

2024

**SEASON
PREVIEW**



2024



2024





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TO: Principals/Athletic Directors
Boys & Girls Soccer Coaches

FROM: Mike Middlebrook, Assistant Commissioner/Soccer Administrator

DATE: November, 2024

RE: **CIF SOUTHERN SECTION 2024-2025 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.

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CALENDAR DATES

BOYS FIRST CONTEST	MONDAY, NOVEMBER 18, 2024 The initial date on which a school may schedule and conduct an interscholastic contest.
BOYS SCRIMMAGES	MAXIMUM 2 SCRIMMAGES ALLOWED Must be played on or after November 18, 2024, and before the first contest. Once the first official contest is played scrimmages are no longer allowed.
BOYS SIT OUT PERIOD	FRIDAY, DECEMBER 27, 2024 *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 .
BOYS LAST CONTEST	WEDNESDAY, FEBRUARY 5, 2025 All competition (league / non-league) MUST end on or before this date.
BOYS PLAYOFF DATES	FEBRUARY 13, 15, 19, 22 Dates subject to change due to bracket size. The size of the bracket for all Divisions (8, 16 or 32 team) will not be determined until the end of the regular season.
GIRLS FIRST CONTEST	MONDAY, NOVEMBER 18, 2024 The initial date on which a school may schedule and conduct an interscholastic contest.
GIRLS SCRIMMAGES	MAXIMUM 2 SCRIMMAGES ALLOWED Must be played on or after November 18, 2024, and before the first contest. Once the first official contest is played scrimmages are no longer allowed.
GIRLS SIT OUT PERIOD	FRIDAY, DECEMBER 27, 2024 *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 .
GIRLS LAST CONTEST	WEDNESDAY, FEBRUARY 5, 2025 All competition (league / non-league) MUST end on or before this date.
GIRLS PLAYOFF DATES	FEBRUARY 12, 14, 18, 22 Dates subject to change due to bracket size. The size of the bracket for all Divisions (8, 16 or 32 team) will not be determined until the end of the regular season.
BOYS & GIRLS CIFSS FINALS SO. CAL REGIONALS	FEBRUARY 28 or MARCH 1 MARCH 4, 6, 8

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*

IN-SEASON RANKINGS

With the passage of the new competitive equity playoff system in January 2024 and changes to Bylaws 3519 and 3520 a weekly Top 10 poll will not be necessary. The playoff divisions will be created at the end of the regular season based on the current year's data.

It is ***IMPERATIVE*** that COACHES enter their full schedule and record results constantly throughout the season. Member schools who fail to accurately enter complete regular season results into the CIFSSHome system will not be placed into a playoff division and will be **INELIGIBLE** to participate in the Southern Section Championship playoffs.

For this season the Massey Ratings System will be used to provide our overall team rankings. The Massey Rating System was selected because it "connects" two teams via an equation. As more games are played, eventually each team is connected to every other team through some chain of games. These final team rankings will then be used to create our nine playoff divisions for girls' and boys' soccer. All contests will be used to create a team's final overall rating. The overall team rating is a merit-based quantity, and it the result of applying a Bayesian win-loss correction to the power ratings.

Final power rankings, and divisional placements, will be determined and released at the end of the current regular season. Seeding for all playoff brackets in each division will follow the final power rankings in the 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 #32, the #2 seed will play #31, etc. in a 32-team bracket. 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.

The size of the bracket will be determined at the end of the regular season.

At the half-way point of the season and then each week that follows until the end of the regular season on Wednesday, February 5th we will post in-season rankings of all Southern Section teams participating in soccer.

Posting dates are:

- Tuesday, January 7
- Tuesday, January 14
- Tuesday, January 21
- Tuesday, January 28

It is imperative that coaches and/or Athletic Directors enter the schedule and results correctly. Please pay close attention to the date of the contest, was it home, away or neutral, make sure you have entered the correct opponent and not a similar school name or even a middle school opponent. Tournament opponents need to be updated once the result has been recorded. Do not leave a tournament with "TBA" information.

Specific to tournaments a tie at the end of regulation or overtime must be recorded as a "tie" by both teams. If PK's are used to determine who advances in a tournament it does NOT change the end result of the tie unless it is a tournament championship contest, here there will be a winner and loser based on the PK's and a win or loss will be entered by the final two schools involved.

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 "**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.cifsshome.org) no later than **WEDNESDAY, FEBRUARY 12**.

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)

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

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 "**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.cifsshome.org) no later than **WEDNESDAY, FEBRUARY 12**.

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 "**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.

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

AT LARGE APPLICATION – MUST HAVE .500 RECORD OR BETTER

Attention Athletic Directors/ Coaches: Please follow the instructions below to enter your school as an At Large Entry for Girls Volleyball. The At Large Application is to be submitted by your school no later than **WEDNESDAY, FEBRUARY 5 @ 10:00 P.M.**

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

Once you are logged in:

- On the left panel, click on the "Forms" tab, select "At Large Petition"

- Select "**Soccer, Boys** or **Soccer, Girls**" from the drop down menu then click "Add"

Please be sure that your Schedule is updated in CIFSSHome as this is where the information for the At Large Petition will be created.

2024-25 CIF-SS BOYS AND GIRLS SOCCER ADVISORY COMMITTEE

FIRST	LAST	SCHOOL	LEAGUE	EMAIL ADDRESS
Jose	Sanchez	Santa Ana Valley	Orange	JoseC.Sanchez@sausd.us
Arturo	Lopez	Cathedral	Del Rey	alopez@chsla.org
Dario	Navarro	Carter	Sunkist	dnavarro@rialtousd.org
Justin	Schroeder	Newport Harbor	Sunset	newportharborgirlssoccer@gmail.com
Richard	Simms	Harvard-Westlake	Mission	rsimms@hw.com
Bryan	Middleton	Corona del Mar	Sunset	bmiddleton@nmusd.us
Matt	Maeda	San Geronimo	San Andreas	matthew.maeda@sbcusd.k12.ca.us
Miguel	Pena	Warren	Gateway	efcsoccer88@gmail.com
Glen	Appels	St. Francis	Mission	gappels@sfhs.net
David	Collicutt	Geffen Academy	Coastal	dcollicutt@geffenacademy.ucla.edu
Rafa	Villasenor	Paramount	Gateway	raf_33@yahoo.com
Brian	Bordier	California	Del Rio	bbordier75@gmail.com
Marlon	Archev	St. Genevieve	Del Rey	archev@sgps.org
Johnny	Marmelstein	Pacifica Christian/OC	Academy	jmarmelstein@pacificaoc.org
Eric	Memory	Redlands	Citrus Belt	eric_memory@redlands.k12.ca.us
George	Maisterra	Fullerton	Freeway	maisterra@icloud.com
Jeff	Gordon	Retired	At-Large	Jgordon86@hotmail.com
Dennis	Guerra	Mayfair	Suburban	coachdguerra@gmail.com
Todd	Heil	Santa Barbara	Channel	todd.heil@verizon.net
Steve	Rappaport	St. Bernard	Santa Fe	rappasport@gmail.com
Tom	Freker	Playoff Officials Coord.	SCSOA	tommyref7@aol.com
Rob	Ciufo	President	SCSOA	robciufo@yahoo.com

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
- Evaluation of sport season
- Assistance to coaches and/or officials' organizations
- Communications between coaches and the CIF-SS office
- Management/Supervision at Championship Events

The Coaches Advisory Committee is made up of member coaches and an administrator from the CIFSS office staff. Coaches selected for the committee provide a cross-section of the organization and are selected based upon geographic, as well as competitive divisions. Should you have suggestions or questions regarding lacrosse competition, please make use of this excellent channel of communication; it is provided to serve your interests. The committee will meet on a regular basis during the season and your items will become part of our agenda.



OFFICIAL BALL PROGRAM 2024-2025

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 GST – WTF1003 Wilson Omega – WF1005301IDOF Wilson GST Prime – WTF1103 (discontinued)	
Lacrosse:	PEARL X (Used in CIF-SS Championship) PEARL LT	
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 approved for play 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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Soccer Rules Changes - 2024-25

By NFHS on February 29, 2024

4-1-4d: Clarifies there is not a limitation on the color of tape or sock worn at or below the ankle.

Rationale: Athletes have the flexibility to modify socks within the existing regulations. Frequently, they remove the foot of one sock to layer another underneath, enhancing comfort or grip inside their shoes and fastening the top sock around the ankle. Any tape or similar material used above the ankle must match the sock's color, while at or below the ankle, any color is allowed. Referees are no longer required to oversee socks below the ankle.

Rule 12: Reorganized the rule for clarity and consistency.

Rationale: The Fouls and Misconduct rule has been revised to eliminate duplicate language and improve usability. The main changes involve reorganizing the existing rule for clarity. Sections have been rearranged to enhance ease of reference, and a new section addressing Stopping a Promising Attack (SPA) has been included. Certain general language in the rule has been modified to align with other rules codes. Section 6, Ejections, provides an ordered list of offenses by severity to allow associations more flexibility for determining post-game sanctions for misconduct. Additionally, an article has been added to clarify that all necessary conditions must be met for DOGSO (Denial of an Obvious Goal-Scoring Opportunity) to be applicable.

2024-2025 Editorial Changes

3-4-3, 6-2-3, 12-9-1g

2024-2025 Points of Emphasis

1. Official's Toolbox for Game Management
2. Stopping a Promising Attack
3. After a Goal

NFHS SOCCER UNIFORMS

Front View



Back View



PO Box 690 | Indianapolis, IN 46206
Phone: 317-972-6900 | Fax: 317-822-5700
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 JERSERY NUMBER

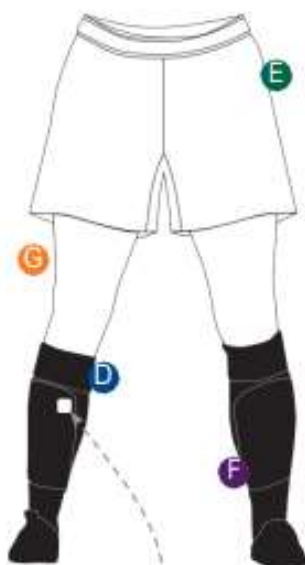
1. All jerseys, including the goalkeeper, shall be numbered. Numbers shall not be duplicated.
2. There shall be, at least, a 4-inch number on the front (jersey or shorts).
3. The color of the number shall contrast with the color of the jersey or pants and be clearly visible.

C BACK GAME JERSERY 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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www.nfhs.org

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 2 1/4 square inches or exceed 2 1/4 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 statues. 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 biking • Body 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 biking • Weight lifting ≤ 50% of max weight 	<ul style="list-style-type: none"> • Increase heart rate to > 75% max exertion • Monitor 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 movement • Monitor for symptom return
Minimum 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 forces • Restore confidence, assess readiness for return to play • Monitor for symptom return
		Full contact practice Full unrestricted practice	<ul style="list-style-type: none"> • Return to normal training, with contact • Return 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 A STUDENT 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 2024-2025 season is November 18**)

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 601 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.

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 2024 season. He/she will serve a game suspension the first game of the 2025 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 grade) 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 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 the student. This letter will be uploaded to the ejection report in CIFSSHome.org.

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

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?
A school 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.

Specific to tournaments a tie at the end of regulation or overtime must be recorded as a “tie” by both teams. If PK’s are used to determine who advances in a tournament it does NOT change the end result of the tie unless it is a tournament championship contest, here there will be a winner and loser based on the PK’s and a win or loss will be entered by the final two schools involved.

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 regarding 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 2024-25 NFHS Soccer Rules Book).



MEMORANDUM

TO: All-CIF-SS SELECTION COORDINATORS AND CIF-SS
STAFF FROM: THOM SIMMONS, ASSISTANT COMMISSIONER
DATE: JUNE 10, 2024
RE: 2024-2025 ALL-CIF SOUTHERN SECTION TEAMS

Per the previous directive regarding the selection of All-CIF-SS and after consultation with CIF-SS Staff, the following are the mandatory maximums as it regards team selections in all sports. The office will no longer provide certificates beyond the first team in any sport and each sport will be allotted the following number of player selections for each division represented in that sport:

Boys & Girls Soccer 22 position players, **1 MVP***, 1 Coach of the Year

*** In each sport the MVP must be included in the list of position players**

Each sport may alter their lists, except those as designated, as they see fit (i.e. select Co-MVP's) however the total number of players may not exceed the total number of allowable selections.

- Each sport may continue to select and honor a 2nd or 3rd team. However, the CIF Southern Section will not pay for those certificates, nor will the CIF-SS office release those teams to the media.
Additionally, 2nd and 3rd teams cannot include the use of "CIF" or any variation of our name in the titling. Thank you for your understanding and please feel free to contact me should you have any questions on this issue.
- Unless an individual school has co-head coaches on their staff we will not accept "Co-Coaches of the Year".
- Any sport that does not conform to these guidelines will be asked to resubmit.

Thank you for your cooperation and understanding.

ALL CIF NOMINATION FORM

Click the link below to access the ALL-CIF Southern Section Girls Volleyball Nomination information and form.

<https://cifss.org/wp-content/uploads/2018/09/2024-GVB-All-CIF-Nomination-Entry-Page.pdf>

Complete the form and submit a copy to a division reps found on page 8.

DUE ON TUESDAY, March 7, 2025

CIF-SS HISTORY RECORD BOOK

The CIF-SS Record Book is updated on a yearly basis and can be found here.

<https://cifss.org/record-book/>

The CIF-SS Communications Office will automatically update information on championship teams, scores, and Players of the Year. Should your team, an athlete on your team, or a coach, meet a milestone record, then please complete this form.

<https://cifss.org/record-book-request/>

Please note we only record the top 10 in each category.

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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.

EXTREME HEAT AND AIR QUALITY POLICY FOR THE CALIFORNIA INTERSCHOLASTIC FEDERATION

As per **CA State Law AB 1653** and CIF Bylaw 503 K. Heat Illness and Air Quality Index Protocols, **all CIF member schools must adhere to the CIF Heat Illness Prevention and Heat Acclimatization Policies as outlined below.**

Extreme Heat Procedures:

The WetBulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle, and cloud cover (solar radiation). This differs from the Heat Index, which takes into consideration temperature and humidity and is calculated for shady areas. The WBGT is especially valuable in environments where people are physically active, such as sports, as it provides a better assessment of the risk of heat-related conditions during physical exertion. The CIF requires that schools use the WBGT for the most accurate measurement.

Depending on your Category Region (see map below), it is mandated for the benefit of the health and safety of our student-athletes that practice/games be canceled, or delayed until cooler when WBGT exceeds these levels:

- Region Category 1 >86.2°F
- Region Category 2 >89.9°F
- Region Category 3 >92.0°F

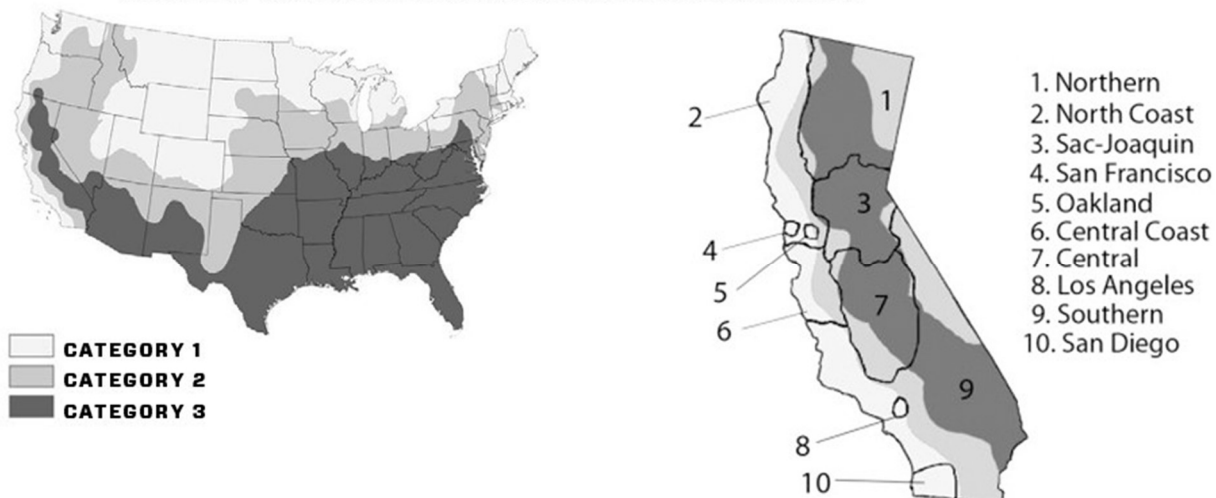
STEP 1

Find your Region Category

Based on the following map, schools should select the category that best fits their region to follow the required guidelines shown below.

The majority of states fall under just one category or two at the most. However, due to its diverse climate across the state, California encompasses all three categories: light gray - Category 1 / medium gray - Category 2 / dark gray - Category 3. (See image below).

Determine which region category you are in based on the map.



STEP 2

WBGT Readings (Note: Temperatures listed in the chart below are calculated using a WBGT and are not basic air temperatures) Please see Step 3 below for samples of WBGT readings.

Cat 3	Cat 2	Cat 1	Outdoor Activity Guidelines
<82.0°F <27.8°C	<79.7°F <26.5°C	<76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9 - 30.5°C	79.9 - 84.6°F 26.6 - 29.2°C	76.3 - 81.0°F 24.6 - 27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6 - 32.2°C	84.7 - 87.6°F 29.3 - 30.9°C	81.1 - 84.0°F 27.3 - 28.9°C	Maximum outdoor practice time is 2 h. Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. <u>For Football/Field Hockey:</u> players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing full pads without changing to shorts.
90.1 - 91.9°F 32.2 - 33.3°C	87.8 - 89.6°F 31.0 - 32.0°C	84.2 - 86.0°F 29.0 - 30.0°C	Contests are permitted with additional hydration breaks. Maximum outdoor practice time is 1 h. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 min of rest breaks distributed throughout the hour of practice.
≥92.1°F ≥33.4°C	≥89.8°F ≥32.1°C	≥86.2°F ≥30.1°C	No outdoor workouts/contests. Delay practice/competitions until a cooler WBGT is reached.

STEP 3

Schools without a WBGT should use the link below from the NOAA for a WBGT reading

<https://digital.mdl.nws.noaa.gov/?zoom=7&lat=35.28787&lon=-79.36779&layers=F000BTTTFTT®ion=0&element=8&mxmz=true&barbs=false&subl=TTTTTT&units=english&wunits=nautical&coords=latlon&tunits=localt>

EXAMPLE @2:30 PM

AUGUST 31, 2023

CATEGORY 1 SCHOOL

Outside Air Temp 87° F

WBGT Reading =80

AUGUST 31, 2023

CATEGORY 2 SCHOOL

Outside Air Temp 97° F

WBGT Reading =82

AUGUST 31, 2023

CATEGORY 3 SCHOOL

Outside Air Temp 92° F

WBGT Reading =81

CIF Fall Outdoor Sports Acclimatization Policy

Given the extreme heat issues typically experienced at the start of the Fall sports season, heat acclimatization is crucial for high school athletes to help them adapt to hot weather conditions and reduce the risk of heat-related illnesses. The following is a four-step plan for heat acclimatization in outdoor high school sports:

- 1. Gradual Increase in Activity:**
 - Start with light workouts in cooler conditions to prepare athletes for increased heat exposure.
 - Gradually increase the intensity and duration of practice sessions over 10-14 days.
- 2. Hydration Education:**
 - Teach athletes the importance of staying hydrated and recognizing signs of dehydration.
 - Encourage regular water breaks during practice and games and always provide access to water.
- 3. Modify Practice Schedules:**
 - Schedule outdoor practices during cooler times, like early morning or late evening.
 - Allow frequent breaks and shade to help athletes cool down and recover.
- 4. Monitor Athlete Health:**
 - Educate coaches, trainers, and athletes on the signs of heat-related illnesses (heat exhaustion and heat stroke).
 - The school will have available a method to institute whole-body cooling to treat a student-athlete with exertional heat illness, especially heat stroke (e.g., ice tub, "taco tarp", ice towels) which is easily accessible at all practice and contest venues.

Safety should always be the top priority when acclimating high school athletes to hot weather conditions. This plan helps athletes adapt while minimizing the risk of heat-related issues.

For All Outdoor Fall Sports

Five-Day Acclimatization Period. Preseason practice shall begin with a five-day acclimatization period for all Fall student-athletes. All student-athletes, including those who arrive at preseason practice after the first day of practice, are required to undergo a five-day acclimatization period. The five-day acclimatization period shall be conducted as follows:

- (a) Participants shall not engage in more than one on-field practice per day during the five-day acclimatization period. On-field practices shall last no longer than two hours.

For Football Only

- (b) During the first three days of practice or testing activity, helmets shall be the only protective equipment student-athletes may wear. During the next two days of practice or testing activity, helmets, and shoulder pads shall be the only protective equipment student-athletes may wear. Student-athletes may practice in full pads on the sixth day of practice or testing activity.

2024-2025

CIF-SS APPROVED PASS GATE CARDS

COURTESY CARD

GOOD FOR BEARER +1



CORPORATE PARTNER

GOOD FOR BEARER +1



MEDIA CREDENTIAL

GOOD FOR BEARER ONLY



CIF-SS EMPLOYEE

GOOD FOR CIF-SS STAFF ONLY



GOLD LIFE PASS

GOOD FOR BEARER +1



STATE COURTESY CARD

GOOD FOR BEARER +1



MVP AD

GOOD FOR BEARER +1



California Interscholastic Federation 2024-2025 COURTESY CARD





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