



2017 GIRLS SOFTBALL PREVIEW



DUDLEY
Quality, Consistency & Durability

Jessica Mendoza
JESSICA MENDOZA

**Proud to be the
Official Softball
of the CIFSS**





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TO: CIF-SS GIRLS' SOFTBALL COACHES
FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER
DATE: JANUARY, 2017
RE: **2017 GIRLS' SOFTBALL SEASON**

You will find included in this preview very important and vital information for the 2017 season. **REVIEW THE INFORMATION THOROUGHLY**. If you should have any questions, please do not hesitate in contacting me or my administrative assistant Kim Willeman at the CIF-SS office. The following items are included:

4. Advisory Committee/ Top ten poll
5. Dates for Softball 2017 Season
6. Power Ranking Divisions 2017
9. CIFSSHOME Requirements
11. Blue Book Rules: General
16. Blue Book Rules: Softball
22. Blue Book Rules: Playoffs
27. Sanctioned events
27. Special Notice /Posting Scores
28. NFHS Elective Course/Webinar/Concussions
28. CSOA Unit President e-mail
29. DP/Flex Rule
31. 2017 NFHS Softball Rules Changes
34. Strick Zone 2017
35. Certified Bat Memo January 2017, Non-Approved Bat List
38. Top Ten Preview Questionnaire
40. Ball list 2016-17
41. Softball Record Up-dates

2017 National Federation Softball Rules Book
~to schools via mail Sept. 28, 2016~

2017 CIF-SS Girls' Softball Committee

Division 1

**Lucinda Brewer, ML King/Big VIII; lbrewer@rusd.k12.ca.us

Jamie Shannon, At-Large; jshannon@losal.org

Division 2

**Alan Caouette, Aliso Niguel/South Coast: acaouette@cox.net

Mary Starksen, Warren/San Gabriel Valley; mstarksen@dusd.net

Division 3

** Laura Shinar, Ramona/River Valley; 12shinar@gmail.com

Erin Brown, Mayfair/Suburban; ebrown@busd.k12.ca.us

April Finazzo, Citrus Valley/Citrus Belt; april_finazzo@redlands.k12.ca.us

Margaret Neill, Paraclete/Gold Coast; mneill@paracletehs.org

Division 4

**Roberta Garcia-Uyemura, Diamond Bar/Palomares; rgarcia@wvusd.k12.ca.us

Division 5

**Donn Brown, Elsinore/Sunbelt; DonnBrown@leusd.k12.ca.us

Lindsey Campana, Templeton/Los Padres; lcampana@templetonusd.org

Melissa Graham, Katella/Orange; graham_m@auhsd.us

Division 6

**Lisa Montes, Azusa/Montview; shotblocker08@yahoo.com

Jo Ann Quintero, Faith Baptist/Heritage; Jquint33@yahoo.com

Dana Vasquez, Notre Dame/SO/Mission; vasquez@ndhs.org

Joe Zimmerman, University Prep/Cross Valley; upsathletics@yahoo.com

Division 7

TBA

Amanda Kelson, Brentwood/Gold Coast; akelson@bwscampus.com

(Event Manager: JoAnn Byrd and Sharen Caperton)

TOP TEN POLL: ** Division Representative

It is imperative that you contact the Girls Softball 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.

**CIF SOUTHERN SECTION GIRLS SOFTBALL 2017
CALENDAR AND PLAYOFF DATES**

Date of First Contest ~~~~~ Saturday, February 25, 2017

If a school chooses to have a scrimmage it must be on or after February 25, 2017 and before their first contest.

Date of Last Contest ~~~~~ Thursday, May 11, 2017

**Playoff Dates ~~~~~ May 16 (wildcard) 18, 23, 25, 30, 2017
CIF Finals (All Divisions) ~~~~~ June 2 & 3, 2017**

Mercy Rule 2500.1 will be used for Wildcard, 1st and 2nd rounds in the 2017 playoffs.

**2017 GAME BALL
The Official game ball for all playoff rounds and the final
championship games on
June 2 & 3, 2017
Dudley CFP12Y NFHS**

SPECIAL REMINDER:

All batting helmets shall be equipped with a NOCSAE APPROVED FACE PROTECTOR. The phrase, "Meets NOCSAE Standard" must be permanently affixed to the face protector.

2016-2017 SOFTBALL PLAYOFF GROUPINGS BY DIVISION

Revised 2/3/2017 3:30pm

DIVISION 1 SCHOOL (32)	DIVISION 2 SCHOOL (47)	DIVISION 3		DIVISION 4	
		SCHOOL (60)	SCHOOL	SCHOOL (64)	SCHOOL
Bishop Amat	Agoura	Alta Loma	Redlands	Aquinas	Paramount
Burroughs/Burban	Aliso Niguel	Apple Valley	Rolling Hills Prep	Arcadia	Pasadena
Canyon/Anaheim	Atascadero	Arlington	Royal	Arroyo	Pioneer Valley
Capistrano Valley	Brea Olinda	Arroyo Grande	San Dimas	Beaumont	Rialto
Chino	Camarillo	Ayala, Ruben	Santa Fe	Beckman, Arnold	Rubidoux
Chino Hills	Canyon Springs	Bonita	Sonora	Buena	San Jacinto
Cypress	Canyon/CC	Burbank	Summit	Cabrillo/LB	San Juan Hills
Etiwanda	Chaparral	Cajon	St. Bonaventure	Calabasas	San Luis Obispo
Foothill/SA	Charter Oak	California	Temecula Valley	Cantwell-SHM	San Marcos
Grand Terrace	Dana Hills	Carter	Temescal Cny	Chaffey	Savanna
Great Oak	Diamond Ranch	Centennial/C	Tesoro	Colton	Seegerstrom
Huntington Beach	Don Lugo	Cerritos	Troy	Compton	Silverado
King, ML	Dos Pueblos	Citrus Valley	Tustin	Diamond Bar	St. Joseph/L
La Habra	Edison	Claremont	West Covina	Downey	Thousand Oaks
Lakewood	El Modena	Corona	Wilson/LB	Edgewood	Trabuco Hills
Los Alamitos	Fountain Valley	Crescenta Valley	Woodbridge	El Rancho	Valencia/P
Lutheran/Orange	Gahr	El Dorado		El Segundo	Walnut
Mater Dei	Glendora	El Toro		Fontana	West Valley
Mission Viejo	Kennedy	Esperanza		Garden Grove	Western
Murrieta Valley	La Quinta/LQ	Fullerton		Glenn	Whittier
Norco	La Serna	Glendale		Hemet	
Oaks Christian	Laguna Hills	Golden Valley		Highland	
Pacifica/Garden	Los Osos	Hart		Jordan	
Santiago/Corona	Marina	Irvine		JSerra Catholic	
Saugus	Millikan	Kaiser		Jurupa Hills	
South Hills	North Torrance	Knight, Pete		La Canada	
Valencia/Valencia	Norwalk	La Mirada		Lakeside/LE	
Valley View	Oxnard	La Salle		Linfield Christian	
Vista Murrieta	Poly/Riverside	Lompoc		Loara	
West Ranch	Redlands E Vly	Los Altos		Mira Costa	
Yorba Linda	Redondo Union	Louisville		Monrovia	
Yucaipa	Righetti	Mayfair		Montclair	
	Rio Mesa	Moorpark		Montebello	
	Roosevelt, Eleanor	Murrieta Mesa		Newport Harbor	
	Rosary Academy	Newbury Park		Northwood	
	San Clemente	Palos Verdes		Oak Hills	
	Santa Margarita	Paraclete		Oak Park	
	Santa Monica	Paso Robles		Ocean View	
	Simi Valley	Patriot		Ontario	
	St. Lucys	Peninsula		Ontario Christian	
	St. Paul	Poly/Long Beach		Pacifica/Oxnard	
	Sunny Hills	Ramona		Palm Desert	
	Torrance	Rancho Cucamonga		Palm Springs	
	Upland	Rancho Verde		Paloma Valley	
	Villa Park				
	Warren				
	Westlake				

DIVISION 5

SCHOOL (65)	SCHOOL
Alemanya	San Gorgonio
Alhambra	Serrano
Alverno	Shadow Hills
Arroyo Valley	Sierra Vista
Artesia	South El Monte
Banning	South Torrance
Barstow	St. Joseph/SM
Bellflower	St. Monica Cath
Bishop Montgomery	Sultana
Bloomington	Tahquitz
Cabrillo/Lompoc	Temple City
Calvary Chap/D	Templeton
Calvary Chap/SA	University
Chaminade	Valley Chr/C
Channel Islands	Ventura
Coachella Valley	Vista Del Lago/MV
Colony	West Torrance
Duarte	Westminster
Elsinore	Yucca Valley
Fillmore	
Gabrielino	
Godinez	
Hawthorne	
Heritage	
Heritage Christian	
Hoover	
Hueneme	
Indio	
Jurupa Valley	
Katella	
La Quinta/W	
La Reina	
La Sierra	
Lynwood	
Maranatha	
Miller, A.B.	
Moreno Valley	
Nipomo	
Nogales	
Norte Vista	
North, J.W.	
Notre Dame/R	
Oxford Academy	
Pioneer	
Pomona Catholic	
Quartz Hill	

DIVISION 6

SCHOOL (95)	SCHOOL
ACE	Marshall
Anaheim	Mary Star / Sea
Arrowhead Ch	Morro Bay
Azusa	Muir
Baldwin Park	Noli Indian
Bell Gardens	Nordhoff
Beverly Hills	Northview
Bloomington Christian	Notre Dame Academy
Boron	Notre Dame/SO
Buena Park	Nuview Bridge
Burroughs/R	Orange
Calvary Murrieta	Orcutt Academy
Carpinteria	Palmdale
Cathedral City	Poly/Pasadena
Chadwick	Pomona
Citrus Hill	Rancho Alamitos
Corona del Mar	Rancho Mirage
Costa Mesa	Rim of the World
Crean Lutheran	Rio Hondo Prep
Culver City	Saddleback VC
Desert	San Gabriel
Desert Chr Acd	San Gabriel Mission
Dominguez	San Marino
Eastside	Santa Ana
Eisenhower	Santa Clara
El Monte	Santa Maria
Estancia	Santa Paula
Faith Baptist	Santiago/GG
Flintridge Prep	Schurr
Flintridge S Hrt	Sierra Canyon
Foothill Tech	South Pasadena
Ganesha	St. Anthony
Garey	St. Pius X/St. Matthias
Granite Hills	Temecula Prep
Harvard-Westlake	Twentynine Palms
Hawthorne MSA	University Prep
Hesperia	Vasquez
Hillcrest	Victor Valley
Indian Springs	Webb
Inglewood	Western Chr
La Puente	Whitney
Lancaster	Whittier Chr
Lawndale	Wilson/HH
Loma Linda Acd	Windward
Lone Pine	Woodcrest Chr
Los Amigos	Workman
Mark Keppel	Xavier Prep
Marlborough	

DIVISION 7

<u>SCHOOL (110)</u>	<u>SCHOOL</u>	<u>SCHOOL</u>
AAE	Firebaugh	Saddleback
Adelanto	Gladstone	San Bernardino
AGBU/Canoga Pk	Grace Brethren	San Jacinto Vly
Animo Leadership	Grove	Santa Ana Valley
Antelope Valley	Hamilton	Santa Clarita Chr
Apple Vly Chr	Hesperia Christian	Santa Clarita Vly Int
Avalon	Highland Hall	Santa Rosa Acd
Bassett	Holy Family	Santa Ynez
Bell-Jeff	Immaculate Heart	Serra
Bethel Chr/L	Immanuel Christian	Shalhevet
Bethel Chr/R	Joshua Springs	Shandon
Big Bear	La Sierra Academy	Sherman Indian
Big Pine	Laguna Beach	Silver Valley
Bishop Conaty-Loretto	Lake Arrowhead Chr	Southlands Chr
Bishop Diego	Lennox Academy	St. Genevieve
Bolsa Grande	Leuzinger	St. Marys Acd
Brentwood	Littlerock	St. Monica Acd
Brethren Christian	Lucerne Valley	Summitview West
Cal Lutheran	Lutheran/LV	The Archer
California Military	Magnolia	Trinity Classical Acd
CSDR	Malibu	Trona
Calvary Chapel/MV	Mammoth	Upland Chr Aca
Calvary Christian	Maricopa	Valley Chr/SM
Campbell Hall	Marymount	Viewpoint
Capistrano VC	Mayfield	Village Christian
Carnegie/Riverside	Mesa Grande Acd	Villanova Prep
Century	Mojave	Westridge
Coast Union	Mountain View	
Coastal Christian	Oakwood	
Connelly, Cornelia	Orangewood Acd	
Covina	Pacific	
Crossroads	Palm Valley	
Crossroads Chr	Perris	
Cuyama Valley	Providence/Burba	
Desert Chr/L	Public Safety Acd	
Desert Hot Springs	Ramona Convent	
Desert Mirage	Rancho Christian	
Eastside Christian	Redlands Adventist	
Einstein Acad	Riverside Prep	
Environmental Ctr	Rowland	
Excelsior Charter	Sacred Heart of Jesus	

No Playoff Eligibility for 2017

*Baker Valley	
*Centennial/Comp	
*Guidance Charter	
*Morningside	
*Newbury Park Adv	
*Ribet Academy	
*Rosemead	
*Victor Valley Chr	
*No information in for 2 years	
Buckley	DNF
Cate	DNF
Cornerstone C/H	DNF
Desert Chapel (Will)	DNF
Lee Vining	DNF
Pacifica Chr/SM	DNF
Santa Barbara	DNF
Schools in Red , only 1 year of data received	

CIFSSHOME REQUIREMENTS SOFTBALL

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 "Softball"

-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 "Softball" 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, MAY 9, 2017.

Attention Athletic Directors/Coaches: It is very important that you enter your entire Softball Varsity roster into CIFSSHome

(www.cifsshome.org) no later than **TUESDAY, MAY 9, 2017.**

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 "Softball"

-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 Softball 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 be uploaded in the roster section and all of the required columns are filled out.

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 Softball coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than **TUESDAY, MAY 9, 2017.**

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 (Softball).

-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 TUESDAY, MAY 9, 2017.

Attention Athletic Directors/Coaches: It is very important that your Softball Varsity Team Photo is uploaded to CIFSSHome

(www.cifsshome.org) no later than **TUESDAY, MAY 9, 2017.**

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 (Softball).

- 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 Softball. The At Large Application is to be submitted by your school no later than **THURSDAY, MAY 11, 2017 @ 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 "Softball" 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!"



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BLUE BOOK RULES: 2016-2017

150 SOUTHERN SECTION - ATHLETIC CONTRACTS

150. A contract is the mutual agreement of the parties concerned reduced to writing and signed by each of them (the signing of contracts for all non-league team contests is highly encouraged, with forms available from the CIF Southern Section Office). A league schedule duly adopted and recorded in the league's minutes will be regarded as a contract. Schools should anticipate religious holidays, mandated testing schedules, and finals schedules when constructing schedules and entering into contracts.

151. Where a written contract has been entered into, schools must carry out the provisions of the contract, subject to the following rules:

151.1 Where either school finds it impossible to meet a scheduled contest, it must notify the other school in writing and send a copy to the Commissioner of Athletics prior to the scheduled contest. In case the other school does not agree to the cancellation of by the contest, the Commissioner shall make the final decision.

151.2 Any expenses incurred by the offended school such as officials' fees, stadium rental, transportation, etc., shall be paid in full by the school breaching the contract.

151.3 When a school fails to engage in a contest agreed upon, without giving notice to the other school and securing an honorable release, it may be suspended from membership.

152. It is important that all schools confirm athletic contests in writing after they have been scheduled verbally by phone. This procedure will reduce the number of conflicts that seem to arise when contests are scheduled by phone. Appeals of athletic contests will carry added weight if the agreement for said contest is part of a written athletic contract.

153. Schools are responsible to fulfill their commitments made by previous school personnel. A change of administration, athletic director or coach, does not cancel out a scheduled contest made the previous school year.

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

All CIF Southern Section eligibility rules apply in all games including non-league, league, tournament and playoff games. In order to compete in interscholastic athletics, a student must:

220.1 Be under nineteen years of age. (See Bylaw 203)

220.2 Meet the attendance requirements. (See Bylaw 204)

220.3 Be eligible scholastically. (See Bylaw 205)

220.4 Have met the residence requirements. (See Bylaw 206)

220.5 Meet citizenship requirements. (See Bylaw 217)

220.6 Not participate in any tryout for a professional or collegiate team. (See Bylaws 212 and 605)

220.7 Not compete with outside teams. (See Bylaw 600)

220.8 Be an amateur. (See Bylaw 212)

QUESTION: Will a student jeopardize his or her eligibility for high school athletics by participating in a rodeo or motorcycle race and accepting a cash prize or an award in excess of that permitted by CIF Southern Section regulations?

ANSWER: Neither a rodeo nor a motorcycle race is an approved interscholastic sport, so competing for, or the acceptance of a cash prize or an award in excess of CIF Southern Section limitations would have no bearing upon a student's eligibility for high school athletics.

QUESTION: What is defined as an interscholastic scrimmage?

ANSWER: An interscholastic scrimmage is defined as a training session in which students from more than one school participate, any aspect of play is exercised and no score is kept. Only students regularly enrolled in public and private CIF member schools, grades 9-12, shall be permitted to participate in a scrimmage. Alumni shall not be permitted to take part other than the one allowable contest where noted in specific sports. It should also be noted that only students enrolled in grades 9-12 at each specific school may take part in regular practice sessions.

503.C GRADE LEVEL RESTRICTIONS

Only 9th grade through 12th grade students may practice with or compete on a high school team. Ninth grade students of a junior high school which is located on the same campus and is under the supervision of the same principal as the senior high school may practice with and compete on the high school team. For a multi-school situation, see Bylaw 303.

503.E SUPERVISION REQUIREMENT

No CIF team shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Education Code 49032 (Bylaw 503.F).

503.G PHYSICAL EXAMINATION

G. Physical Examination

As a condition of membership, schools will require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. The report of the examination will be on a school board-approved form that includes a health history. The physical examination must be completed before a student may try out, practice or participate in interscholastic athletic competition. A student will be excused from this physical examination provided there is compliance with the Education Code provisions concerning Parent(s)/Guardian(s)/Caregiver's Refusal to Consent. The CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Physical 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 Sports Medicine and the American Osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

(Revised March 2004 Executive Committee)

<>H. Concussion Protocol

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

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

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

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

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

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

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

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

(January 2015 Federated Council)As a condition of membership, schools will require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. The report of the examination will be on a school board-approved form that includes a health history. The physical examination must be completed before a student may try out, practice or participate in interscholastic athletic competition. A student will be excused from this physical examination provided there is compliance with the Education Code provisions concerning Parent(s)/Guardian(s)/Caregiver's Refusal to Consent. The CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Physical 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 Sports Medicine and the American Osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms. (Revised March 2004 Executive Committee)

H. Concussion Protocol

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition. (Approved May 2010 Federated Council/Revised May 2012 Federated Council)

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

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

I. Steroid Prohibition

As a condition of membership, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids.

All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not

use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

504. M SUNDAY RESTRICTIONS

In order to provide at least one day of respite from involvement in interscholastic athletics each week, no interscholastic games or practices of any kind are to be held on Sunday.

Exception: Those schools founded upon religious tenets that observe the Sabbath from Friday sundown until Saturday sundown may practice or play on Sundays. Schools must register each year by August 1 for the following year with their Section office and indicate either Friday or Saturday as their alternate day of respite.

NOTE: Declaration of Alternate Day of Respite form is available through your local Section Office.

(1) Violation of Bylaw 504. M. will result in the following sanctions:

a. Practice: For every practice conducted on a declared day of respite, the violating school will be prohibited from conducting twice as many regularly scheduled practices (2 for 1);

b. Game: A game played on a declared day of respite will result in forfeiture of the game.

(2) In addition to the above sanctions, the Section may impose any of the following additional sanctions:

a. The final season record will be reduced by at least one win at the conclusion of the season;

b. The school will be placed on probation;

c. The team/individual will be ineligible to advance to or in Section, Regional or State Championships;

d. Reduction of maximum number of contests allowed for the following year in that sport;

e. Repeated violation may result in suspension of membership in the CIF.

(May 2000 Federated Council/Revised May 2004 Federated Council)

506. PRACTICE ALLOWANCE

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

A. 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.

(1) Multiple Practice Sessions:

a. Double day practices shall not be held on consecutive days.

b. Must include a minimum of three (3) hours rest between practices.

(2) Golf Only

a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]

B. 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.

C. 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.

D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C. (1)-(5) above.

E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.

F. Penalties

Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

<>NOTE: For purposes of this Bylaw, the season of sport begins with each team's first day of practice.

Frequently Asked Questions - (FAQ's will continue to be revised as needed and appropriate to assist schools in understanding the implementation of the Bylaw. Schools seeking additional clarification should contact their local CIF Section office.)

Q: Our football coach conducts a one-hour (1) before school weight lifting activity in the weight room for football players. Does this count in the three-hours per school day practice limitation?

A: Before school activities that are NOT part of the curricular day are subject to the practice limitations. If the activity is organized and/or directed and/or supervised by any of the football coaching staff and only open to football players, then YES it is considered to be practice and counted in the daily limit.

Q: Our football coach conducts a one-hour (1) before school zero period weight lifting activity in the weight room for football players. Does this count in the daily practice limitation?

A: If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: We have a one-hour (1) before school; (2) zero period; general weight lifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?

A: (1) Before school is not part of the curricular day so activities during this time are subject to practice duration limitations. However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a nonfootball hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e. access only through the boy's locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation. (2) If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: A (1) Volleyball or Football; (2) Cross Country; Coach tells their team members "just go for an hour run" as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?

A: Yes. This activity done as a team or as an individual and has been implicitly/explicitly required by the coach; directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.

Q: A Basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?

A: Yes, this would be considered an activity under C. (2) and (4) above because it was required and or implied by the coach for his/her basketball team members to participate. If it was not implicitly or explicitly required by the Coach, it would not count towards practice duration limitations.

Q: The Water Polo Coach establishes a swimming conditioning session (1) before practice each day (2) in the morning before school; (3) during zero period; Does this count towards the practice duration limitations for that day?

A: (1) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations. (2) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation. (3) If Zero period is considered part of the curricular day it does not count against the practice duration limitations.

Q: A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two seasons is a student allowed to practice for four hours per day for volleyball and then another four (4) hours per day for basketball, for a total of eight (8) hours of practice on any given day?

A: No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation [four (4) hours max per day and only 18 hours per week].

Q: A student plays baseball and tennis in the same season of sport. If they have competitions on the same day for both sports how would those hours be counted?

A: The total number of hours would be three (3) regardless of the total time of both contests (see Bylaw 506.B.)

(Approved May 2014 Federated Council)

600. COMPETITION ON AN OUTSIDE TEAM

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. (See 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.

601. PENALTIES FOR VIOLATION OF BYLAW 600

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.

(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)



BLUE BOOK RULES: SOFTBALL 2016-2017

2500. LENGTH OF GAMES

CIF Sections are authorized to limit Junior Varsity softball games to seven innings or a maximum of 2 hours, whichever occurs first. No new inning shall begin after 2 hours have expired from the start of the game.

2500.1 Southern Section Leagues are allowed to adopt either or both of the following two rule modifications:

OPTION I - "VARSITY AND/OR LOWER LEVEL GAMES shall end after five innings of a seven inning game when a team is behind by 10 runs."

OPTION II - "JUNIOR VARSITY games are limited to seven innings or a maximum of two hours. No new inning shall begin after two hours have expired from the start of the game."

NOTE: League approval is mandatory before either of the options can be used in league contests. For non-league games adoption of these rule modifications would be by prior mutual consent of the competing schools.

2501. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

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

NOTE: All softball bats must meet the Amateur Softball Association (ASA) bat performance standard (NFHS Softball Rule 1-5-1d). Please see the National Federation Rulebook for further clarification on this rule.

2502. PROTECTIVE EQUIPMENT

It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards.

NOTE: NFHS rules govern use of protective equipment by a player/student. (Approved January 2015 Federated Council)

#2503. RULES

All softball games in the CIF Southern Section will be played under National Federation rules unless otherwise provided herein.

<>2504. SCRIMMAGES

An interscholastic scrimmage is a training session between a minimum of two and a maximum of three schools where no score is kept, free substitution and time outs are permitted, spectators are not urged to attend, and officials are not paid. (See Q & A following Bylaw 220.8 for definition.)

<>2504.1 Schools are permitted one interscholastic scrimmage which may not be held prior to February 25 and must be held prior to team's first interscholastic contest (non-league, tournament, or league).

2505. TOURNAMENTS

A team may not be entered in more than three tournaments.

#2505.1 For each tournament, a team will be charged two games toward the allowable maximum number of contests.

QUESTION: Can a school enter two teams in the same tournament at the same level (i.e. varsity "A" and varsity "B")?

ANSWER: If a school chooses to split a single team into two teams in the same tournament at the same level they will be charged one allotted tournament for each team entered. If a school enters a varsity "A" and a varsity "B" team, they will be charged for two (2) of the allowable three (3) tournaments for the season.

#2505.2 All tournaments, regardless of the number of teams participating, are allowed a maximum of 5 games while still counting as 2 of your allowable contests.

#2505.3 Tournament managers are responsible for notifying participating schools of the number of games and/or teams participating in the tournament.

NOTE: Two contests could be played in the SAME TOURNAMENT only, but not two games in two different tournaments (See Bylaw 2512).

<>2506. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

No interscholastic contests (non-league, tournament or league) may be scheduled prior to February 25.

#2507. MAXIMUM TEAM CONTESTS

A softball team will be permitted to play no more than 20 games during the season, including tournaments but excluding CIF Southern Section playoffs.

#2507.1 FACULTY: Each team will be permitted to play one game with the faculty which will not count toward the allowable number of contests.

#2507.2 ALUMNI: Each team will be permitted to play one Alumni contest, which will not count toward the allowable number of contests.

#2508. DOUBLEHEADER CONCEPT

A school may select any two non-league games and play each as a doubleheader with each date counting as one contest.

#2508.1 Both games of the doubleheader must be between the same two schools.

#2508.2 The maximum amount of time between games shall be no more than 35 minutes.

NOTE: If school plays a league doubleheader contest, it will count as 2 contests.

<>2509. END OF COMPETITION

All league competition for entries must end on or before Thursday, May 11. Schools may compete until May 13 for non-league contests.

#2510. SUMMERTIME RULES/SUMMER DEAD PERIOD/SPORTS CAMPS

#2510.1 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.

#2510.2 High schools may sponsor sport camps and/or allow non-school sponsored sport camps to use their facilities.

* High school students and individuals 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.

#2510.3 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 Mantle Baseball, etc., would be allowed to continue, until completion, during the dead period.

#2511. OUTSIDE COMPETITION BY AN INDIVIDUAL

During Individual's Season of Sport - A member of a high school softball team may not, during his or her season of sport, compete for an outside team in the sport of softball. A season of sport (See Bylaw 511) 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 (non-league, tournament, league or CIF Southern Section playoff).

#2512. LEVEL OF COMPETITION

No student shall participate in more than one level of competition in the same sport on the same day.

#2513. MAXIMUM ATHLETIC CONTESTS IN ONE DAY

All interscholastic contests are to be arranged in such a way that no student shall take part in more than two athletic contests in any one day.

#2514. SCHOOL ATTENDANCE

Standards for school attendance are determined by local school governing boards.

#2515. SOFTBALL-BASEBALL SLOW-PITCH DISTINCTIONS

The sport of softball is considered separate and distinct from the sport of baseball and competition by a school softball player on an outside baseball team during that individuals' softball season is permissible. Slow-pitch, however, is considered to be softball.

#2516. NIGHT SOFTBALL GAME TIME LIMIT

In any night softball game, no inning will be permitted to start after 11:30 p.m., with the exception of the championship finals.

#2517. COUNTING A TIE GAME

A regulation *called* game with a tie score shall be counted as ½ game won and ½ game lost for each team. This rule will apply to all contests and leagues may not waive this rule.

#2518. SUNDAY RESTRICTION

A school may not play a softball game nor conduct a scrimmage or softball practice of any type on Sunday during the season of sport.

QUESTION: May a team be assembled on Sunday for a "skill session" or review a game film?

ANSWER: Neither of these activities would be permitted.

QUESTION: Does a meeting on Sunday of a single student with a coach constitute a violation of Bylaw 2517?

ANSWER: Yes, the intent of Bylaw 2517 is to allow no contact with student athletes on Sundays.

QUESTION: What constitutes a scrimmage or practice on Sunday?

ANSWER: Any preparation of an upcoming softball game in which a player or players meet with the coach(es) on a Sunday is prohibited.

<>2519. PLAYER CONDUCT

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 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.

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 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.

QUESTION: What is meant by attendance at a contest?

ANSWER: Attendance is defined as being present at the location/site of the contest, which includes at 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.

#2520. COACH EJECTION

Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season. A coach 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

QUESTION: What is meant by attendance at a contest?

ANSWER: Attendance is defined as being present at the location/site of the contest, which includes at 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.

QUESTION: How does the Accountability Rule affect a coach who coaches more than one level of a particular sport?

ANSWER: A coach who has been ejected from a contest may not be in attendance at ANY contest prior to serving his/her mandatory suspension at the level in which the coach was ejected. (i.e.: An ejected JV coach who is also a varsity assistant may NOT be in attendance at any contest until his/her mandatory JV suspension has been completed.)

#2521. NOISEMAKERS PROHIBITED

No noisemakers (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band, etc.) will be permitted inside the gymnasium, stadium or playing fields at any CIF Southern Section contest (non-league, league, tournament or playoff). Cheering devices such as wooden blocks, or other similar objects, are prohibited. Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections. The improper use of any of the above listed devices by supporters of a team would subject that team to possible forfeiture of the contest.

#2522. PLAYOFFS

Refer to Article 320 (Playoffs) for details regarding playoff information. (Specific information will be contained in playoff information bulletins.)

#2522.1 The Commissioner has the authority to determine the sites of all softball playoff contests. For any playoff contest, the Commissioner may direct that such a contest be played on an alternate field if the home field does not meet CIF Southern Section standards.

#2522.2 Teams entered in the softball playoffs will NOT be permitted to take batting practice on the day of a playoff game prior to the commencement of the contest or during the contest. (See playoff bulletin for definition of batting practice)



UNITED WE STAND

Together, for California.

California Correctional Peace Officers Association



GATORADE SPORTS SCIENCE INSTITUTE

CARBOHYDRATE: PREMIUM FUEL FOR ATHLETES

WHAT FOODS ARE CARBOHYDRATE?

Bagels, bread, pretzels, crackers, pasta, rice, potatoes, beans, vegetables, fruit, fruit juice, pancakes, waffles, cereal, granola bars, sports drinks, sports chews

WHAT FOODS AREN'T CARBOHYDRATE?

Meat, chicken, fish, eggs, bacon, tofu, nuts, peanut butter

HOW MUCH CARBOHYDRATE SHOULD I EAT EVERY DAY WHEN I'M TRAINING REGULARLY?

Eat some with every meal and snack. Make sure about 2/3 of each meal is carbohydrate.

1/3 CARBOHYDRATE

1/3 PROTEIN

1/3 CARBOHYDRATE



PERFORMANCE CARBOHYDRATE TIMELINE

If you're hungry or want to start getting your during exercise fuel, eat a small amount of carbohydrate before you start

Include carbs in your recovery snack

HELPS IMPROVE PERFORMANCE & RECOVERY

Eat a meal focusing on carbs several hours before game/practice time

Eat 30-60 g each hour of training or competition



TOTAL CARBOHYDRATE 25 G 25 G 35 G 56 G 60 G

For example, during a basketball game eat a pack of chews at halftime and drink a 20 oz. bottle of Gatorade throughout the game. Or drink a 32 oz. bottle (or larger squeeze bottle) of Gatorade throughout the game, sipping at every timeout and halftime.

The information in this document is grounded in sports nutrition science, translated for athletes.

FUELING ATHLETIC PERFORMANCE

PROTEIN FOR RECOVERY



PROTEIN STRUCTURES

Protein structures in the body are constantly **turning over**, **breaking down and rebuilding** with new amino acids from the diet.



EXERCISE

Exercise **accelerates this process** and promotes the creation of new muscle proteins, a process that is most effective when the athlete eats protein to deliver new amino acids.



RECOVERY

Consuming protein to start the recovery process **as soon as possible** after practice and competition helps to **rebuild muscle tissue** as well as promote training adaptations.



TYPES OF PROTEIN

Consume **high-quality, complete protein sources** that are **rapidly absorbed and rich in leucine**.

WHEY AND MILK PROTEIN ARE GREAT CHOICES



WHEY AND MILK PROTEIN

- meet all the criteria
- have been shown to be effective for recovery



LEUCINE

- one of the amino acid building blocks for new muscle
- acts as a signal for the muscle to start the process of assembling new muscle proteins



signifies when protein should be consumed



EXAMPLE PROTEIN CONSUMPTION CYCLE

To get the most out of their workout, athletes should consume protein **regularly throughout the day**.

RECOMMENDED AMOUNT

MORE ISN'T BETTER.

Research shows that

~20 g of protein

is the right amount to stimulate post-exercise muscle protein synthesis for most athletes.

If you want to get specific for your athlete, calculate **0.25 g/kg**.

Check out www.GSSIweb.org for more information on this topic and additional resources.

PLAYOFFS 2016-17

3200. ALL PLAYOFFS MANAGED BY COMMISSIONER

All playoffs of the CIF Southern Section shall be under the management of the Commissioner of Athletics, who will have final authority and responsibility for their conduct.

- 3200.1 Enrollment based divisions will be used in the sports of boys and girls cross country and boys and girls track and field. By action of the Southern Section Council, once the divisions are established for the playoff, no school shall be allowed to move up to a larger enrollment division. Schools will participate based upon their CBED enrollment figures. Consideration will be given to geography after league placement has been recognized.
- #3200.2 No playoffs will be conducted by the CIF Southern Section Office when less than 20% of the membership field teams in that sport.
- #3200.3 See 54.8 (Emergency Powers).

3201. REPORT OF PLAYOFFS

At the close of the season for each sport, the Commissioner of Athletics shall compile a report of the playoffs in the "CIF Southern Section Bulletin."

3202. IDENTIFYING LEAGUE REPRESENTATIVES INTO THE PLAYOFFS

Under the playoff format - in all sports - leagues have the responsibility of developing and identifying the priority for their representatives into the playoffs. This will include the league's priority with regard to any at-large consideration.

Thus, the league through its CIF Council Representative, **MUST** notify the CIF Southern Section Office prior to the playoff draw, the No. 1 representative, the No. 2 representative, the No. 3 representative, and the league's priority team for consideration to any at-large berth.

If, for example, a league would have a "co-champion" in football, the league - by the method outlined in its Constitution and Bylaws - **MUST** specify which team is its No. 1 representative and its No. 2 representative. This principle would hold true for any combination, such as a tie for third place in the standings or a "four-way tie" for first place, etc.

NOTE: If two teams from the same league are tied at the end of league competition, and are in different playoff divisions, they may both carry the same designation into their respective playoff divisions. For example, if School A and School B tie for their league's championship, and are in different playoff divisions, they can both be designated as League #1 in their respective playoff divisions. However, leagues may not exceed its total allowable guaranteed entries regardless of what playoff division those schools would enter.

QUESTION:	For recognition purposes, how many schools constitute a league?
ANSWER:	A minimum of four schools or teams make up a league for recognition for guaranteed playoff entry, less than four teams or schools are not recognized for entry into playoffs.

3203. FIRST ROUND PLAYOFFS

In the first round of the playoffs in all sports, the arrangement shall be as follows:

The Commissioner shall match the teams for first-round playoff contests, and the host school for these games shall be predetermined by the Commissioner. Schools must fulfill their playoff obligation once entered by the league unless excused in an emergency by the Commissioner and/or replaced as an entry by the league prior to completion of the opening round.

In cases where a first representative team meets a second team representative in an opening-round game, the first team representative will be designated as the host team.

Where two first or two second-team representatives meet in the opening round, the Commissioner will flip a coin prior to the publishing of the draw to determine the host school.

Leagues are responsible for developing the priority for their representatives and the finish of a team in league play will have no bearing unless it is reflected in the league's priority. For example, if a co-champion had a league priority of a second team representative it would have no special consideration as compared to a second place finisher from another league who had a second team priority and a flip would be made.

- 3203.1 A "wild card game" for entry into the full field will have no bearing on priority for host contests in the first and/or subsequent rounds.
- 3203.2 All freelance entries will be considered as the equivalency of a No. 3 representative with regard to determining host and/or away contests unless they are one of the four seeded teams in which case they will be the host team.
- 3203.3 If schools falling into the category of California Youth Authority and probationary schools would qualify for the post-season playoffs, the contest will be played at an alternate site other than the facility where the school is located.

3204. HOST TEAM AFTER THE FIRST ROUND

To decide who shall be the host team after the first round of competition in any sport will be the sole responsibility of the Commissioner. In cases where two teams are paired after the first round of the playoffs, the team having the fewest number of host games in playoff competition shall be designated as the host team. When both teams have had an equal number of host playoff contests, the Commissioner shall toss a coin to decide the host team. When a school has been designated as the host school for a playoff contest it shall (1) act in that capacity unless excused by the Commissioner, (2) be considered the host team regardless of where the game is being played, and (3) a "bye" designation shall not count as a host contest for the team drawing the "bye" following the first round and throughout the remainder of the tournament.

- 3204.1 Teams receiving a bye in the first round shall be the host team in the next round of the playoffs.

3205. COMMISSIONER DETERMINES PLAYOFF SITES

The Commissioner shall have sole authority in determining sites for playoff competition in all sports and for all rounds.

3206. ALTERNATE SITE DEFINITION

An alternate court or field has been defined as one on which a team has not conducted practice sessions. A team may have played some of its league games and even a playoff contest on a particular court or field, and it could still be classified as an alternate court or field.

3207. HOST SCHOOL ACCOUNTS FOR ALL GAME REVENUE

In football, basketball and volleyball playoff games, the host school will account for all the revenue from the game, pay all expenses for the game, and compile the financial report, sending a copy to the visiting school and the CIF Southern Section. Please refer to Bylaw 144 for detailed information concerning the distribution of receipts from playoff contests in basketball, football, and volleyball.

3208. TEAM EXPENSES

The Commissioner shall set the team expenses to be allowed the traveling team in any playoff contest.

3209. BROADCAST OR TELECAST FEES

The Commissioner shall set the fee to be charged for the right to broadcast or telecast any playoff contest.

3210. FREE LANCE PLAYOFF ENTRY QUALIFICATION

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 Southern Section championships, special conditions exist which must be followed in order to qualify for possible entry into a CIF Southern Section playoff activity.

- 3210.1 *Team Sports* - All freelance 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.
- 3210.2 *Individual Sports* - Schools meeting the criteria outlined in 3210.1 above may petition individual athletes for possible entry into CIF Southern Section individual playoff competition. Petitions for such athletes must include a complete data sheet for each individual showing best marks, scores or rankings from any competition

held during the current school year. All such petitions must be submitted two calendar weeks prior to the first scheduled date of CIF Southern Section playoff competition.

QUESTION: How can a freelance team qualify for CIF playoff consideration?

ANSWER: A school must schedule 80% of allowable contests per sport and they must be at the varsity level. 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.)

QUESTION: How can an individual qualify for consideration for freelance competition?

ANSWER: To be eligible for free lance individual competition, an individual must participate in at least one-half of the number of allowable varsity contests permitted in a particular sport.

3211. PLAYOFF ELIGIBILITY

An ineligible player is one who is in violation of any State CIF or Section scholastic residence, transfer, age, semesters of attendance, or other eligibility rules.

- A. Games in which the student participated, after the occurrence of the violation shall be forfeited (See Bylaw 500.2)
- B. From the time the CIF Southern Section Office receives the entries from the league, violations discovered will be assessed only against the individual(s) and will not affect the advancement of a team into the playoffs.
- C. Violations discovered after the first round of any playoff will result in disqualification of the ineligible player's team from the playoffs and forfeiture of its last playoff competition. In such cases, the losing team will advance provided the date of the next scheduled contest has not elapsed.
- D. Freelance schools will submit eligibility rosters prior to their second contest of the season to the CIF Southern Section Office. Any additions to the freelance school eligibility roster will be made directly to the CIF Southern Section Office within five (5) school days of each occurrence.

3212. CIF-SS TROPHIES

Appropriate trophies shall be awarded by the CIF Southern Section to team champions and runner-up in all official sports. The winning or runner-up team has the option of awarding more than the prescribed number of medals or patches at its own expense.

3213. PLAYOFF ENTRIES TENTATIVE

All entries into the playoffs are tentative until the first round is completed. Updated results or new information may make changes in any draw necessary. No change in entries will be permitted after the first round (or "wild card" game if it applies to a league entry) has been played.

3214. NUMBER OF TEAM ENTRIES INTO PLAYOFFS

In the sport of football only, the team entry formula for each league into the playoffs is as follows:

- 4 & 5 team leagues = 2 entries
- 6-8 team leagues = 3 entries
- 9 or more team leagues = 4 entries

In all sports other than football, the team entry formula for each league into the playoffs is as follows:

- 4 team leagues = 2 entries
- 5 and 6 team leagues = 3 entries
- 7 and 8 team leagues = 4 entries
- 9 or more team league = 5 entries

◁3214.1 In all team sports other than wrestling, additional entries beyond a league's guaranteed number of entries will only be permitted to enter the playoffs to fill any byes which exist in the opening round. Wildcard contests will be for situations where the number of teams that are guaranteed entries from their leagues necessitate that additional contests be played to reduce the number of teams entered to the required number of the original draw. (For example, when there are 37 teams entered as guaranteed entries from their leagues into a particular playoff draw, there must be 5 wildcard contests played to reduce the number of teams from 37 to 32, the required number of the original draw.) At-large teams, teams meeting the at-large criteria (.500 or better overall record), can only be accepted into the playoffs if there are openings in the original draw after all of the league's guaranteed entries are submitted. (For example, when there are 30 teams entered as guaranteed entries from their leagues into a 32-team draw, there would be 2 byes in the bracket and those byes could be filled by teams who were not guaranteed entries from their leagues who submitted at-large application forms for that particular sport and have an overall record of .500 or better in all games played during the regular season.)

In all team sports at-large selections will be considered from the next place beyond the guarantee that are .500 or better. After all those schools have been taken and there are still positions available, the next place teams that are .500 or better will then be considered. An example would be in football, some divisions allow two (2) entries per league. All 3rd place teams would be taken before any 4th place teams would be considered. (A tie will count as half a win and half a loss for a .500 record or better.) For specific information on the at-large selection process, see the respective Playoff Bulletin for each particular sport.

QUESTION: How will the CIF Southern Section Office determine additional entries into the playoff draw to fill byes after each league has submitted their three guaranteed entries?

ANSWER: As provided for under Bylaw 3202, a playoff committee will select the additional entries to fill the draw from the league's priority team entry that has been submitted for consideration as an at-large berth to fill any byes which may exist.

3215. NOISEMAKERS PROHIBITED

No noisemakers (horns, bells, victory bells, sirens, chimes, musical instruments other than those in the band, etc.) will be permitted inside the gymnasium, stadium or playing fields at any CIF Southern Section contest (non-league, league, tournament or playoff). Cheering devices such as wooden blocks, or other similar objects, are prohibited. Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections. The improper use of any of the above listed devices by supporters of a team would subject that team to possible forfeiture of the contest.

3216. EQUAL FACILITIES

The visiting school in dual team playoff contests is entitled to equal facilities, including one-half of the seating, locker rooms, phone lines, spotting facilities, etc.

3217. WILD CARD TEAMS

Where the number of teams exceeds the number of openings in the draw, the Commissioner may order a special playoff contest ("Wild Card System") to determine the draw for the playoffs. Insofar as host team designation in the regular playoff draw, this "Wild Card Contest" will have no bearing when such a procedure is used. The Commissioner, or his representative, will draw the contending 4th, 3rd team representative (and 2nd team representatives if required by the number of leagues in a division and the number of teams in the draw) or freelance teams by lot and conduct a coin flip between same for the purpose of designating the host team in such a "Wild Card" contest. For all enrollment based playoffs, please refer to specific sport bulletins.

3218. ADDITIONAL CONTESTS TO DETERMINE ENTRY ONLY

Leagues may not conduct additional contests beyond the prescribed limits unless said contests are to determine ENTRY and not representative priority.

3218.1 Please note, leagues **MAY NOT** conduct additional contests beyond the prescribed limits unless said contests are to determine ENTRY and not representative priority. Additionally, leagues must have this as part of their Constitution and must secure permission from the CIF Southern Section Office before conducting such playoffs for entry. If a league covers such Conditions in its constitution, it is still obligated to stage said contest on or before the last specified allowable playing date.

An example of the above application would be that two teams finish in a tie for the last guaranteed entry in the final league standings and the league also has it stipulated in its Constitution that the deadlock may be broken by a special playoff game. As long as that contest is played on or before the last specified date, the two teams would be permitted to play as a process in determining ENTRY into the playoffs. However, should there be an

outright league champion and the two teams deadlocking for second place, a special playoff game would **NOT** be permitted, as both teams already have guaranteed entry into the playoffs. In this latter example, the league would then refer to the next segment of its Constitution to see which team would be declared the No. 2 representative, the other becoming the No. 3 representative.

- 3218.2 If time does not permit a playoff for entry, the league must again resort to the next item in its Constitution to determine its designation.
- 3218.3 In the sport of football, the 25-yard tie breaker system may be used to determine **ENTRY**, provided it meets all other guidelines noted above, including the last specified playing date.

◊3219. PLAYOFF GROUPINGS

The following procedures for conducting the business of playoff groupings will be in effect for the sports listed below:

Fall – Football, Tennis (Girls), Volleyball (Girls), Water Polo (Boys)
Winter – Basketball (Boys/Girls), Soccer (Boys/Girls), Water Polo (Girls)
Spring – Baseball, Softball, Tennis (Boys), Volleyball (Boys)

- 3219.1 Individual schools will be evaluated and placed into divisions on a yearly basis for the sports listed above utilizing a formula which includes the following factors: regular season record, strength of schedule and Southern Section playoff performance over a two-year period. (For example in Baseball and Softball, the data from the 2015 and 2016 seasons will be used to formulate divisions for the 2017 season. After the 2017 season is concluded, the data from the 2015 season will be removed and the data from the 2016 and 2017 seasons will be used to formulate divisions for the 2018 season.) The formula will be applied to each school resulting in the creation of competitive equity power rankings for individual schools, using that school's competitive performance as the only criteria for establishing playoff divisions.
- 3219.2 Once individual school power rankings for each sport are completed, after the conclusion of each sport season, playoff divisions will be created. Playoff divisions will be published in the Sport Preview for each sport, along with an explanation of the formula utilized in creating playoff divisions for that sport.
- 3219.3 It is MANDATORY that all Southern Section member schools enter the results of ALL regular season contests and Southern Section playoff contests into the CIFSSHome system by the following dates:
- Fall Sports – December 15, 2016
 - Winter Sports – March 15, 2017
 - Spring Sports – June 15, 2017
- 3219.4 Member schools who fail to accurately enter full and complete regular season results and/or Southern Section playoff results into the CIFSSHome system will not be placed into a playoff division for the upcoming season and will be ineligible to participate in the Southern Section Championships in that sport.
- 3219.5 Leagues are guaranteed their appropriate number of entries into the Southern Section Championships, per current Southern Section Blue Book Rule 3214, with the exception of football. In football, League Champions will have first priority, followed by 2nd place teams, 3rd place teams and so on from each league. Once the total number of guaranteed entries from each league are submitted, the At-Large Selection process outlined in the Football Playoff Bulletin will be used to select at-large teams to fill any byes in the draw, or to eliminate teams from the draw, in order to create a 16-team bracket for each division.
- 3219.6 Appeals of divisional placements will only be considered regarding inaccurate information provided by schools. If that is the case, the school must send a request, in writing, to the Assistant Commissioner in charge of the particular sport(s), seeking a reconsideration of their divisional placement based upon corrected information provided by the school.

#3220. PLAYOFF GROUPINGS – ENROLLMENT / GEOGRAPHY / DATA-BASED

- 3220.1 Boys and Girls Cross Country – Divisional placement for each school will be done yearly using school enrollment, according to Section and State designated numbers.
- 3220.2 Boys and Girls Golf – Each year, Team Divisional will be composed of leagues using the factors of competitive equity and geographic locations of leagues for placement into playoff divisions. The competitive

equity of each league will be determined from each league who qualified for Southern Section Team and previous year.

by utilizing a system based on points accumulated by golfers Individual Golf Championships in the

3220.3 8-Man Football – Divisional placement will be done yearly, using school enrollment.

3220.4 Boys and Girls Swimming and Diving– Divisions formulated every two years by tabulating points earned, by league, in the Southern Section Swimming and Diving Championships using #1 through #32 qualifiers in each event. Boys and Girls are always placed in the same division.

3220.5 Boys and Girls Track and Field – Divisional placement for each school will be done yearly using school enrollment, according to Section and State designated numbers.

3220.6 Boys Dual Meet Wrestling – Divisions formed every two years by geographic locations of leagues.

3220.7 Boys Individual Wrestling – Divisions formulated every two years using Masters Meet qualifiers, by league, over a four-year period.

3220.8 Girls Individual Wrestling – Regional qualifying tournaments held each year, with divisions formed by geographic locations of leagues.

#3221. PLAYOFF FINANCIAL REPORTS

After a reasonable request from the Commissioner’s office, schools that continue to be delinquent with financial reports will not be allowed to host a game during the playoffs in all sports for a period of one year.

For Sanctioned Events go to www.cifss.org

1. Click on Governance
2. Click Approvals
3. Click Sanctioned Events
4. Select Softball

SPECIAL NOTICE

Please review the following information:

- Go to CIFSSHOME.ORG , post your game scores.
- Please call in your scores to your local newspaper throughout the season and playoffs
- Contact the Softball Advisory Committee during the season regarding Top Ten Polls. All CIF-SS nomination form can be found on the www.cifss.org under Softball.

Reminder the Preview, Playoff Bulletins and Brackets will not be mailed out of this office. Complete brackets may be obtained via the internet on the CIF-SS web site at www.cifss.org

NFHS ELECTIVE COURSE/WEBINAR

This is link to a free, 20-minute webinar regarding sports related concussions provided by the NFHS. All Athletic Directors and Coaches are encouraged to take advantage of this opportunity by viewing this webinar

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

Concussion in Sports - What You Need to Know

Sports-related concussion in high school sports can be serious or even life-threatening situations if not managed correctly. National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. Mick Koester M.D., ATC, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon takes you through this course. In this course you will understand the impact sports-related concussion can have on your players, how to recognize a suspected
NEW BLUE BOOK RULE 313: CONCUSSION PROTOCOL

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider.

(Approved May 2010 Federated Council)

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

A: The "scope or 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).
concussion, the proper protocols to manage a suspected concussion, and steps to help your player return to play safely after experiencing a concussion.

~FOR BETTER COMMUNICATION ~ 2017

Consider inviting a representative from the Softball Officials Association to your coaches meeting at the beginning of the season! Begin a dialogue - share expectations and concerns. Make it a positive experience!

CALIFORNIA SOFTBALL OFFICIALS ASSOCIATION UNIT PRESIDENT E-MAIL

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DP/FLEX RULE

Basic Utilization Strategies for Coaches

The following are basic strategies a coach might utilize to match the skills of the DP and FLEX players to complement one another.

1. **Objective:** Utilize a fast runner who is a weak hitter (FLEX) to run for the solid hitting DP.
 - a. Matchup: Pair up a solid hitter (DP) with a player of exceptional speed but who is a weak hitter (FLEX).
 - b. Typical sequence: DP hits safely; FLEX enters to run for her; DP reenters and hits safely; FLEX enters to run for her; sub #1 hits for DP (since the DP already used her one re-entry), FLEX enters to run for sub #1; sub #1 reenters and hits safely; FLEX enters to run for sub #1; sub #2 hits safely; FLEX enters to run for her; and so on.
2. **Objective:** List a power hitter as the FLEX player when you have a platoon of players who will be the DP's.
 - a. Matchup: Pair up an average player (DP) with a good hitting, but slow runner (FLEX) who also plays defense.
 - b. Typical sequence: As the spot in the batting order comes up, enter the FLEX who hits safely; reenter the DP to run; enter the FLEX who hits safely; sub #1 enters to run (since the DP already used her one re-entry); enter the FLEX who hits safely; sub #1 reenters to run; FLEX hits safely; sub #2 enters to run; and so on.
3. **Objective:** Create a space in the lineup for relief pitchers who do not hit, while allowing the starting pitcher to also play offense.
 - a. Matchup: Pair up your starting pitcher (DP) with a player you don't intend to play or with the name of your relief pitcher (FLEX).
 - b. Typical sequence: At the pregame meeting, as soon as the lineups are accepted, enter your DP to pitch. You now have nine players who all are playing both offense and defense and the FLEX has left the game. As the game progresses and relief pitching is needed, enter the relief pitcher for the FLEX (or re-enter her if she was listed as the starting FLEX player) and allow the starting pitcher to continue hitting and running in the DP spot in the batting order. Note: Either the DP can run following her hits or FLEX can run the bases.
4. **Objective:** Create maximum flexibility for a great athlete who will stay in the game as either a pitcher or field player.

Matchup: List your great athlete as the DP and the starting pitcher as the FLEX player.

 - b. Typical sequence: At the pregame meeting, as soon as the lineups are accepted, enter your DP to play any defensive position other than pitch – the FLEX is your pitcher and the player replaced on defense continues to hit. As the game progresses, it appears the great player may be needed to pitch so remove her from the game to warm-up and enter a sub to hit in the DP spot – the player who has been hitting only, now returns to play both. When the great player is warmed up, re-enter her to pitch. As the game progresses, if you want to save her arm, re-enter the FLEX player to pitch.
5. **Objective:** Allow a player to come off the bench and have her play both offense and defense (DP), or as the DP to play offense only (enter FLEX on defense) or as the FLEX to play defense only (enter DP to bat).
 - a. Matchup: Create both the DP and FLEX positions in the lineup to start the game
 - b. Typical sequence: As the game progresses, you can play a substitute on both offense and defense in any spot in the order other than the DP and FLEX, OR you can put a sub in for the DP who only plays offense, OR you can put a sub in for the FLEX who only plays defense.

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Softball Rules Changes - 2017

By NFHS on September 28, 2016

1-5-2c: The taper is the transition area which connects the narrower handle to the wider barrel portion of the bat. The taper shall have a conical shape. Language requiring the taper to be of a solid surface has been removed.

Rationale: This change brings the NFHS in line with other rules codes concerning the surface of the taper.

3-2-1: While uniforms of team members shall be of the same color and style, state associations permit players to participate while wearing a different style uniform for various reasons, including inclement weather.

Rationale: There may be circumstances in which state associations make accommodations relative to inclement weather, religious exceptions, or other situations.

3-2-7: Exposed undergarments, if worn, are considered part of the official uniform. All exposed undergarments shall be a solid single color: black, white, gray or a school color.

- a. For individual players, exposed upper-body undergarments do not have to be the same color as exposed lower-body undergarments.
- b. For all team members, exposed upper-body undergarments shall be the same solid single color, and all exposed lower-body undergarments shall be the same solid single color.
- c. Garments other than team uniforms such as arm sleeves, leg sleeves, and tights are permissible. Anything worn on the arm or leg is a sleeve, except a brace, and shall meet the color restrictions.

Rationale: Multi-color undergarments and sleeves are a distraction and create a possible safety concern. This rule establishes solid color requirements similar to other NFHS sport rules.

3-2-15 NEW: All equipment shall be inspected by the umpire, and is to be placed outside the dugout/bench prior to the start of the game.

Rationale: Placing all equipment in one location at one time is a more efficient method to conduct this inspection.

3-6-7 PENALTY: Players and substitutes shall not enter the contest unreported. The umpire shall issue a team warning to the coach of the team involved and the next offender on that team shall be restricted to the dugout/bench for the remainder of the game. The head coach is also restricted to the dugout/bench for the remainder of the game for a second violation.

Rationale: Language clarifies when the coach is restricted to the dugout/bench.

2017 Major Editorial Changes 6-2-2; 7-4-8 NOTE; 8-1-2; 8-2-4 EXCEPTION

Softball Points of Emphasis - 2017

By NFHS on November 03, 2016

Pitching

1. There has been a noticeable increase in the use of wristbands to communicate pitching signals in the last few years. Typically, the pitcher is behind and not in contact with the pitcher's plate when this occurs. While in this position, the pitcher must take (or simulate taking) a signal from the catcher. Even if the pitcher takes the actual signal behind and not in contact with the pitcher's plate she must comply to this section of the rule by simulating taking the signal from the catcher once she is on the pitcher's plate with her hands still separated. Then the pitcher must bring the hands together in front of the body for not less than one second and not more than 10 seconds before releasing the ball. The hands may be motionless or moving.
2. Rule 6-1-1 states that the pitcher shall take a position with the pivot foot on or partially on the top surface of the pitcher's plate and the non-pivot foot in contact with or behind the pitcher's plate. Both feet must be on the ground within or partially within the 24-inch length of the pitcher's plate. Once the hands are brought together and are in motion, the pitcher shall not take more than one step, which must be forward, toward the batter and simultaneous with the delivery. **Any step backward shall begin before the hands come together.** The step backward may end before or after the hands come together.
3. NFHS Softball's pitching rule supports a wide range of pitching styles by allowing a pitcher to start with both feet on the pitcher's plate, one foot on and one foot behind or to step backward as a part of their pitching motion. The NFHS softball committee continues to believe the pitching rule, as written, allows players the greatest opportunity to pitch at the high school level.

Uniforms

The Committee discussed concerns about the use of glitter or reflective materials on hair control devices. Coaches and players are reminded that a uniform shall not have any reflective adornments. Reflective materials on ribbons, bows, and headbands, including glitter and rhinestones, are considered illegal and should not be permitted. A headband made of elastic material that is designed to be tied in the back is not considered a bandanna, and is legal if it meets the color and manufacturers logo restrictions.

DP/Flex Reminders

1. The DP can never play defense only.
2. The FLEX can never be on offense only.

3. The FLEX and DP can NEVER play offense at the same time. The FLEX and DP positions are linked by the DP/FLEX rule. If the FLEX is going to play offense they have to do it in the original IDP's position, therefore only one of them can play offense at a time.
4. The FLEX and DP can play defense at the same time. The DP can play defense for any player other than the FLEX and no one has left the game.
5. The player starting DP and starting FLEX have one re-entry just as all players do.
6. Once the game is started with the DP/FLEX positions in the lineup those positions are available for the entire game. Even if the starting DP or starting FLEX has left the game a second time, the position is still available and an eligible substitute can enter the game as the FLEX or DP. So even though the starting player(s) left the game twice and cannot re-enter, their positions are still active as long as the team has eligible substitutes.

Strike Zone 2016

The NFHS Softball Rules Committee believes that improvements have been made in helping umpires identify the strike zone for each hitter. Additional work on this issue is needed to make the game fair for all hitters. There is no such thing as a common strike zone for all hitters.

The strike zone for fast-pitch is the space over any part of home plate which is between the batter's forward armpit and the top of the knees when the batter assumes a natural batting stance.

Any part of the ball passing through the strike zone in flight over the plate shall be considered a strike. The umpire shall determine each batter's strike zone according to the batter's usual stance.

The NFHS Softball Rules Committee reinforced its support of the Rule and encourages umpires to call the strike zone according to the Rule.



Enforce the strike zone from the top of the knees and especially the high end of the zone at the batter's forward armpit.



Memorandum

To: Softball Administrators
From: Sandy Searcy, Director of Sports and Officials
Subject: Certified Bats
Date: January 25, 2016

The Amateur Softball Association of America (ASA)/USA Softball, in working with Easton Baseball/Softball Inc. (Easton), recently announced that Easton is voluntarily removing the following softball bat models from the ASA/USA list of certified bats: SCN1, SCN11BH, SCN1B, SCN2B, SCN3, SCN4B, SCN5, SCN5B, SCN6B, SCN7, SCN7B, SCN8, SCN8B, SCN9, SCX14, SCX14B, SCX24B, and SCX3.

The NFHS Softball Rules Book specifically states that the bat must contain the 2000 or 2004 ASA certification mark and NOT be on the ASA non-approved bat list. Therefore, these bats are no longer permitted in NFHS contests. NFHS Rule 1-5-1d is listed below for your convenience.

Rule 1-5-1d











































The ball shall:

- d. Meet the 2004 ASA Bat Performance Standard, bear either the 2000 or 2004 certification mark and not be listed on the ASA non-approved bat list as found on <http://www.teamusa.org/USA-Softball.aspx>. Bat barrels made entirely of wood are permitted and need not bear an ASA mark, but shall not exceed 2¼ inches in diameter.

Thank you for your efforts in this matter.

USA Softball Non-Approved Bat List with Certification Marks

1/6/2017

Bass	Quake	Combat	VIRSP3 Lady Virus	Easton	SCN1
					
Easton	SCN11BH	Easton	SCN1B	Easton	SCN2B
					
	New		New		New
Easton	SCN3	Easton	SCN4B	Easton	SCN5
					
	New		New		IMAGE COMMING SOON
Easton	SCN5B	Easton	SCN6B	Easton	SCN7
					
	New		New		New
Easton	SCN7B	Easton	SCN8	Easton	SCN8B
					
	New		New		New
Easton	SCN9	Easton	SCX14	Easton	SCX14B
					
	New		New		New
Easton	SCX2 Synergy	Easton	SCX22 Synergy 2	Easton	SCX24B
					
					New
Easton	SCX3	Louisville Slugger	FP136	Louisville Slugger	FP1368
					
	New				
Louisville Slugger	FP1369	Louisville Slugger	FPC305 Catalyst (-8)	Louisville Slugger	SB304
					
Louisville Slugger	SB34 Genesis	Louisville Slugger	SB404	Louisville Slugger	SB73V TPS Voltage
					
Miken	MSF Freak	Miken	MSU Ultra	Miken	MSU2 Ultra II
					
Miken	MSUM Ultra Maxload	Nakona	Tomahawk	Schutt	Red/Silver Schutt Bat
					
Worth	EST9	Worth	QUESTFP	Worth	SBWK(Wicked)
					
Worth	SBWKA	Worth	WWSC Wicked Comp. (SP Only)	Worth	WWSCA
					

USA Softball Non-Approved Bat List with Certification Marks

1/6/2017



For a complete list of approved bats go to the certified equipment section of www.usasoftball.com
Last Updated: January 26, 2016

2016-2017 SOFTBALL TOP TEN PREVIEW QUESTIONNAIRE

SCHOOL _____ LOCATION (CITY) _____

LEAGUE _____ DIVISION _____

HEAD COACH _____ YRS. AS HEAD COACH AT SCHOOL _____

HEAD COACH E-MAIL _____

2016 RESULTS: VAR. OVERALL RECORD _____ LEAG. RECORD _____ LEAG. PLACE _____

JV LEAGUE PLACE _____

NUMBER RETURNING VAR. LETTERMEN: _____ NUMBER RETURNING VAR. STARTERS _____

TOP RETURNEES:

NAME _____ POS. _____ YR. _____ HONORS _____

TOP NEWCOMERS:

NAME _____ POS. _____ YR. _____

***IMPORTANT* PREDICTED FINISH OF TEAMS IN YOUR LEAGUE (INCLUDE YOUR TEAM):**

1. _____ 2. _____ 3. _____ 4. _____

5. _____ 6. _____ 7. _____ 8. _____

2017 TOURNAMENT ENTRY

RETURN IMMEDIATELY TO:

2017 GIRLS SOFTBALL ADVISORY DIVISIONAL REPRESENTATIVE

DIV. 1 LUCINDA BREWER; lbrewer@rusd.k12.ca.us

DIV. 2 ALAN CAOUETTE; acaouette@cox.net

DIV. 3 LAURA SHINAR; 12shinar@gmail.com

DIV. 4 ROBERTA GARCIA-UYEMURA; rgarcia@wvusd.k12.ca.us

DIV. 5 DONN BROWN; DonnBrown831@gmail.com

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DIV. 7 TBA

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Updated 7/1/16
THIS LIST IS EFFECTIVE FOR 2016-17

RE: **OFFICIAL BALL PROGRAM – MANDATORY USE IN PLAYOFFS**

Official Ball per sport:

- Baseball: **Rawlings CIF-SS** Must be CIFSS stamped ball; not an alternative Rawlings ball
Rawlings RCIF-SS Must be CIFSS stamped ball; not an alternative Rawlings ball
- Boys Basketball: **Spalding TF1000 NFHS Classic NFHS**
Spalding TF1000 Legacy NFHS
- Girls Basketball: **Spalding TF1000 NFHS Classic 28.5 NFHS**
Spalding TF1000 Legacy 28.5 NFHS
- Football: **Spalding ball with NFHS**, any Spalding model with NFHS stamp
- Soccer: **Spalding TF-SC5 NFHS** for both boys and girls use.
Spalding TF-SC3 NFHS for both boys and girls use.
Spalding TF5000 NFHS for both boys and girls use.
- Softball: **Dudley CFP12Y NFHS**
- Tennis: **Wilson Tennis Ball**; NFHS stamp not required
- Volleyball: **Spalding with NFHS stamp: TF-VB5, TF-VB3**
- Boys Water Polo: **KAP7 model 105 with NFHS stamp**
- Girls Water Polo: **KAP7 model 104 with NFHS stamp**

All playoff ball adoptions agreements with the CIF Southern Section run through June 30, 2021 except for tennis (June 2017).

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 does 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.*

TO: CIF-SS VARSITY SOFTBALL COACHES
 FROM: THOM SIMMONS, SPORTS INFORMATION COORDINATOR
 RE: SOFTBALL RECORDS UPDATE

In an effort to update the CIF Southern Section baseball records, the CIF SS Publicity Department is asking for your assistance.

Listed below are minimum standards for each of the established record categories in your sport. If your team or players have met or surpassed any of these standards, or if any of your PAST teams/players qualify and have not had their records submitted, please use the attached form to file them at this time. Be sure to include all related information (noted in parenthesis) for each record submitted.

NOTE: RECORDS MUST BE SUBMITTED ON THE FORM PROVIDED, TYPED, SIGNED AND ACCOMPANIED WITH PROPER DOCUMENTATION (LISTED ON THE REPORTING FORM) TO BE CONSIDERED AS AN ENTRY INTO THE CIF-SS PRESS GUIDE AND RECORD BOOK.
RETURN AFTER COMPLETION OF SEASON

TEAM RECORDS

Consecutive Wins (Year/s)	28
Consecutive Wins in a Season (Year)	23
Consecutive League Wins	40
Hits in a Season (Year).....	310
Hits in a Game (Opponent, Year).....	35
Home Runs in a Season (Year).....	20
Home Runs in a Game (Opponent, Year).....	5
Triples in a Season (Year).....	21
Triples in a Game (Opponent, Year).....	4
Doubles in a Season (Year)	44
Doubles in a Game (Opponent, Year).....	8
Runs Scored in a Season (Year).....	311
Runs Scored in a Game (Opponent, Score)	50
Stolen Bases in a Season (Year).....	223
Stolen Bases in a Game (Opponent, Year).....	32
Longest Game (Opponent, Score, Year)	22

-over-

INDIVIDUAL RECORDS - BATTING

Hits in a Career (Player, Years).....	151
Hits in a Season (Player, Year).....	58
Hits in a Game (Player, Opponent, Year).....	7
Home Runs in a Career (Player, Years).....	21
Home Runs in a Season (Player, Year).....	11
Home Runs in a Game (Player, Opponent, Year).....	4
Triples in a Career (Player, Years).....	15
Triples in a Season (Player, Year).....	9
Triples in a Game (Player, Opponent, Year).....	3
Doubles in a Career (Player, Years).....	25
Doubles in a Season (Player, Year).....	16
Doubles in a Game (Player, Opponent, Year).....	4
Runs Scored in a Career (Player, Years).....	133
Runs Scored in a Season (Player, Year).....	50
Runs Scored in a Game (Player, Opponent, Year).....	8
Runs Batted-In in a Career (Player, Years).....	119
Runs Batted-In in a Season (Player, Year).....	48
Runs Batted-In in a Game (Player, Opponent, Year).....	11
Stolen Bases in a Career (Player, Years).....	102
Stolen Bases in a Season (Player, Year).....	52
Stolen Bases in a Game (Player, Opponent, Year).....	8

INDIVIDUAL RECORDS - PITCHING

Wins in a Career (Player, Years).....	81
Wins in a Season (Player, Year).....	26
Consecutive Wins (Player, Year/s).....	23
Shutouts in a Career (Player, Years).....	56
Shutouts in a Season (Player, Year).....	21
Consecutive Shutouts (Player, Year/s).....	11
No-Hitters in a Career (Player, Years).....	21
No-Hitters in a Season (Player, Year).....	10
Consecutive No-Hitters (Player Year/s).....	4
Perfect Games in a Career.....	4
Perfect Games in a Season.....	3
Consecutive Perfect Games.....	2
Career Earned Run Average (Player, Overall Record, Years).....	0.15
Season Earned Run Average (Player, Overall Record, Year).....	0.03
Strike Outs in a Career (Player, Years).....	1082
Strike Outs in a Season (Player, Year).....	409
Strike Outs in a Game - Unlimited Innings (Player, Opponent, Year).....	30
Strike Outs in a 7-inning Game (Player, Opponent, Year).....	21
Consecutive Strike Outs (Player, Opponent, Year).....	17

2/2006

PRESS GUIDE & RECORD BOOK REPORTING FORM
MUST BE TYPEWRITTEN

SPORT _____ SCHOOL _____
RECORD(S) SUBMITTED BY _____

TITLE OF PERSON SUBMITTING _____

TEAM RECORDS

<u>Mark</u>	<u>Category (Season/Game)</u>		<u>Year/Opponent</u>
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INDIVIDUAL RECORDS

<u>Mark</u>	<u>Category (Career/Season/Game)</u>	<u>Player</u>	<u>Year/Opponent</u>
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Records must be submitted with documentation. Schools are required to submit one of the following two items in addition to the completion of all information on this form for consideration.

1. A newspaper account of the record-breaking performance. Clipping must contain date and name of newspaper.

2. A letter from the school's principal indicating the record, the date of the event and signed by a witness who observed the record-breaking performance.

SIGNATURE OF APPLICANT _____ **DATE** _____


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HIGH SCHOOL ATHLETES

A central graphic featuring several athletes in action: a baseball player, a football player, two basketball players, a soccer player, and a tennis player. In the center is the SoCal Ford logo, which includes a circular emblem with the letters 'C' and 'F' in yellow, the Ford logo, and the text 'Est. 1913 Southern Section CHAMPIONSHIPS'.

SoCalFordDealers.com

