



2019-2020

**BOYS AND GIRLS
SOCCER
PREVIEW**

EXPLORER



FUSION



FOCUS



MUSCLES. SPEED. AGILITY. SMARTS.

OUR VEHICLES. OUR ATHLETES.



THE SOUTHERN CALIFORNIA FORD DEALERS
PROUDLY SUPPORT SO CAL HIGH SCHOOL ATHLETICS.

F-150 RAPTOR



MUSTANG



ECOSPORT





TO: Principals/Athletic Directors
Boys & Girls Soccer Coaches

FROM: Kristine Palle, Assistant Commissioner/Girls Soccer Administrator
Mike Middlebrook, Assistant Commissioner/Boys Soccer Administrator

DATE: October 23, 2019

RE: **CIF SOUTHERN SECTION 2019-2020 BOYS & GIRLS SOCCER SEASON**

The CIF Southern Section has put together this preview to assist schools with their soccer program. The purpose is to improve communications related to CIF Southern Section rules and regulations.

Be advised this is not a complete document; it does not discuss all rules and regulations. Coaches are reminded they need to refer to the CIF Southern Section Blue Book, NFHS Rule Book and to discuss issues with their athletic administration.

TABLE OF CONTENTS

Soccer Advisory Committee	4
Weekly Top Ten Poll Information / Sanctioned Events.....	5
Calendar/Playoff Dates	6
CIFSSHome Requirements (www.cifsshome.org)	7
Official Ball Program.....	8
2019-2020 NFHS Soccer Rules	10-11
2019-20 Soccer Rules Changes & Points of Emphasis.....	12-13
2019-2020 Blue Book Rules.....	14-18
Post Ejection – Return to Competition Form	19
Girls Soccer League Participation	20-22
Boys Soccer League Participation.....	23-26
CIF-SS Soccer Guidelines.....	27-28
Soccer Field Diagram	29
Soccer Game Management/ Crowd Control.....	30
ALL-CIF Form.....	32
Health & Safety	33-34
Southern California Soccer Coaches Association	35-38

The 2019-20 National Federation Soccer Rules Book were mailed to your school on October 4, 2019 - ATTN: Soccer Coach.

2019-20 CIF-SS BOYS AND GIRLS SOCCER ADVISORY COMMITTEE

The CIF Southern Section is continuing to utilize the concept of coaches' advisory committees for all sports. The role of the advisory committee may or may not include the following:

- Meetings
- Recommendations for playoffs sites
- Recommendations for procedural changes
- Recommendations for rule changes
- Assistance to coaches and/or official's organizations
- Evaluation of sport season
- Communications between coaches and the CIF-SS office
- Event Management at Championship Events

The Coaches Advisory Committee is made up of member coaches and an administrator from the CIF-SS office staff. Coaches selected for the committee provide a cross-section of the organization, based upon geographic, as well as competitive divisions. Should you have suggestions or questions regarding soccer competition, please make use of this excellent channel of communication; it is provided to serve your interests. The committee will meet on a regular basis during the season and your items will become part of our agenda.

DIV	B/G	NAME	SCHOOL	EMAIL
1	B	Arturo Lopez	Cathedral	alopez@chsla.org
1	B	Rafael Villasenor	Paramount	raf_33@yahoo.com
1	G	Justin Schroeder	Newport Harbor	newportharborgirlssoccer@gmail.com
1	G	Jeff Gordon	Sunny Hills	jgordon86@hotmail.com
2	B	Miguel Pena	Warren	efcsoccer88@gmail.com
2	B	Glen Appels	St. Francis	gappels@sfhs.net
2	G	Joe Kulm	Oak Hills	Joe.kulm@hesperiausd.org
3	B	Jose Sanchez	Santa Ana Valley	JoseC.Sanchez@sausd.us
3	G	Derek Wong	Cabrillo/Lompoc	coach_dwong@hotmail.com
4	B	Dario Navarro	Carter	dnavarro@rialto.k12.ca.us
4	G	Marlon Archey, AD	St. Genevieve	archey@sgps.org
5	B	Sergio Medrano	Animo Leadership	smedrano@animo.org
5	G	Brian Bordier	California	Bbordier75@gmail.com
6	B	Felipe Corona	Mountain View	fdcorona@yahoo.com
6	G	Matt Maeda, AD	San Geronio	matthew.maeda@sbcusd.com
7	B/G	David Collicutt, AD	Geffen Academy @ UCLA	dcollicutt@geffenacademy.ucla.edu
A/L	B	Todd Heil	Santa Barbara	todd.heil@verizon.net
A/L	B	Steve Rappaport	Beverly Hills	rappasport@gmail.com
A/L	G	Bryan Middleton	Corona Del Mar	bmiddleton@nmusd.us
A/L	B/G	Dennis Guerra, AD	Mayfair	coachdguerra@gmail.com
A/L	G	Johnny Marmelstein	Maranatha	j_marmeinstein@mhs-hs.org
O		Daniel Radford	Officials Assignor	drad1966@gmail.com
O		Jose Macias	President SCSOA	josecmacias@gmail.com

BOYS & GIRLS SOCCER WEEKLY TOP TEN POLLS

Although every effort is made to be as accurate as possible the weekly Top Ten Poll selections are published to create interest in the sport and is dependent upon coaches' input. It is understood that this is a coaches' poll and that no students or parents are involved with the poll.

It is **IMPERATIVE** that COACHES contact the Soccer Advisory Committee member in your division on a weekly basis regarding Top Ten Poll rankings if your team or a team in your league should be considered.

Polls will be published every Monday following the First Poll on cifss.org:

It is important that coaches submit their results to the coaches' association members named at www.socalsoccer.org on the dates (Sundays) listed below:

DATES:

- | | |
|----------------------|----------------------|
| ○ Teams to watch - | ○ January 12 |
| Released: November 4 | ○ January 19 |
| ○ December 1 | Released: January 21 |
| ○ December 8 | ○ January 26 |
| ○ December 15 | ○ February 2 |
| ○ January 5 | ○ Final Poll - |
| | Released: February 8 |

The CIF-SS office will release eight polls during the season. Please start your correspondence on Sunday, December 1st. The coaches' association members will report poll results to the CIF-SS office on the Monday following each of the above dates.

APPROVED SANCTIONED EVENTS

Please refer to the CIF Southern Section website (www.cifss.org) for the latest Sanctioned Events, as events are updated daily.

Sanctioned Events download directions:

click on GOVERNANCE TAB

click on SANCTIONED EVENTS

select Soccer / Girls or Soccer / Boys

click Search

This page will display the most up to date information on:

2019-2020 PLAYOFF CALENDAR DATES

BOYS SOCCER

Date of First Contest	November 18
Date of Last League Contest	February 6
Wild Cards (All Divisions-Monday)	February 10
First Round (Wednesday)	February 12
Second Round (Friday)	February 14
Quarterfinal Round (Tuesday)	February 18
Semi Final Round (Saturday)	February 22
CIF Southern Section Finals	February 28 or 29
CIF State So Cal Regionals & Final	March 3, 5 & 7

GIRLS SOCCER

Date of First Contest	November 18
Date of Last League Contest	February 6
Wild Cards (All Divisions-Tuesday)	February 11
First Round (Thursday)	February 13
Second Round (Saturday)	February 15
Quarterfinal Round (Wednesday)	February 19
Semi Final Round (Saturday)	February 22
CIF Southern Section Finals	February 28 or 29
CIF State So Cal Regionals & Final	March 3, 5 & 7

SCRIMMAGES:

Maximum 2 scrimmages allowed.

Must be played on or after November 18, 2019 and before the first contest. Once the first official contest is played scrimmages are no longer allowed.

SIT OUT PERIOD (SOP) DATE:

December 29, 2019.

*Note this date could be adjusted or different for each individual due to the date of enrollment a student transferred to your school. Check the “transfer decision” date for accurate information at www.cifss.org

LAST CONTEST:

All league competition must end on or before **THURSDAY, FEBRUARY 6, 2020**. Schools may compete until Saturday, February 8th for non-league contests only. (See Bylaw 3507).

CIFSSHOME REQUIREMENTS

SCHEDULES & SCORES Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest

Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHome (www.cifsshome.org) as well as update the scores immediately following your contests.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director). Once you are logged in:

- On the left panel, click on "Teams", select "Soccer, Boys or Soccer, Girls"
- To **Add a game**, click "Add Game" at the top right and fill out all of the required fields which are marked by a red (*) to complete your schedule.
- To **Submit your score**, click on the "Teams", select "Soccer, Boys or Soccer, Girls" Scroll through your schedule and click on the green "Post Result" button.
- Make sure that your overall and team records are correct on your team page.

Check out the Help video under the Help button on the bottom left, "Be CIF Prepared!"

VARSITY TEAM INFORMATION (ROSTER) DUE no later than TUESDAY, FEBRUARY 4, 2020

Attention Athletic Directors/Coaches: It is very important that you enter your entire Soccer Varsity roster into CIFSSHome (www.cifsshome.org) no later than **TUESDAY, FEBRUARY 4, 2020**.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

- On the left panel, Click on the "Teams" tab, select "Soccer, Boys or Soccer, Girls"
- Here are the instructions for using the sample file.
 - Download the sample file and delete the "contents only". Copy and paste or type your roster information into the file as the contents and save the file to your computer. You can only upload an excel file (xls) that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.
 - Required Columns for Soccer are: First Name, Last Name, Birth date, Year, Number, Position, Height & Eligibility.
 - Next - click Choose File, find your file, then click "Import Student".
- To confirm your roster has been uploaded, your roster will appear in the roster section.

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Soccer coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than **TUESDAY, FEBRUARY 4, 2020**.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

- Click on the "Teams" tab on the left navigation bar. Click on the corresponding varsity team (Soccer, Boys or Soccer, Girls).
- Click on "Add/Edit Coaches", select the information to add both your HEAD & ASSISTANT coaches

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

VARSITY TEAM PHOTO DUE no later than FRIDAY, FEBRUARY 14, 2020

Attention Athletic Directors/Coaches: It is very important that your Soccer Varsity Team Photo is uploaded to CIFSSHome (www.cifsshome.org) no later than **FRIDAY, FEBRUARY 14, 2020**.

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

on Home Campus

- On the left panel, click **Teams** tab on the left navigation bar. Click on the corresponding varsity team (Soccer, Boys or Soccer, Girls).
- Under Team Picture, click Add/Edit picture, click Browse, find your file and click "Upload Picture" – Team Photo can be no larger than 672 pixels x 480 pixels (7"x5")

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

AT LARGE APPLICATION – MUST HAVE .500 RECORD OR BETTER

Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Soccer. The At Large Application is to be submitted by your school no later than **THURSDAY, FEBRUARY 6, 2020 @ 11:00 p.m.**

Log in @ www.cifsshome.org (If you do not have a log in & password as a coach, check with your Athletic Director).

Once you are logged in:

- On the left panel, click on At Large Petition
- Select "Boys Soccer or Girls Soccer" then click "Add"

Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large Petition will be created.

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"



OFFICIAL BALL PROGRAM – MANDATORY USE IN PLAYOFFS 2019-2020

Official Ball per sport:

- Baseball:

Rawlings CIF-SS
Rawlings RCIF-SS

Must be CIFSS stamped ball; not an alternative Rawlings ball
Must be CIFSS stamped ball; not an alternative Rawlings ball

- Boys Basketball:

Spalding TF1000 NFHS Classic NFHS
Spalding TF1000 Legacy NFHS
Spalding TF-1000 Platinum ZK NFHS 29.5 *(Used in the CIF-SS Championship game)*

- Girls Basketball:

Spalding TF1000 NFHS Classic 28.5 NFHS
Spalding TF1000 Legacy 28.5 NFHS
Spalding TF-1000 Platinum ZK NFHS 28.5 *(Used in the CIF-SS Championship game)*

- Football:

Spalding ball with NFHS
Spalding Alpha ball with NFHS

any Spalding model with NFHS stamp
(Used in the CIF-SS Championship game)

- Soccer:

Spalding TF-SC5 NFHS
Spalding TF-SC3 NFHS
Spalding TF5000 NFHS

for both boys and girls use.
for both boys and girls use.
for both boys and girls use.

- Softball:

Dudley CFP12Y NFHS

(Used in the CIF-SS Championship game)

- Tennis:

Penn ATP World Tour
Pro Penn Marathon

(Used in the CIF-SS Championship game)

- Volleyball:

Spalding with NFHS stamp: TF-VB5, TF-VB3

- Boys Water Polo:

KAP7 model 105 with NFHS stamp

(Used in the CIF-SS Championship game)

- Girls Water Polo:

KAP7 model 104 with NFHS stamp

(Used in the CIF-SS Championship game)

All playoff ball adoptions agreements with the CIF Southern Section now run through June 30, 2021

Mandatory Playoff Use Requirement:

The mandatory “official” ball rule for all playoff rounds, excluding golf. The rule applies throughout the conduct of **all** CIF-SS **playoff** contests.

Playoff Ball Use Rule Enforcement:

Should a school fail to provide the correct game ball, the game will always be played. Teams/schools failing to utilize the correct official ball in CIF-SS playoffs will be reported by officials to CIF-SS and will not be allowed to host their next available home playoff game. Penalty will carry over to the next season if not enforceable this season due to elimination.

Note: NFHS stamp is required in all sports except in golf and tennis.



THE OFFICIAL BALL OF THE CIFSS



CONTACT YOUR LOCAL TEAM DEALER TODAY

Trademarks owned by Russell Brands, LLC, or a Russell affiliate. Russell Brands, LLC © 2016

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

Eight Rules Changes Approved in High School Soccer

FOR IMMEDIATE RELEASE

Contact: Theresia Wynnns

INDIANAPOLIS, IN (October 23, 2019) — Rules related to improperly equipped players and procedures for dropping the ball are among eight rules changes in high school soccer for the 2019-20 season.

The rules changes were recommended by the National Federation of State High School Associations (NFHS) Soccer Rules Committee at its January 28-30 meeting and subsequently approved by the NFHS Board of Directors.

“While there are not any substantial revisions to the rules this year, I believe coaches and players will be pleased with the changes we have made,” said Theresia Wynnns, NFHS director of sports and officials education.

Rule 4-3 will now specify that an improperly equipped player will not require teams to play shorthanded. The improperly equipped player will be asked to leave the field when the ball is not in play if the issue cannot be resolved immediately on the field, and the player may be replaced.

Once the offending player is properly equipped, he or she can report to an official. If the player was not replaced, he or she may re-enter the game at a dead ball. Infringement of the rule will not cause the game to be stopped unless a referee determines the situation is dangerous.

The rule was changed because the penalty for an improperly equipped player was more severe than the punishment for illegal equipment. The rule change ensures both infractions are handled equally.

With regard to the dropping of the ball in Rule 9-2-3, any number of players, including the goalkeeper, may now contest a dropped ball, and the referee cannot decide who may contest a dropped ball or determine its outcome.

Two new articles were added to Rule 9-2 to further clarify a dropped ball. Article 5 states the ball should be dropped again if it touches a player before hitting the ground or if it leaves the field after hitting the ground without touching a player. Article 6 states that if a dropped ball enters the goal without touching at least two players, the play must be restarted with a goal kick if it entered the opponent's goal or a corner kick if it entered the team's own goal.

Rule 9-2-1c was amended to remove the provision that if a team is in clear possession of the ball, the game will not be restarted with a drop ball. The rule now states the only time a game will not be restarted with a drop ball following temporary suspension of a player, injury or unusual circumstances is when the goalkeeper is in possession of the ball.

A change to Rule 9-3 eliminates free kick opportunities by replacing an indirect free kick with a drop ball if the ball was not in the goal area and in possession of the goalkeeper during cases of temporary suspension due to injury or an unusual situation.

An addition was made in Rule 3-4-3 to state that the clock should be stopped when the leading team makes a substitution within the last five minutes of the second period. The new rule is meant to prevent coaches in the lead from wasting time and running the clock when no plays are being made.

The final change was to Rule 5-3-1d that now allows officials to call out "play on" with an underswing of one or both arms.

"Our game is in pretty good shape," Wynns said. "There will be a few changes this particular year, but the rules revisions that have been made will not change the game for the most part."

A complete list of soccer rules and changes can be found on the NFHS website, www.nfhs.org under "Activities and Sports".

According to the 2017-18 NFHS High School Athletics Participation Survey, soccer is the fifth-most popular sport for boys with 456,362 participants in 12,393 schools across the country. Soccer is the fourth-most popular sport for girls with 390,482 participants in 12,007 schools.

This press release was written by Kirsten Adair, an intern at the NFHS Publications/Communications Department.



Soccer Rules Changes - 2019-20

By NFHS on May 17, 2019

3-4-3 NEW: The clock shall be stopped when a substitute by the team in the lead is beckoned on the field in the final five minutes of the second period only.

Rationale: Rule affected by change in 7-4-3.

4-3: Improperly Equipped Players (18-1-1u)

Cautions will not be issued for improperly equipped player(s).

If not immediately correctable, improperly equipped player(s) shall be instructed to leave the field of play when the ball next ceases to be in play. The player(s) may be replaced. The removed player(s), if not replaced, may re-enter at the next dead ball only after reporting to an official, who shall be satisfied the player's equipment and uniform are in order. Play shall not be stopped for an infringement of this rule except that the referee may stop play immediately where there is a dangerous situation.

Rationale: The change corrects an injustice. For the far more serious infringement of illegal equipment, the offending team does not play shorthanded. For the less serious offense of improper equipment, they are required to play shorthanded. The change addresses this inequity.

5-3-1d: The officials shall:

(d) call out "play on" and, with an underswing of one or both arms, indicate a foul which was observed but shall go unpenalized because penalizing the offending team would give an advantage to the offending team. If the referee applies the advantage, which was anticipated but does not develop at that time, the referee shall penalize the original offense.

Rationale: This change permits the use of one arm to signal advantage.

7-4-3 NEW: The clock shall be stopped when a substitute by the team in the lead is beckoned onto the field in the final five minutes of the second period only.

Rationale: Coaches in the lead will make multiple substitutions in the later stages of the match. This tactic is being used as a time-wasting ploy. Adding this rule will help the game to be decided by the players and not a coach who is wasting time when in the lead. These substitutes are usually players from the far side of the field that take more time off the clock. This addition would stop this practice.

9-2-1: The game is restarted with a drop ball:

- a. when the ball is caused to go out of bounds by two opponents simultaneously;
- b. when the ball becomes deflated;
- c. following temporary suspension of play for an injury or unusual situation and a goalkeeper is not in possession of the ball
- d. when simultaneous fouls of the same degree occur by opponents.

Rationale: This rule changes the awarding of a free kick to a drop ball thereby possibly creating a scoring opportunity for a team undeserving.

9-2-3: The ball is dropped by an official from waist level to the ground. Any number of players may contest a dropped ball (including the goalkeepers); a referee cannot decide who may contest a dropped ball or its outcome.

Rationale: This addition helps to provide clarity in the application of this rule.

9-2-5 NEW: ART. 5 . . . The ball shall be dropped again if it touches a player before it touches the ground or leaves the field of play after it touches the ground without touching a player.

Rationale: This addition helps to avoid confusion and allow the rule to be more equitable under the circumstances.

9-2-6 NEW: ART. 6 . . . If a dropped ball enters the goal without touching at least two players, play is restarted with a goal kick if it enters the opponent's goal or a corner kick if it enters the team's own goal.

Rationale: This addition helps to avoid confusion and allow the rule to be more equitable under the circumstances.

9-3: In case of a temporary suspension due to injury or any unusual situation the game shall be started by a drop ball at the point where the ball was when the play was suspended (except as noted in 14-1-7), provided the ball was not in the goal area and not in the possession of the goalkeeper. 12-8-2

Rationale: This change will eliminate free kick opportunities that often create scoring opportunities that are not deserved.

Points of Emphasis

1. Anterior Cruciate Ligament (ACL) Injury Prevention.
2. Pre-game Communication Between the School Administration and Game Officials.
3. Official's Communicating Misconduct with Coaches.

BLUE BOOK RULES - SPECIAL POINTS OF INTEREST

ACCOUNTABILITY RULES

RULE 125.1 - COACH EJECTION

Upon the ejection of a coach from any CIF Southern Section 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 in CIFSSHome 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.**

RULE 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.

Q & A - How serious is such action? 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.

RULE 503.H – CONCUSSION PROTOCOL

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play unless the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return-to-play protocol of no less than seven (7) full days of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010/Revised May 2012 Federated Council/Revised January 2015 Federated Council)

Q & A: What is meant by "licensed health care provider?" The scope of practice for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

RULE 506 – PRACTICE ALLOWANCE

All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day. Double day practices shall not be held on consecutive days and must include a minimum of three hours rest between practices. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.

Definition of Practice

- (1) Any school team or individual activity organized by the coach that is intended to maintain or improve a student athlete's skill proficiency in a sport; AND/OR
- (2) Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
- (3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR
- (4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
- (5) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.

CONCUSSION RETURN TO PLAY PROTOCOL

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

Instructions:

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

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

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

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

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

You must have written physician (MD/DO) clearance to begin and progress through the following Stages as outlined below (or as otherwise directed by physician)				
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	No physical activity for at least 2 full symptom-free days AFTER you have seen a physician	<ul style="list-style-type: none">No activities requiring exertion (Weight lifting, jogging, P.E. classes)	<ul style="list-style-type: none">Recovery and elimination of symptoms
	II-A	Light aerobic activity	<ul style="list-style-type: none">10-15 minutes (<i>min</i>) of walking or stationary biking.Must be performed under direct supervision by designated individual	<ul style="list-style-type: none">Increase heart rate to no more than 50% of perceived maximum (<i>max</i>) exertion (e.g., 100 beats per min)Monitor for symptom return
	II-B	Moderate aerobic activity (Light resistance training)	<ul style="list-style-type: none">20-30 min jogging or stationary bikingBody weight exercises (squats, planks, push-ups), max 1 set of 10, no more than 10 min total	<ul style="list-style-type: none">Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm)Monitor for symptom return
	II-C	Strenuous aerobic activity (Moderate resistance training)	<ul style="list-style-type: none">30-45 min running or stationary bikingWeight lifting \leq 50% of max weight	<ul style="list-style-type: none">Increase heart rate to $>$ 75% max exertionMonitor for symptom return
	II-D	Non-contact training with sport-specific drills (No restrictions for weightlifting)	<ul style="list-style-type: none">Non-contact drills, sport-specific activities (cutting, jumping, sprinting)No contact with people, padding or the floor/mat	<ul style="list-style-type: none">Add total body movementMonitor for symptom return
<u>Minimum</u> of 6 days to pass Stages I and II. Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor				
	III	Limited contact practice	<ul style="list-style-type: none">Controlled contact drills allowed (no scrimmaging)	<ul style="list-style-type: none">Increase acceleration, deceleration and rotational forcesRestore confidence, assess readiness for return to playMonitor for symptom return
		Full contact practice Full unrestricted practice	<ul style="list-style-type: none">Return to normal training, with contactReturn to normal unrestricted training	
MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice (<i>If contact sport, highly recommend that Stage III be divided into 2 contact practice days as outlined above</i>)				
	IV	Return to play (competition)	<ul style="list-style-type: none">Normal game play (competitive event)	<ul style="list-style-type: none">Return to full sports activity without restrictions

Athlete's Name: _____ **Date of Concussion Diagnosis:** _____

RULE 600 – COMPETITION ON AN OUTSIDE TEAM BY AN INDIVIDUAL DURING THE SEASON OF SPORT

A member of a high school soccer team may not compete for an outside team in the sport of soccer during the season of sport. A season of sport (as outlined in CIF-SS Blue Book Rule 504) is defined as that period which begins with a student's first interscholastic competition (non-league, tournament or league game) and ends with that student's last interscholastic contest (tournament, non-league or CIF-SS playoff game).

The following information and explanation effects **ALL** levels of competition. This includes varsity, junior varsity, sophomore and freshman teams.

1. A student on a high school soccer team **CANNOT** compete on an "outside" soccer team during the student's high school season of sport.
2. The CIF-SS, which your school is a member, further defines that the student's "season of sport" begins with his/her **FIRST** interscholastic competition which includes non-league games, tournament games or league game. **(The earliest date in the Southern Section for the 2019-2020 season is November 18)**

Q & A – What exactly does this mean? *No member of a high school soccer team can compete on an "outside soccer team" which has 6 or more players after his/her first game for his/her high school.*

RULE 601 - BYLAW 600 PENALTY

A. INDIVIDUAL

- (1) **FIRST OFFENSE IN HIGH SCHOOL CAREER IN ANY SPORT** - 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.
- (2) **ANY SUBSEQUENT OFFENSE IN HIGH SCHOOL CAREER IN ANY SPORT** - The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports.

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.

RULE 2500 - OFFICIAL NATIONAL FEDERATION AUTHENTICATING MARK

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, soccer, softball, volleyball and water polo. (February 1999 Federated Council; revised to include lacrosse November 2000 Federated Council.)

RULE 2510 - LEVEL OF COMPETITION

No student shall participate in more the ONE level of competition in the same sport in the same day.

RULE 2513 - SPECIAL RULES FOR SOCCER

2513.1 - The duration of varsity games shall be two equal 40-minute halves. The duration of junior varsity and frosh-soph games shall be two equal 35-minute halves. In the case of a tie game, two extra periods of ten minutes each may be played, by league adoption for league games, or by mutual agreement between coaches in non-league games. A tie at this latter point then stands as official.

2513.2 - A player who receives a red card or two yellow cards in any game (non-league, tournament, league or playoff) may not play in the team's next game played or be in attendance. (See Rule 2516)

2513.3 - A player who receives a yellow card in any game (non-league, tournament, league or playoff) must leave the field and may be substituted for. The player may re-enter the game at any subsequent time that a legal substitution may be made.

2513.4 - Prior to any game (non-league, tournament, league, playoff) each coach must submit completed line-up cards to the referee and opposing coach.

2513.5 - Any high school soccer team (boys' or girls', Varsity or Non-Varsity) receiving it's fourth straight red card during the high school season of sport, will immediately be put on probation and will lose four allowable contests the subsequent season.

If a boys' or girls' soccer team that is on probation receives an additional three (3) red cards during their probationary period, the following penalties will apply:

Varsity teams will be removed from the CIF Southern Section Playoffs for a period of one year and continue their probationary status for the following season

OR

Non-Varsity teams will be restricted to playing their league schedule only during the subsequent high school season.

If a team whose current status is “probationary” then violates the red card policy (again), that level of competition will be suspended from participation in the CIF Southern Section entirely the subsequent season.

Note: All individual penalties shall apply (i.e. 1st red card - individual is removed from the game and must sit out the next contest played by his/her team, 2nd red card - individual must sit out the next two contests, etc. see rule 2516)

Upon written appeal to the Southern Section commissioner, the school may petition the Section for reinstatement of the team to be removed from probationary status.

RULE 2516 - PLAYER CONDUCT RULE

Any player who is ejected for any reason shall be disqualified from participating in the remainder of the game, will be ineligible for the team’s next contest and **MAY NOT ATTEND**. A second ejection will constitute a two-contest suspension and a third ejection 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 (post-ejection return to competition form) indicating the completion of the conference must be uploaded to the CIFSSHome misconduct manager for that specific misconduct. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the “School Action” portion of the misconduct.

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 every contest until the suspension is completely served.

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. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the “School Action” portion of the misconduct.

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

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

The Section office will provide a form on their website that must be uploaded to CIFSSHome or directly emailed to the CIF Office. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the “School Action” portion of the misconduct.

Q & A: What is meant by attendance at a contest? Attendance is defined as being present at the location/site of the contest, which includes the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected person is not present at the location/site of the next contest.

Q & A: What happens when a student engages in Fighting/Assaultive Behavior during an athletic contest that is not observed by game officials? In cases when a student engages in Fighting or Assaultive Behavior that is not observed by game officials, it is the expectation of the CIF Southern Section Executive Committee that the building principal of the school involved will impose a minimum one-game suspension for the students who commit such offenses.

Q & A: What happens if a student is ejected from the first contest at a tournament when there are two contests on that day?

When a game ejection of any kind occurs, the student should not be present at the next contest except in situations where supervision is necessary (i.e.: in a tournament). In tournament situations, it is understandable that the student remains in an area where they can be monitored (i.e.: bleachers, stands, etc.) however, they are still ineligible to compete or participate in any way. It is not the expectation that the student leave the facility unsupervised.

Q & A: What happens if a student receives a red card, misconduct of any kind, or an ejection during the last game of the season?

The game suspension(s) carry over to the first game(s) at the beginning of the subsequent season. For example, a sophomore soccer player receives a red card the last game of the 2017 season. He/she will serve a game suspension the first game of 2018 season. Suspensions carry over and must be served before the athlete becomes eligible to compete in that sport. See next Q&A for answers regarding seniors.

Q & A: What if a senior (12th grader) student receives a red card, misconduct of any kind, or ejection during the last game of the season?

If a senior (12th grade) student receives a red card, misconduct or ejection during the last game of the season, he/she must serve the penalty in the NEXT sport in which he/she participates. If the student does not participate in any other sports, the CIF Office WILL need a letter from the principal indicating the corrective action taken with that student. This letter will be uploaded to the ejection report in CIF-SS Home.

RULE 3310 - FREE LANCE PLAYOFF ENTRY VERIFICATION -- If a school does not have membership in a league or the school belongs to a league which does not offer students in a given sport an opportunity to qualify into CIF Souther Section championships, special conditions exist which must be followed in order to qualify for possible entry into a CIF Southern Section playoff activity.

3310.1 Team Sports - All free lance schools desiring entry into the playoffs must submit schedules to the Commissioner for evaluation and approval of conditions under which the team may qualify. Schedules must be submitted prior to the start of each season for evaluation.

Q & A - How can a freelance team qualify for CIF playoff consideration?

You must schedule 80% of allowable games per sport and they must be at the varsity level, and in order to be considered for the playoffs, the school must have a .500 or better record in all contests played and there must be openings in the bracket. Additionally, teams that win 80% of their contests played will be guaranteed entry. (Except football.)



Student-Athlete Post Ejection - Return to Competition Requirement

Please attach a copy of the original ejection report to this completed form

I. Review of Ejection Report

School _____ League _____

Sport _____ ☐ Boys ☐ Girls

Date of Contest _____ Home _____ vs. _____

Name of player ejected _____

Player uniform number _____ Level of competition _____

II. Rule Reference

See Player Conduct rule for referenced sport (CIF Southern Section Blue Book):

“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 Southern Section office prior to rejoining the team.”

III. Post Ejection Meeting Topics

The following items must be reviewed at this meeting:

- The reason for the ejection
- The Southern Section Code of Ethics-Athletes (Page 260 in Blue Book)
- A review of the sport specific player Conduct Rule
- Possible consequences for any future violations
- A review of school policies relating to referenced conduct.

Verification of Meeting:

Date _____

Time _____

Attendees:

Student

Parent

Principal

Athletic Director

☐ I am aware that a second ejection may result in suspension for the remainder of the season.

_____ (Parent initial)

GIRLS SOCCER 2019-2020 LEAGUES/SCHOOLS/DIVISIONS

updated 10/16/19

ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV
3	605		3	BAY		3	COASTAL CANYON		3	DESERT EMPIRE	
	Artesia	5		Centennial/ Com	5		Agoura	2		La Quinta/ LQ	4
	Cerritos	4		Leuzinger	5		Camarillo	2		Palm Desert	4
	Glenn	6		Mira Costa	2		Moorpark	2		Palm Springs	5
	Oxford Academy	6		Palos Verdes	3		Oak Park	3		Rancho Mirage	6
	Pioneer	7		Peninsula	3		Royal	2		Shadow Hills	6
	Whitney	6		Redondo Union	2		Simi Valley	3		Xavier Prep	6
5	ACADEMY		3	BIG VIII		3	CONDOR		3	DESERT SKY	
	Avalon	7		Centennial/Cor	1		Dunn	7		Adelanto	3
	Brethren Christian	7		Corona	3		Coast Union	7		Barstow	5
	Calvary Chapel/D	7		King, ML	3		Midland	7		Granite Hills	4
	Capistrano Vly Chr	6		Norco	3		Oak Grove	7		Silverado	4
	Connelly	7		Roosevelt, Eleanor	2		Ojai Valley	7		Victor Valley	6
	Fairmont Prep	7		Santiago/Corona	1						
	Samueli Academy	7				2	CRESTVIEW		4	DESERT VALLEY	
	Tarbut V Torah	7	3	CAMINO REAL			Canyon/Anaheim	2		Banning	7
	Webb	6		Pomona Catholic	6		El Dorado	1		Cathedral City	5
2	AGAPE			St. Anthony	5		Esperanza	1		Coachella Valley	6
	Academy Car & Exp	7		St. Bernard	7		Foothill	1		Desert Hot Springs	6
	Excelsior Charter	7		St. Mary's Acad	6	3	CROSS VALLEY			Desert Mirage	6
	Lucerne Valley	7		St. Monica Cath	7		Acad Academic Ex	6		Indio	7
	Silver Valley	7	3	CHANNEL			Big Bear	7		Twentynine Palms	7
3	ALMONT			Cabrillo/ Lompoc	4		Cobalt Institute	7		Yucca Valley	7
	Alhambra	6		Dos Pueblos	3		Riverside Prep	6	3	EMPIRE	
	Bell Gardens	6		Lompoc	4		University Prep	6		Crean Lutheran	4
	Mark Keppel	7		San Marcos	4	3	DEL REY			Cypress	1
	Montebello	5		Santa Barbara	3		Bishop Amat	2		Kennedy	3
	San Gabriel	7		Santa Ynez	3		Bishop Montgomery	3		Pacifica/GG	1
	Schurr	6					La Salle	3		Tustin	3
4	AMBASSADOR		3	CITRUS BELT			St. Genevieve	4		Valencia/Placentia	3
	Aquinas	6		Cajon	4		St. Joseph/Lkwd	4	3	FOOTHILL	
	Arrowhead Chr	5		Carter	4					Canyon/CC	2
	Desert Chr Acad	7		Citrus Valley	3	3	DEL RIO			Golden Valley	4
	Linfield Christian	7		Redlands	3		California	5		Hart	1
	Loma Linda Acad	7		Redlands East Vly	2		El Rancho	6		Saugus	2
	Ontario Christian	6		Yucaipa	3		La Serna	3		Valencia/Valencia	2
	Western Christian	5	3	CITRUS COAST			Santa Fe	5		West Ranch	2
	Woodcrest Chr	6		Carpinteria	7		Whittier	5			
3	BASELINE			Fillmore	4						
	Chino Hills	1		Hueneme	5						
	Etiwanda	3		Malibu	6						
	Los Osos	1		Nordhoff	5						
	Rancho Cucamonga	2	4	Santa Paula	4						
	St. Lucy's	3									
	Upland	1	4	COASTAL							
				CAMS	7						
				Hawthorne MSA	7						
				Lennox Academy	7						
				New Roads	7						
				Rolling Hills Prep	7						
				Vistamar	7						
				www.wcuu	7						

GIRLS SOCCER 2019-2020 LEAGUES/SCHOOLS/DIVISIONS

<u>ENT</u>	<u>LEAGUE</u>	<u>DIV</u>	<u>ENT</u>	<u>LEAGUE</u>	<u>DIV</u>	<u>ENT</u>	<u>LEAGUE</u>	<u>DIV</u>	<u>ENT</u>	<u>LEAGUE</u>	<u>DIV</u>
3	<u>FREEWAY</u>		3	<u>HACIENDA</u>		3	<u>MARMONTE</u>		3	<u>MOUNTAIN PASS</u>	
	Buena Park	5		Charter Oak	5		Calabasas	4		Beaumont	5
	Fullerton	3		Diamond Ranch	4		Newbury Park	1		Citrus Hill	6
	La Habra	3		Los Altos	3		Oaks Christian	2		Hemet	4
	Sonora	3		South Hills	2		Thousand Oaks	3		San Jacinto	5
	Sunny Hills	1		Walnut	4		Westlake	3		Tahquitz	5
	Troy	1		West Covina	4					West Valley	6
3	<u>FRONTIER</u>		4	<u>HERITAGE</u>		3	<u>MIRAMONTE</u>		4	<u>MOUNTAIN VALLEY</u>	
	Bishop Diego	7		Desert Chr/Lan	7		Bassett	7		Indian Springs	6
	Laguna Blanca	7		Palmdale Aerospace	6		Edgewood	7		Miller, AB	5
	Santa Clara	7		Santa Clarita Chr	7		Ganesha	7		Moreno Valley	6
	Thacher	7		St. Monica Acad	7		Garey	7		Pacific	7
	Villanova Prep	7		Trinity Classical	7		La Puente	7		Rubidoux	7
				Valley Torah	7		Pomona	7		San Bernardino	6
3	<u>GARDEN GROVE</u>			Vasquez	6	3	<u>MISSION</u>			Vista Del Lago	6
	Bolsa Grande	6					Chaminade	3	3	<u>MT. BALDY</u>	
	La Quinta/W	7	3	<u>HORIZON</u>			Flintridge Sacred Hrt	2		Chaffey	5
	Loara	7		Alverno	7		Harvard-Westlake	1		Chino	5
	Los Amigos	4		Bishop Conaty-Lor	7		Marymount	2		Diamond Bar	3
	Rancho Alamitos	6		Holy Family	7		Notre Dame/ SO	2		Don Lugo	6
	Santiago/ GG	5		Ramona Convent	6	4	<u>MISSION VALLEY</u>			Montclair	4
4	<u>GOLD COAST</u>			Sacred Hrt of Jesus	7		Arroyo	6		Ontario	4
	Brentwood	5		San Gab Mission	4		El Monte	7	4	<u>MULLHOLLAND</u>	
	Campbell Hall	4	3	<u>INDEPENDENCE</u>			Gabrielino	6		Ambassador	7
	Crossroads	5		AGBU/ Canoga Park	7		Marshall	6		Animo Leadership	5
	Paraclete	5		Buckley	7		Mountain View	6		Environmental Char	7
	Sierra Canyon	4		Ly Lycee	7		Rosemead	7		Pacific Lutheran	7
	Viewpoint	4		Pilibos	7		South El Monte	5		Shalhevet	7
	Windward	3		Yeshiva	7	3	<u>MOJAVE RIVER</u>			Summit View West	5
4	<u>GOLDEN</u>		3	<u>INLAND VALLEY</u>			Apple Valley	3		Wiseburn Da vinci	5
	Antelope Valley	4		Canyon Springs	7		Burroughs/R	6	2	<u>NORTH HILLS</u>	
	Eastside	3		Lakeside	6		Hesperia	5		Brea Olinda	2
	Highland	4		North, JW	6		Oak Hills	2		El Modena	4
	Knight	3		Notre Dame/ Riv	6		Serrano	3		Villa Park	1
	Lancaster	4		Perris	6		Sultana	4		Yorba Linda	2
	Littlerock	5	3	<u>IVY</u>		3	<u>MONTVIEW</u>		3	<u>OCEAN</u>	
	Palmdale	5		Arlington	5		Azusa	6		Beverly Hills	4
	Quartz Hill	3		Paloma Valley	2		Duarte	7		Culver City	2
3	<u>GOLDEN WEST</u>			Poly/ Riverside	2		Gladstone	7		El Segundo	3
	Garden Grove	5		Temescal Canyon	4		Nogales	6		Hawthorne	5
	Godinez	4		Valley View	4		Sierra Vista	5		Lawndale	4
	Ocean View	4	3	<u>LIBERTY</u>			Workman	7		Santa Monica	3
	Segerstrom	5		Archer SchoolArcher	5	4	<u>MOORE</u>		3	<u>OLYMPIC</u>	
	Western	5		de Toledo	7		Cabrillo/Long Beach	3		Heritage Christian	6
	Wesminster	4		Milken Comm	7		Compton	4		Maranatha	6
				Oakwood	7		Jordan	3		Valley Chr/Cer	5
				Pacifica Chr/SM	7		Lakewood	2		Village Christian	7
							Millikan	1		Whittier Christian	7
							Poly/Long Beach	1			
							Wilson/Long Beach	1			

GIRLS SOCCER 2019-2020 LEAGUES/SCHOOLS/DIVISIONS

ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV
3	ORANGE		3	PIONEER		2	SANTA FE		3	SUNSHINE	
	Anaheim	5		Inglewood	5		Cantwell-Sacred Hrt	/		Aleman	3
	Century	7		Morningside	6		Mary Star	7		Immaculate Heart	3
	Katella	5		North Torrance	4		St. Paul	7		Louisville	5
	Magnolia	6		South Torrance	3		St. Pius-St. Matthias	7		Marlborough	3
	Santa Ana Valley	6		Torrance	4	3	SEA VIEW			Notre Dame Academy	4
	Savanna	6		West Torrance	3		Capistrano Valley	2			
3	ORANGE COAST		3	PREP			El Toro	2	2	SURF	
	Calvary Chapel/SA	4		Chadwick	5		Laguna Hills	3		Corona del Mar	1
	Costa Mesa	4		Flintridge Prep	3		Mission Viejo	1		Edison	1
	Estancia	4		Mayfield	4	3	SOUTH COAST			Huntington Beach	1
	Orange	6		Poly/Pasadena	4		Aliso Niguel	1		Los Alamitos	1
	Saddleback	6		Providence/ Bur	6		Dana Hills	2			
	Santa Ana	5		Westridge	4		San Clemente	1	2	TRI-VALLEY	
4	PACIFIC		3	RIO HONDO			San Juan Hills	1		Cate	3
	Arcadia	4		La Canada	4		Tesoro	2		Foothill Tech	4
	Burbank	5		Monrovia	4	3	SOUTH VALLEY			La Reina	5
	Burroughs/Burbank	4		San Marino	4		California Military	7		St. Bonaventure	6
	Crescenta Valley	3		South Pasadena	3		Nuview Bridge	6	3	TRINITY	
	Glendale	4		Temple City	5		San Jacinto Vly Aca	7		Jsera	1
	Hoover	5	3	RIVER VALLEY			Santa Rosa Acad			Lutheran/Orange	2
	Muir	6		Hillcrest	5		Temecula Prep	7		Mater Dei	1
	Pasadena	5		Jurupa Valley	5	3	SOUTHWESTERN			Rosary	2
3	PACIFIC COAST			La Sierra	6		Chaparral	3		Santa Margarita	1
	Beckman	2		Norte Vista	6		Great Oak	3	3	VALLE VISTA	
	Irvine	3		Patriot	4		Murrieta Mesa	4		Baldwin Park	7
	Northwood	1		Ramona	6		Murrieta Valley	3		Covina	5
	Portola	2	3	SAN ANDREAS			Temecula Valley	1		Northview	6
	University	1		Arroyo Valley	6		Vista Murrieta	1		Rowland	5
	Woodbridge	2		Eisenhower	6	3	SUBURBAN			San Dimas	5
3	PACIFIC VIEW			Jurupa Hills	5		Bellflower	5		Wilson/HH	4
	Buena	3		Rialto	5		Firebaugh	5	2	WAVE	
	Channel Islands	4		Rim of the World	6		La Mirada	2		Fountain Valley	2
	Oxnard	3		San Gorgonio	5		Mayfair	2		Laguna Beach	3
	Pacifica/Oxnard	3	3	SAN GABRIEL VALLEY			Norwalk	5		Marina	2
	Rio Mesa	5		Dominguez	5					Newport Harbor	1
	Ventura	2		Downey	2	2	SUNBELT				
3	PALOMARES			Gahr	5		Elsinore	5			
	Alta Loma	3		Lynwood	4		Heritage	5			
	Ayala, Ruben	3		Paramount	2		Orange Vista	6			
	Bonita	3		Warren	2		Rancho Verde	6			
	Claremont	2	5	SAN JOAQUIN							
	Colony	4		Pacifica Chr/ OC	6						
	Glendora	3		Saddleback Vly Chr	6						
				Sage Hill	5	3	SUNKIST				
				Southlands Chr	7		Bloomington	4			
				St. Margaret's	3		Colton	5			
							Fontana	6			
							Grand Terrace	5			
							Kaiser	5			
							Summit	5			



JL CUSTOM JACKETS

OFFICIAL LICENSED PATCH
AND JACKET MANUFACTURER



You can design and purchase
your own custom patches
on our website.

VARSITY JACKET SPECIAL

\$279.00

WOOL BODY WITH LEATHER
SLEEVES AND POCKETS

VARSITY LETTER SEWN
ON FRONT

MAKE AND SEW ON UP TO
3 SPORT EMBLEMS

EMBROIDER FIRST NAME,
SCHOOL NAME, MASCOT
NAME AND 1 SPORT
ONTO THE FRONT

CREATE AND SEW ON A
CUSTOM GRADUATING YEAR



**EXCLUSIVE
DISTRIBUTOR FOR
ALL CHAMPIONS
FINALISTS
RUNNER-UP
& ALL CIF patches**

Standard Girls Package
All wool body and sleeves
with a wool hood
\$269.00

To Order Call:

(951) 867-3200

or visit us on the web:

www.jlcustomjackets.com

7161 Old 215 Frontage Road, Moreno Valley, CA

Fax (951) 867-3277



• PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE •

BOYS SOCCER 2019-2020 LEAGUES/SCHOOLS/DIVISIONS

updated: 10/23/2019

ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV
3	605		2	ARROWHEAD		3	CHANNEL		3	CONDOR	
	Artesia	4		California Lutheran	7		Cabrillo/Lompoc	5		Besant Hill	7
	Cerritos	6		Hamilton	7		Dos Pueblos	2		Dunn	6
	Glenn	6		La Sierra Academy	7		Lompoc	4		Midland	7
	Oxford Academy	7		United Chr Academy	7		San Marcos	2		Oak Grove	7
	Pioneer	5					Santa Barbara	1		Ojai Valley	7
	Whitney	7	3	BASELINE			Santa Ynez	4			
				Chino Hills	4				2	CRESTVIEW	
3	ACADEMY			Damien	3	3	CITRUS BELT			Brea Olinda	2
	Avalon	6		Etiwanda	5		Cajon	4		El Dorado	2
	Capistrano Vly Chr	7		Los Osos	4		Carter	4		Foothill/Santa Ana	3
	Pacifica Christ/OC	7		Rancho Cucamonga	5		Citrus Valley	4		Villa Park	2
	Saddleback Vly Chr	7		Upland	5		Redlands	3	3	CROSS VALLEY	
	Southlands Chr	7					Redlands East Valley	3		Academy/Acad Exc	7
			3	BAY			Yucaipa	4		Big Bear	7
3	AGAPE			Centennial/Compton	4	3	CITRUS COAST			Cobalt Institute	7
	Acad Careers/Exp	7		Leuzinger	3		Carpinteria	4		Riverside Prep	6
	Excelsior Charter	7		Mira Costa	1		Fillmore	4		University Prep	6
	Lucerne Valley	7		Palos Verdes	1		Hueneme	2	3	DEL REY	
	Silver Valley	7		Peninsula	3		Malibu	5		Bishop Amat	5
	Summit Leadership- ineligible			Redondo Union	2		Nordhoff	6		Bishop Montgomery	4
			3	BIG VIII			Santa Paula	4		Cathedral	1
3	ALMONT			Centennial/Corona	3	4	COASTAL			La Salle	6
	Alhambra	6		Corona	2		CAMS	7		Salesian	3
	Bell Gardens	3		King, Martin Luther	2		Geffen Academy	7	3	DEL RIO	
	Mark Keppel	6		Norco	3		Hawthorne MSA	7		California	3
	Montebello	3		Roosevelt, Eleanor	4		Lennox Academy	6		El Rancho	3
	San Gabriel	6		Santiago/Corona	3		New Roads	7		La Serna	4
	Schurr	4					Rolling Hills Prep	7		Santa Fe	3
4	AMBASSADOR		3	CAMINO REAL			Vistamar	7		Whittier	5
	Aquinas	6		Don Bosco Tech	7		Wildwood	7			
	Arrowhead Chr	7		Mary Star of the Sea	6	3	COASTAL CANYON				
	Desert Chr Acad	7		St. Anthony	7		Agoura	3	3	DESERT EMPIRE	
	Linfield Christian	7		St. Genevieve	6		Camarillo	3		La Quinta/La Quinta	4
	Loma Linda Acad	7		St. Monica Catholic	7		Moorpark	3		Palm Desert	5
	Ontario Christian	6		St. Paul	7		Oak Park	3		Palm Springs	5
	Western Christian	7					Royal	3		Rancho Mirage	5
	Woodcrest Christian	7					Simi Valley	2		Shadow Hills	5
										Xavier Prep	6

ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV
3	DESERT SKY		3	FREEWAY		3	GOLDEN WEST		3	MARMONTE	
	Adelanto	6		Buena Park	3		Garden Grove	4		Calabasas	4
	Barstow	7		Fullerton	2		Godinez	1		Newbury Park	1
	Granite Hills	5		La Habra	2		Ocean View	4		Oaks Christian	2
	Silverado	6		Sonora	4		Segerstrom	2		Thousand Oaks	3
	Victor Valley	6		Sunny Hills	2		Western	4		Westlake	3
				Troy	3		Westminster	3			
4	DESERT VALLEY		2	FRONTIER		3	HACIENDA		3	MIRAMONTE	
	Banning - ineligible			Grace Brethren	7		Charter Oak	6		Bassett	6
	Cathedral City	5		St. Bonaventure	7		Diamond Ranch	5		Edgewood	7
	Coachella Valley	5		Thacher	6		Los Altos/HH	6		Ganesha	6
	Desert Hot Springs	5		Villanova Prep	7		South Hills	5		Garey	4
	Desert Mirage	4					Walnut	6		La Puente	5
	Indio	6	3	GARDEN GROVE			West Covina	6		Pomona	6
	Twentynine Palms	6		Bolsa Grande	4	3	HERITAGE		4	MISSION	
	Yucca Valley	6		La Quinta/West.	6		Desert Chr/Lancaster	7		Alemany	3
3	EMPIRE			Loara	3		Palmdale Aero Acad	6		Chaminade	2
	Crean Lutheran	6		Los Amigos	3		Santa Clarita Chr	7		Crespi	2
	Cypress	4		Rancho Alamitos	5		Trinity Classical Acad	7		Harvard-Westlake	1
	Kennedy/La Palma	4		Santiago/GG	2		Valley Torah	7		Loyola	1
	Pacifica/Garden Grv	4	4	GOLD COAST			Vasquez	7		Notre Dame/SO	2
	Tustin	3		Brentwood	6					St. Francis	1
	Valencia/Placentia	2		Campbell Hall	6	2	INLAND VALLEY		4	MISSION VALLEY	
3	EXPRESS			Crossroads	6		Heritage	6		Arroyo	5
	Brethren Christian	7		Paraclete	7		Lakeside/Lk Elsinore	6		El Monte	6
	Calvary Chap/Downe	7		Sierra Canyon	7		Notre Dame/Riv	7		Gabrielino	7
	Emerson Honors	7		Viewpoint	7		Orange Vista	6		Marshall	5
	Fairmont Prep	7		Windward	7					Mountain View	6
	St. Michaels Prep	7				3	IVY			Rosemead	6
							Arlington	2		South El Monte	6
3	FOOTHILL		4	GOLDEN			Poly/Riverside	2	3	MOJAVE RIVER	
	Canyon/Canyon Ctry	5		Antelope Valley	5		Rancho Verde	5		Apple Valley	6
	Golden Valley	6		Eastside	4		Temescal Canyon	4		Burroughs/Ridgecrest	7
	Hart	3		Highland	5		Valley View	3		Hesperia	4
	Saugus	4		Knight, Pete	4					Oak Hills	5
	Valencia/Valencia	3		Lancaster	6	4	LIBERTY			Serrano	6
	West Ranch	5		Littlerock	5		AGBU/Canoga Park	7		Sultana	6
				Palmdale	5		Buckley	6			
				Quartz Hill	5		de Toledo	7			
							Milken Community	7			
							Oakwood	7			
							Pacifica Chr/SM	7			
							Yeshiva (YULA)	7			

ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV	ENT	LEAGUE	DIV
3	MONTVIEW		3	MULHOLLAND		3	ORANGE COAST		3	PIONEER	
	Azusa	5		Animo Leadership	5		Calvary Chapel/SA	4		Inglewood	5
	Duarte	7		Environment Charter	6		Costa Mesa	4		Morningside - ineligible	
	Gladstone	6		Pacific Lutheran	7		Estancia	2		North Torrance	3
	Nogales	5		Shalhevet	7		Orange	3		South Torrance	3
	Sierra Vista	4		Wiseburn Da Vinci	6		Saddleback	2		Torrance	3
	Workman	7					Santa Ana	1		West Torrance	2
			2	NORTH HILLS		4	PACIFIC		2	PREP	
4	MOORE			Canyon/Anaheim	4		Arcadia	5		Chadwick	6
	Cabrillo/Long Beach	1		El Modena	4		Burbank	5		Flintridge Prep	6
	Compton	3		Esperanza	3		Burroughs/Burbank	3		Poly/Pasadena	6
	Jordan	2		Yorba Linda	3		Crescenta Valley	4		Providence/Burbank	7
	Lakewood	2					Glendale	5			
	Millikan	1	3	OCEAN			Hoover	5	3	RIO HONDO	
	Poly/Long Beach	2		Beverly Hills	5		Muir	6		Blair	7
	Wilson/Long Beach	1		Culver City	4		Pasadena	4		La Canada	5
3	MOUNTAIN PASS			El Segundo	1	3	PACIFIC COAST			Monrovia	6
	Beaumont	5		Hawthorne	5		Beckman, Arnold	3		San Marino	7
	Citrus Hill	5		Lawndale	4		Irvine	4		South Pasadena	6
	Hemet	5		Santa Monica	4		Northwood	3		Temple City	6
	San Jacinto	6	3	OLYMPIC			Portola	TBD	3	RIVER VALLEY	
	Tahquitz	5		Heritage Christian	7		University	1		Hillcrest	5
	West Valley	6		Maranatha	6		Woodbridge	2		Jurupa Valley	5
				Valley Christian/Cerr	6					La Sierra	3
4	MOUNTAIN VALLEY			Village Christian	7	3	PACIFIC VIEW			Norte Vista	4
	Indian Springs	5		Whittier Christian	7		Buena	4		Patriot	5
	Miller, A.B.	5					Channel Islands	2		Ramona	4
	Moreno Valley	5	3	OMEGA			Oxnard	3	3	SAN ANDREAS	
	Pacific	5		Gorman LC/SC	TBD		Pacifica/Oxnard	2		Arroyo Valley	5
	Rubidoux	6		Newbury Park Advent	7		Rio Mesa	3		Eisenhower	5
	San Bernardino	6		Pilgrim	7		Ventura	3		Jurupa Hills	5
	Vista Del Lago/MV	6		Santa Clarita Vly Intnl	7					Rialto	3
				Westmark	7					Rim of the World	6
3	MT. BALDY					3	PALOMARES			San Gorgonio	5
	Chaffey	3					Alta Loma	3			
	Chino	5	3	ORANGE			Ayala, Ruben	5			
	Diamond Bar	5		Anaheim	1		Bonita	5			
	Don Lugo	5		Century	1		Claremont	5			
	Montclair	3		Katella	1		Colony	4	3	SAN GABRIEL VALLEY	
	Ontario	4		Magnolia	4		Glendora	5		Dominguez	3
				Santa Ana Valley	1					Downey	1
				Savanna	2					Gahr	3
				Savanna	2					Lynwood	2
										Paramount	1
										Warren	2

<u>ENT</u>	<u>LEAGUE</u>	<u>DIV</u>	<u>ENT</u>	<u>LEAGUE</u>	<u>DIV</u>	<u>ENT</u>	<u>LEAGUE</u>	<u>DIV</u>
3	SAN JOAQUIN		3	SUBURBAN		3	VALLE VISTA	
	Sage Hill	6		Bellflower	4		Baldwin Park	5
	Samueli Academy	6		Firebaugh	5		Covina	7
	St. Margarets Episc	4		La Mirada	4		Northview	7
	Tarbut V Torah	7		Mayfair	5		Rowland	7
	Webb	6		Norwalk	3		San Dimas	6
							Wilson/HH	5
3	SANTA FE		3	SUNBELT		3	VICTORY	
	Cantwell-Sacred Hrt	7		Canyon Springs	6		Bloomington Chr	7
	Serra	7		Elsinore	6		Desert Chapel	7
	St. Bernard	7		North, J.W.	5		Grove	7
	St. Pius X-St. Matthias	6		Paloma Valley	5		Palm Valley	7
	Verbum Dei	6		Perris	6		Public Safety Acad	7
							Redlands Adventist	7
3	SEA VIEW		3	SUNKIST		2	WAVE	
	Aliso Niguel	1		Bloomington	4		Fountain Valley	1
	Dana Hills	1		Colton	3		Huntington Beach	2
	Laguna Hills	2		Fontana	5		Laguna Beach	2
	Tesoro	2		Grand Terrace	5		Marina	3
	Trabuco Hills	2		Kaiser	5			
				Summit	4			
3	SOUTH COAST		2	SURF			FREELANCE	
	Capistrano Valley	1		Corona Del Mar	1		Castaic	probationary
	El Toro	1		Edison	1		Coast Union	7
	Mission Viejo	1		Los Alamitos	1		Compton Early Clg	probationary
	San Clemente	1		Newport Harbor	2		Entrepreneur	probationary
	San Juan Hills	1					Lakeview Leadership	probationary
3	SOUTH VALLEY		3	TRINITY			Legacy College Prep	TBD
	California Military	7		Jserra Catholic	1		Lifeline Ed Charter	probationary
	Cornerstone Chr	TBD		Lutheran/Orange	3		Ochoa Prep Acad	TBD
	Nuview Bridge	6		Mater Dei	1		Rancho Christian	7
	San Jacinto Vly Acad	7		Santa Margarita	1		Riverside Cty Ed/Indio	TBD
	Santa Rosa Acad	7		Servite	1		Riverside Cty Ed/MV	7
	Temecula Prep	7		St. John Bosco	2		Waldorf OC	probationary
3	SOUTHWESTERN		3	TRI-VALLEY			DOES NOT FIELD	
	Chaparral	5		Bishop Diego	6		Anaheim Disc Chr	
	Great Oak	4		Cate	6		Crossroads Chr	
	Murrieta Mesa	6		Foothill Technology	7		Lancaster Baptist	
	Murrieta Valley	4		Laguna Blanca	6		Lighthouse Christian	
	Temecula Valley	5		Santa Clara	5		Summit View West	
	Vista Murrieta	4						

CIF-SS SOCCER GUIDELINES

The Following points of emphasis should be reviewed by coaches, staff and players regarding CIF Southern Section rules and regulations as published in the CIF-SS Blue Book. This list is not all-inclusive; it highlights key areas.

MAXIMUM TEAM CONTESTS

A soccer team will be permitted to play no more than 28 games during the season, including tournaments, but excluding CIF Southern Section playoffs. Games scheduled with alumni and/or faculty will not count toward the allowable number of contests and must be played during the defined season of sport. A team may not be entered in more than three tournaments.

1. Tournament managers are responsible for notifying participating schools of the number of games and/or teams participating in the tournament.
2. No soccer team may play more than one game in one day except in tournaments where the following rules will apply: a team may play three regular games in one day in a tournament on a non-school day, provided the total minutes played does not exceed 150 minutes for that day.

TOURNAMENTS

For those schools hosting sanctioned events, please review the 700 series. In particular, please be aware of the fact that all sanctioned events are to be administered by the sanctioning school and not outside groups. The interpretation is that all entry fees must be handled through student-body accounts under the administration of the principal of that school.

DURATION OF GAME

The duration of games for soccer games shall be two equal 40 minute equal halves for varsity games, 35 minute halves for junior varsity games and Frosh-Soph games. In the case of a tie game, two extra periods of ten minutes each may be played, by league adoption for league games, or by mutual agreement between coaches in non-league games. A tie at this latter point stands as the official.

TIE BREAKING PROCEDURE

With the potential for advancement to CIF-SS Soccer Regional Championships, a champion will need to be declared in each of the seven divisional finals.

The tie breaking procedure adopted by the soccer advisory committee will apply to ALL CIF-SS playoff rounds is as follows:

- After regulation time there will be 5 minutes prior to the start of overtime.
- Two, ten minute "Golden Goal" (or sudden victory) periods will be played with 2 minutes between each half.
- If a tie score still exists, the game will be decided by kicks from the mark.

GAME BALL

The game ball for ALL CIF-SS playoff rounds are the **Spalding TF5000 NFHS, Spalding TF-SC3 NFHS or Spalding TF-SC5 NFHS for both boys and girls use.**

OUTSIDE COMPETITION BY AN INDIVIDUAL DURING THE SEASON OF SPORT

A member of a high school soccer team may not compete for an outside team in the sport of soccer during the season of sport. A season of sport (as outlined in CIF-SS Blue Book Rule 504) is defined as that period which begins with a student's first interscholastic competition (non-league, tournament or league game) and ends with that student's last interscholastic contest (tournament, non-league or CIF-SS playoff game).

SCOUTING PROHIBITION - PRACTICE SESSION

Scouting of any type that would include personal viewing, written notes, audio tape, motion pictures, video reproduction and/or any other type of reproduction such as still pictures, etc., shall not be taken in any sport of a member school's practice sessions by anyone without written consent of the participating school(s). An interscholastic scrimmage is not subject to this rule.

Q & A - What is allowed with regard to scouting a contest? There will be NO restrictions on the part of member schools regarding the filming/video-taping of any contest. Host schools will maintain game management rights and responsibilities.

OFFICIALS

It is required that:

1. When contacted by the official at least 24 hours in advanced, the host school will have available someone who will handle the needs of the officials assigned to the contest.
2. The home school will have available someone to handle the needs of the officials assigned to the contest. This should include but not be limited to facility orientation, locker room assignment and parking.
3. The officials' locker rooms are open at half-time and immediately after the game.
4. At the completion of the contest, the officials' locker and dressing facilities remain secured for at least 20 minutes. Coaches and other school officials should not enter an officials' dressing area for the purpose of complaints.
5. Coaches should not approach or confront the officials at the completion of a contest.
6. Coaches and school officials should not make public statements to the news media criticizing officials.
7. School officials be alert to potential problem situations and provide security for officials to and from their dressing facilities and to the parking area after the contest when necessary.
8. Athletic administrators convey to the coaching staff that any problems regarding officiating be handled first through the Area Officials' Liaison and second by the CIF-Southern Section Office, if it is serious in nature.
9. A representative from the host school shall handle financial matters prior to the start of the contest. This task should not be handled by the coach.
10. The participating schools should enforce the principles of Pursuing Victory with Honor and the education code with regards to fan and spectator behavior. Schools are strongly encouraged to remove and sanction any spectator who engages in abusive verbal or physical behavior or who uses profanity.
11. Schools not in compliance with numbers 1-10 will be reported to their Area Liaison by the officials association within five (5) school days. Regardless of the infraction, the contest will be played.

SOCCER FIELD

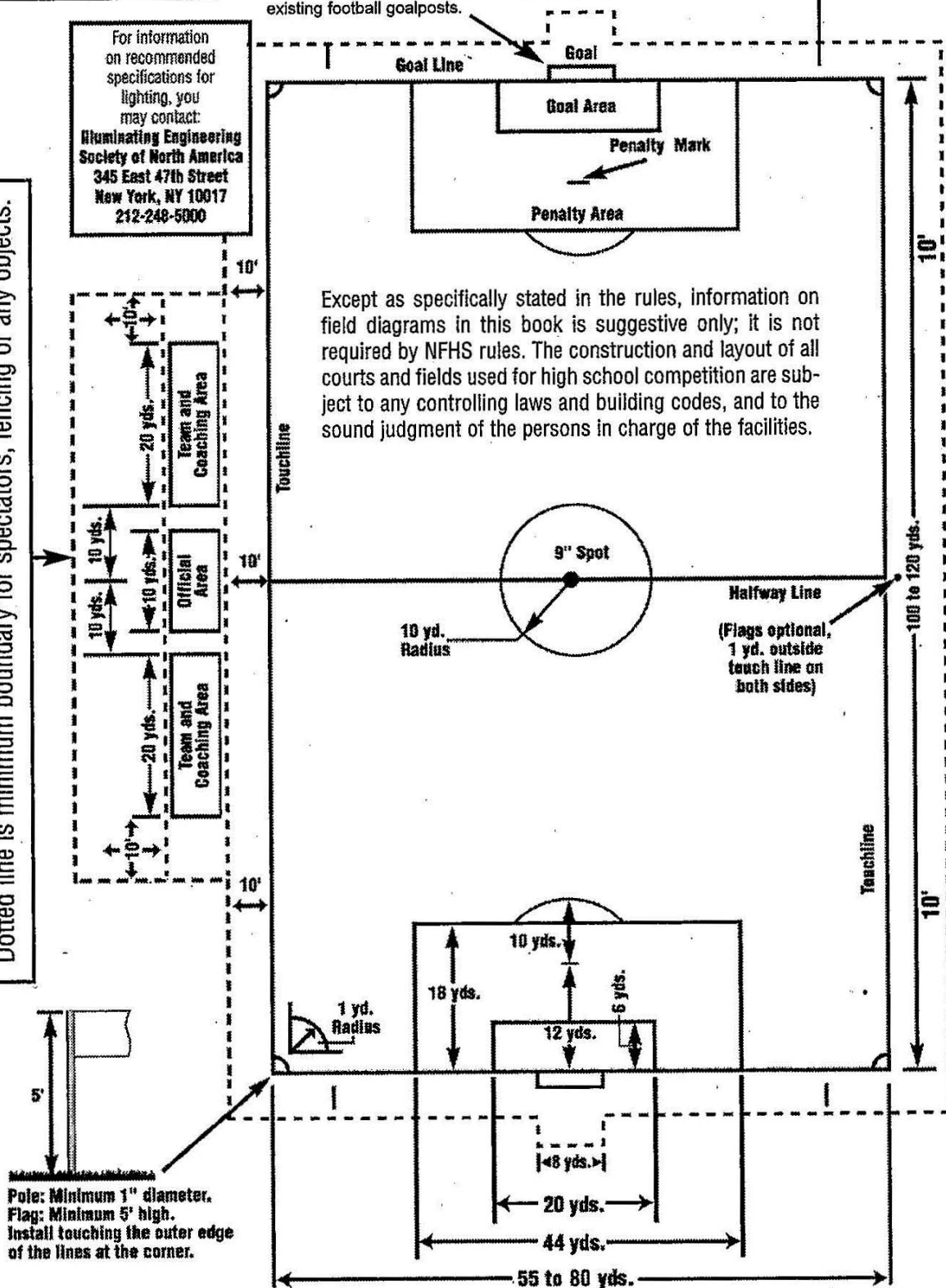
*MEASUREMENTS are taken from outside to outside of the line.

If used on a football field, portable goals should be anchored at least 2 yards in front of the base of the existing football goalposts.

HASH MARK (optional)
(1 yd. in length beyond goal line;
11 yds. from touch line;
located at each corner of field)

For information on recommended specifications for lighting, you may contact:
Illuminating Engineering Society of North America
345 East 47th Street
New York, NY 10017
212-248-5800

Dotted line is minimum boundary for spectators, fencing or any objects.



An engineered natural turf soccer field should have a minimum of one-and-one-half percent (1.5%) slope for fields which are surface drained. For natural turf fields with a sub-surface drain system the slope should be no less than one (1.0%) percent. For synthetic turf fields with a sub-surface drain system the slope should be no less than one half of one (0.5%) percent. Slope is measured from center to side. For consulting services, contact SportsPLAN Studio, 816-842-5200.

SOCCER GAME MANAGEMENT **AND** **CROWD CONTROL**

With the soccer season about to begin, administrators should review supervisory and crowd control procedures for the winter soccer season. Coaches, please review with your principal and athletic director the National Federation minimum requirements for crowd control.

As a review:

NATIONAL FEDERATION RULES

REQUIRE THAT SPECTATORS BE CONFINED TO AN AREA **AT LEAST** 10 FEET FROM THE TOUCH LINE, TEAMS, OFFICIALS AND GOAL LINE. NO ONE SHALL BE PERMITTED DIRECTLY BEHIND EITHER GOAL UNLESS SEATED IN BLEACHERS.

Home School Supervision – Faculty supervisors should be individuals who are as familiar as possible with the members of the student body in order to facilitate identification of students whenever necessary.

Visiting School Supervision – The visiting school should assign a sufficient number of supervisors in order that adequate crowd control can be accomplished.

UNIFORMS

The home team shall wear **dark** jerseys and **dark** socks, and the visiting team shall wear **solid** white jerseys and socks. (Reference NFHS Soccer Rule 4, Section 1, page 22 of the 2019-20 NFHS Soccer Rules Book).

HEALTH AND SAFETY

It is the expectation of the CIF Southern Section that your Athletic Coaches and Administration will take every measure to ensure the health and safety of your student athletes.

The following are key points of emphasis coaches should review with their staff and players in reference to CIF Southern Section rules and regulations in the 2019-2020 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the "Sports Medicine" tab on the blue toolbar.

Additional resources can be found at www.cifstate.org under the "Sports Medicine" tab on the white toolbar

PHYSICAL EXAMINATION

An annual physical examination, or a statement by a medical practitioner, is required for a student to take part in any authorized school practice session and/or pre-season conditioning period. This physical examination will be valid for a period of one year from the date of the examination. A student will be excused from this physical examination only if there is compliance with the Education Code (parent's refusal to consent). CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine and the American osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

CONCUSSION PROTOCOL

A student athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at the time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. If a licensed health care provider, trained in education and management of concussion determines that the athlete sustained a concussion or a head injury, the athlete is required to complete a graduated return to play protocol of no less than seven (7) full days from the time of diagnosis under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition. (Approved May 2010 Federated Council/Revised January 2015 Federated Council)

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

Answer: the "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

STEROID PROHIBITION

All schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.

NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

SUDDEN CARDIAC ARREST PROTOCOL

A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted while participating in or immediately following an athletic activity, must be removed immediately from participating in a practice or game for the remainder of the day. A student-athlete who has been removed from play after displaying signs and symptoms associated with sudden cardiac arrest may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider. On a yearly basis, a Sudden Cardiac Arrest information sheet shall be signed and returned by all athletes and the athlete's parent/guardian/caregiver before the athlete's initial practice or competition.

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

Answer: the "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

EXPLORER



FUSION



FOCUS



MUSCLES. SPEED. AGILITY. SMARTS.

OUR VEHICLES. OUR ATHLETES.



THE SOUTHERN CALIFORNIA FORD DEALERS
PROUDLY SUPPORT SO CAL HIGH SCHOOL ATHLETICS.

F-150 RAPTOR



MUSTANG



ECOSPORT

