760
DaVINCI DESIGN	1175	UNIVERSITY PREP	696
DON BOSCO TECH (B)	766	WHITNEY	675
DUARTE	992	WHITTIER CHRISTIAN	610
EDGEWOOD	831	WORKMAN	1126
EL SEGUNDO	1251	YUCCA VALLEY	1354
ESTANCIA	1274		
EXCELSIOR CHARTER	1399		
FILLMORE	985		
FLINTRIDGE SACRED HEART (G)	770		
FOOTHILL TECHNOLOGY	1038		
GANESHA	1131		
GLADSTONE	1218		
HARVARD-WESTLAKE	1151		
HERITAGE CHRISTIAN	607		
HILLCREST	1336		
IMMACULATE HEART (G)	1000		
JSERRA	1180		
LA CANADA	1389		
LA PUENTE	1403		
LA REINA (G)	826		
LA SALLE	656		
LAGUNA BEACH	1038		
LOMPOC	1327		
LOUISVILLE (G)	750		
LUTHERAN (ORANGE)	1336		
MALIBU	652		
MARANATHA	680		
MARLBOROUGH (G)	714		
MARSHALL FUNDAMENTAL	1074		
MARYMOUNT (G)	776		
MAYFIELD (G)	634		
MORNINGSIDE	974		
MORRO BAY	868		
MUIR	900		
NIPOMO	1293		
NORDHOFF	783		
NORTHVIEW	1340		
NOTRE DAME (SHERMAN OAKS)	1259		

**CIF Southern Section
2015 Boys and Girls Cross Country
Division 5 (600 and Below)**

Tentative until Mid-October, 2015

ACADEMY CAREERS/EXPLORATION	274	HOLY MARTYRS	134	ST. BONAVENTURE	555
ACADEMY Charter (Santa Ana)	269	IMMANUEL CHRISTIAN	187	ST. GENEVIEVE	598
ACADEMY/ACADEMIC EXCELLENCE	402	Judson International (New)	30	ST. JOSEPH (SANTA MARIA)	393
AGBU (CANOGA PARK)	176	LA SIERRA ACADEMY	227	ST. MARGARET'S	464
AGBU (PASADENA)	166	LAGUNA BLANCA	160	ST. MARY'S ACADEMY (G)	550
ALVERNO (G)	336	LAKE ARROWHEAD CHRISTIAN	43	ST. MICHAEL'S PREP (B)	126
AMBASSADOR	55	LENNOX ACADEMY	558	ST. MONICA ACADEMY	87
Anaheim Discovery Christian (New)	206	LINFIELD CHRISTIAN	337	ST. MONICA CATHOLIC	538
ANTELOPE VALLEY CHRISTIAN	50	LOMA LINDA ACADEMY	439	ST. PIUS X-ST. MATTHIAS	296
APPLE VALLEY CHRISTIAN	79	LONE PINE	130	SUMMIT VIEW	65
AQUINAS	430	Lycee International (New)	134	SUMMIT VIEW-WESTVIEW	165
ARCHER SCHOOL FOR GIRLS (G)	520	MAMMOTH	297	TARBUT V'TORAH	174
ARROWHEAD CHRISTIAN ACADEMY	378	MARY STAR OF THE SEA	511	TEMECULA PREP	294
AVALON	196	MESA GRANDE ACADEMY	94	THACHER	259
AVESON GLOBAL LEADERSHIP	187	MIDLAND	79	UPLAND CHRISTIAN ACADEMY	174
BELLARMINE- JEFFERSON	146	MILKEN COMMUNITY	536	VALLEY CHRISTIAN (CERRITOS)	580
BESANT HILL	98	MISSION PREP	381	VASQUEZ	403
BETHEL BAPTIST	48	NEW COVENANT ACADEMY	63	VERBUM DEI (B)	592
BETHEL CHRISTIAN (LANCASTER)	72	NEW ROADS	371	VICTOR VALLEY CHRISTIAN	61
BISHOP DIEGO	249	NOLI INDIAN	93	VIEWPOINT	512
BLOOMINGTON CHRISTIAN	134	NOTRE DAME (RIVERSIDE)	494	VILLAGE CHRISTIAN	419
BORON	172	NUVIEW BRIDGE	594	VILLANOVA PREP	261
BOYS REPUBLIC (B)	244	OAKWOOD	310	VISTAMAR	283
BRENTWOOD	466	OJAI VALLEY	110	WEAVER	175
BRETHREN CHRISTIAN	239	ONTARIO CHRISTIAN	450	WEBB	409
BRIDGES ACADEMY	82	ORANGEWOOD ACADEMY	95	WESTERN CHRISTIAN	390
BUCKLEY	343	ORCUTT ACADEMY	593	WESTMARK	89
CALIFORNIA LUTHERAN	80	PACIFIC HILLS	90	WESTRIDGE (G)	546
CALIFORNIA MILITARY INSTITUTE	462	PACIFIC LUTHERAN	318	WILDWOOD	212
CALVARY CHAPEL (DOWNEY)	288	Pacifica Christian -Orange County (New)	DNR	WINDWARD	406
CALVARY CHAPEL (MORENO VALLEY)	65	PACKINGHOUSE CHRISTIAN	24	WOODCREST CHRISTIAN	334
CALVARY CHAPEL (SANTA ANA)	522	PADRE PIO	14	XAVIER PREP	587
CALVARY MURRIETA	312	PALM VALLEY	90	YESHIVA	354
CAMPBELL HALL	532	PALMDALE AEROSPACE ACADEMY	426		
CANTWELL-SACRED HEART OF MARY	556	Pathways Community (New)	115		
CAPISTRANO VALLEY CHRISTIAN	189	PILGRIM	98		
CATE	287	PILIBOS	204		
CHADWICK	341	POLY (PASADENA)	387		
COAST UNION	218	POMONA CATHOLIC (G)	450		
Cobalt Institute (New)	265	PROVIDENCE (BURBANK)	454		
CONNELLY (G)	354	PROVIDENCE (SANTA BARBARA)	71		
CORNERSTONE CHR.(WILDOMAR)	130	PUBLIC SAFETY ACADEMY	190		
CROSSROADS	508	RAMONA CONVENT (G)	442		
CROSSROADS CHRISTIAN	88	RANCHO CHRISTIAN	218		
CSDR	185	REDLANDS ADVENTIST ACAD.	137		
DESERT	386	RENAISSANCE ACADEMY	76		
DESERT CHRISTIAN (LANCASTER)	336	RIBET ACADEMY	136		
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EASTSIDE CHRISTIAN	72	ROLLING HILLS PREP	157		
EINSTEIN, ALBERT	275	SACRED HEART OF JESUS (G)	408		
EMERSON HONORS	152	SADDLEBACK VALLEY CHRISTIAN	338		
ENVIRONMENTAL CHARTER	524	SAGE HILL	506		
Executive Prep Academy (New)	250	SAN GABRIEL ACADEMY	263		
FAIRMONT PREPARATORY	493	SAN GABRIEL MISSION (G)	494		
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FLINTRIDGE PREPARATORY	412	SAN LUIS OBISPO ACADEMY	31		
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GLENDAL E ADVENTIST	175	Santa Clarita Valley (New)	228		
GRACE BRETHREN	389	SANTA ROSA ACADEMY	471		
GROVE	134	SERRA	556		
GUIDANCE CHARTER	152	SHERMAN INDIAN	297		
HALSTROM	171	SIERRA CANYON	408		
HAMILTON	326	SILVER VALLEY	387		
HAWTHORNE MSA	568	Springs Charter School (New)	329		
HESPERIA CHRISTIAN	74	ST. ANTHONY	495		
HOLY FAMILY (G)	444	ST. BERNARD	233		



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2015 PLAYOFF GUIDELINES

The CBED Enrollment (grades 9-12) figures from the 2014-15 school year as certified by the State for public and private high schools will be used for placement.

When the computer enrollment data is received from the State Department of Education, schools will be divided into each Southern Section divisional category.

If a school incurs a gain/loss in enrollment of a minimum of 15% in the current year, the current year CBED enrollment figures shall be used in place of the prior year.

CIF SOUTHERN SECTION CHAMPIONSHIP QUALIFYING

LEAGUE FINALS INTO DIVISIONAL PRELIMS - The team entry formula for each league into the preliminaries is as follows:

4 team leagues = 2 entries
5 or 6 team leagues = 3 entries
7 or 8 team leagues = 4 entries
9 or 10 team leagues = 5 entries

Each league may enter up to three (3) individual runners not on a qualifying team, provided they finish in the top six (6) in their league meet. After entries from each league have been received by the CIF Southern Section Office on Friday, November 6, 2015 each team and individual entry will be assigned to their appropriate enrollment category (Divisions 1, 2, 3, 4, 5).

AT-LARGE CRITERIA INTO DIVISIONAL PRELIMS - Any team not qualifying automatically from their league, who has been ranked in the top **13** in their division in **2** of the last **4** CIF-SS polls, **will be** invited to CIF-SS Prelims as an "at-large" team.

DIVISIONAL PRELIMS TO DIVISIONAL FINALS - There will be sixteen (16) teams in each final race. In divisions with four (4) qualifying heats, the top four teams in each heat will qualify. Individuals who finish in the first six (6) actual places and are not members of qualifying teams will also advance to the finals.

In divisions with three (3) qualifying heats, the top five (5) teams in each heat will qualify plus the 6th place team with the fastest team time. Individuals who finish in the first eight (8) places and are not members of qualifying teams will also advance.

In divisions with two (2) qualifying heats, the top eight (8) teams in each heat will qualify. Individuals who finish in the first twelve (12) places and are not members of qualifying teams will also advance.

DIVISIONAL FINALS TO STATE CHAMPIONSHIPS - Team entries into the state championship cross country meet shall be based on a formula that is comprised of two factors: 1) An established baseline providing a minimum number of entries for each section; 2) Additional entries based upon the most recent four (4) year history of the section team performance in each divisional race. No section shall have more than seven (7) entries in any divisional race, plus the top five (5) individuals on non-qualifying teams who finished in the top twenty (20).

A comprehensive bulletin detailing the Southern Section Prelims and Finals will be posted on our website in mid October. ***The playoff bulletin will only be available on our website. Please refer to www.cifss.org for all playoff information (including forms to be returned to our office) and heat sheets.***

The State CIF Office will forward to each school a bulletin covering details of the State Championship activity.

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BLUE BOOK RULES - SPECIAL POINTS OF INTEREST

A) ACCOUNTABILITY RULE -

125.1 - COACH EJECTION - Upon the ejection of a coach from any CIF-SS contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section Office which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed within THREE school days of notification of the ejection. Additionally, upon ejection, the ejected coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season.

QUESTION: *What happens if unknowingly a coach or player who was ejected the previous game participates in the next contest?*

ANSWER: *Being in attendance at or coaching/playing in a contest after having been ejected from a previous contest will result in the forfeiture of the contest.*

QUESTION: *What is meant by attendance at a contest?*

ANSWER: *Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not in attendance at the contest.*

125.2 - FAILURE TO COMPLETE A CONTEST - When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court or field, it is MANDATORY that the CIF-SS Office be notified by the Principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

QUESTION: *How serious is such action?*

ANSWER: *It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.*

B) RULE 1713- PLAYER CONDUCT RULE -

Any player who is ejected for any reason shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest.

A second ejection from a game or contest for fighting or assaultive behavior will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly, or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. After the suspension from play, the student may only return after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team.

Any player who leaves the confines of the bench or team area during a fight that has broken out or may break out will be ineligible for the team's next contest. After the suspension from play, the student may return only after certification by the school principal that the student(s) has completed a conference with a school administrator. The appropriate form indicating the completion of the conference must be filed with the Section office prior to rejoining the team.

In the case of any suspension from play, the next contest may not be a forfeited, postponed or canceled game.

QUESTION: *What must be submitted to the Section office before a student can be cleared to rejoin his/her team?*

ANSWER: *The Section office will provide a form that may be faxed or mailed to the Section office. The referee or official's report need not accompany the statement, but it is recommended the form be attached to the certification of the conference.*

QUESTION: *What is meant by attendance at a contest?*

ANSWER: *Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain under supervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.*

C) RULE 1707 - SUMMERTIME RULES/SUMMER DEAD PERIOD -

1707.1 With the exception of the summer dead period, until the beginning of the first official starting date for fall sports, there shall be no restriction on high school coaches working with high school students registered and/or attending their respective high school or entering them in summer competition, provided approval is received from the school principal.

QUESTION: *Who may participate in high school summer athletic programs approved by the principal?*

ANSWER: *Only students registered for the upcoming school year in grades 9 through 12. Additionally, it would be a violation to allow elementary students (8th grade and below) to participate with the high school team. For students enrolled in more than one school, all summer practice and competition must be confined to one school.*

1707.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

- * High school students and individual from the general community can attend.
- * The high school name, nickname and identifying marks can be used in the title and/or promotion of the camp.
- * The principal of the high school must give permission for the camp to take place; non-school sponsored camps must secure a facility permit for use of any facilities and equipment.
- * The camp must comply with all CIF rules, including those pertaining to undue influence and dead period.
- * Non-school sponsored camps should provide required liability insurance for the use of any school facilities.

1707.3 A summer dead period must be declared by the school principal for all sports. The dates of the dead period must be forwarded to the Southern Section Commissioner. The dead period must be the same for all levels and must be three (3) consecutive weeks between the end of school or the first Friday in June, whichever is first, and the last Monday in August. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, weight lifting ONLY would be permitted. No running or other type of conditioning would be allowed.

Special nationally recognized programs in various sports that require a national or regional championship format, such as Bobby Sox Softball, American Legion or Mickey Mantel Baseball, etc., would be allowed to continue, until completion, during the dead period.

D) RULE 527 - TOBACCO PRODUCTS PROHIBITED -

The use of tobacco products in conjunction with any CIF Southern Section athletic contest is prohibited. This would include all those involved in the contest including players, coaches and officials.

E) RULE 309 - SUPERVISION OF ATHLETES -

State and Southern Section Rule 309 states:

"No CIF team or individual shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF Bylaw 506(B). (Additionally, refer to Rule 123.)"

It should be noted that schools representing the same district may send one credentialed or certified supervisor for three or four students. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its member schools to this one individual. The supervisor must remain in attendance at all times.

However, the concern is for those students who are not accompanied by a faculty representative and report to the playoff site by themselves or with a parent.

PLEASE NOTE: THIS RULE WAS REVIEWED WITH BOTH THE STATE CIF OFFICE AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE AND REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER THE DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 309, IS TO BE "DENIED" ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF Attorney, there are also inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.

F) RULE 600 - OUTSIDE COMPETITION -

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

- A. If the outside team has half or more of the team members as stated in the National Federation rule book for that sport, it shall be considered the same sport. Examples: three on three basketball — outside team competition prohibited; two on two volleyball — outside team competition permitted.

QUESTION: *May a student who competes at the freshman or junior varsity level compete on an outside team during his or her high school season of sport?*

ANSWER: *No. The Outside Competition Rule pertains to all levels of competition. Thus, any individual participating at the varsity, junior varsity, sophomore and/or freshman levels may not compete on an outside team during his or her high school season of sport. *See exception in above paragraph.*

QUESTION: *Does this rule apply to a student/athlete who starts the season, plays in a game and then becomes ineligible?*

ANSWER: *Yes. Once the student is eligible and plays in a game, he/she may not play on an outside team and retain their eligibility for that season.*

B. FLAG FOOTBALL

For purposes of this rule, touch football and flag football are considered to be a different sport than tackle football.

C. SOCCER

In the sport of soccer, Rule 600 shall be in effect only during the winter high school soccer season. High school soccer programs that compete during the fall or spring season are not subject to Rule 600.

QUESTION: What is the definition of the student's high school season for soccer in the Southern Section?

ANSWER: A season of sport is defined as that period which begins with school's first interscholastic competition (non-league game, tournament contest or league game). For the 2010-2011 soccer season, the date would be November 22, 2010.

D. SWIMMING & DIVING

Swimmers may compete for an amateur team during the season of sport in the USA Swimming Senior National Championship Meet, the USA Swimming Sectional Championship meets and the YMCA National Meet. Divers may compete for an amateur team during the season of sport in the USA National Diving Championships and the USA National Junior Diving Championships.

E. Rule 600 shall not be in effect for those sports conducted outside the State adopted season of sport.

F. SPONTANEOUS RECREATIONAL ACTIVITY

It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility. (spontaneous—no prior planning or notice; an unplanned part of another activity which has a primary focus other than the sport.)

G. UNATTACHED COMPETITION IN INDIVIDUAL SPORTS

(1) An unattached athlete shall not represent any team. Points won by the athlete shall not be credited to any team. An unattached athlete shall not use a uniform which identifies a school or "outside" team. Any violation shall be considered an infraction of Bylaw 600.

(2) Unattached competition is permissible for a student in other than school contests during the season of sport provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf, gymnastics, skiing, swimming and diving (including unattached entry on relays), tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling. (Revised May 2003 Federated Council)

(3) CERTIFICATION OF UNATTACHED ATHLETES

No official recognition or certification on the part of the CIF member school or personnel of the CIF member school may be given in order that unattached athletes may participate in contests.

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(4) REPRESENTATION IN CIF COMPETITION

Unattached competition is not permitted in any CIF competition (see Bylaw 302). Individuals or teams entered in CIF competition must represent a CIF member school. No other form of representation shall be permitted in CIF competition.

G) RULE 601 BYLAW 600 PENALTY -

A. Individual

(1) First Offense in High School Career in Any Sport

- (2) The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated.

The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports.

(3) Appeals:

Upon written appeal to the Section commissioner, the student may petition his/her Section for reinstatement of his/her eligibility status.

B. Team

(1) Games Forfeited:

Games in which a student participated on his/her high school team after violation of CIF Bylaw 600 shall be forfeited.

(2) Appeals:

Sections may establish rules and procedures to consider requests for waivers of game forfeitures.

(Revised May 2004 Federated Council)

H) OTHER POINTS OF INTEREST -

1. **MAXIMUM CONTEST** - An individual of a cross country team will be permitted to enter and participate in no more than a total of 11 dual, triangular or invitational (sanctioned) meets during the season, not including all-league or CIF Southern Section Championships.
2. **COMPETITION IN ONE DAY** - An individual may compete in only one (1) cross country race in any one (1) day.
3. **OUTSIDE COMPETITION** - (Unattached) competition is permissible for a student in other than school contests during the season of sport. Please refer to Blue Book Rule 600 regarding unattached competition which will highlight specific regulations in reference to athletes who compete unattached.
4. **PROPER UNIFORM** - All Athletes competing in cross country must be in proper team uniform and wear running shoes. Spikes are not permitted.

5. DISTANCE OF RACES - The maximum distance in all non-league, league and invitational cross country competition shall be 5,000 meters (3.1 miles)(Adopted Southern Section Council March 22, 2001). A shorter distance may be adopted by a league or by mutual agreement by schools for non-league competition.
6. TEAM COMPOSITION - Coaches are urged to become familiar with CIF Rule 200 in reference to Boys and Girls team competition. Major emphasis would be the area of your school fielding only one team and its makeup consisting of both Boys and Girls. If a Girl is a member of this student team, she - at the conclusion of the regular season - WOULD NOT be permitted to compete in the girls' cross country championships, but must take part in the boys' championships, if she so qualifies.

In order for a Girl to compete in the CIF-SS Girls post-team cross country championships, she must have been a member of a Girls team for the regular season or have run as a freelance entry all season due to the fact that her school fielded only a Boys team or did not field any team in this sport.
7. RULES - Cross Country competition in the CIF Southern Section is conducted under National Federation Rules, which are contained in the 2015 edition of the National Federation Track and Field Rule Books.
8. No interscholastic contests or practices of any kind are to be held on Sunday.

COACHES' ASSOCIATION MEETING DATES

GENERAL MEETING - TBA - 7:00 P.M.

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REFER TO WWW.CIFSSHOME.ORG OR OUR WEBSITE, WWW.CIFSS.ORG, FOR THE LATEST LISTING OF APPROVED CROSS COUNTRY SANCTIONED EVENTS.

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AMERICAN ACADEMY OF PEDIATRICS

Committee on Sports Medicine and Fitness

Human Immunodeficiency virus [Acquired Immunodeficiency Syndrome (AIDS) virus] in the Athletic Setting

Because athletes may bleed following trauma, they represent a theoretical risk to others if they are infected with the human immunodeficiency virus [HIV, acquired immunodeficiency syndrome (AIDS) virus]. Two questions have concerned coaches, athletic trainers, and school administrators: Should an athlete known to be infected with HIV be allowed to participate in competitive sports, and should the universal precautions recommended for health care worker¹ be used when handling athletes' blood and body fluids?

The risk of infection from skin exposure to the blood of a child or adolescent infected with HIV is unknown, but it is apparently minute and is much less than the risk of HIV infection by needle sticks from infected patients of approximately 1:250.² Although it is theoretically possible that transmission of HIV could occur in sports such as wrestling and football in which bleeding and skin abrasions are common, no such transmission has been reported in these sports. There is one report of possible transmission of HIV involving a collision between soccer players.³ However, this report from Italy remains undocumented.

If an HIV-infected athlete would choose to pursue another sport, this possible risk to others would be avoided; but, in the absence of any proven risk, involuntary restriction of an infected athlete is not justified. Informing others of the athlete's status would probably lead to his or her exclusion due to

inappropriate fear and prejudice and therefore should also be avoided. This advice must be reconsidered if transmission of HIV is found to occur in the sports setting. Athletes should also be made aware of the hazards of needle sharing for illicit drug use, including steroids.

Universal precautions adapted for the athletic setting are provided in Recommendation 6. Risk of exposure to a variety of infectious diseases is greater for coaches and trainers because of their interaction with many athletes. Competitors have extraordinarily low exposure rates. Coaches and athletic trainers should use these precautions if they are exposed repetitively to athletes' blood, because a rare athlete may have an HIV infection and because the athletic staff may not know this (as a result of the current practice of non-disclosure or because HIV-infected individuals may be asymptomatic and unaware of their infection).

The American Academy of Pediatrics recommends:

1. Athletes infected with HIV should be allowed to participate in all competitive sports. This advice must be reconsidered if transmission of HIV is found to occur in the sports setting.
2. A physician counseling a known HIV-infected athlete in a sport involving blood exposure, such as wrestling or football, should inform him of the theoretical risk of contagion to others and strongly encourage him to consider another sport.
3. The physician should respect a HIV-infected athlete's right to confidentiality. This includes not disclosing the patient's status of infection to the participants or the staff of athletic programs.
4. All athletes should be made aware that the athletic program is operating under the policies in Recommendations 1 and 3.

This statement has been approved by the Council on child and Adolescent Health.

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate.

PEDIATRICS (ISSN 0031 4005). Copyright © 1991 by the American Academy of Pediatrics.

- a. Routine testing of athletes for HIV infection is not indicated.
5. The following precautions should be adopted:
 - a. Skin exposed to blood or other body fluids visibly contaminated with blood should be cleaned as promptly as is practical, preferably with soap and warm water. Skin antiseptics (eg, alcohol) or moist towelettes may be used if soap and water are not available.
 - b. Even though good hand-washing is an adequate precaution,⁴ water-impervious gloves (latex, vinyl, etc) should be available for staff to use if desired when handling blood or other body fluids visibly contaminated with blood. Gloves should be worn by individuals with non-intact skin. Hands should be washed after glove removal.
 - c. If blood or other body fluids visibly contaminated with blood are present on a surface, the object should be cleaned with fresh household bleach solution made for immediate use as follows: 1 part bleach in 100 parts of water, or 1 tablespoon bleach to 1 quart water (hereafter called "fresh bleach solution"). For example, athletic equipment (eg, wrestling mats) visibly contaminated with blood should be wiped clean with fresh bleach solution and allowed to dry before reusing.
 - d. Emergency care should not be delayed because gloves or other protective equipment are not available.
 - e. If the care giver wishes to wear gloves and none are readily available, a bulky towel may be used to cover the wound until on off-the-field location is reached where gloves can be used during more definitive treatment.
 - f. Each coach and athletic trainer should receive training in first aid and emergency care and be provided with the necessary supplies to treat open wounds.
 - g. For those sports with direct body contact and other sports where bleeding may be expected to occur⁶:
 1. If a skin lesion is observed, it should be cleansed immediately with a suitable antiseptic and covered securely⁵.
 2. If a bleeding wound occurs, the individual's participation should be interrupted until the bleeding has been stopped and the wound is both cleansed with antiseptic and covered securely or occluded.⁵
 - h. Saliva does not transmit HIV. However,

because of potential fear on the part of those providing cardiopulmonary resuscitation, breathing (Ambu) bags and oral airways for use during cardiopulmonary resuscitation should be available in athletic settings for those who prefer not to give mouth-to-mouth resuscitation.

- i. Coaches and athletic trainers should receive training in prevention of HIV transmission in the athletic setting; they should then help implement the recommendations suggested above.

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