

2025 FALL

SEASON
PREVIEW



2025





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WELCOME TO THE 2024-2025 GIRLS' SOFTBALL SEASON!

The Girls' Softball Packet has been prepared to assist you in the organization of your school's Girls' Softball program. The enclosed is important information for preparation of the upcoming season. Please share this information with your coaching staff

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2025 SOFTBALL CALENDAR AND PLAYOFF DATES

FIRST CONTEST	<p>MONDAY, FEBRUARY 17TH</p> <p>The initial date on which a school may schedule and conduct an interscholastic contest. If a school chooses to have a scrimmage (maximum 2 scrimmages), it must be on or after February 17th and before their first official contest.</p>
SIT OUT PERIOD	FRIDAY, MARCH 28 TH
LAST CONTEST	<p>WEDNESDAY, MAY 7TH</p> <p>All competitions (league and non-league) See Bylaw 3008 for end of competition guidelines.</p>
LEAGUE ENTRIES	<p>DUE WEDNESDAY, MAY 7TH BY 9:00 PM</p>
PAIRINGS DAY	<p>FRIDAY, MAY 9TH AT 9:00 AM</p> <p>Playoff Brackets can be found at www.cifss.org</p>
PLAYOFFS	<p>MAY 15TH, 17TH, 21ST & 24TH</p> <p>BREAKDOWN ON NEXT PAGE</p>
CIF-SS FINALS	FRIDAY, MAY 30 TH – SATURDAY, MAY 31 ST
STATE REGIONAL TOURNAMENT	JUNE 3 RD , 5 TH , 7 TH

2025 SOFTBALL PLAYOFF DATES BREAKDOWN

ROUND 1	THURSDAY, MAY 15 TH
ROUND 2	SATURDAY, MAY 17 TH
QUARTERFINAL	WEDNESDAY, MAY 21 ST
SEMIFINAL	SATURDAY, MAY 24 TH
FINALS	FRIDAY, MAY 30 TH – SATURDAY, MAY 31 ST

SOFTBALL COMMITTEE MEMBERS

BRENT TUTTLE, LA MIRADA / GATEWAY – BTUTTLE@NLMUSD.K12.CA.US

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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 **SOFTBALL**

click on **SEARCH**

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

Softball Approved Sanctioned Events

3rd Annual THS JV Showdown – Torrance – 2/15/2025-2/22/2025

SoCal Best Softball Showcase – Norco – 2/18/2025-3/1/2025

Santa Fe Varsity Tournament – Santa Fe – 2/22/2025-3/1/2025

Jaguar Classic – University Prep – 2/24/2025-3/1/2025

Dana Housley Memorial Tournament – Etiwanda – 2/24/2025-3/1/2025

San Dimas Varsity Softball Shapiro Tournament – San Dimas – 2/22/2025-3/29/2025

Santa Fe Varsity Tournament – 3/8/2025-3/22/2025

14th Annual Torrance National Tournament – Torrance – 3/10/2025-3/25/2025

17th Annual Katella Varsity Softball Tournament – Katella – 3/15/2025-3/22/2025

Alan Dugard Classic – Woodbridge – 3/22/2025-3/29/2025

Spring Fling – Village Christian – 3/29/2025-4/26/2025

3rd Annual Katella JV Softball Tournament – Katella – 4/5/2025-4/12/2025

La Mirada Classic – La Mirada – 4/12/2025-4/19/2025

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 “Softball”

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 **SOFTBALL** 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 **SOFTBALL**, 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 **SOFTBALL** coaches (Head & Assistants) into CIFSSHome (www.cifsshome.org) no later than **THURSDAY, APRIL 25.**

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  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 **SOFTBALL** Varsity roster into CIFSSHome (www.cifsshome.org) no later than **MONDAY, APRIL 8.**

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 “Softball”, 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 **SOFTBALL** Varsity roster into CIFSSHome (www.cifsshome.org) no later than **THURSDAY, APRIL 25.**

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 “Softball”, 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 SOFTBALL 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 **SOFTBALL**.

(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 SOFTBALL are:

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

- Click on to find your file, then click on

Import

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

- Click on the



SCHOOL LOGO

Log in @ www.cifsshome.org

- Click on the "Configuration" tab
- Click on "School Info"
- Click on "Choose File" (.PNG file format is preferred)
- Choose the "No" option for Hide from Directory?
- Click Save

SOCIAL MEDIA ACCOUNTS

Log in @ www.cifsshome.org

- Click on the "Configuration" tab
- Enter all school account names available next to the social media options (ie. Facebook, Instagram, Twitter)
- These accounts are used during playoffs and for Games of the Week

Choose File



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**THE OFFICIAL SOFTBALL
OF THE
CIF SOUTHERN SECTION**

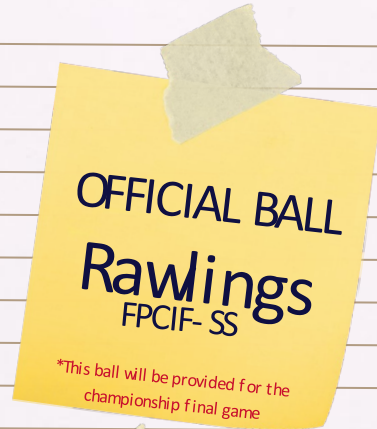


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Official Softball



*The official ball rule is mandatory for all CIF-SS playoff rounds.

Contracted through: June 30, 2026

Official Ball Rule:

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.

USA Softball Non-Approved Bat Information

USA Softball currently provides information for the NFHS regarding the use of certified and non-certified bats. Under NFHS Rule 1, Section 5, Article 1(d) a bat must bear either the 2000, 2004 or the USA Softball All Games certification mark.

USA Bat Certification Marks

Only 2000 and 2004 are legal marks for High School Softball



In addition to bearing one of these marks, the bat must not appear on the USA Softball's Non-Approved Bats with Certification Marks list.

The link to that list is below:

<https://usa.asasoftball.com/e/BB1P2000.asp>

This list can be updated throughout the season and should be checked regularly for updates by coaches, players, and schools prior to any contest.

Provided on the next page for you is the most recent update.

Easton Ghost

What certifications does the Ghost Double Barrel Fastpitch bat have?

- The 2017-18 Ghost bat (**blue graphics**) is ASA/USA/ISF/HIGH-SCHOOL certified.



- The 2017-18 Ghost bat (**gold graphics**) with the USSSA/NSA/ISA certification IS NOT high-school certified





2025 NFHS SOFTBALL RULES CHANGES

1-8-6 EXCEPTION & PENALTY: A high school softball coach is now able to use electronic devices in the dugout for one-way communication to the catcher while the team is on defense. The penalty from Rule 3-6-11 was added to Rule 1-8-6 as well, with violators subject to ejection unless the offense is ruled to be of a minor nature. **Rationale:** The committee has made these changes to support the use of emerging technology within the sport of softball. Being a permissive rule, the use of this one-way electronic communication will allow those who choose to embrace the technology an additional option to communicate with the catcher while on defense.

3-6-11: This rule change specifies that coaches are prohibited from using the device to communicate with any other team member while on defense or any team member while on offense and the coach cannot use the device outside the dugout/bench area.

Rationale: Clarifies that a coach may use an electronic device for one-way communication to the catcher while the team is on defense.

9-3-2b: When a baserunner who is declared out for being hit by a fair batted ball, the batter-runner is credited with a fielder's choice in the scorebook.

Rationale: This change corrects an error in the rules book that awarded a base hit in this instance.

2025 SOFTBALL EDITORIAL CHANGES

Figure 1-1, Figure 1-3, 1-3-4, 1-3-5, 1-6-6, 1-7-1, 2-47, 3-2-3, 3-2-12 NOTE, 3-6-12, 5-1 Table, 5-1-1o, 6-12c, 8-1-2a EFFECTS 3, 8-6-4, 10-1-6

2025 SOFTBALL POINTS OF EMPHASIS

1. Team's Role in Pace of Play
2. Situational Awareness



2025 NFHS Softball Points of Emphasis

TEAMS' ROLE IN PACE OF PLAY

Coaches play a vital role in creating and maintaining pace-of-play standards for their individual players and teams. Every effort should be made to educate players on the rules involved and the timing protocols related to breaks between innings, as well as during gameplay.

Between innings, 60 seconds is provided for (a) the defense to take the field and throw warm-up pitches, and (b) the offense to prepare to bat. There are several ways that coaches can expedite this process with simple instructions to players. For example, if the catcher was batting when the third out was made, have another teammate or coach prepared to receive warm-up pitches while the catcher gets equipped. For the team coming to bat, coaches should encourage their lead-off batter to gather their batting equipment while the remainder of the team huddles in an appropriate area that doesn't pose a safety risk for the defense warming up.

There are prescribed penalties associated with excessive time between innings. Once the allowed 60 seconds has passed, the offensive team has 10 seconds for its batter to enter the batter's box (NFHS Rule 7-3-1). Similarly, once the allowed 60 seconds has passed, the pitcher has 20 seconds to legally deliver a pitch (NFHS Rule 6-2-3). The respective penalties for violations of these time constraints are either a strike or a ball on the batter, depending on the tardy party.

These same time constraints exist on each pitch thrown. Once the ball has been returned to the pitcher to prepare for the next pitch, the pitcher has 20 seconds to release the pitch. Coaches who delay in calling pitches risk a penalty for exceeding the allowed 20 seconds. The same applies to the offense when a batter fails to enter the batter's box within 10 seconds after the ball is returned to the pitcher.

SITUATIONAL AWARENESS

Participant well-being should be a priority for all those involved in game management. Coaches and umpires can help minimize risk and injury to players by understanding and enforcing existing bench and field conduct rules. NFHS rules stipulate that once the game has begun, only the batter, runner(s), on-deck batter, coaches in the coach's box, bat/ball shaggers or one of the nine players on defense are permitted to be outside the designated dugout/bench or designated warm-up areas (i.e. batting cage or bullpen). Additionally, during game play, hitting the ball to teammates on defense is prohibited. Between innings, bench personnel are permitted to engage in throwing and running activities.

Field structure and dugout protection vary from facility to facility. Team personnel should assess and be aware of potential hazards associated with foul balls and overthrows. For example, if a bullpen is in an area where a foul ball or overthrow could contact the pitcher or catcher, the team might assign bench personnel with a glove to stand nearby to shield those warming up.

On-deck batters should be mindful of potential foul balls and overthrows and be prepared to move as necessary to avoid contact. On-deck batters must use the on-deck circle closest to their own dugout. (NFHS Rule 7-5-1)

BLUE BOOK RULES 2024-2025 – GENERAL

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

201. STANDARDS OF ELIGIBILITY

<https://cifss.org/resources/blue-book/?gotopage=55>

210. PHYSICAL ASSAULT

<https://cifss.org/resources/blue-book/?gotopage=86>

212. AMATEUR STATUS

<https://cifss.org/resources/blue-book/?gotopage=88>

220. BASIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

<https://cifss.org/resources/blue-book/?gotopage=92>

500. AUTHORIZED PARTICIPATION

<https://cifss.org/resources/blue-book/?gotopage=98>

503.G ADMINISTRATIVE OVERSIGHT / PHYSICAL EXAMINATION

<https://cifss.org/resources/blue-book/?gotopage=103>

503.H ADMINISTRATIVE OVERSIGHT / CONCUSSION PROTOCOL

<https://cifss.org/resources/blue-book/?gotopage=103>

503.M PLAYER CONDUCT

<https://cifss.org/resources/blue-book/?gotopage=105>

503M. COACH EJECTION

<https://cifss.org/resources/blue-book/?gotopage=105>

506. PRACTICE ALLOWANCE

<https://cifss.org/resources/blue-book/?gotopage=110>

600. COMPETITION ON AN OUTSIDE TEAM

<https://cifss.org/resources/blue-book/?gotopage=120>

1227. SUNDAY RESTRICTION

<https://cifss.org/resources/blue-book/?gotopage=148>

1228. NOISEMAKERS PROHIBITED

<https://cifss.org/resources/blue-book/?gotopage=148>

BLUE BOOK RULES 2024-2025 – SOFTBALL

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

2800. LENGTH OF GAMES

<https://cifss.org/resources/blue-book/?gotopage=191>

2801. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

<https://cifss.org/resources/blue-book/?gotopage=191>

2802. PROTECTIVE EQUIPMENT

<https://cifss.org/resources/blue-book/?gotopage=191>

2805. SCRIMMAGES

<https://cifss.org/resources/blue-book/?gotopage=191>

2807. MAXIMUM TEAM CONTESTS

<https://cifss.org/resources/blue-book/?gotopage=192>

2808. END OF COMPETITION

<https://cifss.org/resources/blue-book/?gotopage=192>

2809. OUTSIDE COMPETITION BY AN INDIVIDUAL

<https://cifss.org/resources/blue-book/?gotopage=192>

2813. PLAYOFFS

<https://cifss.org/resources/blue-book/?gotopage=192>

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CALIFORNIA SOFTBALL OFFICIALS' ASSOCIATION UNIT PRESIDENT'S 2025

Consider inviting a representative from the Softball Officials Association to your coaches meeting at the beginning of the season! Begin a dialogue - share expectations and concerns.
Make it a positive experience!

Channel Coast

Mel Titus – mel_titus@yahoo.com

Area of Coverage: Santa Barbara - Simi Valley.

Cities covered (partial list): Goleta-Santa Barbara-Ventura-Oxnard-Camarillo-Thousand Oaks-Simi Valley.

Coachella Valley

Dave Stewart – victory01@cs.com

Area of Coverage: Banning – Yucca Valley - Indio.

Cities covered (partial list): Banning–Twenty-nine Palms-Palm Springs-La Quinta-Coachella-Indio-Anza-Mecca.

Foothill/Citrus

Sherman Slack – shermanslack2004@yahoo.com

Area of Coverage: Azusa - Rancho Cucamonga.

Cities covered (partial list): Azusa-La Puente-Covina-Pomona-Chino-Rancho Cucamonga.

Inland

Damian Walton – damianwalton94@gmail.com

Area of Coverage: Fontana – Temecula - Beaumont.

Cities covered (partial list): Fontana-Jurupa Valley-Norco-Riverside-Lake Elsinore-Temecula-Hemet-San Jacinto – Yucaipa - Moreno Valley-San Bernardino-Rim of the World.

Long Beach/Whittier

Maria Jacky Hernandez - maria.jacqueline.hernandez02@gmail.com

Area of Coverage: Bellflower – Glendale - Norwalk.

Cities covered (partial list): Long Beach-Bellflower-Downey-Whittier

Los Padres

Dean Benedix – debenedix3@gmail.com

Area of Coverage: Paso Robles - Goleta.

Cities covered (partial list): Paso Robles-San Luis Obispo-Nipomo-Santa Maria-Lompoc-Goleta

CALIFORNIA SOFTBALL OFFICIALS' ASSOCIATION UNIT PRESIDENT'S 2025 (Continued)

Mojave Desert

Doug Martin – leftcoastref@yahoo.com

Area of Coverage: Gorman – Mojave - Adelanto.

Cities covered (partial list): Gorman-Lancaster-Mojave-Palmdale-Phelan-Adelanto

Orange County

Allen Evensen - alevensen@roadrunner.com

Area of Coverage: Anaheim - Yorba Linda – San Clemente.

Cities covered (partial list): Fullerton-Anaheim–Huntington Beach–Irvine–Laguna Niguel–Yorba Linda - Costa Mesa

San Fernando

Kent Jacobsen - gmcswkj@aol.com

Area of Coverage: Santa Clarita – Chatsworth - Burbank.

Cities covered (partial list): Saugus–Valencia–Canoga Park–Sherman Oaks-Burbank

San Gabriel

Phil Sheridan – sheridanphl@yahoo.com

Area of Coverage: La Canada – Alhambra – El Monte.

Cities covered (partial list): Flintridge–Pasadena–Alhambra–Arcadia–El Monte

South Bay

Keith Gibbs - gibbssbsoftball@gmail.com / keithg80@yahoo.com

Area of Coverage: Malibu – Inglewood – Torrance.

Cities covered (partial list): Santa Monica–Hawthorne–Redondo Beach–Rolling Hills–Westchester

Victorville/Barstow

Bill Smith – smittys2117@yahoo.com

Area of Coverage: Barstow – Victorville – Big Bear.

Cities covered (partial list): Barstow–Hesperia-Apple Valley

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.

ALL CIF-SS

The All CIF-SS teams are decided by the coaches' committees for each sport.
To be considered, your coach must submit their nominations to the committee by the given date.

SOFTBALL NOMINATIONS ARE DUE BY JUNE 4, 2025

Complete the form on the following page and email it to your division representative.

The CIF-SS will receive the first team list from the committee and release those on www.cifss.org.
We will also mail the first team certificates to the athlete's school.
The CIF-SS office does not collect 2nd or 3rd team information. If the sport has a 2nd or 3rd team, that information will be available through the coaches committee.

**ALL CIF SOUTHERN SECTION
SOFTBALL 2024-2025 SEASON – NOMINATION FORM**

HIGH SCHOOL: _____ LEAGUE: _____

OVERALL RECORD: W _____ L _____ LEAGUE RECORD: W _____ L _____ DIVISION: _____

COACH'S NAME: _____ COACH'S CELL _____

HOW TO NOMINATE YOUR ATHLETES:

- ONLY PLAYERS SELECTED LEAGUE MVP OR 1ST TEAM ALL LEAGUE ARE ELIGIBLE
- ONLY TWO PLAYERS CAN BE NOMINATED. ADDITIONAL NOMINATIONS WILL NULIFY THE ENTRY
- IF YOU NOMINATE A PITCHER, ENTER BOTH HITTING AND PITCHING STATS
- INCLUDE ALL REGULAR SEASON STATISTICS, NO PLAYOFF STATISTICS
- THE LEAGUE MVP MUST BE LISTED AS YOUR NUMBER 1 RANKED PLAYER
- UTILITY PLAYER IS DEFINED AS A PLAYER WITH A MINIMUM OF 6 GAMES AT 2 OR MORE POSITIONS
- NOMINATION DOES NOT GUARANTEE SELECTION

RANK	LEAGUE HONORS	NAME	YEAR	POSITION	GAMES PLAYED	FIELDING AVG	CHANCES	STOLEN BASES	BATTING AVG	ON BASE AVG	AT BATS	HITS	RBI	RUNS SCORED
1														
2														

PITCHER, ONLY IF LISTED ABOVE	WON	LOST	INNINGS PITCHED	BATTERS FACED	HITS ALLOWED	TOTAL RUNS	EARNED RUNS	ERA	K' S	BB

UTILITY POSITIONS, ONLY IF LISTED ABOVE	POSITION	GAMES PLAYED	POSITION	GAMES PLAYED	POSITION	GAMES PLAYED	POSITION	GAMES PLAYED	POSITION	GAMES PLAYED

BATTING AVG = HITS/OFFICIAL TIMES AT BAT (OTAB)
OTAB = TOTAL TIMES AT BAT MINUS (WALK+SAC+HIT BY PITCH)
OBA = HITS+WALKS+HIT BY PITCH/OTAB+WALKS+HIT BY PITCH
ERA = EARNED RUNS X 7/INNINGS PITCHED
CHANCES = PUT OUTS+ASSISTS+ERRORS
FIELDING AVERAGE = PUT OUTS+ASSISTS/CHANCES

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SPORTS MEDICINE



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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 about CIF Southern Section rules and regulations in the 2022-2023 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).

HEALTH AND SAFETY (continued)

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).