



2019-2020

**FOOTBALL
PREVIEW**



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TO: CIF-SS FOOTBALL COACHES
 FROM: RICH SHEARER, ASSISTANT COMMISSIONER
 RE: 2019 CIF-SS FOOTBALL SEASON
 DATE: AUGUST 2019

11-MAN FOOTBALL SEASON PREVIEW

We hope the contents of this season preview will answer many of your questions and be useful throughout the upcoming year. Please share this information with the other members of your coaching staff. Please note there are several rule changes for 2019. Good luck in the upcoming season. If I can be of assistance to you during the year, please do not hesitate to contact me at the CIF-SS office.

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2019 CIF-SS 11-MAN FOOTBALL COACHES ADVISORY COMMITTEE

The CIF-SS is continuing to utilize the concept of advisory committees for virtually all sports. The role of the advisory committee, comprised of coaches in their respective sports and an administrator from the CIF-SS office, may or may not include the following:

- ✓ Meetings
- ✓ Recommendations for playoff sites, procedural changes and rule changes.
- ✓ Assistance to coaches and/or officials organizations
- ✓ Liaison between coaches and the CIF-SS office

We ask that if you have suggestions or questions, make use of this channel of communication and contact one of the committee members. We will be meeting on a regular basis during the current football season and your items will become part of our agenda. For your reference, members of this year's Football Coaches Advisory Committee are:

Ken Batdorf	Norte Vista HS	(951) 310-6823	Kenneth.batdorf@alvord.k12.ca.us
Margarito Beltran	Bell Gardens HS	(562) 972-1196	beltran_margarito@montebello.k12.ca.us
Jim Benkert	Simi Valley HS	(805) 402-8966	Coachjb21@aol.com
Dick Billingsley	Oak Park HS	(818) 735-3304	dbillingsley@opusd.org
Jim Bonds	St. Francis HS	(661) 993-2954	jbonds@sfhs.net
Chris Brown	Chaffey HS	(909) 238-8726	Christopher_brown@cjuhsd.net
Dick Bruich	Football Management	(951) 897-4681	dickbruich@aol.com
Kurt Bruich	Citrus Valley HS	(909)389-2500 ext. 5055	kurt_bruich@redlands.k12.ca.us
DeChon Burns	Linfield Chr. HS	(951) 676-8111	dburns@linfield.com
Mark Cunningham	Football Management	(949) 936-7780	Markcunningham@iusd.org
Ken Drain	Rio Hondo Prep HS	(626) 484-3111	Kdrain44@yahoo.com
Pete Duffy	Rancho Verde HS	(951) 760-2527	tduffy@valverde.edu
Mike Enright	Rancho Alamitos HS	(714) 305-3410	Merancho13@hotmail.com
Bert Esposito	Temecula Valley HS	(951) 541-3179	besposito@tvusd.k12.ca.us
Steve Hagerty	Bishop Amat HS	(951) 536-4494	shagerty@bishopamat.org
Mike Herrington	Hart HS	(661) 810-0926	mherrington@hartdistrict.org
Andrew Jones	Lompoc HS	(805) 742-3073	Jones.andrew@lusd.org
Greg Marshall	Gahr HS	(562) 926-5566 ext. 22161	greg.marshall@abcusd.k12.ca.us
L.D. Matthews	Rancho Mirage HS	760) 668-9925	lmattthews@psusd.us
Josh McClurg	Santa Ynez HS	(805) 688-6487 ext. 3228	jmccclurg@syvuhd.org
Steve Mitchell	Santiago/Corona HS	(909) 739-5600 ext. 1026	smitchell@cnusd.k12.ca.us
Mario Morales	St. Anthony HS	(562) 824-1186	moraleslb@yahoo.com
Scott Morrison	Santiago/Corona HS	(626) 290-6218	Scott.Morrison@cnusd.k12.ca.us
Jason Negro	St. John Bosco HS	(562) 756-3602	jnegro@bosco.org
Dan O' Shea	Corona del Mar HS		cdmoshea@gmail.com
Carter Paysinger	Football Management	(310) 717-1078	cpaysinger@bhusd.org

Tony Peralta	Elsinore HS	(951) 253-7200 ext.3815	Anthony.Peralta@leusd.k12.ca.us
Rick Sherwood	Officials Consultant	(760) 861-3987	wendynrick@earthlink.net
Steve Shevlin	El Segundo HS	(310) 926-9775	sshevlin@esusd.k12.ca.us
Jeff Steinberg	Beaumont HS		rvmustangshc@outlook.com
Jeff Williams	Palmdale HS	(661) 400-4345	jwilliams@avhsd.org
Jahmal Wright	Culver City HS	(213) 308-0144	jahmalwright@ccusd.org

8 MAN FOOTBALL ADVISORY COMMITTEE

Committee Members	School	Phone Number	E-Mail Address
Al Allen	Maricopa HS		aallen@maricopaschools.org
Dan Spahr	Rolling Hills Prep HS	(310) 408-4371	Rhpfootball2002@gmail.com
Jeff Hooper	Thatcher HS	(805) 646-8635	jhooper@thacher.org
John Alvarez	Lancaster Baptist HS		
John Rasmussen	Faith Baptist HS	(818) 262-1904	athletics@faithbaptist.org
Lincoln Dial	Calvary Baptist HS		pastorlinc@calvarybaptist-laverne.com
Michael Forcella	Avalon HS	(310) 510-0700	mforcella@lbschools.net
Mike Nuno	Calvary Chapel/D HS	562 803-5151	MNuno@calvarydowney.org
Perry Skaggs	Football Management	(323) 397-5436	
Ben Soto	Cate HS		Ben_soto@cate.org
Ray Clifton	Football Management	(714) 965-1997	Rclifton44@hotmail.com
Ricardo Olivares	Villanova Prep HS		rolivares@villanovaprep.org
Tim Treder	California Lutheran HS	(951) 226-6757	tt@clhsonline.net
Wayne Lovett	Lutheran/LaVerne HS		wlovett@lhslv.org

2019 CIF SOUTHERN SECTION FOOTBALL CALENDAR DATES

FALL PRACTICE START DATES

"0" Week (If you have a bye in your schedule) August 5, 2019
Week One (If you do not have a bye in your schedule) August 12, 2019

LAST ALLOWABLE CONTEST

8-Man November 2, 2019
11-Man November 1, 2019


PLAYOFF DATES

11-MAN First round November 8, 2019
Second round November 15, 2019
Semi-finals November 22, 2019
Finals November 29/30, 2019

8-MAN First round November 8, 2019
Second round November 15, 2019
Semi-finals November 22, 2019
Finals – Divisions 1 and 2 November 29/30, 2019

CIF SOUTHERN CALIFORNIA REGIONALS December 6/7, 2019

CIF STATE CHAMPIONSHIPS December 13/14, 2019


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CIFSSHOME REQUIREMENTS

SCHEDULES & SCORES Complete your schedule in CIFSSHome prior to your season as well as update scores following each contest
Attention Athletic Directors/Coaches: It is very important that you enter your entire season schedule into CIFSSHOME (www.cifsshome.org) as well as update the scores immediately following your contests.

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

-On the left panel, click on "Teams", select "Football (11-Man) or Football (8-Man)"

-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 "Football (11-Man) or Football (8-Man)" 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 MONDAY, OCTOBER 28, 2019

Attention Athletic Directors/Coaches: It is very important that you enter your entire "Football (11-Man) or I (8-Man)" Varsity roster into CIFSSHOME (www.cifsshome.org) no later than **MONDAY, OCTOBER 28, 2019**.

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 "Football (11-Man) or Football (8-Man)"

-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 Football are: First Name, Last Name, Birth date, Year, Number, Position, Height Weight & 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 Football coaches (Head & Assistants) into CIFSSHOME (www.cifsshome.org) no later than **MONDAY, OCTOBER 28, 2019**.

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 ("Football (11-Man) or Football (8-Man)".

-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 MONDAY, OCTOBER 28, 2019

Attention Athletic Directors/Coaches: It is very important that your Football Varsity Team Photo is uploaded to CIFSSHOME (www.cifsshome.org) no later than **MONDAY, OCTOBER 28, 2019**.

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 ("Football (11-Man) or Football (8-Man)".

- 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 "Football (11-Man) or Football (8-Man)". The At Large Application is to be submitted by your school no later than **Friday, November 1 @ 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 "Football (11-Man) or Football (8-Man)" 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!"

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



2019 FOOTBALL RULES CHANGES

BY STATE ASSOCIATION ADOPTION, USE OF VIDEO REVIEW ALLOWED FOR STATE POST-SEASON CONTESTS [1-3-7 NOTE (NEW), TABLE 1-7 – 1-3-7 NOTE (NEW)]

Rationale: By state association adoption, instant replay may only be used during state postseason contests to review decisions by the on-field game officials. This adoption would allow state associations to develop protocols for use of video replay.

IMPROVED VISIBILITY OF NUMBERS [1-5-1c, 1-5-1c(6) (NEW)]

Rationale: The purpose of numbers on jerseys is to provide clear identification of players. In order to enhance the ability to easily identify players, the committee has clarified the size requirements for jersey numbers through the 2023 season. The committee also added a new requirement that, effective in the 2024 season, jersey numbers must be a single solid color that clearly contrasts with the body color of the jersey.

REDEFINED REQUIREMENTS FOR A LEGAL SCRIMMAGE FORMATION (2-14-1, 7-2-5a)

Rationale: A legal scrimmage formation now requires at least five offensive players on their line of scrimmage with no more than four backs. This change will make it easier to identify legal and illegal offensive formations.

40-SECOND PLAY CLOCK (2-35-1, 3-6-1, 3-6-2a, 7-2-1)

Rationale: To have a more consistent time period between downs, the rules committee approved situations where 40 seconds will be placed on the play clock. The new rule defines when 40 seconds will be placed on the play clock and when 25 seconds will be placed on the play clock.

PROHIBITION ON TRIPPING THE RUNNER [2-45, 9-4-3o (NEW), 9-4-3o PENALTY (NEW)]

Rationale: In an effort to decrease risk, tripping the runner is now prohibited. It is now a foul to intentionally use the lower leg or foot to obstruct a runner below the knees.

ILLEGAL KICKING AND BATTING PENALTY REDUCED (6-2-1 PENALTY, 9-7 PENALTY)

Rationale: The penalty for illegally kicking or batting the ball was reduced from 15 yards to 10 yards.

HORSE-COLLAR TACKLE ADDITION (9-4-3k)

Rationale: Grabbing the name plate area of the jersey of the runner, directly below the back collar, and pulling the runner to the ground is now an illegal personal contact foul.

2019 EDITORIAL CHANGES

1-1-9, 1-3-6, 1-5-5, 1-6-1 NOTE, TABLE 1-7, 2-6-2b, 2-8, 2-24-3, 2-25-1, 2-26-5, 2-28-1, 2-43, 3-1-2, TABLE 3-1, 3-3-1, 3-4, 3-4-1, 3-4-2, 3-4-3, 3-4-4, 3-4-5, 3-4-6, 3-4-8, 3-5-2 NOTE b, 3-5-3, 3-5-6, 3-5-7j, 3-5-9, 3-5-10, 3-5-10a, 3-6-2d, 4-1-6, 4-3-6, 5-2-2, 5-2-4, 5-3-1, 5-3-2 NOTE, 6-5-4, 6-5 PENALTY, 7-1-5, 7-1-7, 7-2-6, 7-2 PENALTY, TABLE 7-5-2, TABLE 7-5, 8-3-2, 8-5-2 EXCEPTION, 9-2-3a, 9-3 PENALTY, 9-4 PENALTY, 9-4-6b, 9-9-5 NOTE, 10-4-2c EXCEPTION, 10-5-1c, 10-5-1j, Resolving Tied Games, Nine-, Eight-, Six-Player Rules Differences, Penalty Summary, Index.

2019 POINTS OF EMPHASIS

1. Proper Procedures for Weather Delays
2. Free-Blocking Zone and Legal Blocking

START OF FALL PRACTICE/“0” WEEK GAMES

As fall practice begins, the following information is intended to remind you of some rules related to the start of fall practice and “0” Week games, hopefully answering some questions that have arisen.

Keep in mind that the Practice Allowance Blue Book Rule 506 is in effect during the season of sport which begins with this summer practice.

Summer Dead Period – Football Only

2021.3 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 last Friday in May, whichever is first, and prior to the start of fall practice (Week O games – August 5, 2019, week 1 games August 12, 2019) No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

All Other Sports:

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 last Friday in May, 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.

2003. PHYSICAL CONDITIONING PRACTICE

A high school shall not conduct a physical conditioning practice session during the summer prior to the opening date of authorized football practice unless so authorized by the appropriate CIF Section. The start date for fall football practice for each individual school, will be determined according to the following formula:

2003.1 Week 0 Games – The first official day of football practice is August 5, 2019. The period of August 5 through August 7, 2019 is established as a physical conditioning period for prospective members of a high school team.

2003.2 Week 1 Games – The first official day of football practice is August 12, 2019. The period of August 12 through August 14 is established as a physical conditioning period for prospective members of a high school team.

2003.3 These conditioning Periods of August 5 through August 7 (zero week) and August 12 through August 14 (week 1) may include various facets of football training (teaching techniques, calk talks, pass patterns, etc.) but MAY NOT include any body contact such as tackling or blocking. Football shoes, helmets and footballs will be the only equipment allowed during the conditioning periods of August 5 through August 7 and August 12 through August 14. There will be no equipment used such as blocking or tackling dummies, pads, etc.

Schools will have the option to allow their players to wear full pads on the first day of their fall practice, if their summer dead period is arranged in a way that allows for a minimum of three days of conditioning in helmets, t-shirts and shorts only, prior to their first day of practice.

Question: can a football team conduct a conditioning day on the Sunday prior to the official start of football practice?

Answer: No, Sunday practice is not allowed for the use of conditioning days prior to the start of official football practice as outlined in 2003.1 and 2003.2

-
1. **Schools will be permitted to issue uniforms and equipment on the first day of conditioning after which a time may be designated for individual and team photos. No conditioning in any type of uniform will be permitted.**
 2. **The first official day of practice in full pads is set as:
Week 0 Games Thursday August 8, 2019
Week 1 Games Thursday August 15, 2019**
 3. **The three-week dead period is mandatory. Alternate dates may be requested as needed to accommodate the practice schedule.**

2) “0” Week Games

This rule allows schools the option of playing a “0” Week game as long as they have a bye somewhere in their schedule. If a school chooses to schedule a “0” Week contest, they will have to follow these steps:

On www.cifsshome.org under the “Forms” tab, Football Practice/0 Week. Please complete requested information and verify that the information populated below, once added, is correct. The following information is requested:

- ✓ Date of your “O” week contest.
- ✓ Your start date for fall practice –
- ✓ Monday, August 5, 2019 for all 0-Week Games.
- ✓ Monday, August 12, 2019 for all Week-1 Games.
- ✓ Bye Week – Remember, your bye week is from Monday through Saturday, you may practice, but without any pads. Helmets will be allowed during the bye week practices.

3.) “OO” Week Games

Double Zero Week games are permissible with the approval of the CIF Southern Section office. This is intended to accommodate out of state play, and special circumstances.



FOOTBALL FULL CONTACT PRACTICE RULES

Blue Book Rule 2001.B

Football teams are limited to two days per week of full contact practice with no more than 45 minutes of full contact on each of those days during the season of sport. For purposes of this Bylaw. Each team's season of sport is defined as the first day of practice, as allowed by the Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps. Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where player execute tackles and other activity that is typical of an actual tackle football game. For the purposes of this Bylaw, refer to the definition of "Live Action" as defined by USA Football (see below for excerpt from CIF Blue Pages).

Live Action as defined by USA Football (as taken from the CIF Blue Pages):

A drill run in game like conditions and is the only time that players are taken to the ground. Thud is a drill run at an assigned speed through the moment of contact with no pre-determined winner. Contact remains above the waist and players stay on their feet. Thud is considered full-contact by the national Federation of State High School Associations (NFHS).

Question: What are the allowable activities that would NOT be considered full-contact?

Answer: All of the activities below are NOT considered full-contact and would NOT count against the day/time limitations:

A team may participate in air, bags/blocking sleds and control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:

- **Air** – Players run unopposed without bags or any opposition.
- **Bags/Blocking Sleds** – Activity is executed against a bag/blocking sleds shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
- **Control:** Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.

FOOTBALL GUIDELINES

CIF State Bylaw 2001.B. – Policy Page

State statute mandates that football teams are limited to two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days during the season of sport. For the purposes of this CIF Bylaw, each team's season of sport is defined as the first day of practice, as allowed by Section, until the final contest for the team. All full contact practices are prohibited in the off-season which includes team camps

Full contact practice is defined by state statute as a practice where drills or live action is conducted that involves collisions at game speed where players execute tackles and other activity that is typical of an actual tackle football game. Live action is defined by USA football as a drill run in game like conditions and is the only time that players are taken to the ground. Thud is a drill run at an assigned speed through the moment of contact with no pre-determined winner. Contact remains above the waist and players stay on their feet. Thud is considered full-contact by the National Federation of State High School Associates (NFHS)

The CIF has developed the following regarding full contact football practices:

Allowable Activities During the Season of Sport:

- A team is allowed two days per week of full contact practice, with no more than 45 minutes of full contact on each of those days. This includes live action and thud.
- A team may participate in air, bags/blocking sleds-and control drills at any time unless the Section has implemented more restrictive rules. A team may continue to dress in full pads for practice when conducting any of these drills defined below:
 1. Air – Players run unopposed without bags or any opposition.
 2. Bags/Blocking Sleds – Activity is executed against a bag/blocking sleds, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
 3. Control: Drill is run at assigned speed until the moment of contact with a pre-determined winner. Contact remains above the waist and players stay on their feet allowing an exit for the ball carrier when one is involved in the drill.
- For purposes of this Bylaw, the season of sport for each team is defined as the first day of practice, as allowed by the Section, until the final contest for that team.

Allowable Activities During the Off-Season:

- No full contact practice is allowed during the off-season. Please consult Section Bylaws for allowable off-season activities.
- For the purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

Allowable Activities for Team Camps:

- No full contact practice is allowed during the off-season.
- Team camps are considered practice.
- If allowed by the Section, a team may participate in air, bags/blocking sleds-and control drills (see above for definitions of these activities) while attending a team camp. A team may continue to dress in full pads for practice when conducting any of these drills at a team camp. Please

consult Section and School District rules regarding the use of school equipment in the off-season.

- For purposes of this Bylaw, the off-season is defined as the team's last football contest of the season until the first day of practice the following school year as set by the Section.

Q&A's for Bylaw 2001:

Q: What is the implementation date for this bylaw?

A: In order to comply with AB2127, this bylaw will be implemented immediately.

Q: May teams continue to use Thud as a training drill?

A: Yes. However, the time spent in Thud drills is considered full-contact and would count against the team's allotment in both for both days and minutes.

Q: Does unused time carry over to the 2nd day of allowable full-contact?

A: No. Teams are allowed 2 days per week of full-contact with no more than 45 minutes on each of those days. If a team does not use the entire 90 minutes of full contact on one day, it may not carry over those unused minutes to the next day.

Q: Is a team allowed any type of contact outside of the two days per week with no more than 45 minutes on each of those days?

A: Yes. A team may still engage in Control drills. See the Policy Page for Bylaw 1901 for the definition of Control.

Q: If allowed by the Section, may a team in the off-season, engage in drills that are not considered full-contact?

A: Yes. However, no full-contact practice is allowed during the off-season at any time.

Q: Is full-contact allowed at team camps?

A: No. According to AB2127, team camps are considered practice so full-contact would be prohibited.

Q: May teams attend a full-contact team camp outside of California?

A: No. AB2127 and CIF Bylaw 1901 apply no matter where the team camp is conducted.

Q: May teams attend a team camp that only utilizes activities that are not considered full-contact?

A: Yes. Teams may attend a team camp and participate in drills that are not considered full-contact such as Air, Bags/Blocking Sleds and Control.

Q: Are players allowed to attend individual camps and participate in full-contact drills?

A: Yes. However, schools should consult their Section and School District (or school) policies regarding the use of school equipment by individuals. Also, schools may not use individual camps to circumvent AB 2127 and Bylaw 2001 regarding team camps.

ORGANIZED TEAM PRACTICE

Organized team practice shall be interpreted as meaning the association of a coach with potential team members for the purpose of learning or practicing the skills of football. (**Note:** A school may not conduct a practice of any type on Sunday. Assembling a football squad of selected members for a "skull session" or for the purpose of reviewing game films is not permitted.)

FOOTBALL PRACTICE SITE

All football practice sessions are to be conducted on campus or the regular home practice field of the school. No school or its allied organizations, such as booster clubs, may provide housing and/or meals free of charge to athletes during regular football practice prior to the opening of school.

AGE REQUIREMENT (BLUE BOOK RULE 2000)

A student under 15 years of age may not participate in an interscholastic contest or scrimmage against the varsity team of another school. This Bylaw may be waived by Section action provided the Section adopts criteria for such a waiver which shall include, but not be limited to, the following:

- A. Participant must be at least 14 years of age;
- B. A signed consent statement from the parents or legal guardian, allowing participation at the varsity level;
- C. A statement from the head coach that the student-athlete has the physical and mental maturity to compete at the varsity level;
- D. A statement of compliance must be given by the principal to the respective Section office verifying that all required documentation has been completed and is on file in the appropriate school office. There is a 14 Year Old Football tab on www.cifsshome.org that needs to be completed and submitted electronically to the CIF Southern Section prior to a 14-year old student's participation on a varsity football team. The purpose of this form is to establish a database on the number of students participating. Please submit the enclosed form if you have any 14-year old students playing varsity football.

Students may not compete on a freshman team after he/she has reached their 16th birthday on or before June 15th, or on a sophomore or frosh/soph team after he/she has reached their 17th birthday on or before June 15th.

FREE LANCE SCHOOL

Any freelance school wishing to enter the playoffs must submit its schedule to the Commissioner for approval of conditions under which the team may qualify for the playoffs. Schedules must be submitted prior to the start of each season of sport for evaluation. See CIF Blue Book Rule 3210.

SCOUTING PROHIBITIONS - PRACTICE SESSIONS

Scouting of any type, which would include personal viewing, written notes, audio tape, motion pictures, video reproduction and/or any other type of reproduction, such as still pictures, etc., shall

not be taken in any sport of a member school's practice sessions by anyone without written consent of the participating school(s).

Question: What is allowed with regard to scouting a contest or scrimmage?

Answer: There will be NO restrictions on the part of member schools regarding the filming/video taping of any contest or one allowable scrimmage. Home schools will maintain game management rights and responsibilities.

GAME FILMING

Please share these suggested guidelines for filming with your game photographer:

- ✓ Picture should be clear and player's numbers readable
- ✓ Picture should include enough players on both teams to recognize offensive and defensive formations. During kick plays the camera should follow its own team

MERCY RULE

A mercy rule will be in effect for all football contests in the C.I.F. Southern Section, which includes pre-season games, league games and playoff games, including Championship Finals. This means that if one team has a lead of 35 points or more at the end of three quarters, there will be a running clock for the 4th quarter until the end of the contest. If schools wish to invoke a running clock prior to the start of the 4th quarter, they can do so by mutual agreement of both schools. I have attached the relevant rule to this memo, so you can see the details.

This item has been approved for statewide adoption, for both regular and post-season contests. This is in accordance with NFHS Football Rules 3-1-2 and 3-1-3.

1. Prior to the 4th Quarter, by mutual agreement of the opposing coaches and the referee, a "running clock" may be used if the point differential between the two teams reaches 35 or more;
2. If at the start of the 4th Quarter or at any time during the 4th Quarter, the point differential is 35 or more points, a running clock shall be used for the remainder of the contest;
3. Once the "running clock" is in effect during the 4th Quarter, it shall remain in effect for the balance of the contest, even if the team that is behind subsequently scores to make the deficit less than 35 points;
4. The "running clock" will be administered as follows:
 - A. The game clock will start with the snap or legal touch of a free kick on the first play following the establishment of the pertinent point differential, and continue to run uninterrupted when:
 - A 1st down is awarded to either team, including following a change of possession;
 - The ball or runner is out-of-bounds;

- A legal or illegal forward pass is incomplete;
 - A play results in a touchback;
 - An inadvertent whistle occurs;
 - During all penalty enforcements.
- B. The game clock shall be stopped for:
- A score (including touchdown: try; field goal; safety);
 - The free kick following a fair catch or awarded fair catch;
 - A charged team time-out;
 - A coach-referee conference;
 - An official's time-out (injury; equipment; 1st down measurement; other, as required);
- C. Following a stoppage for any reason in B. above, the game clock will start when the ball is next:
- Marked ready-for-play; or
 - Legally touched on the free kick following a score, a fair catch or awarded fair catch

TIE-BREAKER SYSTEM

The "25-Yard Tie-Breaker System" is authorized for use in the Southern Section for playoffs as follows:

1. Respective leagues have the option of adopting the plan for use
2. If adopted, all ties within league must be resolved with the "25-Yard Tie-Breaker System"
3. If adopted, the plan may be used for the V, JV or Frosh/Soph levels, or any combination of
4. By mutual consent, the plan may be used for non-league contests
5. The "25-Yard Tie-Breaker System" will be used for all CIF-SS playoff contests
6. May not be used beyond the last allowable playing date to determine entry into the playoffs

TIE GAMES

The twenty-five yard line tiebreaker system will be used in all divisions and all games, **(including finals)**, of the CIF Southern Section football playoffs, when games end in regulation time with the score tied. Although the ball will be placed on the 25-yard line for tiebreakers, we will adopt the National Federation 10-yard tiebreaker rules, with the exception that teams will be able to make first downs. Because of concerns regarding inconsistency **WE WILL NOT BE USING NCAA RULES**. Complete details for the 10-yard line tiebreaker are listed on pages 84 and 85 of the 2019 National Federation Official High School Football Rules. This will apply to all playoff games including the championship games.

HOW THE TIE-BREAKER WORKS

If the score at the conclusion of regulation play is tied, there will be a timeout. The captains of the two squads will meet at midfield, with the officials, for a flip of the coin. The winner of the toss will have the option to defend a goal or to determine possession.

Then, each team will have the opportunity to score from the 25-yard line and the team which outscores the other in the “overtime” session will be the winner, following the rules of football.

.... For example, the team on offense first will have one series of downs in which to score a touchdown (and try to kick for a one-point conversion or a run-pass for a two-point conversion) or kick a field goal. The other team will have one series of downs in which to equal, or surpass, the points scored by the first team. If the second team on offense does not equal or surpass the first team on offense, the first team on offense wins. If the second team scores more points than the first team, the second team wins. If the second team scores an equal number of points, the whole procedure is repeated until a winner is determined.

If either team has a pass intercepted, or fumbles and loses possession, the ball will be blown dead immediately, its series of downs comes to an end, regardless of what down (No. 1, No. 2, No. 3, or No. 4) the interception or fumble occurs.

CA EDUCATION CODE RE: FOOTBALL EQUIPMENT RECONDITIONING

17578. The governing board of each district maintaining a high school shall provide for annual cleaning, sterilizing, and necessary repair of football equipment of their respective schools pursuant to Sections 17579 and 17580.

17579. All football equipment actually worn by pupils shall be cleaned and sterilized at least once a year. Football equipment used in spring training shall be cleaned and sterilized before it is used in the succeeding fall term.

17580. Any contract with a dealer or craftsman for the repair of football equipment belonging to the district or state college shall specifically state or describe the materials to be used by the dealer or craftsman in repairing such equipment.

PLAYER CONDUCT

The following are key point of emphasis football coaches should review with their staff and players in reference to CIF- Southern Section rules and regulations specifically with regard to player conduct as set down in the 2019-2020 Blue Book.

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 game/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 who leaves the confines of the bench or team area during a fight or altercation 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

Altercations can be avoided if coaches are pro-active and build an environment for their athletes that is positive, discipline and respectful. Coaches are encouraged to develop a plan and procedures that addresses what players should do if an altercation breaks out on the field during a contest.

Some suggestions;

- Have a Key Word or Phrase that alerts all players that an altercation has started and to follow their procedure.
- Instruct all players on the sideline to immediately turn to their bench, take a knee and remove their helmets.
- Players on the field, should sprint to their sideline, take a knee and remove their helmets.
- No athlete should attempt to interfere and/or join the altercation.
- Coaches on the sideline should immediately step 2 yards onto the field, facing their sideline/bench area with arms outstretched and yelling the key word.
- A designated coach may need to go onto the field to assist the game officials.
- Developing a procedure for in case an altercation occurs and reviewing it with your football team prior to the start of your first contest. League play, and post season playoffs can help prevent disqualifications and possible forfeits.

Important Questions and Answers –

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: What happens when a student engages in Fighting/Assaultive Behavior during an athletic contest that is not observed by game officials?

Answer: In cases when a student engages in Fighting/Assaultive Behavior that is not observed by game officials, it is the expectation of the CIF Southern Section Executive Committee that the building principal of the school involved will impose a minimum one-game suspension for the students who commit such offenses.

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

Answer: The game suspension(s) carry over to the first game(s) at the beginning of the subsequent season. For example, a sophomore soccer player receives a red card the last game of the 2019 season. He/she will serve a game suspension the first game of 2020 season. Suspensions carry over and must be served before the athlete becomes eligible to compete in that sport. See next Q&A for answers regarding seniors.

Question: What if a senior (12th grader) student receives a red card or misconduct during the last game of the season?

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

WHEN CAN A BAND PLAY?

While there is no specific rule cited in the 2019-2020 National Federation of High Schools Football Rule Book, or in the 2019-2020 C.I.F. Southern Section Blue Book regarding this issue, the standard procedure for football contests, as interpreted by this office and the California Football Officials Association is as follows:

A band can play during a contest, but only during breaks in the action. For example, between plays, during timeouts, between quarters, half-time, and so on. If a band is playing during the game, it is considered unsportsmanlike conduct by the team whose band is playing. The playing of music during the game can be a distraction to the competing teams, and the officials, and can result in placing teams at an advantage or disadvantage as a result. It is the expectation of the C.I.F., and the game officials, that the administration of the offending school will make sure that the band adheres to this standard. If the playing of music during game action continues, then the officials have the authority to penalize the offending team 15 yards for unsportsmanlike conduct, each and every time it happens.

DRONES

Drones are not allowed during any 11 or 8-man football contests at all levels. Although there is not an actual State CIF rule against the use of drones, the FAA (Federal Aviation Administration) in its June 21st, 2016 Summary of Small Unmanned Aircraft Rule states “Small unmanned aircraft may not operate over any persons not directly participating in the operation.” Based upon this federal ruling the CIF State Office has instructed our section to deem it a safety hazard and to not allow drones.

A Drone flying to get pregame images for a later TV broadcast well before the start of a game and the arrival of the crowd would be an example of a drone flight within the FAA rules and outside of our concern for safety

GAME ANNOUNCER SUGGESTIONS

The following information is provided for the benefit of the public-address announcer at your home playoff games: this capsule summary was developed by the late John McDonough and has been found to be very useful to our member schools.

1. Remember, you are NOT a radio announcer and should not give a play-by play account of the game. This is an insult to the intelligence of the spectators. In a normal game you will be speaking about 25 percent of the time and be QUIET about 75 percent of the time. The crowd came to see the game, not to hear your opinions about it.

2. Give the down and distance before each play. Simply say, "Third and eight on the Homestead 42."
3. When the ball is snapped, do not say, "Jones has the ball and is going around left end." Again, you are insulting the intelligence of the spectators. Merely give his name – "Jones is the ball carrier."
4. When the play is over, give the name of the man, or men, who made the tackle, and set up the down and distance again.
5. After a long run, pass, or kick, give the total yardage, but make no comment. Such comments as "What a beautiful run" are in bad taste. The crowd can see that it was a good run and as a PA announcer you must be 100 percent impartial.
6. NEVER try to outguess the officials. If you think you see a foul, do not mention it. The chances are you will be wrong. If one of the officials throws a yellow foul marker, simply say, "There is a flag on the play." Then wait – do not try to explain the foul. When the referee gives his signal, interpret it to the crowd. Get a copy of the rulebook or a program, which has the signals. If it is an unusual play, the arrangements you made prior to the game will get this information to you to pass on to the spectators.
7. Never use the names of officials during the game. You should read their names prior to the game. Do not say, "The foul was called by Head Linesman Jones" or "Referee Smith is explaining the foul to the Captain Brown".
8. Never comment on the fouls that are called, or the work of the officials, whether you think it is good or bad. This is a good way to start a riot.
9. Never comment on the sportsmanship, or play, of either team, or either coach. This, too, is a good way to start a riot.
10. Never designate the player who committed a foul. You probably will be wrong anyway, and this type of announcement tends to make the game get out of hand.
1. If a player is injured, give his name. You are not a doctor, so do not try to diagnose his injuries. If you get a later report on the player's condition, give it with no comment. Never try to explain how a player was injured. This can be misconstrued by the crowd as an unsportsmanlike act on the part of an opponent and cause an unfortunate situation.
2. If the crowd starts to boo the visiting team, or the officials, to an extreme degree, say, "Ladies and Gentlemen, these people are our guests tonight, let's treat them as such."
3. A few minutes before the end of the game, preferably during a time out, thank the people for coming, announce convenient routes for leaving the stadium and remind them to drive carefully on the way home.

In summary, the public address announcer just covers the facts of the game, as impartially and objectively as possible. You should not give opinions of your own because the spectators are present and should be free to form their own opinions. A radio announcer gives his opinions because the listener is seeing the game through his description, but you are a public address announcer, and this is a totally different art.

RESPONSIBILITIES OF SCHOOLS RELATED TO OFFICIALS

It is **required** that:

1. When contacted by official at least 24 hours in advance, the host school will have available someone who will handle the needs of the officials assigned to the contest.
2. The host school have available someone who will handle the needs of the officials assigned to the contest. This should include, but not be limited to, facility orientation, locker room assignment and parking.
3. The officials' locker rooms be open at halftime and immediately after the game.
4. At the completion of the contest, the officials' locker and dressing facilities remain secured for at least 30 minutes in football and 20 minutes in all other sports. Coaches and other school officials should not enter an officials' dressing area for the purpose of complaints.
5. Coaches not approach or confront the officials at the completion of a contest.
6. Coaches and school officials not make public statements to the new media criticizing officials.
7. School officials be alert to potential problem situations and, when necessary, provide security for officials to and from their dressing facilities and to the parking area after the contest.
8. Athletic administrators convey to their coaching staff that if there is a problem regarding the officiating, it should be handled first through the Area Officials' Liaison and secondly by the CIF Southern Section Office if the problem is serious in nature.
9. A representative from the host school shall handle financial matters prior to the start of the contest. This task should not be handled by the coach.
10. The participating schools should enforce the principles of Victory with Honor and Education Code 48900 and 48915 with regards to fan and spectator behavior. Schools are strongly encouraged to remove and sanction any spectator who engages in abusive verbal or physical behavior or who uses profanity.
11. Schools not in compliance with numbers 1-10, will be reported to their Area Liaison by the officials association within five (5) school days. Regardless of the infraction, the contest will be played.

The safety and security of officials is a prime concern of the CIF Southern Section. It is recommended that each school put together a packet to be sent to the liaison providing information to officials pertaining to the game including but not limited to:

- Map of School
- Location and availability of facilities
- Parking
- Officials security arrangements
- Contact person with phone number and availability
- Officials shall be paid in a timely fashion

PLAYOFF INFORMATION

IMPORTANT INFORMATION: 11-Man Formula for Guaranteed Entry Into CIF-SS Football Playoffs

In all divisions leagues with:

- Leagues of 4 or 5 teams will get 2 guaranteed entries,**
- leagues of 6-8 teams will get 3 guaranteed entries**
- leagues of 9 or more teams will get 4 guaranteed entries**

(Blue Book Rule 3319.5) Leagues are guaranteed their appropriate number of entries into the Southern Section Championships, per current Southern Section Blue Book Rule 3314, 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.

NOTE: (11-Man Football) **If two or three automatic entry teams from the same league are tied at the end of league competition, and are in different playoff divisions, they may all carry the same designation into their respective playoff division. 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 their total allowable guaranteed entries regardless of what playoff division those schools would enter. In this instance, you would let us know in the entry notes that there was a tie within the guaranteed entry.**

AT LARGE ENTRY

(Blue Book Rule 3314.1) (Football) **requires a .500 or better record** for At Large teams petitioning for entry into the CIF-SS Football Playoffs.

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. (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 Football Playoff Bulletin.

NOTE: YOU MUST SUBMIT THE “AT-LARGE/FREELANCE ENTRY” TO BE CONSIDERED. INSTRUCTION FOR SUBMISSION WILL BE INCLUDED IN THE FOOTBALL PLAYOFF BULLETIN.

NEW FOR 2019

You will notice that we have a larger group of schools in a combined Division 1 and 2. The reason for that is at the end of the regular season, similar to what we have done in Basketball, Volleyball, Water Polo and Tennis, we will have a Football Selection Committee choose the top 8 schools after Week 10 games have been played and place them into Division 1. There will be an 8-team bracket for that division and the schools involved will have a Bye Week before beginning the Division 1 Playoffs. The remaining schools from the combined Divisions 1 / 2 who are not selected for Division 1 will be placed into Division 2, which will be a 16-team bracket. Also, since the Division 1 bracket is 8 teams, we will create another division, meaning we will increase from 13 divisions to a total of 14 division next season. Understand that competitive equity playoffs are not about filling brackets with teams who do not belong, which is what we have seen in the Division 1 Playoffs recently, resulting in non-competitive games and lopsided scores. In the new format, the Division 1 bracket will contain only those teams whose power rankings justify their placement into that division using the most accurate information we have available to do so.

NEW FOR 2020

The most significant step moving forward in determining the strength of programs is to apply the results of the current regular season to the previous two years power rankings, so we may develop new power rankings at the end of the regular season and create playoff divisions at that time. This would truly enable us to have divisions that are as accurate as possible and would allow, specifically in the sport of Football, for every school who is guaranteed entry from their league to enter the playoffs. As you know, the fixed bracket of 16 teams, unlike other sports that can expand their brackets to include wild-card games, there have been instances where some 3rd place teams did not get into the Football Playoffs in the past 3 years because we had too many teams that automatically qualified from their leagues resulting in some teams being left out. Therefore, in the sport of Football, we would like to use the 2019 season as a testing period for the possibility of including current regular season results and potentially creating playoff divisions at the end of the regular season in 2020. The only way that will be possible is if our member schools enter into CIFSSHOME.org every score of every game that is played in the 2019 regular season by November 2, 2019. If that happens, we would be able to create updated power rankings and determine division at the end of the regular season for the first time. That is the effort we would like to make this upcoming season, so we can review this process and see what playoff division would look like following that process.

8-MAN FOOTBALL

With the full support of the 8-Man Football Coaches Association, there have been some significant changes made to the 8-Man Football Playoffs this season. Please familiarize yourself with the following information in this bulletin.

- 1 The 8-Man Football Playoffs will consist of 2 divisions. Schools will be placed into their appropriate playoff divisions based on their CBEDS enrollment number on October 1, 2018. NOTE: By rule, if a school has experienced a 15% increase or decrease in their total school enrollment between October 1, 2019 and October 1, 2020, a school may petition for re-classification into another payoff division based on that increase or decrease in total school enrollment. Petitions for re-classification must be filed with the C.I.F.-SS Office prior to October 1, 2019, or they will not be considered.

The Division 1 and Division 2 playoff brackets will BOTH be 16-team draws. Only the champions of each league will be guaranteed automatic entry into the playoffs in each division, with the remaining berths in each draw filled by at-large teams, using the criteria listed below. Also, by rule, the total numbers of 8-Man football schools are to be split in half into these two divisions.

2. Guaranteed entries will only be accepted from leagues where members have **PLAYED** at least 3 league contests (forfeitures will not be accepted).
3. The remainder of the bracket will be filled by at-large teams, which include freelance teams, as well as league schools who do not qualify automatically.
4. No team may qualify for the playoffs, either as a guaranteed entry, or as an at-large team, unless they have actually played 6 contests (no forfeits).

NOTE: Should the number of guaranteed playoff entries fail to complete a full bracket, this will necessitate the inclusion of at-large teams. The following criteria and procedures will be used to accomplish this task.

(1) Leagues will have the option of entering at-large teams for consideration should they desire (see process below).

(2) All at-large entries must be submitted to the CIF-SS no later than 9:00 a.m. on the Sunday morning for the weekend in which the playoff draw will be completed.

(3) Schools which are being submitted as at-large entries **MUST** submit to this office by 9:00 a.m. the Sunday of the weekend in which the playoff draw is finalized, on the proper form which lists all contests played, results of same and any further background information the at-large selection committee should be appraised of in determining the teams which will be selected for the filling of byes.

(4)The Selection Committee, with the full support of the CIF-SS Football Coaches Advisory Committee, will utilize the following criteria in its selection process, with each category below having the specific weight listed:

AT-LARGE TEAMS FOR FOOTBALL ARE REQUIRED TO HAVE A .500 RECORD OR BETTER FOR THEIR COMPLETE SCHEDULES TO BE CONSIDERED. A TIE WILL COUNT AS A ½ WIN AND ½ LOSS AS THE CRITERIA FOR .500 OR BETTER RECORD. (A record of 4-4-1 would be considered as qualifying.) IN THE SPORT OF FOOTBALL, IN ORDER TO ALLEVIATE BYES, IF THERE ARE NO .500 TEAMS ENTERED AS AT-LARGE ENTRIES, THE NEXT BEST RECORD AS SUBMITTED BY LEAGUES WILL BE TAKEN. HOWEVER, NO TEAM UNDER .500 WILL BE PLACED UNTIL ALL .500 AT-LARGE ENTRIES HAVE BEEN PLACED. (SEE BLUE BOOK RULE 3214.1.)

Criteria utilized by the At-Large Selection Committee:

- (a) Head-to-head competition of teams under consideration (4 points)
 - (b) Overall strength of the league from which the team is entered (1 point)
 - (c) Overall win-loss record (1 point)
 - (d) Strength against common opponents (1 point)
 - (e) Strength of schedule (2 points, using overall win-loss record of opponents)
 - (f) Free lance teams will be part of the pool for the filling of at-large berths
- (5) The At-Large Selection Committee will convene its meeting in the CIF-SS office on Sunday morning for the weekend in which the playoff draw is to be finalized. The administrator so designated from the CIF-SS office for that sport shall act as a resource person and chair the meeting.

It is again to be reviewed that all material relating to an at-large entry MUST be submitted to the CIF-SS no later than 9:00 a.m. on the Sunday for the weekend in which the playoff draw is to be finalized. If the material is not submitted, the team will not be placed under consideration in that the at-large selection committee will have no statistical data from which to draw.

IMPROVED MEDIA RELATIONS FOR HIGH SCHOOL FOOTBALL

I ADVANTAGES – PURPOSE

A. Increased school notoriety

- 1. Give the school name greater public recognition
- 2. Increase awareness of the athletic program
- 3. Generate community interest and support for the school as a whole

B. Increased attendance at game

C. Increased recognition for individual athletes

- 1. Make outstanding achievements known on community, state and national levels
- 2. Allow athletes to have a greater chance at receiving awards
- 3. Increase interest in college recruiters and give athletes more scholarship opportunities

II BASIC KEYS TO IMPROVED MEDIA RELATIONS

A. Report all varsity scores

- 1. Make sure to have a responsible person (student, assistant coach, faculty member,

- booster club member, etc.) email in scores after each athletic event
2. Report to all media in your coverage area
 - a) Local newspaper(s)
 - b) Major metropolitan newspaper(s)
 - c) Local radio station(s)
 - d) Local television station/cable TV outlet
 - e) Post email addresses for the above where they are easily accessible after any event. Be sure to take a copy on road trips
 3. Always be prepared to report league and overall records for BOTH teams when emailing scores
 4. Always report all Scores to www.Scorebooklive.com first!
 5. Major Daily Metropolitan Newspapers in CIF-SS Coverage Area:
 - a) In the all areas: Los Angeles Times – eric.sondheimer@latimes.com
 - b) In the 310 area: South Bay Daily Breeze – sports@dailybreeze.com
 - c) In the 562 area: Long Beach Press-Telegram; Whittier Daily News – sports@sgvn.com
 - d) In the 714 area: Orange County Register – Daily Pilot – Andrew.turner@latimes.com
 - e) In the 909/951 area: Riverside Press Enterprise – _preps@pe.com ; San Bernardino Sun – Daily Bulletin – sports@inlandnewspapers.com
 - f) In the 818 area: Glendale News Press – _grant.gordon@latimes.com sports@sgvn.com; L.A. Daily News – dailynewsprepsports@gmail.com
 - g) In the 626 area: San Gabriel Valley Tribune; Pasadena Star News – sports@sgvn.com
 - h) In the 661 area: Antelope Valley Press sports@avpress.com ; Santa Clarita Signal – _sportstalk@signalscv.com
 - i) In the 619 area: San Diego Union Tribune – utpreps@sportsngin.com
 - j) In the 760 area: The Desert Sun – sports@desertsun.com
 - k) In the 805 area: Lompoc Record – estern@leecentralcoastnews.com; Santa Barbara News Press – sports@newspress.com ; Santa Maria Times – estern@leecentralcoastnews.com ; San Luis Obispo Tribune – difeletribunenews.com ; Ventura County Star – vcsportsdesk@vcstar.com

B. Maintain accurate rosters for all varsity teams

1. Always include the following: Number, Name, Position, Height, Weight, Year in School
2. Always have programs for home varsity contests. Make sure they include complete and accurate rosters for BOTH teams
3. Always provide programs at no charge to members of the media covering your event
4. Keep accurate statistics throughout each season of sport
5. Update each week
6. Report outstanding statistical performances when reporting game scores (Note: If you know the game is being covered in person, this may not be necessary. This is a general guideline for minor sports which aren't regularly covered)
7. Watch for CIF-SS Bulletins and follow directions for reporting statistical information to the section office when requested

Maintain all-time school records and make available to the media upon request. (A great item for programs, a must for media guides)

C. Use of facilities

1. Always provide a seat in the press box or at the scorers table for working members of the media
2. Keep in mind that the press box and/or scorer's table should be reserved for authorized game personnel (announcer, spotter, scoreboard operator, timer, stat crew, etc.). Cheer and socializing should not be allowed in the press box or at the scorers table
 - a) This is a WORKING area. Maintain a professional atmosphere at all times Schedule announcements
3. Schedule announcements are a sure way to gain media attention, as well as provide the public with the information they need to attend your games
4. Complete schedules well in advance of each season
5. Release schedules to local media as soon as they become complete
6. Meet the CIF-SS Master Schedule mail-in dates to be sure your school is Included

III PERSONAL MEDIA RELATIONSHIPS

A. Coaches

1. Make yourself accessible to the media whenever possible, but know your limits
 - a) You are entitled to a 10 minute "cool-down" period after a contest. USE IT! Don't try to answer any questions until you are composed and ready to concentrate
 - b) Remember, nothing is "off the record". Anything you say can and probably will be printed
 - c) Try to set a consistent day and time when you can be reached during the week and make it known to the reporters covering your team
2. Assist reporters with statistics, records and general information about your athletes

B. Student-Athletes

1. Coaches should instruct players on the "do's" and "don'ts" of media interviews at an early team meeting
 - a) Review good interview techniques – straight and to the point. Be informative, don't "ramble" or get off the subject. Answer the questions asked
 - b) Stress the importance of good media relations
 - c) Remind players to stress the "team concept"
 - d) Prepare students to be ready when questions are asked and not fearful or under duress when the situation arises
 - e) Player interviews on the high school level can be a great learning experience – they should be enjoyable as well
2. Set policy on player interviews and stick to it
 - a) Where and when
 - b) Notify media of such policies

C. Maintain an accurate up-to-date list of coaches' office and home phone numbers

1. This is especially important for "walk-on" coaches
2. Provide this list to your regular media outlets

IV MISCELLANEOUS TIPS AND IDEAS

A. Be acquainted with the CIF-SS Media Department and its services

1. Contact Thom Simmons, Assistant Commissioner, at 562-493-9500 or email him at thoms@cifss.org or Program Coordinator, Anita Fopma at anitaf@cifss.org
 - a) Report outstanding performances by your teams or athletes
 - b) Provide information on school activities, facts on athletes, coaching milestones, etc.
2. General CIF-SS Media Department Services
 - a) Weekly top ten polls; Publication of CIF-SS quarterly Bulletin; Maintenance of All Time CIF-SS records; Broadcast approval for all contests; Media contact for championship events
- B. Communicate ideas for feature articles on coaches, athletes or teams to local media outlets. If you think one of your team members might make an interesting feature article subject, let your local sports editor or beat writer in on it. They are in constant search of these types of items
- C. Answer all written requests for information about your program
 1. CIF-SS Schedule Requests, Playoff Information forms
 2. Local newspaper, radio and TV questionnaires
 3. State and national magazine questionnaires
- D. Maintain a file of information forms on coaches and athletes. These may serve as a valuable reference when coaches or athletes are not available for interview
 1. Forms should include age, height, weight, previous involvement in athletics, other sports, etc.
 2. Include home and work phone numbers for parents in case of emergency
- E. Maintain a photo file of individual athletes
- F. Schedule a "Media Day" prior to the season
 1. Excellent opportunity to get photo requirements out of the way
 2. Notify and invite all local media outlets
 3. Have team dressed in game uniform with accurate numbers
 4. Provide complete roster, schedule and additional information such as final status and results of previous season
- G. Call on your resources – get the help you need
 1. School journalism department
 - a) Make "Sports Information Director" out of an interested student
 - b) Involve students in keeping stats, taking photos, etc. Reward them by taking them on a road trip, honor at banquet, possibly earning a letter
 2. Request the school print shop to publish programs, schedule, media guide, posters, press release, etc.
 3. Tap the booster club for assistance. Many parents would like to be involved...provide the opportunity
- H. Create Social Media Platforms. (Facebook, Twitter, Foursquare, Google, Pinterest, etc.) and keep updated on a daily basis.

HEALTH AND SAFETY

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

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

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

PHYSICAL EXAMINATION

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

CONCUSSION PROTOCOL

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

Question: What is meant by “licensed health care provider?”

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

STERIOD PROHIBITION

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

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

SUDDEN CARDIAC ARREST PROTOCOL

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

Question: What is meant by “licensed health care provider?”

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



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