

CIF SOUTHERN SECTION



WINTER 2023-2024

Boys Soccer



SEASON PREVIEW

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EXPLORER



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TO: Principals/Athletic Directors
Boys & Girls Soccer Coaches

FROM: Mike Middlebrook, Assistant Commissioner/Soccer Administrator

DATE: October 2023

RE: **CIF SOUTHERN SECTION 2023-2024 BOYS & GIRLS SOCCER SEASON**

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

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

TABLE OF CONTENTS

Soccer Advisory Committee	4
Weekly Top Ten Poll Information / Sanctioned Events.....	5
Calendar/Playoff Dates.....	6
CIFSSHome Requirements (www.cifsshome.org)	7
Official Ball Program.....	8
2023-2024 NFHS Soccer Rule Changes.....	10-11
NFHS Soccer Uniform Regulations	12-13
2023-2024 Blue Book Rules.....	14-19
CIF Bylaw 600 Outside Competition.....	16
Post Ejection – Return to Competition Form	20
CIF-SS Soccer Guidelines.....	21-22
Soccer Field Diagram	23
Soccer Game Management/ Crowd Control.....	24
Health & Safety	26-27

**The 2023-24 National Federation Soccer Rules Book were mailed
to your school in September - ATTN: Soccer Coach**

2023-24 CIF-SS BOYS AND GIRLS SOCCER ADVISORY COMMITTEE

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

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

The Coaches Advisory Committee is made up of member coaches and an administrator from the CIF-SS office staff. Coaches selected for the committee provide a cross-section of the organization, based upon geographic, as well as competitive divisions. Should you have suggestions or questions regarding soccer competition, please make use of this excellent channel of communication.

DIV	B/G	NAME	SCHOOL	EMAIL
1	B	Arturo Lopez	Cathedral	alopez@chsla.org
1	B	Dario Navarro	Carter	dnavarro@rialtousd.org
1	B	Jose Sanchez	Santa Ana Valley	JoseC.Sanchez@sausd.us
1	G	Justin Schroeder	Newport Harbor	newportharborgirlssoccer@gmail.com
1	G	Richard Simms	Harvard-Westlake	rsimms@hw.com
1	G	Bryan Middleton	Corona del Mar	bmiddleton@nmusd.us
2	B	Matt Maeda	San Geronimo	Matthew.maeda@sbcusd.com
2	G	Justin Schroeder	Newport Harbor	newportharborgirlssoccer@gmail.com
3	B	Miguel Pena	Warren	Efcoccer88@gmail.com
3	B	Sergio Medrano	Animo Leadership	smedrano@animo.org
3	B	Glen Appels	St. Francis	gappels@sfhs.net
3	B	David Collicutt	Geffen Academy @ UCLA	dcollicutt@geffenacademy.ucla.edu
3	G	Lily Dussan	Warren	Ldussan@dusd.net
4	B	Rafael Villasenor	Paramount	raf_33@yahoo.com
4	G	Marlon Archey	St. Genevieve	archey@sgps.org
4	G	Johnny Marmelstein	Pacifica Christian/OC	jmarmelstein@pacificaoc.org
4	G	Brian Bordier	California	Bbordier75@gmail.com
5	B	Felipe Corona	Mountain View	fdcorona@yahoo.com
5	G	David Collicutt	Geffen Academy @ UCLA	dcollicutt@geffenacademy.ucla.edu
6	B	Eric Memory	Redlands	eric_memory@redlands.k12.ca.us
6	G	George Maisterra	Fullerton	maisterra@icloud.com
7	B	Johnny Marmelstein	Pacifica Christian/OC	jmarmelstein@pacificaoc.org
7	G			
At-Lar.	B/G	Todd Heil, AD	Santa Barbara	todd.heil@verizon.net
At-Lar.	B/G	Steve Rappaport	St. Bernard's	rappasport@gmail.com
At-Lar.	B/G	Dennis Guerra, AD	Mayfair	coachdguerra@gmail.com
At-Lar.	B/G	Jeff Gordon	Retired	Jgordon86@hotmail.com
Off.		Tom Freker	Officials Assignor	tommyref7@aol.com
Off.		Rob Ciufo	President SCSOA	robciufo@yahoo.com

BOYS & GIRLS SOCCER WEEKLY TOP TEN POLLS

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

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

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

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

DATES:

- Teams to watch: November 6
- December 4
- December 11
- December 18
- January 8
- January 15; released the 16th
- January 22
- January 29
- Final Poll: February 3

The CIF-SS office will release eight polls during the season. Please start your correspondence on Sunday, December 4. The coaches' association members will report poll results to the CIF-SS office on the Monday following each of the above dates.

APPROVED SANCTIONED EVENTS

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

Sanctioned Events download directions:

click on GOVERNANCE TAB

click on SANCTIONED EVENTS

*select **Soccer / Girls** or **Soccer / Boys***

click Search

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

Soccer Approved Sanctioned Events

2023-2024 PLAYOFF CALENDAR DATES

BOYS SOCCER

Date of First Contest	November 13
Date of Last League Contest	February 1
Wild Cards (All Divisions-Monday)	February 5
First Round (Wednesday)	February 7
Second Round (Friday)	February 9
Quarterfinal Round (Tuesday).....	February 13
Semi Final Round (Friday)	February 16
CIF Southern Section Finals	February 23 or 24
CIF State So Cal Regionals & Final	February 27 & 29, March 2

GIRLS SOCCER

Date of First Contest	November 13
Date of Last League Contest	February 1
Wild Cards (All Divisions-Tuesday)	February 6
First Round (Thursday)	February 8
Second Round (Saturday).....	February 10
Quarterfinal Round (Wednesday).....	February 14
Semi Final Round (Saturday)	February 17
CIF Southern Section Finals	February 23 or 24
CIF State So Cal Regionals & Final	February 27 & 29, March 2

SCRIMMAGES:

Maximum 2 scrimmages allowed.

Must be played on or after November 13, 2023 and before the first contest. Once the first official contest is played, scrimmages are no longer allowed.

SIT OUT PERIOD (SOP) DATE:

December 24, 2023

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

LAST CONTEST:

All league competition must end on or before **THURSDAY, FEBRUARY 1, 2024**. Schools may compete until Saturday, February 3, 2024 for non-league contests only. (See Bylaw 2707).

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.cifsshhome.org) as well as update the scores immediately following your contests.

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

- On the left panel, click on "Teams", select **Soccer, Boys** or **Soccer, Girls**

To Add a game:

- On the left panel, click on "Events", select "Add Event", choose Game under "Event Type", choose date of game under "Event Date", choose **Soccer, Boys** or **Soccer, Girls** 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 **Soccer, Boys** or **Soccer, Girls** 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 SOCCER coaches (Head & Assistants) into CIFSSHome (www.cifsshhome.org) no later than **THURSDAY, FEBRUARY 1**.

Log in @ www.cifsshhome.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)

Attention Athletic Directors/Coaches: It is very important that you enter your entire SOCCER Varsity roster into CIFSSHome (www.cifsshhome.org) no later than **MONDAY, FEBRUARY 12**.


Log in @ www.cifsshhome.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 **Soccer, Boys** or **Soccer, Girls**, 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 SOCCER Varsity roster into CIFSSHome (www.cifsshhome.org) no later than **THURSDAY, FEBRUARY 1**.

Log in @ www.cifsshhome.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 **Soccer, Boys** or **Soccer, Girls**, 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 Soccer, Boys or Soccer, Girls is:

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

(1) To ADD roster players one by one:

- Click on  and complete fields required for **Soccer, Boys** or **Soccer, Girls**.

(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 SOCCER are:**

First



Name, Last Name, Birth date, Year, Number, Position & 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.



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 Fybird II NCAA Match Soccer Ball (<i>discontinued</i>)	
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*.



W

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2023-24 Soccer Rules Changes

- 3-3-2b (2,3) (NEW)** Permits the referee to stop the clock to review game situations at any time without negatively impacting a player's ability to remain in the game.
- Rationale:** This rule change affords the ability for the referee to stop the clock and review situations without negatively affecting a player's ability to remain in the game. However, once the referee beckons medical professional or coach onto the field to further assess, the player must leave the field of play.
- 3-3-7** Clarifies where a player should re-enter the game to avoid confusion.
- Rationale:** This rule change clarifies that a player should re-enter the game from the official area at midfield. This avoids potential confusion as to who is or is not in the game.
- 3-4-1e (NEW)** Clarifies players should exit the field on the bench side unless unable to do so due to injury.
- Rationale:** To assist the officials in the managing of substitutions, players should exit the field from the bench side when the substitute(s) are beckoned on by the referee unless the player(s) is unable to do so because of an injury. This avoids unnecessary interaction with opposing teams and fans and minimizes the potential for unsporting behavior.
- 4-2-12 (NEW)** Defines how wearable technology devices may be worn.
- Rationale:** Sets a national standard for wearable technology. This change clarifies that these devices may be worn as a part of the shoe and/or under the uniform but not worn on the arm. Coaches and players are still not permitted to utilize technology to communicate during the game.
- Rule 4 Reorganization** Adjusts the structure of the uniform rule to offer clarity.
- Rationale:** The reorganization of the uniform rule breaks up the rule into bite-size pieces that are easier for coaches and officials to apply.
- 11-1-5 (NEW)** Defines deliberately playing the ball to clarify the existing rules.
- Rationale:** Defines the criteria for deliberately playing the ball when determining an offside infraction.
- 12-1-1 thru 3 (NEW), 18-1-1** Clarifies various foul categories and defines the seven direct free kick fouls to provide consistency.
- Rationale:** The new article in Rule 12 and added definitions to Rule 18 define the seven direct free kick fouls and provide consistency for officials interpreting misconduct.

12-2-2,3 (NEW)	Clarifies that neither accidental nor deliberate hand/arm contact can result in a goal. Rationale: The new articles eliminate the necessity for the referee to determine if the hand/arm contact was accidental or deliberate. Now, neither accidental nor deliberate contact with the hand/arm result in a goal for greater consistency and ease of interpretation.
12-7-5 (NEW)	Offers clarity regarding goalkeeper handling not permitted outside and inside the penalty area. Rationale: Adding language and direction for officials regarding goalkeeper handling outside the penalty area and inside the penalty area when they are not permitted to handle the ball.
12-8-4 (NEW), 12-8-1f(14, 15), 12-8-2d (3,4)	Defines considerations of denying an obvious goal-scoring opportunity (DOGSO). Rationale: This rule defines the considerations of an obvious goal-scoring opportunity to provide additional consistency and clarity for referees.

2023-24 SOCCER EDITORIAL CHANGES

9-1-1a

2023-24 Points of Emphasis

1. Wearable Technology
2. Coaching and Team Area Decorum
3. Denying an Obvious Goal Scoring Opportunity (DOGSO)
4. Substitutions

NFHS SOCCER UNIFORMS

Front View



Back View



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www.nfhs.org

A GAME JERSEY

1. Home Team:
 - Dark color contrasting white
 - If gray is used, darkest color
2. Visiting Team:
 - Solid white
 - No colored trims
3. All jerseys shall be tucked into shorts, unless manufactured to be worn outside.
4. All team members shall wear the same color and style of uniform.
5. Appropriate-sized manufacturer's logo allowed.
6. Only names, patches, emblems, logos or insignias referencing the school are allowed on the jersey.
7. GOALKEEPER'S Jersey must be distinctly different in color from that of team members and the opposing team.

B FRONT GAME JERSEY NUMBER

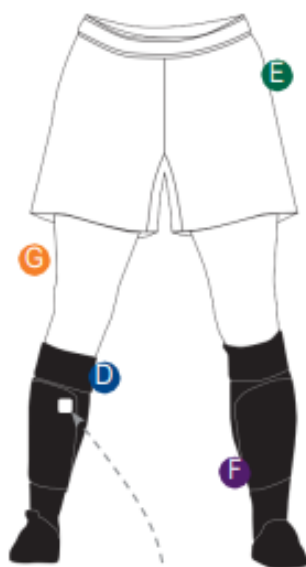
1. All jerseys, including the goalkeeper, shall be numbered. Numbers shall not be duplicated.
2. There shall be, at least, a 4-inch number on the front (jersey or shorts).
3. The color of the number shall contrast with the color of the jersey or pants and be clearly visible.

C BACK GAME JERSEY NUMBER

1. All jerseys, including the goalkeeper, shall be numbered. Numbers shall not be duplicated.
2. There shall be, at least, a 6-inch number on the back.
3. The color of the number shall contrast with the color of the jersey or pants and be clearly visible.

NFHS SOCCER UNIFORMS

Other Items



Manufacturer Certifies



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D SOCKS

- Home Team:
 - Dark color contrasting white
 - Single dominant color
 - Does not need to match the jersey color
 - Both socks shall be the same color
- Visiting Team:
 - Solid white
- If tape or stays are used externally, it should be the same color as the socks.
- Manufacturer's logo on both sides of the socks is legal.

E SHORTS

- May be of a color unlike that of the jersey.
- May have an appropriately sized manufacturer's logo applied.
- Only names, patches, emblems, logos or insignias referencing the school are allowed on the shorts.

F SHINGUARDS

- Professionally manufactured.
- Age- and size-appropriate.
- Worn under socks.
- Worn with bottom edge no higher than 2 inches above the ankle.
- Must meet NOCSAE Standards at time of manufacture.
- NOCSAE seal and height range permanently marked on front of shinguard.
- May not be altered.

G UNDERGARMENTS: TIGHTS/LEG/KNEE & ARM SLEEVES

- If worn, similar length for an individual.
- Solid color, all alike for the team, if worn.

H HEAD COVERINGS

- Goalkeeper may wear soft-billed baseball-type hat or soft-billed visor.
- Soft-padded headgear is permitted.
- Medical or cosmetic required head coverings must be approved by state association.
- Religious required head coverings must be approved by the state association.

I MISCELLANEOUS

- Manufacturer's logo may not exceed 2¼ square inches or exceed 2¼ inches in any dimension.
- American flag may not exceed 2 inches by 3 inches.
- By state association adoption, commemorative or memorial patches placed on the jersey may not exceed 4 square inches.
- Armbands shall be worn on the upper arm by the team captain.
- Substitutes should wear distinguishing pinnies when warming up outside the team area.

BLUE BOOK RULES - SPECIAL POINTS OF INTEREST

ACCOUNTABILITY RULES

RULE 125.1 - COACH EJECTION

Upon the ejection of a coach from any CIF Southern Section contest, it is the responsibility of the principal of said school to file a letter of explanation with the CIF Southern Section office which includes the circumstances surrounding the matter and what action the principal has taken to prevent a recurrence. Said correspondence is to be filed in CIFSSHome within THREE school days of notification of the ejection. **Additionally, upon ejection, the ejected coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. A second ejection will constitute a two contest suspension and a third ejection will cause suspension for the remainder of the season.**

RULE 125.2 - FAILURE TO COMPLETE A CONTEST

When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court or field, it is MANDATORY that the CIF-SS office be notified by the principal within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports and, after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section office concerning his/her investigation of the incident.

Q & A - How serious is such action? *It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties.*

Q & A - What if the head coach is red carded and there is not an assistant coach on the bench? *A district/school employee that holds **ALL coaching certifications** ("Coaches Education Training", CPR, First Aid, Sudden Cardiac Arrest, Concussion Training and anything else required by the district/school board specifically for coaches) may supervise the remainder of the game. If there is not a person holding the aforementioned credentials, the game will be terminated at that point. Teachers, administrators and other district personnel cannot fill this role unless they hold ALL necessary coaching certifications.*

RULE 503.H – CONCUSSION PROTOCOL

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

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

CONCUSSION RETURN TO PLAY PROTOCOL

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

Instructions:

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

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

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

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

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

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

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

RULE 506 – PRACTICE ALLOWANCE

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

Definition of Practice

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

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

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

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

1. A student on a high school soccer team **CANNOT** compete on an "outside" soccer team during the student's high school season of sport.
2. The CIF-SS, which your school is a member, further defines that the student's "season of sport" begins with his/her **FIRST** interscholastic competition which includes non-league games, tournament games or league game. **(The earliest date in the Southern Section for the 2023-2024 season is November 13)**

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

RULE 601 - BYLAW 600 PENALTY (COMPETITION ON AN OUTSIDE TEAM)

A. INDIVIDUAL

- (1) **FIRST OFFENSE IN HIGH SCHOOL CAREER IN ANY SPORT** - The student becomes immediately ineligible for participation with his/her high school team for a number of contests equal to twice the number of contests of outside competition in which the student participated.
- (2) **ANY SUBSEQUENT OFFENSE IN HIGH SCHOOL CAREER IN ANY SPORT** - The student becomes immediately ineligible for one year (365 days) from the second infraction in all sports.

B. TEAM

- (1) **GAMES FORFEITED** - Games in which a student participated on his/her high school team after violation of CIF Bylaw 600 shall be forfeited.

RULE 1224 - LEVEL OF COMPETITION

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

RULE 2700 - OFFICIAL NATIONAL FEDERATION AUTHENTICATING MARK

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

RULE 2709 - SPECIAL RULES FOR SOCCER

2709.1 The duration of varsity games shall be two equal 40-minute halves. The duration of junior varsity and frosh-soph games shall be two equal 35-minute halves. In the case of a tie game, two extra periods of ten minutes each may be played, by league adoption for league games, or by mutual agreement between coaches in non-league games. A tie at this latter point then stands as official.

2709.2(A) A player who receives a straight red card in any game (non-league, tournament, league or playoff) may not play for the duration of the game and will adhere to the appropriate number of subsequent game suspensions in accordance with bylaw 503.M.

2709.2(B) A player who receives two yellow cards in any game (non-league, tournament, league or playoff) may not play for the duration of the game. The player will be eligible for the team's next game. (See Rule 1224)

2709.3 A player who receives a yellow card in any game (non-league, tournament, league or playoff) must leave the field and may be substituted for. The player may re-enter the game at any subsequent time that a legal substitution may be made.

2709.4 Prior to any game (non-league, tournament, league or playoff) each coach must submit completed line-up cards to the referee and opposing coach.

2709.5 Any high school soccer team (boys' or girls', Varsity or Non-Varsity) receiving its fourth straight red card during the high school season of sport, will immediately be put on probation and will lose four allowable contests the subsequent season.

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

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

OR

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

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

Note: All individual player penalties shall apply (see Bylaw 503.M for details)

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

RULE 503.M - PLAYER CONDUCT RULE

Statewide Sportsmanship and Ejection Policy

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.

Fighting and/or Assaultive Behavior

Player:

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.

Coach:

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) contests 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 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.

Q & A: When a student receives two yellow cards in a game, may the team substitute that player?

No, the team must play down.

Q&A: Does the player who received two yellow cards have to sit out a subsequent game?

No, two yellow cards in not a reportable offense.

Q & A: What must be submitted to the Section office before a student can be cleared to rejoin his/her team? *The Section office will provide a form on their website that must be uploaded to CIFSSHome.. The school must also indicate the date(s) of the contest in which the player will not be in attendance in the "School Action" portion of the misconduct.*

Q & A: Can an ejected coach be in attendance at a contest? **No.** *While an ejected player may be in attendance at the next contest in street clothes, an ejected coach may not be in attendance at the next contest. Attendance is defined as being present at the location/site of the contest, which includes the team bench/area, in the stands/spectator area, any location where the contest can be observed at any time, inside a gymnasium, stadium or playing area. The intent of this rule is that the ejected coach is not present at the location/site of the next contest.*

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

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

The game suspension(s) carry over to the first game(s) at the beginning of the subsequent season. For example, a sophomore soccer player receives a red card the last game of the 2022 season. He/she will serve a game suspension the first game of 2023 season. Suspensions carry over and must be served before the athlete becomes eligible to compete in that sport. See next Q&A for answers regarding seniors.

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

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

RULE 3510 - FREE LANCE PLAYOFF ENTRY VERIFICATION -- *If a school does not have membership in a league or the school belongs to a league which does not offer students in a given sport an opportunity to qualify into CIF Southern Section championships, special conditions exist which must be followed in order to qualify for possible entry into a CIF Southern Section playoff activity.*

3510.1 Team Sports - *All freelance schools desiring entry into the playoffs must submit schedules to the Commissioner for evaluation and approval of conditions under which the team may qualify. Schedules must be submitted prior to the start of each season for evaluation.*

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

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



Student-Athlete Post Ejection - Return to Competition Requirement

This form is to be completed for Player Ejections only. Coach Ejections should refer to CIF by-law 125.1.

Review of Ejection Report

School _____ League _____
Sport _____ Boys _____ or Girls _____
Date of Contest _____ Opponent _____
Name of Player Ejected _____
Player uniform number _____ Level of competition _____

II. Rule Reference

See the Statewide Sportsmanship Policy 503.M (CIF Southern Section Blue Book):

*Any player whose conduct merits ejection from a game by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the game **AND WILL BE INELIGIBLE FOR THE TEAM'S NEXT THREE TO SIX CONTESTS.** After the suspension from play, the student may only return after certification by the school principal that the student/parent/guardian has completed a conference with a school administrator. This form indicating the completion of the conference must be uploaded to the CIFSS Home "Misconduct Manager" for this specific case. In addition, please enter the appropriate dates for subsequent game suspensions into the misconduct file.*

*A second ejection from a game or contest for fighting or assaultive behavior will cause suspension for the remainder of the season. A player who was ejected from the previous contest, who knowingly or unknowingly plays **WILL** result in the forfeiture of that contest.*

III. Post Ejection Meeting Topics

The following items must be reviewed at this meeting:

- The reason for the ejection - Possible consequences for any future
- The Southern Section Code of Ethics-Athletes violations
- A review of the sport specific player Conduct - A review of school policies relating to Rule referenced conduct

Verification of Meeting/Signatures of Attendees:

Student _____ Date _____

Parent _____ Date _____

Principal _____ AD: _____

I am aware that a second ejection in this category will result in suspension for the remainder of the season. _____ Parent Initial

CIF-SS SOCCER GUIDELINES

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

MAXIMUM TEAM CONTESTS

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

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

TOURNAMENTS

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

DURATION OF GAME

The duration of games for soccer games shall be two (2) equal 40 minute halves for varsity games, 35 minute halves for junior varsity games and Frosh-Soph games. In the case of a tie game, two (2) extra periods of ten minutes each may be played, by league adoption for league games, or by mutual agreement between coaches in non-league games. A tie at this latter point then stands as official.

TIE BREAKING PROCEDURE

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

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

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

GAME BALL

The game ball for ALL CIF-SS playoff rounds is the **Wilson NCAA Vivido Match Ball, Wilson NCAA Veza Match Ball or Wilson Forte Fybrid II NCAA Soccer Ball (discontinued) for both boys and girls use.**

SCOUTING PROHIBITION - PRACTICE SESSION

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

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

OFFICIALS

It is required that:

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

SOCCER GAME MANAGEMENT AND CROWD CONTROL

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

As a review:

NATIONAL FEDERATION RULES REQUIRE SPECTATORS REMAIN AT LEAST 10 FEET BEHIND THE TOUCHLINE, GOAL LINE AND/OR TEAM/OFFICIAL AREA. NO ONE SHALL BE PERMITTED DIRECTLY BEHIND EITHER GOAL UNLESS SEATED IN BLEACHERS.

Game Facility – If your game facility does not meet the minimum dimensions outlined by the NFHS (see diagram on page 25) you would not be allowed to host a CIF Southern Section playoff contest on that facility. The option would be for you to secure an alternate site or play the contest at your opponent's field.

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

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

Field / Site Set Up - Team benches should be positioned in a way that does not place the visiting team directly behind the home team student/parents/fans.

Uniforms - The home team shall wear **dark** jerseys and **dark** socks, and the visiting team shall wear **solid** white jerseys and **solid** white socks. (Reference NFHS Soccer Rule 4, Section 1, page 23 of the 2023-24 NFHS Soccer Rules Book).

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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 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 “Resources”, then “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

Schools will require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. The report of the examination will be on a school board-approved form that includes health history. The physical examination must be completed before a student may try out, practice or participate in interscholastic athletic competition. It will be valid for a period of one year from the date of the examination. A student will be excused from this physical examination only if there is compliance with the Education Code (parent's refusal to consent). CIF Health and Safety Committee strongly recommends schools use the Pre-Participation Examination form that is endorsed by five major medical societies; American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine and the American osteopathic Academy of Sports Medicine. All CIF schools must have school board approved forms.

CONCUSSION PROTOCOL

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

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

Answer: The “scope of practice” for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO). A nurse practitioner (NP) or physician's assistant (PA) working under the direct supervision of a medical doctor (MD) or doctor of osteopathy (DO) may provide clearance for return to play.

STEROID PROHIBITION

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

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

SUDDEN CARDIAC ARREST PROTOCOL

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

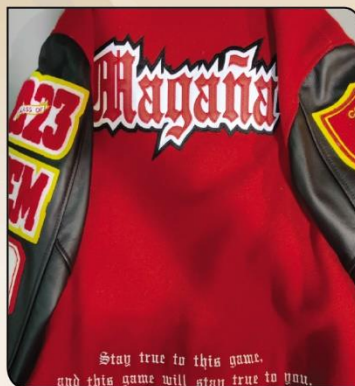
Question: What is meant by "licensed health care provider?"

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

A nurse practitioner (NP) or physician's assistant (PA) working under the direct supervision of a medical doctor (MD) or doctor of osteopathy (DO) may provide clearance for return to play.

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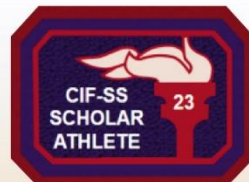
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