

CIF SOUTHERN SECTION

GOLF

2026-2027

SEASON
PREVIEW





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2026-2027 GIRLS GOLF SEASON PREVIEW

TABLE OF CONTENTS

CALENDAR DATES -----	4-6
APPROVED SANCTIONED EVENTS -----	4
CIFSSHOME.org REQUIREMENTS -----	7
ADVISORY COMMITTEE MEMBERS -----	8
BLUE BOOK RULES SECTION	
POINTS OF INTEREST -----	9
PULL CARTS/MEASURING DEVICES -----	11
DRESS CODE -----	11
ACCOUNTABILITY -----	11
SUPERVISION OF ATHLETES -----	12
SUNDAY PRACTICE -----	12
COACHING -----	13
ADVICE RULE -----	13
SPEED OF PLAY -----	15
EVENT MANAGEMENT -----	15
3-5-7 RULE -----	15
BYLAW 506 – PRACTICE ALLOWANCE -----	16-17
PLAYOFF INFORMATION	
GIRLS GOLF INDIVIDUAL STRENGTH OF LEAGUE -----	18
GIRLS GOLF TEAM QUALIFYING CRITERIA -----	18
iWANAMAKER REQUIREMENTS -----	19-21
ENTRY INSTRUCTIONS -----	22
AT-LARGE ENTRIES -----	22
FREELANCE -----	22-23
ALTERNATES FOR CIF-SS INDIVIDUAL FINALS -----	23
ROSTERS AND ELIGIBILITY LISTS -----	23
ENTRY FEES -----	23
Entry Fees: \$55/individual or \$330/team for each tournament	
SCORING AND TIES -----	23
PROCEDURE FOR END OF COMPETITION -----	24
HEALTH & SAFETY -----	25-26
EXTREME HEAT AND AIR QUALITY POLICY -----	27-31

2026-27 CIF Southern Section Girls Golf Important Dates

Acclimatization Period Begins	August 18, 2026
Freelance Participation Notice/Schedule	Before August 24, 2026
Start of Season	Monday, August 24, 2026
League Finals Manager Information Due	Monday, August 10, 2026
Freelance Individual and Team ENTRY DUE DATE	Friday, October 2, 2026 9:00 a.m.
Freelance Individual and Team Tournament	Tuesday, October 6, 2026
Last Day for League Competition	Friday, October 23, 2026
End of Season	Friday, October 23, 2026
Team, Individual, and At Large ENTRY DUE DATE	Friday, October 23, 2026 9:00 a.m.

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 GIRLS GOLF,
click Search

This page will display the most up to date information on

**Girls Golf Approved
Sanctioned Events**

CIF SOUTHERN SECTION

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ASSISTANT COMMISSIONER, THOM SIMMONS THOMS@CIFSS.ORG

Updated 6/18/2026

2026-27 Girls Golf Post-Season Playoff Dates

Individual/Team Freelance Qualifying – Tuesday, October 6, 2026

Western Hills, TBD p.m.

Tourn. Manager

Carol Sarkissian

carolsark@hotmail.com

Individual Regional Tournaments – Monday October 26, 2026

Central Bear Valley CC, Victorville 9:00 a.m. Shotgun
Green/Pink Tees

Tourn. Managers

Kevin LeDuc

kleduc@riversideunified.org

Individual Regional Tournaments – Tuesday, October 27, 2026

Southern Los Serranos CC – South Course, Chino Hills
8:00 a.m. Shotgun, Gold Tees

Tourn. Managers

Brendan Patch

bpatch@hbuhd.edu

Individual Regional Tournaments – Wednesday, October 28, 2026

Northern Los Robles Green, Thousand Oaks
8:00 a.m. Shotgun, Red Tees

Tourn. Managers

Glenn VanEnk

vanenk@pvpusd.net

- The top 24 players from each of the three (3) individual regionals will advance to the CIF-SS Individual Championship on Thursday, November 5, 2026.

Team Championship Tournaments – Monday, November 2, 2026

Division ?? Los Serranos CC – North Course, Chino Hills
9:30 a.m. Shotgun

Tourn. Managers

Brendon Patch

bpatch@hbuhd.edu

Division ?? River Ridge CC – Victoria Lakes Course, Oxnard
8:00 a.m. Shotgun, Red Tees

Tourn. Managers

Aaron Solis

asolis@sbunified.org

Dick Sebek

ksebek@dslextre.com

Division ?? Bear Valley CC, Victorville 9:00 a.m. Shotgun
Green Tees

Tourn. Managers

Brian Scott

Division ?? Green River GC, Corona, 8:00 a.m. Shotgun
Yellow Tees

Tourn. Managers

Chris Salio

chrissalio@yahoo.com

Division ?? Meadowlark GC, Huntington Beach, 11:00 a.m. Shotgun

Tourn. Managers

Nancy Smith

- There will be 14 teams advancing to CIF-SS SCGA Qualifier out of the divisions on November 5, 2026. The top 10 finishers in Division 1 will advance to CIF-SS SCGA Qualifier. The other 4 top finishers based on adjusted team handicap from the CIF-SS championships at each divisional will fill the remaining spots. (WINNING THE CHAMPIONSHIP FROM DIVISION 2, 3, 4 and 5 DOES NOT AUTOMATICALLY QUALIFY YOU FOR CIF-SS SCGA Qualifier) All 14 teams could hypothetically advance from Division 1.

Individual Championship & SCGA Qualifying Tournament – Thursday, November 5, 2026

Temecula Creek GC, 8:00 a.m. Shotgun

Tourn. Manager

Carol Sarkissian

carolsark@hotmail.com

- The top 4 teams will advance to the CIF/SCGA Southern State Regional Championship on Thursday, November 12, 2026.
- The top 28 individual players (who are not on a team who advances) will advance to the CIF/SCGA Southern State Regional Championship.
 - Note: Only the players who qualified to play in this event through the individual regional events will be eligible to earn one of the 28 individual spots.

Regional State Qualifier Sponsored by SCGA – November 12, 2026

Los Serranos CC – North Course, Chino

State Championships – November 19, 2026

San Gabriel CC, San Gabriel

Please Note: The CIF Southern Section Golf Committee advises all coaches and athletic directors to check our website on a regular basis for any changes to course information, location, or dates. Go to www.cifss.org.

REQUIRED! ALL COMPETITION SCORES MUST APPEAR IN BOTH CIFSSHOMe.ORG AND iWANAMAKER FOR THE 2026 SEASON!

CIFSSHOMe 2.0 SCHEDULES & SCORES

Complete your schedule in CIFSSHOMe prior to your season as well as update scores following each contest.

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

- 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 Golf, 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 Golf, Girls and click on VR to add Varsity scores
- Click on "Post Result" button
- Enter your team's score
- Enter the opponent's score
- The 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 TEAM INFORMATION (ROSTER) DUE no later than WEDNESDAY, OCTOBER 21, 2026

Attention Athletic Directors/Coaches: It is very important that you enter your entire Girls Golf Varsity roster into CIFSSHOMe (www.cifsshomework.org) no later than WEDNESDAY, OCTOBER 21, 2026.

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

Once you are logged in:

-On the left panel, Click on the "Teams" tab, select "Golf, Girls"

-Here are the instructions for using the sample file.

- Download the sample file **and** delete the "contents only". Copy and paste or type your roster information into the file as the contents and save the file to your computer. You can only upload an excel file (xls) that is the exact same format as the sample file. Columns for information not required for your sport may be left blank, but the HEADER INFORMATION MUST REMAIN EXACTLY AS THE SAMPLE.

Required Columns for Girls Golf are: First Name, Last Name, Birth date, Year, & Eligibility.

- Next - click Choose File, find your file, then click "Import Student".

- To confirm your roster has been uploaded, your roster will be uploaded in the roster section and all of the required columns are filled out.

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

VARSITY COACHES

Attention Athletic Directors/Coaches: It is very important that you enter your Girls Golf coaches (Head & Assistants) into CIFSSHOMe (www.cifsshomework.org) no later than WEDNESDAY, OCTOBER 21, 2026.

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

Once you are logged in:

-Click on the "Teams" tab on the left navigation bar. Click on the corresponding varsity team (Golf, Girls).

-Click on "Add/Edit Coaches", select the information to add both your HEAD & ASSISTANT coaches

Check out the Help video under the Help tab on the bottom left, "Be CIF Prepared!"

CIF Southern Section 2026 - 2027 Golf Advisory Committee

Ron Capps, Ayala High School

Joey Cerulle, Valley Christian/Cerritos High School

John Haygood, Los Alamitos High School

Ryan Heise, Vista Murrieta High School

Kevin LeDuc, M.L. King High School

Scott McCreary, Agoura High School

Lance Novak, Calabasas High School

Nori Parvin

Brendan Patch, Edison High School

Chris Salio, Villa Park High School

Carol Sarkissian

Brian Scott, Cobalt Institute

Dick Sebek

Nancy Smith, Brea Olinda High School

Aaron Solis, San Marcos High School

Craig Tagler, Savanna High School

Glenn Van Enk, Peninsula High School

BLUE BOOK RULES AND SPECIAL POINTS OF INTEREST

A. *Points of Interest*

1. **Definition of a Match** – Every contest in which two or more teams or individuals from teams meet for the purpose of competition or playoff entry constitutes a match. Matches must be completed on the same day as the scheduled competition (i.e. a school that plays nine holes against an opponent on one day, shall count that as a match, they may not play nine holes against that same opponent on another date and then count the 18-hole total as one match). The maximum number of allowable matches is 24. All teams in a league may meet for the purpose of competition if points are accumulated for the purpose of playoff entries.

Individual golfers may not participate in more than 24 contests regardless of the level played.

2. **Tournaments** – Tournaments count as 1 contest per day of the event (CIF State 1206.D). Teams entering tournaments may not be “split” in order to participate at multiple sites. For the definition of a tournament, please refer to the Blue Book Rule 2304.

If a league conducts a multi-round competition to determine their individual entries for the CIF-SS Individual Regional, how does a school count this event?

This event is permissible and does NOT count towards the allotted 24 contests regardless of the number of rounds played.

If two Varsity Teams (Varsity A and B) are entered in the same tournament, how does it count?

If the two teams are made up of four or more players, this event will count double towards the allotted 24 contests. If the two teams are of three players or less, this event would count singularly towards allotted 24 contests.

Can a school have multiple lower level (JV and/or Frosh/Soph) teams?

Yes, a school may have a JV A and JV B team. These teams will be treated separately when counting the number of matches allotted. Coaches are reminded that individual players may not participate in more than 24 contests regardless of the level played. ***A school may not have two Varsity Teams.***

3. **Schools without Girls Teams** – If a school does not have a Girls' team in the fall, girls may participate on the boys' team in the spring. In order to qualify for the SCGA Tournament in the fall, girls will be permitted to participate in the Freelance Qualifying Tournament. The SCGA Tournament will be held during the fall season of sport. Females may not participate in the Boys' Individual Championship.
4. **Cross Leaguings** – If your league is not participating in golf, contact neighboring leagues to see if they have an opening for another team.



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B. Pull Carts and Measuring Devices

All players may use manual pull carts. Electric pull carts are not allowed in CIF competition, as per USGA Junior rules.

Players may obtain distance information by use of a distance-measuring device. If, during a stipulated round, a player uses a distance-measuring device to gauge or measure other conditions that might affect play (e.g. elevation changes, wind speed, etc.), the player is in breach of Rule 4-3. Any questions about such devices should be resolved before the start of the stipulated round.

The penalty for breach of this rule 4.3 is a two-stroke penalty, any subsequent offense related or unrelated to the first breach is disqualification.

The use of wireless handheld devices (smart phones) on the golf course is prohibited by players for any reason other than updating scoring, acquiring distance from the hole, and can only be used for those purposes between the green and the next tee. Air pods are not allowed. Coaches and Spectators will be allowed to text, email, or view scoring (if available). Talking/texting by players on cell phones while on the course is strictly prohibited.

C. Dress Code

Players and coaches must be attired in a collared shirt, slacks, Bermuda-length golf shorts, or appropriate length golf skirts/skorts. No denim of any color is allowed. Any type of cargo or safari shorts with external pockets; tee shirts or tank tops are not permitted. Please be aware that some golf courses have additional dress code guidelines, which can be viewed on the course websites.

It is the responsibility of the coach to ensure that all players and coaches are dressed appropriately. Failure to do so will result in disqualification. Please carefully review the steps below that will be strictly enforced by tournament managers.

Step #1: At sign in, coaches will acknowledge their players are appropriately dressed and provide a cell phone number.

Step #2: If a committee member views a dress code violation, they will consult with tournament manager on appropriateness.

Step #3: The tournament manager will speak directly with the coach, giving the coach an opportunity to have the player become compliant.

Step #4: If the coach cannot or does not require the player to become compliant, the coach will be notified by the tournament manager that the player is disqualified.

D. Accountability and Student/Coach Behavior (Bylaws 2307, 503.M)

Coaches and players are expected to exhibit good sportsmanship and fair play, CIF Southern Section wishes to promote appropriate student and coach behavior at all post-season events. See Blue Book Rule 503.M for information on player and coach conduct.

Failure to Complete a Contest (Rule 125.2)

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 Southern Section 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.

E. Supervision Requirement

State and Southern Section Rule 503.E states:

No CIF team or individual shall participate in interscholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code 49032 (See also Bylaw 503.F). Additionally, see CIF Southern Section Bylaws 22.B.9, Bylaw 506, and Bylaw 123. **The supervisor must remain in attendance at all times.**

Those persons approved for supervision purposes are:

1. certificated personnel
2. certified coaches (certified credentialed coaches)
3. non-certificated temporary coaches (certified walk-on coaches)

It should be noted that schools representing the same district may send one credentialed or certified supervisor for multiple teams within that same district. These individuals have been recognized and are to continue to be recognized for registration and participation purposes because the district has assigned him/her the supervisory role for all students from its member schools.

This rule applies to those students who are not accompanied by a faculty representative and report to the playoff site by themselves or with a parent. **Giving parents the supervision authority, whether in writing or not, does not meet the standards set forth in the above regulations.** This also applies to parents who are the student's private coach but are not under contract to the member school.

Any student reporting for competition who is not under direct supervision in accordance with State and Southern Section Bylaw 503.E is to be denied.

A coach would be in violation of the rule if he or she dropped off their team members at the golf course and left the premises. A coach should always be present when student athletes are under his or her care.

F. Sunday Practice Restrictions (Bylaws 504.M and 1227) and Course Deadlines

Course deadlines previously prohibited players and coaches from playing golf courses used for Southern Section post-season competition after a specified date. There are no course deadlines in effect.

Coaches and players must still adhere to the CIF Rule 1227 which prohibits organized team practice on Sunday. Exceptions are granted only to religious schools who file the Declaration of Alternate Day of Respite form, which can be found at www.cifss.org.

No practice or instruction from the school coach of any type (team or individual) may be conducted on Sunday. If a coach is transporting players on Sunday to a tournament on Monday, the coach must notify the Southern Section office and advise the Commissioner of his plans.

What constitutes organized practice?

Organized practice shall be interpreted as meaning the association of a coach with team members for the purpose of learning or practicing the skills of golf. It is important to realize that a coach should also conform to the spirit as well as the letter of the rule. For example, a golf coach who is sitting in the clubhouse while his or her team is using the practice facilities or playing the golf course would be in violation of this rule. Coaches are **NOT allowed** to be at a golf course in any manner on a Sunday when players from their school are present.

G. Coaching

The coach(es) may provide instruction, encouragement and information to his/her golfers without interfering with play or the conduct of the event is allowed under the following regulations:

- Each high school is allowed a maximum of two (2) coaches (one head coach and one assistant coach) who may communicate advice.
- Between the play of holes, a coach is allowed to communicate advice to his/her players.
 - Between the play of holes is defined as that period when an entire group has completed play of a hole and ends when the individual player hits his or her tee shot on the next hole.
- The communication of advice may not impede the pace of play.
- Coaches are NOT allowed to communicate any advice (verbal or non-verbal) during the play of the hole. A violation of this would result in the player being penalized under Rule 8 of the USGA Rules of Golf.
- Coaches who are in violation of this policy may be subject to one or more of following consequences from a member(s) of the tournament committee:
 - Warning
 - Limited coaching time
 - Removal from the golf course (coach are to remain in the clubhouse/practice area)
- The golf coach(es) as specified under Bylaw 503 (E,F) must be listed on file at his/her respective high school as the golf coach or an employee of the high school or school district in order to communicate advice to his/her players.
- The golf coach(es) must sign in at the event with the tournament committee to receive their badges and be authorized to coach. CIF will provide the badges at each post-season event.
- As a reminder, players are still prohibited from communicating advice, as defined by Rule 8, to other players at any time during their round. Any player who gives or asks for advice will be penalized according to Rule 8 of the USGA Rules of Golf.

Any head coach, assistant coach, or school employee who is found to be in violation of the regulations outlined above may be denied entry at future CIF post-season events and may cause his/her team or individual players to be disqualified from the event. The suspension and disqualification penalties are subject to the judgment of the Commissioner of the CIF Southern Section whose decision is final.

NOTE: Coaching is prohibited during CIF/SCGA Southern Regional and CIF State events.

H. Advice Rule

Please remind all participants of Advice Rule 10-2 (Advice and Assistance) in the Rules of Golf which specifically prohibits players from receiving any counsel or suggestion from anyone including their teammates, other players, spectators or parents. "Advice" is any counsel or suggestion which could influence a player in determining his play, the choice of club or the method of making a stroke. However, information on the Rules of Golf, matters of public information and/or Local Rules for this tournament is not considered advice.

A player shall not give advice to anyone in the competition. Verbal or non-verbal communication between coaches, players, parents and/or spectators that meets the criteria of the Advice Rule will be considered a violation.

The penalty as described in the Rules of Golf (Rule 8, stroke play) is two strokes. A player who witnesses a violation of the Advice Rule is advised to call the infraction immediately to the attention of the competitor. Event staff who witness infractions are empowered to call the violation and assess the penalty.

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I. Speed of Play

Speed of play is critical. Take pains to walk at a good pace between shots. Do not stand on ceremony as to who is on the green or in the fairway. **Do not walk in front of other players while they are hitting.** If a tournament official instructs a group to move up on a par three, that group hits and upon reaching the green, marks their balls and waves the next group up before putting out. Groups of four, in stroke play, should take no more than 15 minutes per hole. Penalties may be assessed to individuals or groups who, after a warning, remain out of position.

J. Event Management

If a course permits spectators, they should be confined to the cart paths and rough only. They should be well clear of the competitors and observe rules of etiquette when applauding or cheering a stroke or play. Event management reserves the right to remove unruly spectators from the course, or assess penalties against competitors who cause, encourage or promote inappropriate displays.

K. Other Points of Interest

1. **Level of Competition** – No student shall participate in more than one level of competition in the same sport in the same day.
2. **Maximum Athletic Contests** – All interscholastic contests are to be arranged in such a way that no student shall take part in more than two athletic contests in any one day or more than 24 contests in one season.
3. **Rules** – The USGA Rules of Golf and all local course rules will govern play. Each player understands and agrees to observe all regulations and conditions set forth by the Tournament Committee. The committee, whose decision shall be final, will settle any questions unless otherwise provided for in the current edition of the CIF Southern Section Blue Book. All coaches are urged to obtain a copy of the Rules of Golf and have available at all competitions.

L. 3-5-7 Rule

CIF Southern Section does not support using the 3-5-7 rule as a means for speed of play or as a means for entry into playoffs. Coaches should suggest strategies for speed of play which may include: walking fast, putting when ready, helping with lost balls and playing a second ball when a ruling is in question. It is **not** allowed to use alternative scores (i.e. double par pick up or 3-5-7) for qualifying scores.

M. Requirements for Events/Tournaments Consisting of More than Two Teams

Tournament Directors or Head Coaches of Schools hosting competitions including more than two teams are now required to input all tournament information into ONE single event created on iWanamaker.com before the event begins. This includes:

- A complete list of participating schools and golfers
- Tournament format, course, scoring details, and tee markers used for the day.
- Create these events using the tournament option. Do not create separate events for each team.

This requirement ensures consistency in data collection across all events and accurate rankings for postseason placement.

When listing scores in cifsshome.org,

506. PRACTICE ALLOWANCE

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

- A. 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.**
 - (1) Multiple Practice Sessions:**
 - a. Double day practices shall not be held on consecutive days.**
 - b. Must include a minimum of three (3) hours rest between practices.**
 - (2) Golf Only**
 - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]**
- B. 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.**
- C. 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.**
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C.(1)-(5) above.**
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.**
- F. Penalties**

Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

NOTE: For purposes of this Bylaw, the season of sport begins with each team's first day of practice.

Frequently Asked Questions - (FAQ's will continue to be revised as needed and appropriate to assist schools in understanding the implementation of the Bylaw. Schools seeking additional clarification should contact their local CIF Section office.)

Q: Our football coach conducts a one-hour (1) before school weight lifting activity in the weight room for football players. Does this count in the three-hours per school day practice limitation?

A: Before school activities that are NOT part of the curricular day are subject to the practice limitations. If the activity is organized and/or directed and/or supervised by any of the football coaching staff and only open to football players, then YES it is considered to be practice and counted in the daily limit.

Q: Our football coach conducts a one-hour (1) before school zero period weight lifting activity in the weight room for football players. Does this count in the daily practice limitation?

A: If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: We have a one-hour (1) before school; (2) zero period; general weight lifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?

A: (1) Before school is not part of the curricular day so activities during this time are subject to practice duration limitations. However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a non-football hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e. access only through the boys' locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation. (2) If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: A (1) Volleyball or Football; (2) Cross Country; Coach tells their team members "just go for an hour run" as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?

A: Yes. This activity done as a team or as an individual and has been implicitly/explicitly required by the coach; directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.

Q: A Basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?

A: Yes, this would be considered an activity under C.(2) and (4) above because it was required and or implied by the coach for his/her basketball team members to participate. If it was not implicitly or explicitly required by the Coach, it would not count towards practice duration limitations.

Q: The Water Polo Coach establishes a swimming conditioning session (1) before practice each day (2) in the morning before school; (3) during zero period; Does this count towards the practice duration limitations for that day

A: (1) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations. (2) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation. (3) If Zero period is considered part of the curricular day it does not count against the practice duration limitations.

Q: A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two seasons is a student allowed to practice for four hours per day for volleyball and then another four (4) hours per day for basketball, for a total of eight (8) hours of practice on any given day?

A: No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation [four (4) hours max per day and only 18 hours per week].

Q: A student plays baseball and tennis in the same season of sport. If they have competitions on the same day for both sports how would those hours be counted?

A: The total number of hours would be three (3) regardless of the total time of both contests (see Bylaw 506.B.) (Approved May 2014 Federated Council)

PLAYOFF INFORMATION

2026 GIRLS STRENGTH OF LEAGUE FOR INDIVIDUAL ENTRIES

Updated 6/17/2026

The number of Individual entries allotted for each league will be determined by using the top 360 individual rankings from the CIF-SS Golf (iWanamaker) app as of Friday, October 16, 2026, at 9:00 a.m. As a reminder, athletes must have six (6) rounds in iWanamaker to be included in the top 360 that will be used to determine number of entries into the individual post-season play. Leagues will determine their entries and move players forward as they have always done based on league finals and league bylaws. An athlete may not have six (6) rounds in the system and still advance. Allotted league entries will be assigned with leagues being awarded from 4 to 12 entries per league. The playoff bulletin will be updated by Monday, October 19, 2026, at 12:00 p.m., indicating the number of league entries per league and the regional site for which each league is assigned to compete. Every effort will be made to assign leagues geographically, but competitive equity will play a role in the assignment of leagues to the regional sites.

In determining the strength of each league and allotment of individual CIF-SS entries per league, the process will be as follows:

Each participating league will be given four (4) automatic entries into the CIF Southern Section Individual Championship tournaments. Remaining openings will be distributed based upon league strength. League strength is determined by establishing the number of players each league has that are ranked using CIF-SS Golf (iWanamaker) rankings and are in the top 360 players in the CIF-SS. For example, if League "A" has seven (7) players ranked in the top 360, they will be allotted an additional three (3) entries (added to the initial four (4) entries). Please note leagues will be capped at a maximum of 12 entries into the individual tournaments. ***Any remaining open spots will be given to the next highest ranked league with less than 12 entries.

GIRLS TEAM QUALIFYING CRITERIA:

Qualification into CIF-SS Divisionals:

1. The recognized league champion from each league will be guaranteed entry in the championship tournament.
2. All additional team entries are required to submit their At Large entry consideration.
3. Teams will be placed into their appropriate division based on current year rankings through the CIF-SS golf (iWanamaker) app.
4. At Large entries will be considered based on their CIF-SS Golf (iWanamaker) rankings, filling Divisions 1-3 to 22 teams and Divisions 4 and 5 to 18 teams.
5. All scores from throughout the season MUST be in the CIF-SS Golf (iWanamaker) app in order to be eligible for championship competition.
6. Teams/Leagues using seven (7) score five (5) in matches need to rank players in the CIF-SS Golf (iWanamaker) app.
7. There will be 5 divisions based on competitive equity.

****Competition Scores do not include incomplete scores (less than 9 holes) or scores using a modified scoring system (i.e. double par pick up or 3-5-7).**

Qualification to CIF-SS SCGA Qualifier

1. There will be 14 teams advancing to CIF-SS SCGA Qualifier out of the divisions.
2. The top 10 finishers in Division 1 will advance to CIF-SS SCGA Qualifier.
3. The other 4 top finishers based on adjusted team handicap from the CIF-SS championships at each divisional will fill the remaining spots. (WINNING THE CHAMPIONSHIP FROM DIVISION 2, 3, 4, and 5 DOES NOT AUTOMATICALLY QUALIFY YOU FOR CIF-SS SCGA Qualifier) All 14 teams could hypothetically advance from Division 1.

The handicap formula being used:

$$\frac{(\text{Team Total}/5) - \text{Course Rating}}{\text{Course Slope}} \times 113$$



TO: CIF Southern Section Athletic Directors
CIF Southern Section Boys and Girls Golf Coaches
FROM: Mike West, Commissioner of Athletics
SUBJECT: Mandatory Use of iWanamaker (CIF-SS Golf)
DATE: August 2026

The CIF Southern Section is entering its **third year** of implementing playoff divisions based on current-year data across nearly all team sports—including Boys and Girls Golf. To support this initiative, **all schools and individual golfers must use the CIF-SS Golf app powered by iWanamaker** to record scores during or immediately after matches. The data collected will directly impact individual and team rankings, which determine **Divisional Placement** at the end of the season.

To qualify for CIF Southern Section Post-Season Competition, school golf teams must play a minimum of **10 9-hole rounds** during the season. Each of these rounds must not use an alternate scoring method and must be recorded in the CIF-SS Golf App.

Important: Schools and/or individual golfers who fail to use the CIF-SS Golf app throughout the season will not be placed into a playoff division and will be **ineligible to participate** in the CIF Southern Section Championships.

Requirement for Events/Tournaments Consisting of More than Two Teams

Tournament Directors or Head Coaches of Schools hosting competitions including more than two teams are now required to input all tournament information into **ONE** single event created on iWanamaker.com **before the event begins**. This includes:

- A complete list of participating schools and golfers
- Tournament format, course, scoring details, and tee markers used for the day.
- Create these events using the tournament option. Do not create separate events for each team.

This requirement ensures consistency in data collection across all events and accurate rankings for postseason placement.

Getting Started with the CIF-SS Golf App

- **Download:** Install the **CIF-SS Golf app** (not the iWanamaker app) from your device's app store.
- **Registration:** The app is **free** for Athletic Directors, coaches, golfers, and media members.
- **Automatic Role Assignment:** Once you install and register, you'll be automatically added to your school with the correct role.

For Coaches:

After registering in the CIF-SS Golf app:

1. Visit <https://iwanamaker.com>
2. Click on **LEAGUES**
3. Select **CIF-Southern Section**
4. Find your school to manage rosters and schedules

Please forward this information to all coaches, tournament directors, and staff involved in your school's golf program. If you have already installed the app but are experiencing issues, please get in touch with iWanamaker support at support@iwanamaker.com or (720) 984-2379



Coach,

We're excited for the 2025 Fall season and look forward to partnering with you! With the release of the 3.0 version of IWanamaker this year we offer a robust and scalable golf event management platform designed specifically for high school golf. There are currently 36 states using IWanamaker to streamline golf tournament setup, player registration, secure scoring, rankings and data management.

The 3.0 updates include a better user interface, automated pairings, markers notes and more! New features are being added weekly. All new coaches need to get the CIF-SS Golf app for iOS or Android to register as a coach. Your new team members need to get the CIF-SS Golf app and sign up for an account to register as a golfer for your team. This will automatically update your roster and the golfer will be ready to live score. Please confirm all existing registered golfers are using the CIF-SS Golf app and have downloaded the latest version of the app and logged in to make sure they have access to IWanamaker.

You will want to get the events you are hosting created as soon as possible and get your golfers to start scoring their first event so they will have an IWR to be ranked. If you have not created an event yet, please watch the 6-minute tutorial on how to create and set up a match. There are All New Tutorials on the Help page, and we will be offering training on the IWanamaker Platform and the new features that have been added. Look for that to be scheduled in the near future.

Parents can purchase a ticket to follow their golfer and have access to the live leaderboard, stats, rankings and more! To get started they can download the CIF-SS Golf app from the App Store. Once they navigate to their league they can select 'Store' from the Menu on the left to purchase a ticket package. To purchase ticket packages on the CIF-SS Golf app, sign up for an account, select events and select a specific event. They will then be prompted to purchase a ticket.

The best way to reach our support is by email at support@wanamaker.com or by phone at (720) 984-2379. We are available from 6:00am MT - 6:00pm MT Monday-Friday.

For any questions you have please refer to the Coaches Top 10 here: [Golf Coaches Top 10](#)

Good Luck this Season,
IWanamaker Admin





IWANAMAKER #1 HIGH SCHOOL GOLF APP

iWanamaker is proud to be the official golf event management, live scoring and rankings partner of the CIF Southern Section. Wanamaker Corporation has been providing the iWanamaker platform to state high school associations and their member schools since 2013.

Currently, 76% of high school golf in the US uses the iWanamaker connected apps to score events live. The iW rankings have caught the attention of college coaches and recruiters all over the United States. 8 of the top 10 female golfers in the nation are from the CIF Southern Section!

Scoring is as simple as logging in to the CIF-SS Golf app, finding an event and touching on Score Round.

After each hole is played, golfers can access the app and enter the score of the golfer for whom they are assigned to be a marker.

At the conclusion of the round, golfers digitally sign their scorecard to make it official.

When all scores are in the system and the round is closed, the section, state, and national rankings are updated automatically.

Need help?

Email or call us.

support@iwanamaker.com
(720) 984 - 2379



Entry Information and Instructions

Size of League	Total Entries	At Large Entry
4-8 Team Leagues	1 Automatic Team (1 st Place League Finisher)	2 nd or lower Place Team*

*Recognized League champions are considered entry #1. All additional team entries are required to follow the At Large entry procedures outlined below.

ENTRY INSTRUCTIONS

Team and Individual entries are due no later than **9:00 a.m., Friday, October 23, 2026.**

Entry Form Information: League Finals Manager is responsible for all entries and will be contacted if there are any questions about entries. **YOU WILL BE HELD RESPONSIBLE FOR UNDERSTANDING AND FOLLOWING ENTRY INSTRUCTIONS.** In order to access entry forms, go to www.cifsshome.org. On the left column, click on Forms, Tennis Indv/Golf Forms. On the next page, choose Golf Individual/Team then click Add New Entry. On the next page, fill out all the requested information. Once all information is verified and completed, click on submit. Tutorials for completing your entries are located under the "Help" tab at www.cifsshome.org. The CIF Southern Section office requests that you make every effort to get your results in early so we may distribute the entries to the tournament managers in a timely manner.

Note: The Golf Advisory Committee has determined that best scores must follow USGA scoring rules. Therefore, no league amended rules (such as double par scoring, using Model Local Rule E-5, playing out of bounds and lost ball as a lateral hazard, etc) or modified scores will be allowed for best scores.

AT-LARGE ENTRIES

***At-large petitions will be accepted for consideration into a team divisional tournament on a space available basis.** Schools MUST submit an AT-LARGE Petition in CIFSSHome.org to be considered. To submit an AT-LARGE petition, log in to cifsshome.org, click on FORMS>AT LARGE PETITION>Select Sport>Click on the ADD button. This process MUST be completed by **9:00 a.m., Friday, October 23, 2026 to be considered. LATE SUBMISSIONS WILL NOT BE CONSIDERED.**

Teams will be selected from submitted petitions only. Selection of teams will be made based on the rankings in the CIF-SS Golf (iWanamaker) app. **All scores MUST** be in CIF-SS Golf (iWanamaker) in order to be considered for post season play.

Schools will be notified of acceptance and placement by 12:00 p.m. on the day after the entries are due either by email or posting on the cifss.org website sports page.

FREELANCE

Schools that do not belong to a girls' golf league (leagues do not field girls golf and do not hold a girls golf league qualifying tournament) or individuals whose schools do not offer team golf may apply for Freelance status. By the start date of the season, coaches must submit an email stating their intent to participate Freelance, along with the schedule of matches/tournaments for their team. The email should be sent to Commissioner Mike West's office at sharonh@cifss.org.

TEAM Qualifications: A team must submit their best scores for any matches during the season. If a team has met the qualifications and is the only team participating in the Team Freelance Tournament, they will automatically advance to a Team Divisional Tournament. The school will have the ability to enter two individual golfers from their team into the individual Freelance Tournament.

INDIVIDUAL Qualifications: A maximum of two individuals can be entered from one school. For the 2025-26 season, it is recommended that individuals must have an established index of **15** or better or scores of 42 or better on a par 36 for nine consecutive holes. The scores must be VERIFIED and accumulated within the regular season of play.

Freelance entry petitions must be completed, forwarded, and received by the CIF Southern Section office by **9:00 a.m., Friday, October 2, 2026**. The committee will review all petitions and selection for the tournament will be made; notification of acceptance into the Freelance Tournament will be made by a committee member.

ALTERNATES FOR CIF-SS INDIVIDUAL FINALS

Alternates for CIF Southern Section Individual Finals will no longer be declared. Players tied for the 24th position at the conclusion of the regional tournament will advance to the Individual Championship and SCGA Qualifying Tournament. For example, if there are six players tied and only two players are needed to complete the 24 open spots, all six players will advance and no playoff/card off will be conducted. Sudden death playoffs will only be conducted should there be a tie for first place. Ties for second and third will be broken via a card off.

ROSTERS AND ELIGIBILITY LISTS

Each **GOLF COACH** must submit a roster of players in CIFSSHome.org. The eligibility list is automatically created upon submission of the roster and no further action is needed.

ENTRY FEES

The entry fees must be received by the CIF-SS office before participation in any tournament. This year all fees are to be paid through cifsshome.org. Go to Forms, Golf Tournament. From there you will pick the tournament for which you are paying the fees. Once completed, an invoice will be created. You will have the option to pay by credit card or school check. No fees will be collected at any of the tournament sites. All fees are to come directly to the CIF Southern Section office through cifsshome.org or via check mailed to the attention of Sharon Hodge. Checks are made payable to CIF Southern Section. Fees are charged for every tournament a player/team is entered in. The fees are listed below:

Freelance Individual	\$55/player	Freelance Team	\$330/team
Individual Regional	\$55/player	Team Division Championship	\$330/team

Individual Championship & SCGA Team Qualifying Tournament * - \$55/player **OR** \$330/team

*Individual golfers who are part of a team that is participating in the Individual Championship/SCGA Team Qualifier will be charged once and should be paid for with the team entry fee.

SCORING AND TIES

Teams will consist of **six** players with the best **five** scores counted to determine the winners. Players are reminded to check their scorecards, hole by hole, prior to signing and turning them in at the conclusion of play. Scorecards should be marked with the number of strokes taken per hole.

It is **not** allowed to use alternative scores (i.e. double par pick up or 3-5-7) for qualifying scores.

Scores of the 6th player will be used to break ties for the second and final team qualifying positions at each divisional. If a tie still exists, a playoff, if possible, of those teams will follow immediately. Otherwise, a card off will be used. All six players will participate with all six scores totaled after each hole.

PROCEDURE FOR END OF COMPETITION

1. Players are responsible for verifying the hole by hole scores on their score card prior to turning it in to the Official Scorecard Box. Once the score card is turned in, it is deemed official. The player is not responsible for the addition of the total score.
2. Each player will turn in their own score card with two (2) signatures to the Official Scorecard Box or as directed in pre-round instructions.
3. The competition is officially over when the scores have been posted, the order of finish has been established and the awards have been presented. No inquiries or contesting of results will be considered after that time.

These rules will be in effect for all CIF Southern Section post season play. It is strongly recommended that leagues adopt this policy for the sake of consistency in the conduct of matches by CIF Southern Section member schools.

**For rules assistance, contact the
SCGA Championships & Golf Operations Department
for any rules questions at champs@scga.org**

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 2026-2027 CIF Southern Section Blue Book. This list is not all-inclusive but only highlights key areas. For necessary forms and additional information regarding Heat Safety, Hydration and other Sports Medicine resources, please go to www.cifss.org and click on the "Sports Medicine" tab on the blue toolbar.

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

PHYSICAL EXAMINATION

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

CONCUSSION PROTOCOL

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

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

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

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).

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:

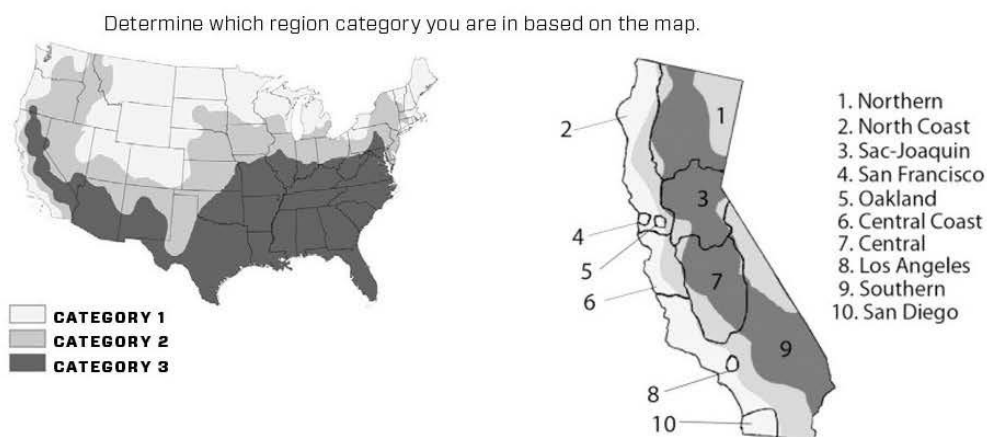
- Region Category 1 >86.2°F
- Region Category 2 >89.9°F
- Region Category 3 >92.0°F

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).



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=TTFFFF&units=english&wunits=nautical&coords=latlon&tunits=localt>

EXAMPLE @2:30 PM

AUGUST 31, 2023

CATEGORY 1 SCHOOL

Outside Air Temp 87⁰ F

WBGT Reading =80

AUGUST 31, 2023

CATEGORY 2 SCHOOL

Outside Air Temp 97⁰ F

WBGT Reading =82

AUGUST 31, 2023

CATEGORY 3 SCHOOL

Outside Air Temp 92⁰ 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.

Air Quality and Sport Participation:

CIF Position Statement Sports Medicine Advisory Committee

	US AQI Level	PM2.5 ($\mu\text{g}/\text{m}^3$)	Health Recommendation (for 24 hour exposure)
	Good 0-50	0-12.0	Air quality is satisfactory and poses little or no risk.
	Moderate 51-100	12.1-35.4	Sensitive individuals should avoid outdoor activity as they may experience respiratory symptoms.
	Unhealthy for Sensitive Groups 101-150	35.5-55.4	General public and sensitive individuals in particular are at risk to experience irritation and respiratory problems.
	Unhealthy 151-200	55.5-150.4	Increased likelihood of adverse effects and aggravation to the heart and lungs among general public.
	Very Unhealthy 201-300	150.5-250.4	General public will be noticeably affected. Sensitive groups should restrict outdoor activities.
	Hazardous 301+	250.5+	General public at high risk of experiencing strong irritations and adverse health effects. Should avoid outdoor activities.

Pictured: Air quality index chart with corresponding PM2.5 $\mu\text{g}/\text{m}^3$.

Recent catastrophic and historical fires in California continue to raise numerous questions regarding safe participation in sport and practice for young athletes. This position statement serves as a resource to coaches, administrators, parents and students who have questions about participation in outdoor activity during periods of diminished air quality for California high school sport.

Healthy athletes are at increased risk for inhaling pollutants in the air. Physical activity increases ventilation and the number of pollutants that are inhaled are increased compared to periods of rest. During physical activity, air is often inhaled directly into the mouth, bypassing the built-in nasal filtration system. Deep inhalation diffuses pollutants into the bloodstream more quickly during exercise. These risks are increased if an athlete has a pre-existing medical condition such as asthma or a cardiac condition.

A valid and reliable standardized national air quality resource is the National Weather Service (NWS) Air Quality Forecast System. This system provides constant monitoring of ozone, particulate matter and pollutants with accurate and advanced notice to prevent the adverse effects of decreased air quality.

The key component of the standardized air quality resource is the NWS Air Quality Index (AQI). The AQI provides real time monitoring and alerts in response to changing air quality levels. Five different pollutants are tracked in this system including the following: 1) ground level ozone 2) particle pollution 3) carbon monoxide 4) sulfur dioxide 5) nitrogen dioxide. Ground level ozone and particulate matter are the most concerning pollutants for outdoor physical activity. The AQI is reported as a single number based on a scale of 0 to 500 with 0 being completely safe and 500 indicating the most hazardous levels of air pollution.

Consistent with this national reporting system and consistent with the National Collegiate Athletic Association Committee on Competitive Safeguards and Medical Aspect of Sport, the CIF Sports Medicine Advisory Committee offers the following general guidance to institutions seeking to make decisions about the appropriateness of practice or competition in questionable air quality situations. With recent severe fires within the state of California, both regional and statewide authorities have often established alerts to cancelling sport events or practices because of local risk. CIF recommends following these guidelines. If specific guidelines have not yet been provided, the following are useful guidelines consistent with NCAA and NFHS position statements on air quality.

- 1) Monitoring of local AQI and associated air quality alerts, especially during times of extreme environmental conditions is recommended. Advice and monitoring is best done by the primary athletics health care providers (athletic trainers, school nursing staff, team physicians) who have training in such monitoring. Schools may choose to delegate this responsibility to a staff member with knowledge of AQI.
- 2) Member schools should consider shortening or cancelling outdoor athletic events (practices or competition) in accordance with AQI recommendations. Exposure to air should be managed more carefully for students with pre-existing lung or heart conditions. When the AQI rises above 100 schools should consider removing such athletes at risk from practice or competition.
- 3) At AQI values above 150 serious consideration should be given to rescheduling the activity or moving it indoors if possible. Prolonged exposure and heavy exertion should be avoided.
- 4) School Emergency Action Plans may guide the emergency care response in these circumstances and the staff should be made aware of this plan.
- 5) The Preparticipation Physical Examination for Sport will be used as a tool to identify students at risk for smoke inhalation exposure such as asthma, cardiac disease and respiratory disease.
- 6) Emphasize to student athletes that the wearing of masks, such as for protection against COVID-19 does not protect against exposure to hazardous air quality. Consequently, wearing masks will not allow competition or practices when AQI is at hazardous levels.

There are now validated online applications to smart phones which can track not only AQI in a town or city, but also AQI regionally near each neighborhood within each town or city. Consistent with NFHS, California Air Quality Board and California Environmental Protection Agency, the CIF recommends using the www.airnow.gov application for this purpose. The AQI may even be checked periodically during a day of competition or practice in case of changing conditions. The application was created with the collaboration of the Environmental Protection Agency and contains not only air quality data but also current fire conditions, webcams and email notifications consistent with local and regional up to date conditions.

References

- 1) Air Quality Position Statement. NCAA Sports Science Institute, Sept 2018
- 2) NFHS Position Statement on Physical Activity, Air Quality and Wildfires, April 2019
- 3) CIF North Coast Section. Air Quality Index Rules, Bylaw 1003H.
- 4) US Environmental Protection Agency. Air Now website www.airnow.gov

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