



2020-2021

**FIELD HOCKEY
PREVIEW**



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FIELD HOCKEY SEASON PREVIEW

DATE: NOVEMBER 2020
TO: CIF-SS FIELD HOCKEY COACHES
FROM: MIKE MIDDLEBROOK, ASSISTANT COMMISSIONER
RE: **2020-2021 FIELD HOCKEY SEASON!**

WELCOME TO THE 2020-2021 FIELD HOCKEY SEASON!

The Field Hockey Packet has been prepared to assist you in the organization of your school Field Hockey program. The enclosed is important information for preparation of the upcoming season. Please share this information with your assistant coaches.

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CALENDAR DATES

FIRST CONTEST

The initial date on which a school may schedule and conduct an interscholastic contest is:

FRIDAY, DECEMBER 18, 2020

SCRIMMAGES

Maximum 1 scrimmage allowed.

Must be played on or after December 18, 2020 and before the first contest.

SIT OUT PERIOD (SOP) DATE

January 22, 2021

LAST CONTEST

All league competition must end on or before:

FRIDAY, FEBRUARY 26, 2021

The last allowable contest date is:

SATURDAY, FEBRUARY 27, 2021

See Bylaw 3008 for end of competition guidelines.

MAXIMUM CONTESTS

The # of allowable contests is: **20**

2020-2021 FIELD HOCKEY PARTICIPATING SCHOOLS

Bonita	Huntington Beach
Chaminade	Marina
Chaparral	Newport Harbor
Edison	Temecula Valley
Fountain Valley	Thousand Oaks
Glendora	Westlake
Great Oak	Westminster
Harvard Westlake	



OFFICIAL BALL PROGRAM – MANDATORY USE IN PLAYOFFS 2020-2021

Official Ball per sport:

- Baseball: **Rawlings CIF-SS** Must be CIFSS/**NOCSAE** stamped ball; not an alternative Rawlings ball
 Rawlings RCIF-SS Must be CIFSS/**NOCSAE** stamped ball; not an alternative Rawlings ball

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

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

- Football: **Spalding ball with NFHS** any Spalding model with NFHS stamp
 Spalding Alpha ball with NFHS *(Used in the CIF-SS Championship game)*

- Lacrosse: **Champion Sports NOCSAE Balls** (White LBWNOCSAE, Yellow LBYNOCSAE, Orange LBO, Lime Green LBG)

- 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** *(Used in the CIF-SS Championship game)*

- Tennis: **Penn ATP World Tour** *(Used in the CIF-SS Championship game)*
 Pro Penn Marathon

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

- Boys Water Polo: **KAP7 model 105 with NFHS stamp** *(Used in the CIF-SS Championship game)*

- Girls Water Polo: **KAP7 model 104 with NFHS stamp** *(Used in the CIF-SS Championship game)*

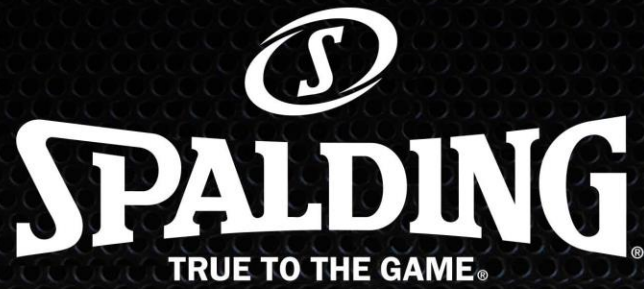
Mandatory Playoff Use Requirement:

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

Playoff Ball Use Rule Enforcement:

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

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



THE OFFICIAL BALL OF THE CIFSS



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NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

NEWS RELEASE

High School Field Hockey Moves from Halves to Quarters in 2020 Season

FOR IMMEDIATE RELEASE

Contact: Julie Cochran

INDIANAPOLIS, IN (February 6, 2020) — High school field hockey games will be played in four quarters instead of two halves beginning with the 2020 season.

This significant change was one of several rules revisions recommended by the National Federation of State High School Associations (NFHS) Field Hockey Rules Committee at its January 13-15 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

"The NFHS Field Hockey Rules Committee continues to strive to find ways to improve the ease and use of the rules for officials and coaches, which is evident in many of the changes made for the 2020 field hockey season," said Julie Cochran, NFHS director of sports and liaison to the NFHS Field Hockey Rules Committee.

The rules committee's change moves the game to four 15-minute periods from two 30-minute halves. The committee believes this will allow teams to maximize their play for the entire match. Set stoppage times of two minutes between the first and second quarters – as well as between the third and fourth quarters – will provide student-athletes breaks for rest, hydration and strategizing. The length of halftime is set for 10 minutes, with teams changing goals.

"I think the shift to quarters is going to be interesting," said Sherry Bryant, Massachusetts Interscholastic Athletic Association (MIAA) associate director and chair of the NFHS Field Hockey Rules Committee. "From an educational athletics point of view, a standardized break between quarters to

address health and safety of athletes provides consistent opportunity for coaching, all while enhancing the excitement and flow of the game. It seems like a true win-win scenario.”

Changes to the sport’s period lengths primarily affect Rule 4-1-1; however, they also impact Rules 5-1-1, 5-1-2 and 5-2-2. To be specific, the rules now detail the start of a game with a center pass and the restart of play by a center pass following each goal by a player of the team not scoring.

As a result of the change in periods, the committee removed language pertaining to the starting and stopping of the game clock. Consequently, the sport no longer features time-outs. Rule 4-2-3 previously stated each team is permitted two 90-second time-outs per game. With the change to four quarters, teams now have guaranteed breaks for rest, hydration and coaching opportunities.

Cochran added that the rules committee adjusted team time-outs in an effort to keep the game fluid with the guaranteed stoppage of play now between quarters.

The rules committee also made significant changes that clarify the intent of penalties found as part of Rule 12-1. The committee also added definitions of cards related to coaches’ conduct.

Previously, Rule 12-1 PENALTIES consisted of six items and a note. It has been reduced from six penalties to three penalties, including the removal of definitions for each offense.

Rule 12-1 PENALTY 1 has been expanded to clarify when a penalty card is issued, and it also defines green, yellow and red cards. The newly adopted third penalty details restarting play when a foul is called prior to clock stoppage, when the ball goes out of bounds, and if no foul is called prior to clock stoppage.

An overhaul of the player uniform rule – Rule 1-5-1 through 1-5-8 – was also notable. Changes carried out by the committee reorganized the uniform rule and provided further clarity with the addition of language regarding uniform bottoms.

Changes to the player uniform rule reflect recent changes in high school volleyball rules. In field hockey, players are permitted to wear a single-colored short or long-sleeved shirt. If worn, home-team undershirts must be white. The visiting team’s undershirt must match the color of the jersey or be black or a dark color. All players who choose to wear an undershirt must wear the same color as her teammates.

Other uniform rules changes include like-colored uniform bottoms, which include styles such as shorts, skirts, kilts or pants, provided shin guards are visible. The home team must wear solid, knee-

length white socks/sock guards, while the visiting team must have a dark, contrasting color. The committee's actions also included defining the use of player numbers, which also must be a solid, contrasting color and feature no more than two digits (00-99).

Another rules change for 2020 introduces the definition of shadowing to the rules. Shadowing is the act of being within playing distance of an opponent and following the player's movement on the field without impeding progress. The new rule, Rule 3-3-9, is found among definitions of techniques within the rules book.

The final change, Rule 10-3-2, specifies that the criteria for completion of a penalty corner during extended play will mirror the procedures for ending a penalty corner during regulation play.

A complete listing of the field hockey rules changes will be available on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page and select "Field Hockey."

According to the 2018-19 NFHS High School Athletics Participation Survey, field hockey has 60,824 girls participating in more than 1,700 schools nationwide.

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About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,500 high schools and 12 million participants in high school activity programs, including more than 7.9 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at www.nfhs.org.

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Field Hockey Rules Changes - 2020

By nfhs on February 11, 2020

[field hockey](#)

1-5-1 thru 8: Re-organization of the uniform rule.

Rationale: Re-organization of the uniform rule and added language about uniform bottoms for clarity.

1-6-1: Clarifies that mouth protectors that cover the lips are allowed.

Rationale: Allows the use of mouth protectors that also cover the lips and brings the language in line with other NFHS rules books.

1-8-1a: Clarifies goalkeeper uniforms.

Rationale: The change clarifies the intent of the rule to make goalkeepers distinguishable from opponents not each other.

1-9-1b PENALTY (NEW): Clarifies the penalty for illegal uniforms or equipment after the game has begun.

Rationale: Clarifies penalty for illegal uniform or equipment after the game has begun.

3-2-4: Clarifies that the ball must travel at least 5 yards before being played into the circle.

Rationale: Clarifies that the ball must travel at least 5 yards before being played into the circle and removed redundant language.

4-1-1: Re-defined that a game will consist of four quarters of 15 minutes with intervals of 2 minutes between quarter 1 and 2 and between quarter 3 and 4.

Rationale: Aligns with several other rules codes. This is intended to allow for teams to maximize their play for the entire match. Set stoppage times will offer breaks for rest, hydration and strategizing. This change should be relatively easy for both the timers and umpires to administer.

4-2-3: Removed team timeouts to help keep the game fluid.

Rationale: With the change to four quarters teams have guaranteed breaks for rest, hydration and coaching opportunities. The removal of team timeouts will help keep the game fluid.

12-1-Penalties: Clarifies penalty intent and adds definitions of cards to rule on coaches conduct.

Rationale: Clarifies penalty intent and adds definitions of cards to rule on coaches conduct.

2020 Editorial Changes

1-2-4l; 1-6-5; 1-6-7; 1-8-1; 2-1-4c; 10-3-2; 10-3-2a

2020 Points of Emphasis

1. Providing an Official Scorer and Timer

2. Tackling

3. 5-yards

4. Issuing Cards

Field Hockey Points of Emphasis - 2020

By nfhs on May 28, 2020

[field hockey](#)

2020 POINTS OF EMPHASIS

PROVIDING AN OFFICIAL SCORER AND TIMER

Scorers and timers are an integral part of the official's team. As a part of the officiating crew they should give appearance to impartiality and neutrality throughout the contest. Verbal or visible reactions to outstanding plays or official's calls is inappropriate. Rule 2-2 outlines the duties of the scorers and timers for field hockey.

The home team shall supply the official timer and scorer. They are to remain at the scorer's table for the entire game, including intermissions between quarters. The home team should supply an audible device as well as a game clock and stopwatch. NFHS rules recommend they wear officials pinnies at the table.

TACKLING

Smooth passing and dribbling techniques are two core skills all players should know how to do. Players should also know how to tackle the opponent when the ball is in their possession. The NFHS rules book defines tackling as a technique executed by a player in an attempt to gain possession or cause the opponent to lose possession of the ball. To properly execute a tackle, the player must be in the proper position to avoid a foul. The player shall not use the stick dangerously, nor deliberately make body or stick contact to gain any advantage when tackling. Remember that a player can't hit, hook or hold an opponent's stick with her stick. There should be clear intent to play the ball by the tackling player and the timing of the movement must be exact.

5-YARD VIOLATION

The opponent (and attack players inside the attacking 25) shall be 5 yards from the selfstart/free hit.

If an opponent is within 5 yards of the ball, she may shadow the opponent but must not interfere with the taking of the free hit/self-start and must not play nor attempt to play the ball. The NFHS rules book defines shadowing as the act of being within playing distance of an opponent and following their movement on the field without impeding their progress. If this player is not playing the ball, attempting to play the ball or influencing play, she has not violated the 5-yard rule. If the player does impede progress or influence play, she shall receive a warning and another free hit may be awarded. For repetitive violations by a player, the official should use the proper card progression. Be aware the player taking the self-pass does not have to delay her start.

ISSUING CARDS FOR FOULS AND MISCONDUCT

Officials must always consider violations for repetitive, non-dangerous fouls, deliberate actions, misconduct or dangerous play. When possible, the official should use preventive officiating.

Card progression is an important tool in game management as well as ensuring player safety and fairness during the game. At times a verbal caution can serve as a warning to both teams from an official. However, when one player or one team commits repetitive fouls and is in the card progression, it is not appropriate game management to include both teams in this same card progression. Both teams have their own card progression and should not be included in the opponents' card progression.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

NEWS RELEASE

High School Field Hockey Eyewear Rule Altered for 2020 Season

FOR IMMEDIATE RELEASE

Contact: Julie Cochran

INDIANAPOLIS, IN (September 1, 2020) — In response to longstanding concerns regarding the wearing of goggles in high school field hockey, the NFHS Board of Directors approved a change in the eyewear rule that will take effect with the upcoming 2020 season.

Rule 1-6-5 in the NFHS Field Hockey Rules Book, which currently states that “All field players shall wear eye protection that met the ASTM standard for field hockey (2713) at the time of manufacture,” will now state that “Goggles may be worn by all field hockey players.”

In addition to the current rule, an additional note was due to take effect in 2020 as follows: “Beginning in the 2020 fall season, all eye protection shall be permanently labeled with the ASTM 2713 standard for field hockey at the time of manufacture.”

Since goggles were mandated by the NFHS Board of Directors in 2011 with the intent to lessen the risk of catastrophic eye injuries, there have been a number of concerns that led to the current rule modification.

While there is a required ASTM standard for field hockey goggles, there is no NOCSAE standard, which is preferred as NOCSAE’s aim is to protect against worst case injury. The ASTM 2713 standard is not protective against a direct ball to the eye in testing. NOCSAE will not certify any facial/eye protection unless it is integrated into a helmet.

One of the ongoing concerns has been that ASTM-certified goggles are not available for all field players, notably those who wear corrective lenses. Since the current rule cannot be met by individuals with glasses, state associations have been issuing waivers for students with corrective lenses to allow participation.

Also, in addition to lack of available product to meet the rule, no significant research data has indicated that goggles have reduced the number of eye injuries, particularly those of a catastrophic nature.

Finally, while the mandatory eyewear rule was put into effect as a guard against eye injury, the wearing of goggles has created a higher risk concern regarding the penalty corner. Under the current eyewear rule, players cannot remove their goggles to wear full facemasks on penalty corners, which is the most dangerous play in the sport. Now, players can elect to wear corner masks.

The NFHS Sports Medicine Advisory Committee, which was in support of the action by the Board of Directors, noted that the ASTM standard that has been required does not eliminate the risk of injury for which the rule was established (loss of an eye).

“Given the fact that the previous rule that required goggles did not completely lessen the risk of catastrophic eye injuries, and that the product does not exist for players with corrective lenses, and that there is no NOCSAE standard for field hockey goggles, and that the wearing of goggles prevents players from wearing corner masks on penalty corners, the Board believed it was time to make the rule permissive in nature rather than mandatory,” said Julie Cochran, director of sports and liaison to the Field Hockey Rules Committee.

Although the rule has been changed to state that goggles may be worn, state associations, schools and parents can still elect to require the use of goggles.

###

Field Hockey Rules Interpretations - 2020

By NFHS on July 22, 2020

field hockey

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2020

RULES BOOK CORRECTIONS:

Page 18, 1.8.1 SITUATION C: The White Team's goalkeeper is wearing a clear mouth and tooth protector that is attached to the facemask/helmet. **RULING:** Legal. Mouthguards may be any color, white or clear.

Page 12, 1-6-5: Goggles may be worn by all field players.

In response to longstanding concerns regarding the mandatory eyewear rule, the NFHS Board of Directors approved a change in the eyewear rule that will take effect with the 2020 season. State associations still have the right to mandate goggles.

SITUATION 1: The White Team has five players wearing full-length spandex under their kilts that extend below the uniform bottom. Two of the players have red spandex and three have black spandex. The official informs the coach that any undergarments that extend below the team uniform must be the same color and asks that the team conform to the rule. **RULING:** Correct procedure. **COMMENT:** Undergarments that extend below the team uniform bottom must all be the same color. (1-5-1)

SITUATION 2: Player A enters the game with a clear "pacifier-type" mouthguard. The official permits the player to enter the game. **RULING:** Correct procedure. **COMMENT:** Mouthguards may be any color, white or clear and may cover the mouth in a "pacifier-like" manner. (1-6-1)

SITUATION 3: The state association continues to mandate the wearing of goggles. Team A shows up for a game in this state and several players are not wearing goggles. The official tells the coach that all field players must be legally equipped prior to the start of play. The players without goggles may re-enter once they have complied with the state's rule. **RULING:** Correct procedure. **COMMENT:** Each state high school association adopting NFHS sports rules is the sole source of binding rules interpretations for contests involving its member schools and has the right to mandate goggle usage. (1-6-5)

SITUATION 4: After a goal is scored by the White Team, the Red Team coach sends four players to the scorer's table for substitution. Each player checks in at the table and then immediately enters the field. **RULING:** Incorrect procedure. **COMMENT:** During a dead ball, such as an injury time-out or after a goal is

scored, all players must report to the scorer's table and must wait for the player they are replacing to come off the field before entering the field of play. (4-4-5)

SITUATION 5: During the course of the game, the Blue Team has been assessed a green card and a 5-minute yellow card for violating the 5-yard rule. Late in the third quarter, a player on the White Team violates that rule for the first time and the official assesses a 10-minute yellow card. **RULING:** Incorrect procedure. **COMMENT:** Cards are cumulative to a specific team. Since this is the White Team's first infraction of this rule, a green card should be assessed. (8-1)

SITUATION 6: A free hit is awarded to the White Team outside the 25-yard area; a player from the White Team uses a self-pass to quickly restart play. Several defenders, not 5 yards away, crowd the player trying to influence direction but don't make an attempt on the ball. The official permits play to continue. **RULING:** Incorrect procedure. **COMMENT:** If any player is within 5 yards of the ball, she must not interfere with the taking of the free hit or must not play or attempt to play the ball. With multiple defenders crowding the offensive player, the defenders are influencing play even though they may not be attempting to play the ball. The official should stop play and warn the players to move 5 yards away and then restart the free hit. (9-2-1)

SITUATION 7: Time expires at the end of the third quarter as the official blows the whistle for a penalty corner. The official keeps the teams on the field and conducts the penalty corner. **RULING:** Correct procedure. **COMMENT:** If a penalty corner is awarded at the end of the first three quarters, the game shall continue until the penalty corner is complete. (10-3-3)

SITUATION 8: At the end of the game, an official awards a penalty corner to the Red Team just before time expires. The White Team is ahead by one goal and the official allows the penalty corner to be taken. The ball travels outside the circle for a second time but doesn't clear 5 yards from the circle. The official ends the game. **RULING:** Incorrect procedure. **COMMENT:** The ball must travel more than 5 yards from the circle for the penalty corner to be complete. (10-3-3)

BLUE BOOK RULES 2020-2021– GENERAL

Following are key points coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the 2020-2021 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas.

201. STANDARDS OF ELIGIBILITY

<https://cifss.org/resources/blue-book/49/>

201. STANDARDS OF ELIGIBILITY

<https://cifss.org/resources/blue-book/49/>

210. PHYSICAL ASSAULT

<https://cifss.org/resources/blue-book/78/>

212. AMATEUR STATUS

<https://cifss.org/resources/blue-book/80/>

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

<https://cifss.org/resources/blue-book/83/>

500. AUTHORIZED PARTICIPATION

<https://cifss.org/resources/blue-book/89/>

503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION

<https://cifss.org/resources/blue-book/94/>

503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL

<https://cifss.org/resources/blue-book/94/>

506. PRACTICE ALLOWANCE

<https://cifss.org/resources/blue-book/100/>

600. COMPETITION ON AN OUTSIDE TEAM

<https://cifss.org/resources/blue-book/108/>

1229. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/137/>

1230. NOISEMAKERS PROHIBITED

<https://cifss.org/resources/blue-book/137/>

BLUE BOOK RULES 2020-2021 – FIELD HOCKEY

Following are key points coaches should review with their assistants and participants in reference to CIF-SS rules and regulations as set down in the 2020-2021 Blue Book. This list is NOT all-inclusive and only highlights some of the key areas.

1900. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

<https://cifss.org/resources/blue-book/153/>

1901. RULES

<https://cifss.org/resources/blue-book/153/>

1903. TOURNAMENTS

<https://cifss.org/resources/blue-book/153/>

1905. MAXIMUM TEAM CONTESTS

<https://cifss.org/resources/blue-book/153/>

1907/1223. SUMMERTIME RULES / SUMMER DEAD PERIOD / SPORTS CAMPS

<https://cifss.org/resources/blue-book/133/>

1912. CHINGFORD COMPOSITION BALL

<https://cifss.org/resources/blue-book/154/>

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 2020-2021 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.

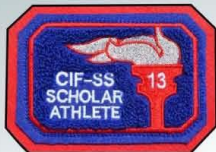
Question: What is meant by “licensed health care provider? ”

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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