

CIF SOUTHERN SECTION



FALL 2023

Football



SEASON PREVIEW

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EXPLORER



RANGER



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TO: CIF SOUTHERN SECTION FOOTBALL COACHES

FROM: RICH SHEARER, ASSISTANT COMMISSIONER

RE: 2023 CIF SOUTHERN SECTION FOOTBALL SEASON

DATE: JULY 10, 2023



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 2023. 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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2023-2024 FOOTBALL CALENDAR DATES

FIRST PRACTICE

11-Man Week Zero	July 31
11-Man Week One	August 7
8-Man Week Zero	August 7
8-Man Week One	August 14

LAST ALLOWABLE CONTEST

11-Man	October 27, 2023
8-Man	October 28, 2023

PLAYOFF DATES

11-MAN	First round	November 3, 2023
	Second round	November 10, 2023
	Semi-finals	November 17, 2023
	Finals	November 24/25, 2023
8-MAN	First round	November 3, 2023
	Second round	November 10, 2023
	Semi-finals	November 17, 2023
	Finals – Divisions 1 and 2	November 24/25, 2023

11-MAN CIF STATE CHAMPIONSHIPS

Southern Regional Games – Friday, December 1 and Saturday, December 2

State Championship Bowl Games – Friday, December 8 and Saturday, December 9, 2023

2023-2024 FOOTBALL COACHES ADVISORY COMMITTEES

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:

2023-2024 FOOTBALL ADVISORY COMMITTEES

8 MAN FOOTBALL ADVISORY COMMITTEE

Committee Member	School	E-Mail Address
Tyler Blondi	Calvary Baptist	tblondi@calvarybaptist-laverne.com
Austin Crosby	Coast Union	acrosby@coastusd.org
Austin Fry	Santa Clarita Christian	gry@sccs.cc
Jeff Hooper	Thatcher HS	jhooper@thacher.org
Wade Ranson	Cate School	wade_ransom@cate.org
Perry Skaggs	Football Management	
Ben Soto	Cate HS	Ben_soto@cate.org
Elliott Turner	Milken Community	eturner@milken.school.org

11 MAN FOOTBALL ADVISORY COMMITTEE

Committee Member	School	E-Mail Address
Ken Batdorf	Norte Vista HS	Kenneth.batdorf@alvord.k12.ca.us
Margarito Beltran	Bell Gardens HS	beltran_margarito@montebello.k12.ca.us
Jim Benkert	Simi Valley HS	Coachjb21@aol.com
Jason Bornn	Saugus HS	jbornn@hartsdistrict.org
DeChon Burns	Linfield Chr. HS	dburns@linfield.com
Mark Cunningham	Football Management	Markcunningham@iusd.org
Ken Drain	Rio Hondo Prep HS	Kdrain44@yahoo.com
Mike Enright	Rancho Alamitos HS	Merancho13@hotmail.com
Bert Esposito	Santiago HS	bert.esposito@cnusd.k12.ca.us
Steve Hagerty	Bishop Amat HS	shagerty@bishopamat.org
Raul Lara	St. Anthony	Raul.Lara@longbeachsaints.org
Greg Marshall	Gahr HS	greg.marshall@abcusd.k12.ca.us
L.D. Matthews	Rancho Mirage HS	lmattews@psusd.us
Jason Negro	St. John Bosco HS	jnegro@bosco.org
Dan O' Shea	St. Margaret's	dan.oshea@smes.org
Carter Paysinger	Santa Monica	cpaysinger@smmusd.org
Jeff Steinberg	Beaumont HS	jsteinberg@beaumontusd.k12.ca.us
James Vondra	SCFCA President	jvondra@ccusd.org
Jahmal Wright	Culver City HS	jahmalwright@ccusd.org
Eric Zomalt	Rancho Verde	ezomalt@valverde.edu



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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"

To Add a game:

- On the left panel, click on "Events", select "Add Event", choose Game under "Event Type", choose date of game under "Event Date", choose **Football** under "Sport", choose Varsity under "Level", type the opposing school name in "Add Opponent", choose the type of game under "Select Game Type", click on Home, Away or Neutral under "Location", choose "Start Time" Click on "Save" to add one game or "Save & Duplicate" for multiple games.

- To Submit your score:


- On the left panel, click on "Teams", select "Teams Manager", scroll down to **Football** and click on VR to add Varsity scores Click on "Post Result" button, enter your team's score, enter the opponent's score, result should auto populate with either "W", "L" or "T" based on the correct match score entered. If the game was a forfeit, click on the Yes box, enter the set scores in "Notes".

Make sure that your overall and team records are correct on your team page

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 **WEDNESDAY, OCTOBER 25, 2023.**

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

- Click on the "Users" tab, click on "User Manager", click on the  in the upper right hand corner to add Coaches and Assistant Coaches. Enter the information requested on the "Add School User" page. Choose "Active" to provide the coach with access to CIFSSHome or "Inactive" for directory purposes only. Choose Yes or No to give the coach access to all sport, click **Submit**.

Choose the applicable options on the Assign Coach to Team page, click Save or Add Another to add additional coach(s).

VARSITY TEAM INFORMATION (TEAM PHOTO) due no later than **WEDNESDAY, OCTOBER 25, 2023.**

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

- Click on the "Teams" tab, click "Teams Manager", click on "Football", click on the "Team Photo" tab,

Click on the  under "TEAM PICTURE", choose the file, click **Submit**.

VARSITY TEAM INFORMATION (ROSTERS)

Attention Athletic Directors/Coaches: It is very important that you enter your entire Football Varsity roster into CIFSSHome (www.cifsshome.org) no later than **WEDNESDAY, OCTOBER 25, 2023.**

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


- Click on the "Teams" tab, click on "Teams Manager", click on "Football", select 

You can UPLOAD your roster using the instructions below (1) or you can enter each player one by one (2).

Required roster information for Football is:

First Name, Last Name, Birth date, Year, Number, Position, Height, Weight & Eligibility

(1) To ADD roster players one by one:

- Click on  and complete fields required for Football.

(2) To Import a Roster using an Excel sample file:

- Download the [sample file](#) and delete the "contents only".


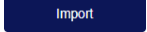
- Copy and paste or type your roster information into the file as the contents and save the file to your computer.

- Only an excel file **(xls)** can be uploaded 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

- Click on to find your file,  then click  on

- To confirm the roster has been uploaded, your players' names will be uploaded in the "Official Roster" section.

- Click on the  next to the player's name to view each player's information.

SCHOOL LOGO

Log in @ www.cifsshome.org

- Click on the "Configuration" tab

- Click on "School Info"

- Click on "Choose File" (.PNG file format is preferred)

- Choose the "No" option for Hide from Directory?

- Click Save

SOCIAL MEDIA ACCOUNTS

Log in @ www.cifsshome.org

- Click on the "Configuration" tab

- Enter all school account names available next to the social media options (ie. Facebook, Instagram, Twitter)

- These accounts are used during playoffs and for Games of the Week

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OFFICIAL BALL PROGRAM 2023-2024

Official Ball per sport:

Baseball:	Rawlings RCIF-SS	Must be CIFSS/ NOCSAE stamped ball
Boys Basketball:	Wilson NCAA EVO NXT GAME BALL Size 7 (Used in CIF-SS Championship) Wilson EVO NXT Game Basketball Size 7	
Girls Basketball:	Wilson NCAA EVO NXT GAME BALL Size 6 (Used in CIF-SS Championship) Wilson EVO NXT Game Basketball Size 6	
Football:	Wilson GTS GAME BALL Wilson GST Prime GAME BALL	
Lacrosse:	Champion Sports NOCSAE Balls	(White LBWNOCSAE, Yellow LBYNOCSAE, Orange LBO, Lime Green LBG)
Soccer:	Wilson NCAA Vivido Match Ball (Used in CIF-SS Championship) Wilson NCAA Veza Match Ball Wilson Forte Fybrid II NCAA Match Soccer Ball (discontinued)	
Softball:	Rawlings FPCIF-SS (Used in CIF-SS Championship)	
Tennis:	Penn ATP World Tour (Used in CIF-SS Championship) Pro Penn Marathon	
Volleyball, Indoor:	Mikasa VFC1000 Series (Used in CIF-SS Championship) Mikasa VQ2000 Series	
Volleyball, Beach:	Wilson NCAA OPTX Game Ball (Used in CIF-SS Championship)	
Boys Water Polo:	KAP7 model 105 with NFHS stamp (Used in CIF-SS Championship)	
Girls Water Polo:	KAP7 model 104 with NFHS stamp (Used in CIF-SS Championship)	

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.

***Items in red are used in the final game for the CIF-SS Championships. Any model listed is compliant in CIF-SS post season play.**

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, tennis and beach volleyball.

2023 NFHS FOOTBALL RULES CHANGES



Clarified That Towels Do Not Have To Be The Same Solid Color For Each Player [1-5-3a(5)a 4, 5 (NEW)]: Player towels may contain one manufacturer's logo and/or one school logo neither exceeding 2¼ square inches. Towels must be a solid color but now do not have to be the same solid color for each player. Towels may not be ball- or penalty-flag colored.

Clarified When A Player Is Inbounds After Being Out of Bounds [2-29-1]: This change clarifies when a player is inbounds after being out of bounds. There is no change to any foul or subsequent penalty provisions, or any rules related to illegal participation or the provisions regarding eligibility to catch a pass.

Added A List Of Criteria To Help Identify Players Who Should Be Defined As Defenseless Receivers [2-32-16d, 9-4-3g]: This change adds to the list of criteria to help identify players who should be defined as defenseless receivers related to application of unnecessary or excessive contact. This clarification should help game officials and coaches by defining allowable contact against defenseless receivers.

Intentional Grounding Exception Changed [7-5-2 EXCEPTION 2a, c (NEW)]: This change permits the exception for intentional grounding to the first and only player to possess the ball after the snap ends.

Removed "Intentional" From Pass Interference in TABLE 7-5 [TABLE 7-5(2)c (DELETE), 7-5 PENALTY]: By removing "intentional" from pass interference, this change puts the rule in line with how it is already enforced which is a 15-yard penalty.

Changes In Basic Spot Penalty Enforcement [10-4, 6]: This change restructures and clarifies the amendments to Rule 10 to eliminate the excessive penalty enforcements for offensive fouls that occur behind the line of scrimmage. This revision stipulates the basic spot for enforcement of fouls behind the line of scrimmage is the previous spot rather than the spot of the foul. Current penalties for illegal kicking, batting and participation fouls, and provisions for offensive fouls occurring in the end zone that may result in a safety remain intact.

Clarification On The Ball Being Handed Forward On A Running Play [Six-Player – Rule 7 (NEW)]: The change allows the ball to be handed forward on a running play, including to the guards/ends, while prohibiting handing the ball to the snapper provided both players are behind the neutral zone.

2023 EDITORIAL CHANGES

3-6-1b(1), NINE-, EIGHT- AND SIX-PLAYER RULES DIFFERENCES – RULES 2 and 7.

2023 POINTS OF EMPHASIS

1. Helping the Runner
2. Communication Between Coaches and Game Officials
3. Game Management

Changes in Basic Spot for Penalty Enforcement Headline 2023 High School Football Rules Changes

A notable change to Rule 10 of the NFHS Football Rules Book will eliminate the excessive penalty enforcements for offensive fouls that occur behind the line of scrimmage in high school football.

This change in Rule 10-4 (Basic Spots) is one of seven revisions recommended by the National Federation of State High School Associations (NFHS) Football Rules Committee at its January 8-10 meeting in Indianapolis. All changes were subsequently approved by the NFHS Board of Directors for the 2023 high school football season.

In a move to achieve one of the committee's fundamental tasks of maintaining a balance between offense and defense, this revision stipulates the basic spot for enforcement of fouls behind the line of scrimmage is the previous spot rather than the spot of the foul. Current penalties for illegal kicking, batting and participation fouls, as well as provisions for offensive fouls occurring in the end zone that may result in a safety, remain intact.

As an example, with the change in Rule 10-4, a team on offense at its own 40-yard line that is called for holding 10 yards behind the line of scrimmage at its own 30-yard line, would be faced with first and 20 from its 30-yard line rather than the almost insurmountable task of first and 30 from its own 20-yard line.

"This is an excellent rule change that the majority of game officials and coaches requested and that our NFHS Football Rules Committee members approved unanimously," said Richard McWhirter, chair of the NFHS Football Rules Committee and assistant executive director of the Tennessee Secondary School Athletic Association (TSSAA). "I believe this change will make the rule clearer for coaches and easier for game officials to administer."

In a change that addresses another goal of every NFHS rules committee – risk minimization – additional criteria were approved to help identify players who should be defined as defenseless receivers related to application of unnecessary or excessive contact.

An addition (d) to Rule 2-32-16 states that another example of a defenseless player includes a receiver, as previously defined in the rule, including the person intercepting the pass, who is forcefully contacted by an opponent

that is not 1) incidental contact as a result of making a play on the ball, 2) initiated with open hands, or 3) an attempt to tackle by wrapping arm(s) around the receiver.

The committee also approved a clarification to the intentional grounding rule change implemented last year. The change in Rule 7-5-2EXCEPTION permits the exception for intentional grounding to the first and only player to possess the ball after the snap ends.

A revision in Rule 2-29-1 clarifies when a player is inbounds after being out of bounds. While the committee approved additional language for clarification, there is no change to any foul or subsequent penalty provisions, or any rules related to illegal participation or the provisions regarding eligibility to catch a pass.

One change was approved in Rule 1-5-3 regarding player equipment, specifically player towels, which now may contain one manufacturer's logo and/or one school logo, neither exceeding 2¼ square inches. Towels must be a solid color, but now do not have to be the same color for each player. Towels may not, however, be the color of the ball or penalty flag.

In Rule 7-5 (TABLE) regarding forward pass interference, the word "intentional" was removed, which puts the rule in line with how it is already enforced, which is a 15-yard penalty.

A final change was approved in the rules differences for six-player football, which along with eight-player and nine-player use the basic 11-player football rules with exceptions. An exception in Rule 7 was approved for six-player football stating that "a direct forward handoff may be made during a scrimmage down before a change of possession, provided both players are in or behind the neutral zone unless it is to the snapper."

This change allows the ball to be handed forward on a running play, including to the guards/ends, while prohibiting handing the ball to the snapper, provided both players are behind the neutral zone.

"The NFHS Football Rules Committee continually strives to clarify the playing rules for optimal game efficiency," McWhirter said. "These changes exemplify that goal."

The NFHS Football Rules Committee is composed of one representative from each of the NFHS member state associations that use NFHS football rules, along with a representative from the NFHS Coaches Association, NFHS Officials Association and NFHS Sports Medicine Advisory Committee.

A complete listing of the football 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 "Football."

According to the 2021-22 NFHS High School Athletics Participation Survey, 11-player football is the most popular high school sport for boys with 973,792 participants in 13,733 schools nationwide. In addition, there were 34,935 boys who participated in 6-, 8- and 9-player football, along with 3,633 girls in all four versions of the game for a grand total of 1,012,360.

CIF SOUTHERN SECTION BLUE BOOK BYLAWS

Following are key Blue Book bylaws coaches should review with their assistants and participants in reference to the CIF-SS rules and regulations as defined in the 2023-2024 Blue Book.

START OF FALL PRACTICE

As fall practice begins, the following information is intended to remind you of some rules related to the start of fall practice and games. Keep in mind that the Practice Allowance Blue Book Rule 506 is in effect during the season of sport which begins with the first official practice.

1223.3 SUMMER DEAD PERIOD

A summer dead period must be declared by the school district and/or 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 sports all levels and must be two (2) consecutive weeks, fourteen (14) days between the end of school in the spring and the first day of school in the Fall. No class could be offered which could circumvent the rule. There are no exceptions to the summer dead period.

During the dead period, NO weight lifting would be permitted. No running or other type of conditioning would be allowed. No coordinated workouts by ANY staff or volunteer member associated with the school are allowed.

2203. PHYSICAL CONDITIONING

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:

2203.1 Week 0 Games (August 18, 2023) The first official day of football practice is July 31, 2023. The period of July 31 through August 2, 2023 is established as a physical conditioning period for prospective members of a high school team.

2203.2 Week 1 Games (August 25, 2023) The first official day of football practice is August 7, 2023. The period of August 7 through August 9, 2023 is established as a physical conditioning period for prospective members of a high school team.

2203.3 These conditioning periods of July 31 through August 2 (zero week) and August 7 through August 9 (week 1) may include various facets of football training (teaching techniques, chalk 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 period of July 31 through August 2 (zero week) and August 7 through August 9 (week 1). 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. (Zero week), July 27, 28 and 29, 2023 and (Week One) August 3, 4, and 5, 2023).

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 the official football practice as outlined in 2203.1 and 2203.2

2203.4 All conditioning sessions will be held at the schools regular practice field. No workouts will be permitted at beaches, mountain resorts, or military sites.

QUESTION: When will schools be allowed to fit equipment?

ANSWER: Schools may fit equipment prior to the conditioning period as long as it is during the summer and not during the dead period. Uniforms may not be issued prior to the conditioning period.

2203.5 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.

2203.6 The first official day of practice in full pads is set as:

Week 0 Games – Thursday, August 3, 2023

Week 1 Games – Thursday, August 10, 2023

2203.7 The two-week dead period is mandatory.

FOOTBALL FULL CONTACT PRACTICE RULES

2201.B NUMBER OF FOOTBALL PRACTICE DAYS

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:

2201.C 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:

- **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 fun 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 2201:

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 2101 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 2201 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 2101 regarding team camps.

2200. AGE REQUIREMENT

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.

2213. 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.)

2213.2 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.

3510. FREELANCE PLAYOFF ENTRY QUALIFICATION

Any freelance school wishing to enter the playoffs must submit its schedule to the Commissioner for approval in of conditions under which the team may qualify for the playoffs. Freelance Petition's must be completed in CIFSSHome (www.cifsshome.org) prior to the start of each season of sport for evaluation.

512. 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.

CIF SOUTHERN SECTION SPECIAL POINTS OF INTEREST

Following are key points/highlights coaches should review with their assistants and participants in reference to the CIF-SS rules and regulations.

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

2208. 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

2206.1 TIE-BREAKER SYSTEM

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

- 2206.11 Respective leagues have the option of adopting the plan for use
- 2206.12 If adopted, all ties within league must be resolved with the "25-Yard Tie-Breaker System"
- 2206.13 If adopted, the plan may be used for the V, JV or Frosh/Soph levels, or any combination of
- 2206.14 By mutual consent, the plan may be used for non-league contests
- 2206.15 The "25-Yard Tie-Breaker System" will be used for all CIF-SS playoff contests
- 2206.16 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 and have the opportunity to score on a defensive interception or fumble recovery. Complete details for the 10-yard line tiebreaker are listed in the NFHS Football Rules Book.

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.

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.

503.M PLAYER CONDUCT

Statewide Sportsmanship and Ejection Policy (also 503.M) applies to all sports

Player:

A player who is ejected from a contest (for reasons other than fighting or leaving the bench area during a fight) shall be ineligible to participate in the remainder of that contest (event) and his or her team's future contest (s) as outlined below:

First Ejection: Player is ineligible to participate in the team's next contest. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next contest. If the ejection occurs in the last game of the season, the player would be ineligible for the team's first contest the following season. If the player is a senior, he or she would be ineligible for the first contest of their next season of sport.

Second Ejection: Player is ineligible to participate in the team's next three (3) contests. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next three (3) contests. If the season concludes prior to the player serving the three (3) contests suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport.

Third Ejection: Player is ineligible to participate for the remainder of that season. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contest that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she would be ineligible for up to six (6) contests for the next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

A player who is ejected from a contest for fighting or leaving the bench area during a fight* shall be ineligible to participate in the remainder of that contest and his or her team's future contests as outlined below:

First Ejection: Player (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) is ineligible to participate in the team's next three (3) to six (6) contests as determined by the CIF Section Commissioner with jurisdiction in the matter. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the duration of the suspension. If the season concludes prior to the player serving the full suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport. *NFHS Rules indicate automatic one game suspension for leaving the bench.

Second Ejection: Player is ineligible to participate for the remainder of that season. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contests that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she would be ineligible for up to six (6) contests for their next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

Before a player may return to participate in a contest following a multiple game suspension for any of the above infractions, the school principal must inform the CIF Section Commissioner with jurisdiction in the matter that they have met with the student-athlete, his or her parent/guardian/caregiver and coach to discuss future behavioral expectations.

Question: *Sometimes an official will reverse their initial call at the conclusion of the contest. Can the official reverse his/her original call?*

Answer: If, in the review of the report filed by the official, it is determined that he/she made an incorrect ruling, the official may rescind the initial ejection. (Approved May 2020 Federated Council)

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

ANSWER: The Section office will provide a form on their website that must be uploaded to CIFSS Home. The School must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.

QUESTION: What is meant by attendance at a contest?

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

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 three- game suspension for the students who commit such offenses.

QUESTION: What happens if a student or coach 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 2020 season. He/she will serve a game suspension the first game of 2021 season. Suspensions carry over and must be served before the individual 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, misconduct of any kind or an ejection during the last game of the season?

ANSWER: If a senior (12th grade) student receives a red card or misconduct 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.

QUESTION: When a team has multiple player conduct issues within a game which will affect their ability to field a full team at that level in the next contest, can the school bring players up from a lower level to fill the roster?

ANSWER: No. If a level of sport involved in multiple player conduct issues to the extent where, it affects their ability to safely field a team, the subsequent game shall be forfeited.

503.M COACH EJECTION

Statewide Sportsmanship and Ejection Policy (also 503.M) applies to all sports

A coach who is ejected from a contest (for reasons other than fighting) shall be disqualified from participating in the remainder of that contest and his or her team's future contest (s) as outlined below:

First Ejection: Coach is disqualified from participating in the team's next contest. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the team's next contest. If the ejection occurs in the last game of the season, the coach would be ineligible for the team's first contest the following season.

Second Ejection: Coach is disqualified from participating in the team's next three (3) to six (6) contests as determined by the CIF Section Commissioner with jurisdiction in the matter. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the team's next three (3) to six (6) contests. If the ejection occurs in the last game of the season, the coach would be ineligible for the team's first three (3) to six (6) contests the following season.

Third Ejection: Coach is disqualified from participating in the remaining contests of that season. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the remaining contests of that season. If there are six (6) or fewer contests remaining in the season, the coach would be disqualified from participating for up to six (6) contest for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter.

A coach who is ejected from a contest for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) shall be disqualified from participating in the remainder of that contest and his or her team's future contests as outlined below:

Ejection for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct): Coach is disqualified from participating for the remainder of that season. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for all of the team's remaining contests that season. If there are fewer than six (6) contest remaining in the season, the coach would be disqualified from participating for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter.

Before a coach may return to participate in a contest following a multiple contest disqualification, for any of the above infractions, the school principal must inform the CIF Section Commissioner with jurisdiction in the matter that they have met with the coach to discuss future behavioral expectations.

Spectator:

If a spectator is ejected from a contest, it is the responsibility of the school to ensure that person does not attend that team's next contest. If the same spectator is ejected a second time, it is the responsibility of the school to ensure that person does not attend any of the remaining contests for that season.

Appeal Process for All Multi-Game Ejections:

The school principal may appeal the penalties listed above in writing to the League Commissioner/President (for a regular season contest not including the final contest prior to Section playoffs) or CIF Section Commissioner with jurisdiction in the matter (for the final contest prior to Section playoffs and all playoff contests). The appeal must be received by the Section within 48 hours of the date of the ejection. Reasons for the appeal may only include misidentification of the ejected player or a misapplication of the rule. There will be no appeal regarding the judgement of an official. Note: There is no appeal process for single game ejections.

Note: There is no appeal process for single game ejections.

QUESTION:	Under what scenario may a school appeal a multi-game ejection? <u>(Single game ejections are not subject to appeal)</u>
ANSWER:	A school may only appeal a multi-game ejection for misidentification of a player(s) or coach(es) involved. *There is no appeal to the CIF Southern Section regarding the judgement of an official, in any circumstance.
QUESTION:	When will appeals for multi-game ejections (Non-league contests, playoff contests) be reviewed by CIF Southern Section administrators?
ANSWER:	Appeals for multi-game ejections will only be reviewed during regular business hours. Monday – Friday, 7:30 am – 4:00 pm.

PLAN FOR ALTERCATIONS

- Coaches on the sideline should immediately yell “Red Alert”, step two yards onto the field, facing their sideline/bench area with arms outstretched and yell “Red Alert”.
- Use the “Red Alert” 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.
- A designated coach may need to go onto the field to assist the game officials, usually the Head Coach.

Developing a procedure for in case an altercation occurs and reviewing it with your football team prior to the start of your first contest. Practice the procedure during scrimmages. League play, and post season playoffs can help prevent disqualifications and possible forfeits.

WHEN CAN A BAND PLAY?

While there is no specific rule cited in the 2023-2024 National Federation of High Schools Football Rule Book, or in the 2023-2024 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.

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 penalty, do not mention it. If one of the officials throws a yellow flag, 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 penalties that are called, or the work of the officials, whether you think it is good or bad.
9. Never comment on the sportsmanship, or play, of either team, or either coach.
10. Never designate the player who committed a penalty. You probably will be wrong anyway, and this type of announcement tends to make the game get out of hand.
11. 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.
12. 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."
13. 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

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

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11-MAN PLAYOFF INFORMATION

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

**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 3519.7) In the sport of Football, individual schools will be evaluated and placed into divisions on a yearly basis utilizing a formula based entirely on current regular season results. Final power rankings, and divisional placements, will be determined and released at the end of the current regular season. Seeding of all playoff brackets in each division will follow the final power rankings in that division, regardless of league affiliation or league finish. For example, in the First Round, the #1 seed, determined by the final power rankings for that division, will play #16, the #2 seed will play #15, etc. The higher seeded team will host the First Round contest and then CIF Southern Section Bylaw 3504, Host Team After the First Round, will be followed for all subsequent contests.

AT LARGE ENTRY

Once Automatic Qualifiers have been placed into a division, any remaining spots will go to the highest ranked .500 teams in that grouping. If there are not enough .500 teams, then the highest rated sub .500 team(s), will be taken.

NOTE: YOU MUST SUBMIT THE "AT-LARGE ENTRY FORM" IN CIFSSHOMES (www.cifsshomes.org) TO BE CONSIDERED.

AT LARGE ENTRY DUE DATES:

11-Man Football At Large entry is DUE no later than 11:00 p.m. on Friday, October 27, 2023.

8-MAN FOOTBALL PLAYOFF INFORMATION

Please familiarize yourself with the following information in this bulletin.

- 1 The 8-Man Football Playoffs will consist of 2 divisions.

The Division 1 and Division 2 playoff brackets will be a maximum of 16 teams. 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.

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).

(Blue Book Rule 3519.7) In the sport of Football, individual schools will be evaluated and placed into divisions on a yearly basis utilizing a formula based entirely on current regular season results. Final power rankings, and divisional placements, will be determined and released at the end of the current regular season. Seeding of all playoff brackets in each division will follow the final power rankings in that division, regardless of league affiliation or league finish. For example, in the First Round, the #1 seed, determined by the final power rankings for that division, will play #16, the #2 seed will play #15, etc. The higher seeded team will host the First Round contest and then CIF Southern Section Bylaw 3504, Host Team After the First Round, will be followed for all subsequent contests.

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NOTE: YOU MUST SUBMIT THE "AT-LARGE ENTRY FORM" IN CIFSSHOM (www.cifsshom.org) TO BE CONSIDERED.

AT LARGE ENTRY DUE DATES:

8-Man Football At Large entry is DUE no later than 11:00 p.m. on Saturday, October 28, 2023.

IMPROVED MEDIA RELATIONS FOR HIGH SCHOOL FOOTBALL

I ADVANTAGES – PURPOSE

- A. Increased school notoriety
 - 1. Give the school's 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.cifsshhome.org, www.Scorebooklive.com and www.maxpreps.com first!
 - 5. Major Daily Metropolitan Newspapers in CIF-SS Coverage Area:
 - a) In the all areas: Los Angeles Times – eric.sondheimer@latimes.com; and Southern California News Group - bpatterson@scng.com
 - b) In the 310 area: South Bay Daily Breeze – sports@dailybreeze.com
 - c) In the 562 area: Long Beach Press-Telegram - jdavis@scng.com and Whittier Daily News – frobledo@scng.com
 - d) In the 714/949 area: Orange County Register – preps@ocregister.com and Daily Pilot – Andrew.turner@latimes.com
 - e) In the 909/951 area: Riverside Press Enterprise – preps@pe.com and San Bernardino Sun – Daily Bulletin – sports@inlandnewspapers.com
 - f) In the 818 area: Glendale News Press – grant.gordon@latimes.com sports@sgvn.com and L.A. Daily News – tfattal@scng.com
 - g) In the 626 area: San Gabriel Valley Tribune - frobledo@scng.com and Pasadena Star News – frobledo@scng.com
 - h) In the 661 area: Antelope Valley Press - editor@avpress.com and Santa Clarita Signal - jvigil@signalscv.com
 - i) In the 619 area: San Diego Union Tribune – john.maffei@sduniontribune.com
 - j) In the 760 area: The Desert Sun – andrew.john@desertsun.com
 - k) In the 805 area: Lompoc Record – jbailey@santamariatimes.com; Santa Barbara News Press – dmason@newspress.com; Santa Maria Times – jbailey@santamariatimes.com; San Luis Obispo Tribune – nwilson@thetribunenews.com; Ventura County Star – loren.ledin@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 timesSchedule 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

IMPROVED MEDIA RELATIONS FOR HIGH SCHOOL FOOTBALL (continued)

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.

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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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